



STROKE RECOVERY
ASSOCIATION NSW

CLUB NEWS

Winter 2025

FROM MICHELLE'S DESK

Hi all,

I hope you have survived winter and all the very wet weather we have had. Rain makes winter that little bit more miserable with lots of Flu and Covid still hitting all the Clubs and staff here at the Association on a regular basis. It seems we just recovered from Covid, then there was Influenza A, followed closely by Influenza B. They were all particularly nasty this year. Just a reminder to not attend your Club or an association event if you are suffering any of the dreaded illnesses and/or their symptoms.

As you can see from this edition of Club News, there has been a number of events run by the association which is one of the reasons this Club News is a little late this time. My apologies for that. The events have gone very well with numbers attending back to pre-covid times.

There are a number of changes happening here at the Association we are losing both Alex and Aurora. Alex will only be away for twelve months, but Aurora is off to bigger and better things. See page two for further information.

Some lovely news to share with you all. Many of you will remember Rachel, who was with us for nearly six years. She has given me permission to let you all know that she and Josh are expecting their first baby in early January. She will make an absolutely gorgeous mum. We wish them both all the very best.

Just a reminder that it is time for all the Clubs and groups to hold their Annual General Meetings and choose the new club management team for the next year. A huge thank you to those who put their hand up and volunteer to run the Clubs/groups/choirs. It is a huge impost on their lives and important that you all get in and give them a hand. It really is important that each of you takes up some responsibility within the Clubs.

There have been some huge changes in the MyAged Care system and the NDIS many of our speakers at the Creating Connection Stroke Conference covered the changes in depth. If you were not able to attend, give us a ring and we will send you the link to the YouTube Channel with their presentations.

Membership to the Association are now due. Remember you must be a paid up financial member of the Association by 30 September to vote in the upcoming AGM on 7 November 2025 at Burwood RSL

I am looking forward to catching up with those of you who will be attending the Hunter Stroke Olympics, the Annual General Meeting and the Combined Clubs Picnic as my transition to retirement draws closer.

Kind Regards,

Michelle



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Taxi Transport Subsidy Scheme Changes

The Taxi Transport Subsidy Scheme (TTSS) is transitioning away from the use of paper travel dockets to a TTSS Smartcard to claim your taxi subsidy. If you are already a TTSS participant there is no need to apply for a Smartcard. You will have received a letter to your nominated postal address. You may continue to use your paper dockets until you receive a smartcard. Transport NSW also recommends participants continue to carry paper travel dockets in addition to their smartcard, in the event they use a taxi that is not enabled to accept the smartcard. There will be no changes to eligibility with the introduction of the smartcard. TTSS will continue to provide you with a subsidy of up to half the metered fare, to a maximum of \$60 subsidy per trip. Please also note that new docket books will be launched on October 1. They will be blue in colour. Old docket books will no longer be accepted after November 30, 2025.

If you have any questions please contact Transport NSW on 131 500

FAREWELL ALEX WELLS

Dear Team and Members,

As many of you know, I am preparing to step away for a little while as my family and I welcome our third – and final – little one into the world. It's both exciting and bittersweet, as this means saying farewell (for now) to all of you who make up such a special part of my life.

To my colleagues: thank you for your endless support, teamwork, and kindness. Working alongside you has been an honour, and I am grateful for the encouragement and laughter we've shared.

To our members: it has been such a joy to be part of your journeys, to witness your strength, resilience, and community spirit. You inspire me every day, and I will miss our time together.

Although I'll be away for this important chapter of motherhood, please know that I carry with me all the wonderful memories and lessons from this role. I look forward to reconnecting in the future and continuing the meaningful work we do together.

Wishing you all good health, happiness, and success until we meet again.
With gratitude and warm regards,
Alex



FAREWELL AURORA CARTER

It is with a heavy heart that I'd like to say thank you and goodbye to the SRA. As some of you may know, I'm employed on a part time basis and have recently secured a full time job in the finance industry, so I am saying my goodbyes to the SRA,

This Association is built on community and compassion - two values I hold to the highest regard. Working with and getting to know you all has truly been a wonderful experience that has enriched my life both personally and professionally.

I'd especially like to thank Michelle and my colleagues - I will miss you all dearly.



CYBER SECURITY with ID SUPPORT

What is identity theft?

What is identity theft, how does it happen, and what steps can you take to protect your personal information from criminals?

Understanding identity crime

Identity crime describes incidents where someone accesses or uses your personal information or ID without your permission. This can happen whether the target is alive or deceased, and it is a crime that can be committed online, offline, or using both methods.

Identity theft

When it comes to identity theft, criminals often target identity documents like your driver licence and passport, as well as information such as your bank details.

Identity fraud

On the other hand, identity fraud involves taking over someone else's identity to commit fraud or creating false identities for criminal activities.

What are data breaches?

A data breach is when someone's private information held by an organisation gets seen, shared without permission, or goes missing. The organisation where the incident happened should let you know if you're at risk from the breach. They should also do their best to make sure the breach doesn't impact you.

What are scams?

Scams are tricks by criminals to get your money or personal details. It's important to have open conversations about scams with your workmates, friends, and family. By discussing scams and being aware of how they can present themselves, you can better identify them and avoid falling victim to them. Falling victim to a scam is nothing to be ashamed of, as anyone can be targeted, especially when they are in a hurry, under pressure, distracted, enticed by a seemingly good opportunity, or trusting of the sender.

Scams are different from hacking because you're convinced or coerced into giving them information or money.

Why is it important to protect your privacy?

Privacy protection is about maintaining control over your personal information, choosing who sees it, and how it's used.

Identity theft facts:

- 1 in 4 Australians will experience identity theft.
- Victims lose an average of over \$4000.

The impacts can be devastating, impacting mental health.

Passwords

ID Support NSW Password Strength Tester lets you check whether your passwords or passphrases are easy to guess or 'crack'. It also tells you if they've been in a data breach.

Phone, email and text messages

Government agencies will never ask for sensitive information like your account, banking details, or passwords.

If you receive an unexpected message or call requesting personal information and suspect it is a scam, end the conversation right away. You should then look for the official contact information and contact the agency directly to confirm the call.

- Ignore requests for personal details via phone, email, or text.
- Don't open suspicious messages, as these can open the door to your device.
- Check that the organisation is the real deal before you give them information.

Don't hit that link!

- Be cautious with links.
- Avoid downloading from unreliable sources.
- Think twice before you download
- Do you trust the organisation or individual providing the download?
- Be suspicious of email attachments from senders you don't know.
- Don't overshare on social media
- Update your privacy settings regularly.
- Only connect and share with people you know.

Keep your devices under lock and key

- Keep scammers from accessing and controlling your gadgets and equipment.
- Check the security of your smartphone, tablet, computer and smart devices.

Guard your financial information

- Don't share account details or funds with unknown people or organisations.
- Regularly check your credit card and bank statements for odd transactions.

Monitor your credit report

- Credit reports are free. Trusted sources include Experian, Illion and Equifax.
- If you see unusual activity and suspect fraud, ask for a temporary credit ban.

Safely store your documents

- Only take the ID you need when you leave the house or travel.
- Shred unwanted papers that show your personal information.

Protect your mail

- Keep your mail secure by locking your mailbox and emptying it each day.
- When you're away from home, make sure your mail is collected or redirected.

Sydney Stroke Olympics

On Thursday 26th June 2025, the Stroke Recovery Association held the annual Sydney Stroke Olympics at Club Burwood RSL. There were 90 people in attendance, from 10 different Stroke Recovery Clubs/groups (inclusive of staff and student volunteers). Some members travelled from Tamworth, Newcastle, Woy Woy and North Illawarra to attend.

We were very pleased with turnout, with numbers rebounding to pre-covid levels for 2 consecutive years. We were able for the first time at Sydney to recruit volunteers from Western Sydney University studying a variety of degrees including exercise physiology and speech pathology. These students were mostly in their 3rd and 4th years and included international and mature age students. They were a wonderful addition to the day! They were able to assist in the running of the games and get personal experience with Stroke Survivors. The members enjoyed getting to meet the students and the enthusiasm they brought to the day. This is a move we will continue in the future.

Hornsby were the overall Club Champions and members from Fairfield and Penrith shared the Individual Champions Trophy. Overall, members from almost every club won a medal or trophy - 20 different members won a medal from the 27 medals available, which was a vast improvement on other years when a small number of Stroke Survivors dominated the medal presentation.

Club Champions - Hornsby/Ku-ring-gai Stroke Recovery Club

Individual Champions - Sean O'Brien (Penrith) and Anthony Evans (Fairfield)

Battler of the Year - Nancy Hall (Tamworth)

	GOLD	SILVER	BRONZE
Ball in Box	Ross Fairlie <i>Hornsby</i>	Georgina Blyth <i>Woy Woy</i>	Sharon Adamski <i>Macarthur</i>
Bean Bag Toss	Mark Chung <i>Hornsby</i>	Anthony Evans <i>Fairfield</i>	Muoy Wing <i>Fairfield</i>
Cup Pong (Stroke)	Sean O'Brien <i>Penrith</i>	Himanshu Agarwal <i>Hornsby</i>	Hector Miguelez <i>Macarthur</i>
Card Memory	Jenny Chin <i>North Illawarra</i>	Layla Andary <i>Hornsby</i>	John Garbutt <i>SRA Board</i>
Dominoes	Layla Andary <i>Hornsby</i>	Colin Silk <i>Fairfield</i>	Rajko Spasovic <i>Hornsby</i>
Putting (Stroke)	Sean O'Brien <i>Penrith</i>	Himanshu Agarwal <i>Hornsby</i>	Colin Silk <i>Fairfield</i>
Skittles	Georgina Blyth <i>Woy Woy</i>	Anthony Evans <i>Fairfield</i>	Rajko Spasovic <i>Hornsby</i>
Cup Pong (Carers)	Olivia Chung <i>Hornsby</i>	Malcolm Evans <i>Fairfield</i>	Lois Allen <i>North Illawarra</i>
Putting (Carers)	Barry Chin <i>North Illawarra</i>	Henry Lim <i>Fairfield</i>	Lois Allen <i>North Illawarra</i>

Sydney Stroke Olympics Cont.



Combined Clubs Morning Tea

On Saturday 2nd August we headed to the Central Coast for our annual Combined Clubs Morning Tea. On the agenda this year was a fantastic panel discussion where we discussed the ways in which the SRA is involved in ensuring that Stroke has a voice at the table.

We learned about the extensive advocacy work carried out by our CEO Michelle Sharkey, President John Garbutt, Treasurer Karen Felton, and WAGS coordinator Brenda Booth. Their work is both an example and evidence of the importance and impact of lived experience in decision making. This enables Stroke to have a voice at the table - from healthcare to transport, this advocacy makes sure your needs are considered. Attendees also learnt about how they can get involved, both within the SRA and in their broader communities.

It is always a great pleasure to see the thriving Stroke Community in the Central Coast and Hunter Regions. We even had some members from our Sydney clubs brave the wet weather and head up for the day. We returned to Diggers The Entrance where we enjoyed a delightful morning tea and lovely views of Tuggerah Lakes. We hope to see you all again next year!



Our lucky door prize winner
Henry & SRA CEO Michelle

Around the Clubs

KEYSTROKES CHOIR

On Thursday 11th September, Keystrokes Choir performed at Crows Nest Community Centre. Songs included John Lennon's Imagine, Morcambe and Wise's You Bring me Sunshine, and Return to Sender. While the Choir sang, audience members joined in by singing along. Our performance was warmly welcomed and very much enjoyed by the audience, and several people came along later to ask about the choir. We have been invited back and will definitely do so. Best of all, the choir was fabulous.

Keystrokes Choir meet every Thursday at Northside Baptist Church in Crows Nest from 10.45am-11.45am. They will also be performing at Royal North Shore Hospital on 30th October at 10.30am.

For more information please contact Stroke Recovery Association on 1300 650 594.



FAIRFIELD STROKE RECOVERY GROUP



On 30th May the Fairfield Stroke Recovery group went 10 pin bowling at 10/Split at Fairfield. It was a fun day of laughter and friendship followed by a lovely lunch for members. It was a great opportunity for members to be out and about in the community and to enjoy the activities they used to (or may never have tried) before their Stroke.

The Club is grateful to have support from Fairfield Council, Mounties, Cabramatta Rugby League Club and CabraVale Diggers.

These Clubs have all given Fairfield grant money or in kind donations over the last 3 years which enables them to run these activities for their members. Without their support the Club would not be able to do the activities or meetings they run. The Fairfield Stroke group meets on the 4th Friday of each month at 11.00am - 1.00pm at Cambramatta Rugby League Club. For more information please contact Stroke Recovery Association on 1300 650 594.

In Memorium

Dianne Wallace

Vale Diane Wallace:

It is with regret and sadness that I report that Diane Wallace, a valued member of the GLAMS died on the 27th of June 2025 after diagnoses in late April of a terminal cancer.

Diane joined our Stroke Recovery Club 2019, she had her stroke in 2013, Diane saw our advertisement in the local paper. Diane joined as a single member though she was married with two adult sons. Diane soon established herself as a pleasant, personable member, befriending members of our club, and a willingness to pitch in where necessary. Diane's bright smile was always welcome. The last three years she increased our funding by decorating our Christmas Hamper that was raffled at our December Stroke Information Stall, each year she would take a book of tickets to a meeting she had with friends on Wednesdays, and sell the book, her decoration of our hamper also contributed towards an increase in ticket sales as she was very creative, improving the presentation of said hampers of previous years since she took on the task.

Diane, a hairdresser, married Daniel in the seventies, they had many adventures, raising their two sons, living in South Africa for a while, lots of travel, buying a pub in OZ doing it up, selling before settling in Forster.

Diane's husband died suddenly 2020, he had a fatal stroke. With the help of lifelong friends Diane took on managing the aftermath. Diane is survived by her sons Daniel and Cameron, and a granddaughter.

Cameron quit work when Diane was diagnosed and devoted his time to supporting his Mum, her Wednesday friends helped her organize her funeral of which Diane was very definite about the process, including the display of her Hunter Stroke Olympic Medals on the front of the coffin.

GLAMS attended the funeral and were able to form a guard of honour and say their last goodbyes along with the rest of her friends and family. Diane will be sadly missed by all that knew her.

May Diane be 'together again' with her beloved Daniel, a sentiment under their wedding photo of the Order of Service.



Upcoming Events



2025 EVENTS

14 OCTOBER
TUESDAY

**HUNTER STROKE
OLYMPICS**
Raymond Terrace Bowling Club



7 NOVEMBER
FRIDAY

ANNUAL GENERAL MEETING
Club Burwood RSL



14 NOVEMBER
FRIDAY

COMBINED CLUBS PICNIC
Wentworth Commons,
Homebush



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Contributions

We welcome contributions to Club News, especially in our "Around the Clubs" section of the newsletter.

Submissions should be sent to events@strokensw.org.au.

Contributions may be edited, either to reduce size, to assist with readability, or for legal/liability reasons. To include something in our next Club News, please send it into our office before 31st October 2025

Memorial gifts & bequests

A bequest is a gift in your will. If you would like to consider how you can include the Stroke Recovery Association NSW as a beneficiary in your will, please contact the office at admin@strokensw.org.au or on 1300 65 594.

We can also supply 'In Memoriam' donation brochures with pre-paid addressed envelopes for use at memorial services.

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