

Annual report 2019



Our vision, our mission, our impact

Our **Vision** is a life after stroke for everyone.

Our **Mission** is to provide every stroke survivor and carer access to the information and peer support services they need to re-engage with their community.

Our **Impact** aim is to provide community-based support services in every region of Victoria to aid in recovery post clinical care, with documented measurable outcomes.

About us

The Stroke Association of Victoria (SAV) is the only dedicated community-based support service for people re-entering their lives after having a stroke. The SAV Board has developed a growth strategic plan focusing on a clear program pathway, informed by leading clinicians and of course, stroke survivors.

The 'Life After Stroke' pathway delivers a range of support programs from the moment a stroke survivor leaves clinical care, through to meaningful engagement back into their community, including vocational opportunities. Programs that make up the Life After Stroke pathway include Stroke Support Centres, peer support stroke groups, recovery activities and vocational mentoring.

Our Stroke Support Centres aim to bridge the gap from when a stroke survivor leaves clinical care to when they return home and are faced with the challenges of re-engaging with their community.

Through effective connections with community, a supportive environment and personalised approach, we aim to assist each stroke survivor with their long-term recovery. We do this through non-clinical, community-based support and self-led recovery, incorporating leading practice in critical areas, including communication, mood, mobility and community engagement.

Our board

Mr Colin Scott
Chairman

Mrs Anita Roper
Deputy Chairman

Ms Sally Foreman
Secretary

Mr James Harkness (Resigned 11/2/2020)
Treasurer

Brig. Konrad Ermert

Professor Mary Galea, AM

Dr Carli Roulston

Brig. Bob Slater, AM

Dr Margaret Turner

Mr Justin Wibrow

Our people

Chief Operating Officer

Neville Taylor

Executive Director

James Garland

Partnerships & Communications Manager

Zoe Jennings

Community Partnerships Officer

Carly Stephens

Communications Officer

Paula Theocharides

Barwon South West

Regional Coordinator

Sienna Posso

Regional Coordinator

Stephanie Hicks

Engagement Officer

Christine Balaam

Inner East

Regional Coordinator

Angus McHenry

Loddon Mallee

Regional Coordinator

Tamara Lalor

Newport

Regional Coordinator

Jade McMurray

Affiliated Stroke Support Groups

Albury-Wodonga Stroke Recovery Club

Ballarat Stroke Support Group

Boroondara Stroke Support Group

Box Hill Chinese Stroke Support Group

Central Victoria Stroke Support Group

Colac Stroke Support Group

Cranbourne Stroke Support Group

Croydon Stroke Support Group

Daylesford Stroke Support Group

Hamilton Stroke Support Group

Horsham Stroke Support Group

Knox Stroke Support Group

Lilydale Stroke Support Group

Macedon Ranges Stroke Support Group

Monash Stroke Support Group

Morwell (Traralgon) Stroke Support Group

Shepparton Stroke Support Group

StroKidz Stroke Support Group

Sunraysia (Mildura) Stroke Support Group

Swan Hill Stroke Support Group

Wantirna Stroke Support Group

Warragul Stroke Support Group

Warrnambool Stroke Support Group

Westroke (Footscray) Stroke Support Group

Wyndham Young Stroke Network

Young Victorian Stroke Support Group
(Online - www.facebook.com/groups/yvssg/)

Stroke Support Centres

STATS IN 2019

Boroondara

1500

Attendances

110

Members

Bendigo

400

Attendances

30

Members

Barwon

1600

Attendances

206

Members



Bendigo Stroke
Support Centre



Boroondara
Community Stroke
Hub, Kew



Barwon Stroke
Support Centre,
Geelong



Stroke is a
leading cause
of disability



119,000+
stroke survivors
in Victoria



Source: The Stroke Foundation/Deloitte
Access Economics.

Activities

- Blokes with Strokes
- Young Stroke Support Group
- Aphasia and Communications Groups
- Carer's Group
- Technology skills development
- AbleX
- Chair Assisted Yoga
- Peer Support
- Upper limb training
- Cooking
- Arts and crafts
- Cards
- Walking Group
- Music and singing
- Lawn bowls

Aphasia is the inability to comprehend or communicate effectively due to injury to the brain.

AbleX is a combination of computer-based therapy games and handheld devices that provide physical and cognitive stimulation, to help recover everyday independence after stroke and brain injury.

Stroke can affect your **upper limb** shoulder, elbow wrist and hand. Each centre has an upper limb training equipment set which includes hand weights, cutlery, nuts and bolts, pegs, stress balls and board games – all of which require varying amounts of upper limb strength and coordination.



Life members Clare Gray
and Gillian Simons.



Colin Scott and Dr Wei-Peng Teo.



Dr Carli Roulston, Bob Slater
and Carly Stephens.



SAV Staff members Stephanie Hicks, Sienna Posso, James Garland,
Paula Theocharides, Tamara Lalor and Angus McHenry.

Chairman's report

The past year has achieved many milestones which have built on the dedicated work of our previous SAV Committees.

The first has been the recognition of SAV as a peak player by Department of Health and Human Services (DHHS) in the field of Stroke Rehabilitation but much more needs to be done.

Another is opening Centres at Bendigo and Newport with the community partnership with Rotary in the first instance and the State Government with seed funding for the second.

Each of our Centres requires community support committees to fully maintain operating sustainability.

The Board and our members would like to congratulate our Life Member and Founder, Clare Gray, on receiving an OAM in recognition for her work over 34 years in supporting stroke survivors and carers throughout Victoria.

We acknowledge the success of the Stay at Work Initiative (SAWI) in Geelong which was a program funded by the AMP Foundation where SAV was in partnership with Barwon Health and Deakin University.

One of my major responsibilities this year as Chairman is the management of risk within the Association. There is an increased focus from the ACNC, Governments and philanthropic foundations and we are developing a robust Risk Management Strategy for the Association to minimise risk within the Board's control.

This means that we have needed to develop consistent operational protocols and programs which should be risk assessed before they are practised within each centre.

It is my pleasure to thank our many partners of the SAV.

The largest has been the AMP Foundation which has provided the capital behind the very successful Stay to Work Initiative (SAWI) at the Barwon Stroke Support Centre to be expanded to Bendigo. Our thanks to Helen Liondas, Emma and the team at the Foundation for their commitment and support for this important aspect of recovery and rehabilitation of stroke survivors. Special thanks to Lucy Watson for her dedicated support in arranging all SAV meetings to be held and their offices, and for her organisation of the AMP staff and their fundraising contributions for the RUN Melbourne.

We are grateful to the State Government and their Ministers for the recognition and support of the work we are doing for the ongoing rehabilitation with stroke survivors and to the Department of Health and Human Services for their active support and understanding.

Another of our major partnerships is with Rotary District 9800 who have been active in their support of the Bendigo Stroke Support Centre and Boroondara Community Stroke Hub, with District Governor, Grant Hocking, being an active supporter of the Rotary Life After Stroke program, and from the Kew, Yarra Bend and Eaglehawk clubs.

Our Board Member, Bob Slater, is the Rotary sponsor of the program and has worked tirelessly to develop our relationships.

In Geelong, the Give Where You Live Foundation, Lions Club of Geelong and Geelong Community Foundation have continued to support the activities of the Barwon Centre. We have also received support from the Bank of Melbourne.

I would like to recognise and thank our committed Coordinators who work under at times stressful conditions and for the support they receive from the many volunteers and Support Groups at the Centres.

Congratulations to each of the Centres and all who participated in our Will2Walk initiative which has raised in excess of \$55,000. It should become one of the major activities for the SAV thanks to Executive Director James Garland and his magic.

We welcome Professor Mary Galea who has been appointed to the Board to join Dr Carli Roulston and Dr Margaret Turner who provide their professional expertise in research and rehabilitation for the benefit of our stroke survivors.

A debt of thanks and recognition to Dr Wei Peng Teo and Scott Buchanan on their retirement during the year due to employment changes and special thank you to Philip Wilkins who has been a Board member for a number of years and has been a great support in understanding Aphasia.

We should all thank all of our Board members for their direction, dedication and insights for the expansion of our services and care of our stroke survivors and their carers.



Mr Colin Scott
Chairman

Shelly Wills to Walk

Shelly Crockford, a member of the Bendigo Stroke Support Centre, was 40 when she suffered a stroke which left her unable to stand. Fourteen years later, Shelly walked 10 kilometres as part of Will 2 Walk with a crowd of other stroke survivors.

The trek is nothing new for Shelly as she walks 10 kilometres every other day. Doctors told Shelly she would never be able to do anything post-stroke. She put in months of hard work in the Anne Caudle Centre at Bendigo Hospital which helped her re-gain her skills, then taught herself to swim again – one armed – then moved onto the treadmill once she had gained back her strength and balance.

Shelly is now so passionate about exercise and encourages all stroke survivors to do as much as they can.

“I really loved it,” said Shelly of the 2019 Will 2 Walk event, “it was great to see so many people challenging themselves and pushing to go that bit further. Walking makes people happy.”

Shelly is excited for the 2020 event to make it even bigger and better.



“It was great to see so many people challenging themselves and pushing to go that bit further. Walking makes people happy.”

Shelly Crockford, Bendigo.



Blokes with Strokes has kicked off in Bendigo

The group was established to meet the growing need for peer support groups in the local community for men post stroke. Members gather together twice a month for general discussion and to hear from experts about a range of topics including stroke awareness and the importance of staying active post stroke. There are also outings planned with the aim of linking members back in with their local community groups and activities. The feedback has been extremely positive and the group is now one of the centre's most popular.

"The friendliness and support from other members of the group is amazing. We have participated in very interesting activities, visits to local interests, guest speakers or just informal chats over a cuppa and biscuits. I look forward to many more interesting things coming up in the future."

Bruce Keeling, Bendigo.

A Tick of Approval from Deakin OT's

Occupational Therapy students from Deakin University, Geelong, accompanied ten members of the Barwon Blokes with Strokes group on outings to assess how independent they could be when out about in their local communities. Walking to a local café, the students' feedback was that there were no health or safety concerns for any of the group participants, proving that regaining full independence after stroke is possible.

As a result of this weekly group, the men who attend regularly have each found a sense of belonging and made new friends. Attending the outings without their carers builds the blokes' confidence and gives them a sense of independence away from their family and loved ones.





Cooking for Recovery

The Barwon Hub Cooking Group were treated to a cooking class designed specifically for stroke survivors by Deakin University Occupational Therapy students.

The students led members in making dumplings which enabled them to work on their fine motor skills by spooning small amounts of fillings into the wrappers and folding/sealing them. Whilst this task proved difficult for some, others were quite efficient at it – even surprising themselves.

This gave the students better insight into how each individual's recovery process differs.

As well as observing the members' fine motor skills, the students were able to see how well each member understood and/or followed the recipe method and thus, assess their individual cognitive abilities.

Attending the cooking club sessions also has social benefits as sharing a meal together provides members with the perfect opportunity to connect with each other.

Jay Te Manu- Volunteer leader of the Young Stroke Support Group

In 2014, Jay had a stroke which resulted in left side paralysis. He found the Hub through meeting others who have experienced a stroke and after he saw a call out for volunteers on Facebook, took on the role of running the Young Stroke Support Group (YSSG).

Jay enjoys the YSSG because of the friendliness of other people, the relaxed nature of sessions, as well as the support members give each other.

Jay is a much-loved member at the Boroondara Hub. He attends most days and is always willing and happy to help out others.



Jay Te Manu (right) with Adam Mate, Boroondara.

Free Psychology Sessions for Centre Members

Dr Margaret Turner, SAV Board Member and friend of the Boroondara Hub has been offering free psychology sessions every week for members.

Margaret is a Neuropsychologist who volunteers at the Hub with the aim of alleviating the extremely high rates of depression and anxiety after a stroke. Her services provide education around stroke and provides members with mechanisms to help them to cope with their current situations and plan for their futures.



“My specialty is neuropsychological rehabilitation and my PhD thesis was an investigation into therapy for post stroke depression. Having a stroke is a life changing and devastating experience and the incidence of depression is high. My sessions at the centre therefore focus on strategies to overcome both the cognitive deficits and the resultant depression of stroke victims.”

Dr Margaret Turner

Community Support - Our Partnership with Rotary

The success of our Centres in Geelong and Boroondara has been due to the exceptional support from the Cities of Greater Geelong and Boroondara for their help with the acquisition of suitable facilities, Geelong Lions and Kew Rotary (plus other Rotary clubs in Boroondara) for their generous financial support and assistance in fundraising events, and the overwhelming involvement by local volunteers.

The Bendigo Stroke Support Centre owes its success to an injection of funds from Rotary and Central Victoria Stroke Support Group with a matching grant of \$10,000 from RAWCS (a Rotary International entity from funds donated by Dick Smith), and the beautifully restored public heritage hall from Eaglehawk Rotary with encouragement and support of Bendigo Health. We were grateful to have so many Rotarians attend the Centre's official opening.

As part of SAV's fundraising event, Will2Walk, Rotary District Governor Grant Hocking, along with his wife walked 20km along the O'Keefe Rail Trail in Bendigo. Members of Eaglehawk Rotary were waiting at the finish line to treat walkers to a sausage sizzle.

Newport Stroke Centre, co-located with the Newport Neighbourhood Centre, is about to be launched with the invaluable support of Outlets Co-op CEO and Rotarian Therese McKenney OAM with seed funding from the Victorian government.

Plans are in place to launch a Stroke Support Centre in Shepparton with the assistance of Shepparton Rotary, Euroa Rotary, Goulburn Valley Health, and incoming Rotary District 9790 Governor Brian Peters. SAV has Victorian government seed funding and will need to augment this to ensure sustainability.

These and future Centres can be established from seed funding from various sources, but they are sustained by the community support received from Rotary, Lions and their local municipalities.



Rotary members attend the Bendigo Stroke Support Centre official opening.



Will 2 Walk wrap up

\$55,859.40
in donations

This year we saw 150 motivated walkers take part SAV's Will 2 Walk event which aims to bring together stroke survivors and their families and friends, all whilst raising much needed funds for the three Stroke Support Centres.

Participants could choose to trek 1km, 5km, 10km or the entire 20km along some of Victoria's most beautiful trails – the Bellarine Rail Trail, the Main Yarra Trail and the O'Keefe Rail Trail – admiring the scenery and catching up with friends old and new as they went.

Staff and volunteers from each centre had organised for a delicious lunch to be waiting at the end for the very deserving participants, along with raffles, silent auctions and other entertainment and activities. Barwon walkers were also treated to a ride on The Bellarine Railway Heritage Train.

SAV would like to thank all the fundraisers for helping us reach this milestone, and all the local businesses who contributed both financially and with donating their products and services to our silent auctions and raffles.



Annual Stroke Forum

The SAV Annual Stroke Forum was held on Tuesday 12 March and was kindly hosted by our partners at the AMP Foundation. More than 130 of our members and their families and carers heard from stroke survivors Paul Middleton, Rolly Perus and Kate Ryan, along with Professor Miranda Rose from the Centre for Aphasia Recovery & Rehabilitation Research, and Associate Professors Lachlan Thompson and Jess Nithianantharajah from The Florey Institute of Neuroscience & Mental Health. Our guest speakers educated and updated attendees on subjects including exercise, Aphasia, therapy options, latest research and motivational stories.

AMP Run to Support SAV

AMP Staff proved their ongoing support for SAV when 32 employees took part in Run Melbourne, held on Sunday 28 July, 2019.

The team ran distances of 5km and 10km as well as the half marathon and raised more than \$33,000.

We could not be more grateful for AMP and its team for their dedication as a company and as individuals.



SAV Founder Honoured

SAV Founder and life member Clare Gray has been awarded Order of Australia in this years Queen's Birthday Honours List for her service to community health.

Clare has held various roles within SAV over the 34 years since she founded the Association, including Honorary Secretary, President, Board Member and Volunteer. She has also assisted with the establishment of over 30 Stroke Support Groups across Victoria.

Clare is very well-respected by everyone within the SAV community and admired for her commitment to supporting all Victorians affected by a stroke.

SAV congratulates Clare on this momentous achievement.

SAV Founder Clare Gray
with Executive Director
James Garland.



Stay at Work Initiative (SAWI)

For those of us who have never warranted the need to visit a GP or the hospital, understanding the depths, skills and speciality of health services can be a huge learning curve. We are very fortunate to have so many specialised health services, including many allied health specialists who support people who have had a stroke.

The Occupational Therapists and neuropsychologists in the Allied Health teams undertake assessments and build skills to assist stroke survivors to return to work. Unfortunately, there appears to be limited services and information provided to the workplace/employer about the impact and effects that a stroke survivor might be experiencing. The SAWI program has been able to fulfill the important role.

This year a number of young stroke survivors were involved in the program. Prior to having a stroke, many of the survivors had not engaged with a GP, and therefore were not familiar with the myriad of health services and supports available. The SAWI program has involved building confidence and knowledge of those who have had a stroke and their support network, as well as informing them about health services and carer's networks.

We have also been an advocate for the stroke survivor by connecting and communicating with employers. These communications have assisted the integration and successful return of stroke survivors back to their work place.

Partners



Financial Statements

Income and expenditure statement

	2019 \$'000	2018 \$'000
INCOME		
Corporate partnerships & grants	277.2	311.9
Appeals and donations	29.7	42.1
Community fundraising	44.5	25.2
Other	5.3	7.0
Total income	356.7	386.2
EXPENDITURE		
Salaries and wages	188.1	133.2
Cost of services, events & fundraising	84.7	91.1
Administration	154.5	176.8
Total expenditure	427.4	401.1

Balance sheet

	2019 \$'000	2018 \$'000
ASSETS		
Cash	249.1	204.7
Short-term investments	46.4	45.5
Other current assets	4.9	2.7
Total assets	300.3	252.8
LIABILITIES		
Current liabilities	133.1	14.9
Total liabilities	133.1	14.9
NET assets	167.2	237.9
EQUITY		
Retained earnings	167.2	237.9
Total equity	167.2	237.9



How you can help

There are almost 120,000 people living with the effects of Stroke in Victoria. Many would face the long road to recovery alone without the local community support provided by the Stroke Association of Victoria.

There are many ways that you can support SAV and the Stroke Support Centres:

Donate

Make a one-off donation or set up a regular monthly donation

Celebrate with us

Instead of presents, ask your family and friends to donate to SAV to support your local centre

Leave a gift in your will

Nominate SAV to receive a bequest as part of your will to leave a lasting legacy

Partner with us

Contact us to make your organisation an official partner of SAV

Attend an event

Keep an eye out on our events page for upcoming events – we would love to see you there!

Connect with us

Join our Facebook page to see what is happening at SAV and your local centre

Give back while you work

Donate to SAV via pre-tax payroll deductions

Hold a fundraising event

Get your friends, family and local communities together for a BBQ, morning tea, sporting event or movie night to raise money for SAV

Volunteer with us

Contact your local Stroke Support Centre to volunteer your time and skills to help with the running of centre activities

Focusing on ensuring community inclusion for stroke survivors



Contact

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