

STROKE TALK

ANNUAL REVIEW 2019



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Thank You

SAV would like to sincerely thank our dedicated volunteers who donate their time and skills to our centres. Without your help, the centres would not be as successful as they are today.

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.

In all our centres we will require 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 should acknowledge the success of the Stay at Work Initiative (SAWI) in Geelong which was a program funded by the AMP Foundation where the Stroke Association was in partnership with Barwon Health and Deakin University. I will ask James Garland to expand on the remarkable success of the project.

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.

It means that we have needed to develop consistent operational protocols and programs which should be risk assessed before they are practised within each centre. James will also expand upon the implementation.

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

The largest has been the AMP Foundation who have provided the capital behind the very successful Stay to Work Initiative (SAWI) at the Barwon Centre and 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 for all meetings of the SAV to be held at this building 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.

At this point we all should recognise the dedicated and inspirational work of our Executive Director, James Garland, over the past 5 years. Not only has he had to put up with my lengthy phone calls at the end of many a day but he has regularly committed to more hours than those in his contract.

He has single handed moved this Association to position we now hold in the community and government as one of the peak bodies in stroke care and rehabilitation.

James has recognised that we now need more active management for our centres to support our team by the appointment of Neville Taylor as Chief Operations Officer. James will continue his focus on major funding relationships and development with partners such as the Federal and State Government and major philanthropic players.

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.

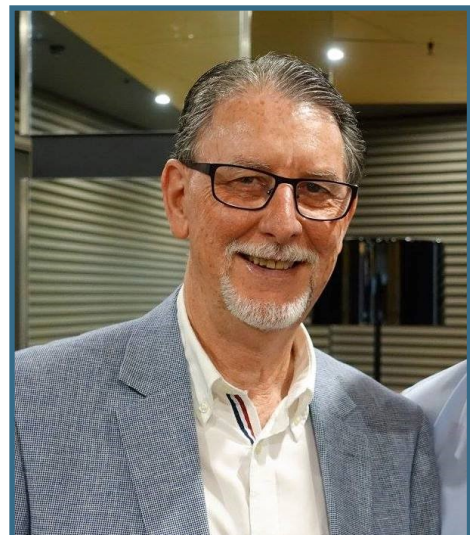
I would like to recognise and thank our committed Coordinators who work under at times stressful conditions and for the support they receive from the many volunteers and Support Groups at the Centres.

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 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.

There are others who are also finding combining their Board responsibilities with their businesses demanding but we would like to explore ways for them to continue their valuable contribution.

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.



Colin Scott, SAV Chairman

Stroke Association of Victoria Major Partner

AMP Foundation

Thanks to our Major Partner AMP Foundation, who for the last three years have supported SAV in a number of ways.

- Funded the 'Stay At Work' Initiative (SAWI) — an innovative pilot that aims to keep working-aged Stroke Survivors in the Barwon South West region employed
- Provided a complimentary facility to host our Annual Stroke Forums, Annual General Meetings, Board Meetings and team meetings
- Provided complimentary catering for our Annual Stroke Forums and Annual General Meetings
- Provided complimentary training to the SAV team
- Given the Association complimentary access to AMP staff to assist with re-sourcing projects such as designing promotional flyers
- Encouraged AMP employees to participate in fundraising activities for the Association.

SAWI Coordinator, Chris Balaam, shares how it is possible to resume employment after a stroke. It's something she knows from personal experience. Read more about Chris' story here: <https://corporate.amp.com.au/newsroom/2018/august/staying-at-work-after-a-stroke>



SAWI Coordinator, Chris Balaam (left)

AMP Run Melbourne Team

The AMP Run Melbourne team this year raised over \$33,000 for the Stroke Association of Victoria.



We thank Lucy Watson from the Foundation for all her efforts and hard work in the back-end preparations and arranging the 32 AMP employees, (including herself) to participate in the Run Melbourne event on Sunday 28th July 2019.

The team of 32 AMP employees took to the streets in support of SAV. Team members ran in the 5km, 10km and half marathon events.



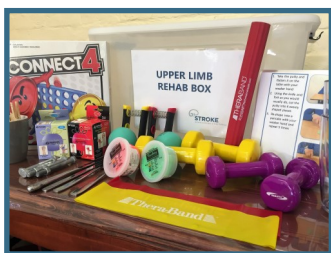
SAV Barwon Stroke Support Centre Coordinator, Sienna Posso, visited AMP's Docklands office prior to the big event to explain how SAV supports stroke survivors and the stroke community across Victoria. Well done to everyone involved on a great result!

To all the AMP staff who supported the fundraising raffle and online auction, or gave generously by sponsoring their fellow team members to complete the running event and to AMP Foundation for their generous support of SAV — you have helped facilitate the growth of the Association.

Thank you so much for playing such an important part in our mission of a Life After Stroke for Everyone.

Bendigo Stroke Support Centre Partners

Eaglehawk UFS Dispensary



SAV would like to offer a warm thank you to the Eaglehawk U.F.S. Dispensary for selecting the Bendigo Stroke Support Centre to receive funding as part of its Community Sponsor-

ship Program for 2018/19.



The grant was used to purchase equipment for the Upper Limb Recovery sessions at the Bendigo Stroke Support Centre. This specialised equipment is necessary for ensuring that the program is able to meet the diverse needs of all participants. The sponsorship from Eaglehawk U.F.S. Dispensary has ensured that all members have the opportunity to get the most benefit out of every session.

Bunnings Epsom



Bunnings Epsom have kindly donated the funds for Bendigo Stroke Support Centre to purchase new indoor plants and cushions.

These new additions to the Centre have brightened up the space and helped to create the homey and welcoming atmosphere SAV strives for at each of its Centres.



Many thanks to Bunnings Epsom for making this possible and for helping to set the tone and feel of the Bendigo Stroke Support Centre right from the very beginning.

OZ Design Furniture Bendigo

A huge thanks to Lisa Smith, owner of OZ Design Furniture in Bendigo, for the generous in-kind donation of beautiful homewares to the Bendigo Stroke Support Centre. The OZ Design Furniture homeware items have made such a difference to the look and feel of the Bendigo Stroke Support Centre, making it feel more 'homely', warm and welcoming. It's these little touches that go such a long way in transforming a space, and we thank Lisa and Oz Design Furniture for acknowledging the importance of creating an attractive space for our stroke community in Bendigo.



Ensuring that our Centres are comfortable and appealing is a priority for SAV, and it is the kind support of community-minded businesses such as OZ Design Furniture Bendigo that enable us to achieve this goal in such style.



Strategem Community Foundation, Bendigo

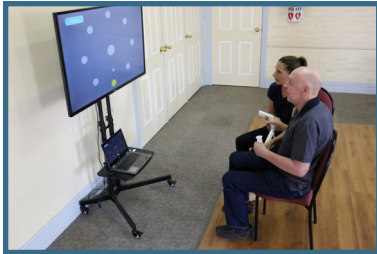


Many thanks to Strategem Community Foundation Bendigo for their kind donation of funds to purchase disability-friendly chairs. These are an essential resource in order for the Bendigo Stroke Support Centre to be equally accessible and comfortable for all of our members, visitors and guests. We can assure the team from Strategem Community Foundation that the chairs were pressed into service right away, and are in frequent use by those of our members who appreciate a bit of extra support.

We are also grateful to Strategem Community Foundation taking the time to come in and visit the Bendigo Stroke Support Centre. We're always excited to welcome interested community organisations into our centres for a tour, a chat and a demonstration of what we do, why we do it and who we do it for.

RACV

RACV has provided generous support to the Bendigo Stroke Support Centre. By providing the funds for the Bendigo Centre to purchase the final items necessary for our Upper Limb Recovery Program.



In addition, RACV has donated the funds for a split system air conditioner to be installed at the Bendigo Centre, which will ensure that the centre is more accessible in all seasons and weather conditions. We thank

RACV for its contributions, which recognise the importance of both the continuing physical recovery and the comfort of our members.

Peter Hocking, Writer

A warm thanks to Peter Hocking, Stroke Survivor and Member at our Boroondara Community Stroke Hub, for his generous donation through the sales of his book, *Not to Yield: A Diary of a Stroke, A Story of Hope*.

Peter Hocking is a determined Stroke Survivor, who wants to make a difference to the lives of future Stroke Survivors. Peter has pledged that the proceeds from the sales of his book will be donated to Stroke Support Centres and groups.



Once again, we sincerely thank Peter for his support and dedication to the Stroke Community.

The Broker Team

Matt Roulston and staff at The Broker Team have committed to the Bendigo Stroke Support Centre by signing on as an ongoing sponsor. The team also participated in Will 2 Walk and raised \$955.20 for the Stroke Association of Victoria in addition to their sponsorship.



Barwon Stroke Support Centre Partners

Give Where You Live (GWYL) Foundation

A big thanks to the GWYL Foundation for their ongoing support of our Barwon Stroke Support Centre. GWYL Foundation generously provided grant funding of \$23,400 to the Barwon Stroke Support Centre for the Stay At Work Initiative (SAWI).



SAWI supports working age Stroke Survivors to re-engage in and sustain employment following their Stroke. Our Engagement Coordinator, Chris Balaam, consults with the program participants (stroke survivors) and their employers (also engaging other services if required) to assist in facilitating a tailored return to work plan.

Read about a SAWI participant, Frank, and his story here:

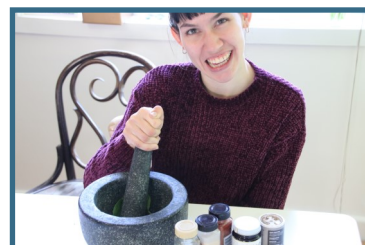
www.givewhereyoulive.com.au/2019/04/supporting-stroke-survivors-to-return-to-work/

GWYL Foundation has also provided grant funding to the Barwon Stroke Support Centre to employ a Centre Coordinator.

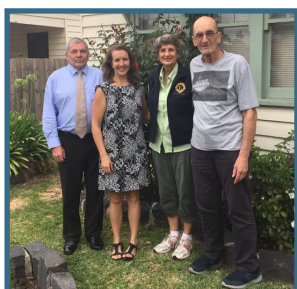
The Centre Coordinator is pivotal to our local Stroke Support Centres, as they are responsible for implementing programs, which meet the needs of Stroke Survivors attending the Centres.

Our programs and activities are structured around either a strengths based approach, where individuals work at their own capacity and level of ability, or an interest-based approach, where individuals identify activities as new or existing opportunities to engage in.

It is up to the Centre Coordinator to meet with Stroke Survivors to identify their strengths, needs & interests and assist them to integrate into the Centre programs and activities, which, as a result, assists Stroke Survivors to re-engage with their Community.



Pete Johnston, Lions Club of Geelong Breakfast



Since its official opening in 2017, Pete and the Lions Club of Geelong Breakfast have been long standing local supporters of the Barwon Centre and we are so appreciative of their ongoing support.



Pete has facilitated two barbecues at Bunnings Leopold and Bunnings Waurin Ponds to support and fundraise for the Barwon Centre.



The money raised at the BBQ assisted to fund our Barwon Young Stroke Support Group outing to Oz Tenpin Bowling. Lots of fun was had by all, with group member Tash emerging as the top scorer. Well done, Tash!

Bunnings Waurin Ponds & Bunnings Leopold

A huge thankyou to Bunnings Waurin Ponds and Bunnings Leopold for all their effort in making the internal repainting of the Barwon Stroke Support Centre such a success. Bunnings Waurin Ponds kindly donated the paint and staff time, and staff from Bunnings Leopold also donated their time to pitch in with the painting.

The dining room, kitchen and large back living area of the Centre all got a facelift with a lick of new, bright white paint. The dining room and living room also now have beautiful pale green feature walls. The space has been completely transformed; it now looks bigger, brighter and more inviting. These rooms are where our members spend most of their time at the Centre, and many commented on how wonderful the new paint looked and how it changed the space so much for the better.

The hard-working staff from Bunnings moved quickly to finish the paint job in just a few days. Bunnings Waurin Ponds has also kindly agreed to donate some extra paint to the Centre to finish the job in the front of the house. We greatly appreciate the time and generosity of all involved.



Boroondara Community Stroke Hub Partners

City of Boroondara

A big thanks to the City of Boroondara for funding the Carers Support Group & All Abilities Cooking Sessions at the Boroondara Community Stroke Hub.



The funding was used to purchase the ingredients required for the all abilities cooking sessions, as well as to provide Carers with chair massages during Carer Support Group sessions.



Carers play an important role in the emotional and physical recovery of their loved ones, providing 'hands on' daily support. Their commitment is so strong that it's easy to forget to 'care' for themselves. The chair massages helped our carers to relax, unwind and de-stress, whilst promoting the importance of self-care.

City of Boroondara

The City of Boroondara has also provided the Boroondara Community Stroke Hub with grant funding, through the Triennial Grant, to partly fund the Centre Coordinator role, as well as funds to assist with the Hub rental costs.

Since it's opening in 2016, the City of Boroondara have been the Boroondara Community Stroke Hub's largest supporter and we sincerely thank them for their ongoing support of the Hub and it's programs & activities.



Hon. Josh Frydenberg MP,
Cr Felicity Sinfield
and Lina
Tallarida, City of
Boroondara, visit
the Boroondara
Hub



Will 2 Walk 2019

On Friday 11 October, 150 motivated walkers took part in the Stroke Association of Victoria's (SAV) 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 – Barwon, Bendigo and Boroondara.



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

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 is pleased to announce that fundraising efforts across the three sites have hit a total of \$55,859.40 which will enable the centres to continue providing support to people affected by a stroke. This would not have been achieved without the support of some key fundraisers and local businesses.

We would like to thank our top fundraisers across each location:

Anita & Tom Roper (Boroondara)
Josie & David Marcello (Boroondara)
Kate Di Bella (Boroondara)
Rolly Perus (Barwon)
Emily Holmes (Barwon)
Sam Donchi (Barwon)
Elsie Smith (Bendigo)
Ron & Marge Townrow (Bendigo)
Bendigo Health Staff Rehab Ward 6C (Bendigo)



SAV Staff Update

Paula's story

At the beginning of July 2019, Paula Theocharides, SAV Communications Manager, commenced maternity leave and will be taking one year leave to enjoy her new bundle of joy, Tahlia Rose.

Tahlia was born on the 22nd August 2019 at a healthy weight of 3.290kg. Big brother, Max, is smitten with his little sister and is enjoying making her smile and laugh as she grows and interacts more.



We wish Paula, Lee, Max and Tahlia all the very best in this new chapter of their lives.

Board Update

We are thrilled to welcome four new members to our Board; Anita Roper, Professor Mary Galea, Dr Margaret Turner and Konrad Ermert.

Anita has over 30 years' experience in senior management and board roles working with business, government, communities and multilateral agencies.

Mary is Professorial Fellow in the Department of Medicine at the University of Melbourne and Academic Director of Australian Rehabilitation Research Centre at the Royal Melbourne Hospital.

Margaret completed a combined Clinical Masters and PhD in Neuropsychology at the University of Melbourne. Margaret's PhD thesis was "An Investigation into Methods of Improving Mood and Social Communication In Depressed Stroke Patients: Progress towards Therapeutic Change". She now works part time at the Balanced Wellbeing Centre as a Psychologist.

Konrad Ermert graduated from the Royal Military College, Duntroon in 1962. With his wife, Mimi, he set up an engineering consultancy and advised government departments on hospital energy services.

With these arrivals comes three departures; Scott Buchanan who was on the SAV Board for two years, and involved with the Association for over four years, as well as Philip Wilkins and Dr Wei-Peng Teo who were both on the Board for one year. SAV would like to sincerely thank Scott, Philip and Wei-Peng for their contribution to our organisation.

Stroke Support Group & Centre Listing

ALBURY-WODONGA Stroke Recovery Club	Margaret Bashford	1300 650 594
ALBURY-WODONGA Stroke & Brain Injury Inc	Narelle Maloney	0429 785 192
APHASIA VICTORIA Inc	Konrad Ermert	0498 481 158
BALLARAT Stroke Support Group	Ron Hines	0408 313 659
BARWON Aphasia Support Group	Stephanie Hicks (Wednesday monthly)	03 4222 7630
BARWON Stroke Support Centre	Sienna Posso (Mon/Tues/Thurs/Fri)	03 4222 7630
BARWON Young Stroke Support Group	Sienna Posso (Tuesday fortnightly)	03 4222 7630
BENDIGO Stroke Support Centre	Tamara Lalor (Mon/Tues/Thurs/Fri)	0490 709 962
BOROONDARA Blokes & Strokes Group	Vivienne Harkness	03 8529 5307
BOROONDARA Carers Support Group	Vivienne Harkness	03 8529 5307
BOROONDARA Chatterbox (Aphasia Group)	Vivienne Harkness	03 8529 5307
BOROONDARA Community Stroke Hub	Vivienne Harkness	03 8529 5307
BOROONDARA Sing for Recovery Choir	Vivienne Harkness	0417 054 511
BOROONDARA Stroke Support Group	Vivienne Harkness	0417 054 511
BOROONDARA Young Stroke Support Group	Vivienne Harkness	03 8529 5307
BOX HILL Chinese Stroke Support Group	Rufina Chan	03 9078 8320 0421 887 698
CENTRAL VICTORIA (BENDIGO) Stroke Support Group	Marge Townrow	03 5474 8111
COLAC Stroke Support Group	Sienna Posso (Friday fortnightly)	03 4222 7630
CRANBOURNE Stroke Support Group	Sandy Harris	0408 130 453
CROYDON Stroke Support Group	Valerie Cadman	0400 581 750
DAYLESFORD Stroke Support Group	Gary Tucek	0417 384 215
DRYSDALE Blokes with Strokes Support Group	Sienna Posso (Tuesday fortnightly)	03 4222 7630
GEELONG Blokes with Strokes Support Group	Sienna Posso (Tuesday/Thursday fortnightly)	03 4222 7630

GEELONG Carers Group	Sienna Posso (Thursday monthly)	03 4222 7630
HAMILTON Stroke Support Group	Jenni Bowman	0409 987 613
HORSHAM Stroke Support Group	Serena Kereopa Dora Christian	03 5382 5607
KNOX Stroke Support Group	Lister Sabin Robert Morgan	03 9758 9109 03 9758 8582
LILYDALE Stroke Support Group	Maureen Hill	03 9738 8801 03 9738 8839
MACEDON RANGES Stroke Support Group	Kim Courtney	0429 919 207
MONASH Stroke Support Group	Graeme Hilson	03 9877 6945 0418 537 985
MORWELL (TRARALGON) Stroke Support Group	Marlene Austin Paul Howells	03 5668 1355 0417 338 816
SHEPPARTON Stroke Support Group	Ted Smilie Kaylene Fitzpatrick	03 5826 0220 0421 025 235
STROKIDZ Stroke Support Group	Andrew Price Daren & Sally Kohne	03 9885 4477 03 9574 7071
SUNRAYSIA (MILDURA) Stroke Support Group	Donald McMaster	0419 510 190
SWAN HILL Stroke Support Group	Joyce Wood	03 5033 1963
WANTIRNA Carers Support Group	Sandie McEchern	03 9764 9070 0409 415 222
WARRAGUL Stroke Support Group	Jean Hoare Anne Olsen	0400 342 291 0409 564 857
WARRNAMBOOL Stroke Support Group	Patrick Groot	03 5564 4346 0400 359 681
WESTROKE (FOOTSCRAY) Stroke Support Group	Melva Morrison	03 9317 7850
WYNDHAM YOUNG Stroke Network	Bob Carey-Grieve	03 9742 8193 0457 710 326
YOUNG VICTORIAN Stroke Support Group Facebook Online Community www.facebook.com/groups/yvssg/	Maryanne Vidler Scott McPhee	0438 556 294 03 9435 7857

Stroke Support Centre Activities

Aphasia/Communications Group

Communication groups are run to give members of the community a chance to meet others with a shared experience and practice communication skills within an understanding environment.

ableX

A computer-based exercise system designed to recover arm movement following stroke. Using a handheld controller, users are guided through a series of fun and challenging computer games designed to improve arm strength, dexterity and function. Exercises can be tailored to each individual and increase in difficulty as your ability improves with repeated use.

Upper Limb Training

Stroke survivors can practise their individual plans designed by their Occupational Therapists to help improve movement, strength and fine motor skills. By the centres providing the space to practise these tasks in a group setting we are tackling the issue of isolation that many stroke survivors face and help support peer encouragement.

Arts & Crafts

Come and share your joy of crafting with other stroke survivors whilst practicing your fine motor skills.

Technology

If you'd like to make your device more accessible and easier to use, our technology assistance groups will be happy to help you out. There are also a range of applications and programs for many devices designed specifically to aid stroke recovery, focusing on developing skills like attention, memory, problem-solving, and typing.

Chair Yoga

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga classes typically target those with physical disabilities or aging men and women who find a typical yoga session too challenging.

Cards & Games

Board games can help recover skills like memory, attention, reasoning and decision-making, but hopefully you'll be having too much fun to notice all that work going on!

Music & Choir

Singing in a group can also be emotionally uplifting and a great source of peer support. If you enjoy singing, whether you're more interested in communication, cognition or socialisation, joining the choir will be an enjoyable and beneficial way to continue your stroke rehab.

Independent Travel & Regaining Driver's License

Upon the advice of a doctor, stroke survivors could be required to hand over their license and stop driving for a period following a stroke. The centre holds sessions to discuss topics such as regaining travel independence & drivers licenses. We also run sessions on using public transport with the assistance from a trained OT to supervise.

Relearn Kitchen Skills

With help from an OT we run sessions on how to navigate yourself in a kitchen and some tips and tricks from other stroke survivors on what has worked for them.

Walking Group

Join others affected by stroke in a social walk around your local area.

Social Support Groups

A regular social support group with fellow stroke survivors in your peer group provides a low-pressure environment to help rebuild your social skills and provides information, emotional support and affirmation of your experiences.

- Blokes with Strokes
- Young Stroke Group
- Carer/Family support
- Women's Group
- Cooking Group

Visit our website to view each centre's monthly activity schedule.

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

