



NEWSLETTER

May-June 2024

ESTEEM ready to launch in the Maitland area!

Recently, the third and final transition/training day to bring ESTEEM to the Maitland Region was completed. Team members from Mercy Services, Maitland Community Care Services and members of the research team attended. There were a range of presentations and practical sessions, concluding with a practice run through of the program. Thank-you to all attendees for their whole-hearted enthusiasm and to the ESTEEM champions who facilitated activities.



All of the required equipment has been delivered to Kurri Kurri Day Centre and the space arranged to suit program delivery. It looks fantastic and we can't wait to see the Stroke Survivors of the Maitland region getting together at ESTEEM and enjoying the space!



Images from the final Maitland Region transition day

In the period July 2023-July 1st 2024
Mercy have had:

- 71 referrals
- 35 completed full 10-week program

Spaces currently available to start now!

Please send referrals to

esteem@mercyservices.org.au

or call 0439640404.



On the 17th of June, Mick and the HMRI team visited Mercy ESTEEM to take some photos and video footage of the program in action. The reason for their visit was to create some promotional content for their new visual identity launch – to demonstrate what research looks like in the real world.

You can learn more about HMRI and see what other researchers are up to here:

<https://discover.hmri.org.au/our-new-brand/?>



Images of the HMRI team filming at
Mercy Services

Research update

The Mercy ESTEEM Pilot data (25 participants) has been analysed! Comparison of measures taken at program start, end and 3 months later indicate that people participating in ESTEEM experienced improvements in

- Quality of life
- Mood and
- Walking endurance (could walk further in 6 minutes)

The Feasibility Phase of the ESTEEM project is closing in on it's recruitment target (40) at the Mercy site, with 15 participants having completed full data collection including 12-week follow-up assessment, a further 13 have completed the 10-week ESTEEM program, and 5 more have commenced the program. The results of the feasibility data will help to refine the research processes used in Effectiveness Phase of the research trial at Mercy and 2 other sites (Maitland area and most likely Manning).

7 stroke survivors under the age of 65 have been interviewed for The Young Stroke Survivors sub-study. Preliminary analysis is underway, and this will inform any modifications for ongoing interviews.

Promotion

Representatives from the Research and Consumer group attended the **Hunter Multicultural Fiesta** on Saturday June 1st. The weather was wet, wet, wet, but we still managed to make a few connections and it was nice to spend the day together chatting about ESTEEM.



Nell, Di and Kimberley representing ESTEEM at the Hunter Multicultural Fiesta

ESTEEM promo poster

Have you had a stroke?

ESTEEM is a **FREE 10 week group program to support stroke recovery**

- EXERCISE**
30-minutes of Physiotherapist designed exercise.
- SOCIALISE**
30-minutes to enjoy a light morning tea, talk, share stories and build relationships with other stroke survivors.
- THINK CREATIVELY**
90-minutes of movement-to-music or visual arts, with an experienced dancer or artist.

Programs are tailored to each person's abilities

Mondays and Wednesdays 10am - 12:30pm
Mercy Services Day Centre
13 Brooks St, West Wallsend
Phone: (02) 4962 6680/ 0439 640 404
Email: esteem@mercyservices.org.au

Tuesdays and Thursdays 10am - 12:30pm
Kurri Kurri Hospital Day Centre
434 Long St, Kurri Kurri
Phone: (02) 4932 5755
Email: esteem@mccs.org.au

Contact us today to find out more or to book an assessment!

You may notice members of the ESTEEM teams wearing **new polo shirts**. We are really happy with how they turned out and look forward to wearing them out and about! ESTEEM T-shirts will also be available for ESTEEM participants once they have completed research data collection.

We have developed an **ESTEEM promotional poster** to be displayed on community notice boards (for example, in libraries, community centres, shopping centres). Our wonderful Consumer Group have offered to help with there distribution. If you know of a noticeboard in your community that should have one on display and doesn't, please get in touch and we will happily post you a copy! GPs will be contacted separately by the Research Team, with a plan to send them a promotional pack of flyers and posters for use in their practices.

We are excited to announce that ESTEEM will be taking part in **Stroke Week 2024!** We will be showcasing the art of past and current participants in an exhibition to be held in the Royal Newcastle Centre, John Hunter Hospital, from 5-11 August 2024. We have reached out to all current and past ESTEEM participants via email and text message for art submissions. While the exact agenda is yet to be finalised, the exhibition launch is likely to be held on the Tuesday, and the stroke week choir and ESTEEM Movement to Music Group are likely to perform on Thursday. Keep an eye out for our new ESTEEM polo shirts and come and say hi!

Some wise words from a past ESTEEM participant....

Everyone needs some help, when life it gives you lemons

You have a stroke, life looks grim, let's conquer all those demons

You join a group; it's called ESTEEM and that is what it does

It certainly builds your self-esteem; it gives you quite a buzz

Safety is priority, Mondays no fall day

Hold those bars, or hold the chairs and you will be o.k

Sit to stand, push the wall, now marching on the spot

Everyone works, to their strengths and all give it a shot

Time to split into groups, to take on dance or art

You can't draw, yes you can, just follow with your heart

Move to music, play some games, it's all a lot of fun

Time it goes so quickly, it's gone when just begun

Each time we finish exercise, we have some morning tea

We sit around and have a chat, ask how all has been

There's tea and coffee, fruit and cakes, and crackers with some cheese

The staff are really lovely, they're always there to please

Enrol you should, come and meet the staff, much better off you'll be

There's Robin, Kerry, Cheryl and Ty, also Jen and De

Life it's an adventure, with some stumbling blocks

If you believe in yourself, you'll conquer life's hard knocks

Motivation is what you get, when going to ESTEEM

Take this motivation home, and build your own regime

I'd like to thank all of you, for encouragement and understanding

It's great to have some active fun, that is so undemanding



This wonderful poem was written by a very clever and lovely past ESTEEM participant. Thank-you for sharing your creativity with us Kerrie!

It was a pleasure to recently meet with Kerrie and another past participant, Dennis, to hear their thoughts about the program. You will be able to hear more from both Dennis and Kerrie by checking out the ESTEEM website on Health Pathways, which will be going live in the next couple of weeks!

← Denis and Kerrie being interviewed by Anjelica



A Minute in the Life of.....

Name:

Jen Murrell

Role:

Creative Arts Officer for ESTEEM at both Mercy Services and Maitland Community Care. I lead participants in movement to music

What is your favourite part of your job?

Watching people achieve things they did not think they could do and having fun at the same time.

When you're not at work, where might we find you in your free time?

Paddleboarding, walking the dog, at the beach with the family, drinking tea or hanging upside down on a pole.

Favourite book?

A fraction of the whole by Steve Toltz

If we're coming for dinner, what will be eating?

Thai food

What is one new thing you'd like to try?

I want to learn to play the piano

Favourite quote or joke?

Q. What does the cheese say to itself in the mirror?

A. Halloumi. (I love this because the cheese is totally accepting of itself.)

If you could visit anywhere in the world, where would you choose?

So many places! London, Rio, Greek islands

Would you survive a zombie apocalypse and why?

Probably not, I'm terrible at laser tag! I think I'd just get bitten and have to make a new zombie life for myself.



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Australian Government
Department of Health and Aged Care



In partnership with our Community

