



NEWSLETTER

July-August 2024

ESTEEM has launched in the Maitland region!

ESTEEM is up and running in the Maitland region, with our wonderful partner organisation, **Maitland Community Care Services**, delivering the program at **Kurri Kurri Hospital Day Centre** on **Tuesdays and Thursdays**. There are currently 8 participants attending, and we look forward to continuing to build a waiting list.



Meet the Maitland region ESTEEM team! Staff from left to right are: *Cheryl, Deanne, Martin, Katinka, Jen, Grace.*



Referral is simple- email esteem@mccs.org.au or phone **02 4932 5755** to provide the stroke survivors name and contact details.



National STROKE WEEK

August 2024

ESTEEM celebrated Stroke Week by hosting an **Art Exhibition** at The Royal Newcastle Centre, with an official event launch. The launch included a fabulous live performance from the **Brainwaves Stroke Choir** and a demonstration of the **ESTEEM Movement to Music**.



It was a wonderful gathering of people from across the stroke community celebrating many forms of creative expression and connection. The ESTEEM team were honoured to host the event and to be able to share the gifts and talents of so many. Thanks to the stroke community and all of our service and research partners for making it such a memorable event.





In July, The Mercy ESTEEM team were proud to celebrate **Naidoc week**, and were inspired to create a group artwork representing the Indigenous community and their journey of recovery after a stroke. **“The Hands Of Our Land”**, could be seen proudly displayed at the Stroke Week Art Exhibition.



The central circle in this composition represents a meeting place. Four different Aboriginal totems representing those involved in created this artwork are placed around the edge of the circle: Wedged tail eagle (Awabakal), Whale (Darkinjung), Red kangaroo (Gamilaraay) and Goanna (Wiradjuri).

Each participants' hand has been printed onto the border of the painting, symbolising the people in the ESTEEM Indigenous community. The gum leaves, attached to the canvas in a circular formation in the centre of the composition, represent the land and it's flora. The lines moving from the circular centre represent pathways leading the healing journey the community are taking on the road to recovery.



Update Manning Region

A few weeks ago, Heidi and lived experience research team member Amy, met with the Stroke Care Co-Ordinator at Manning Base Hospital and the Rehab team at Wingham Hospital. They also met with a local potential partner organisation, and continue to explore partnership options in the Manning region.

Did you know that in 2020, the electoral division that includes Manning (Division of Lyne) was ranked 3rd on a list of the highest number of peoples living with stroke in Australia, at 4014 people?

You can find out more in the "No Postcode Untouched 2020" report, which can be found at www.strokefoundation.org.au.

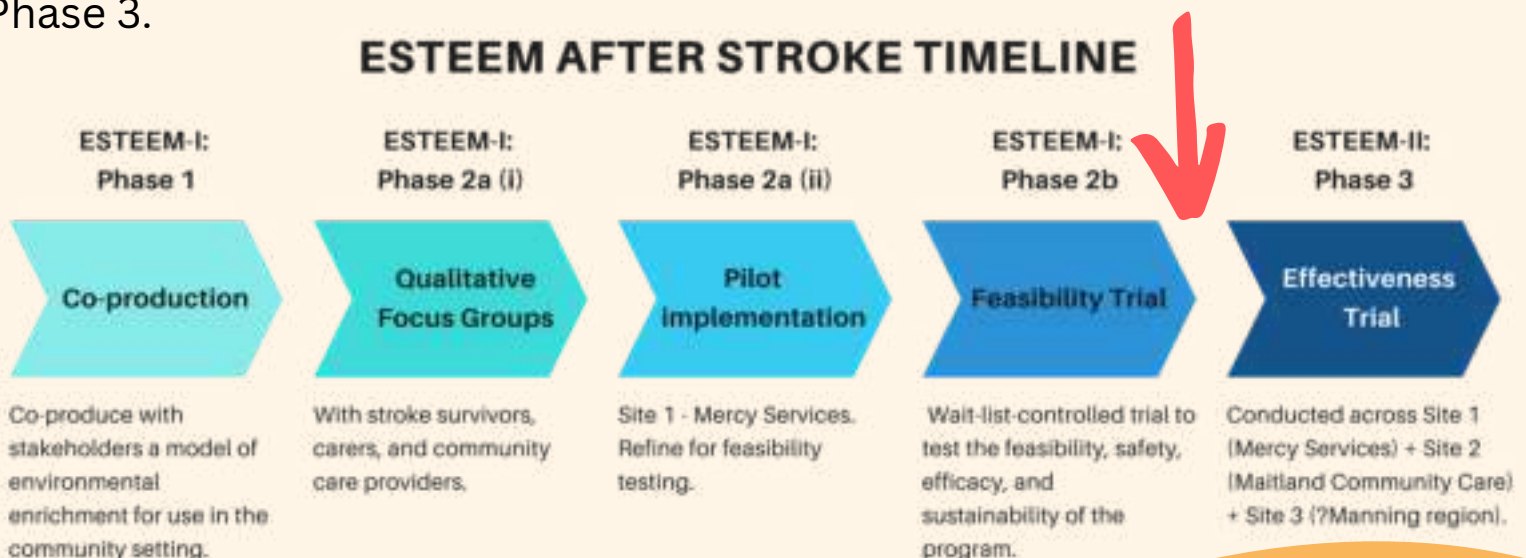
We know that the need in this area is great, and we look forward to forming great relationships with local organizations so that we can successfully bring ESTEEM to the people of the Manning region.

Update Research

The research team have reached the target number of participants required for feasibility testing (40 participants have consented to research and completed baseline data collection).

There will be a pause on research recruitment before moving to ESTEEM Phase 3.

ESTEEM AFTER STROKE TIMELINE





A Minute in the Life of.....



Name: Tony Stewart

Role: I have been an advisor to the ESTEEM project since late 2020 after being approached because my partner and stroke survivor Caroline was on the Stroke Register at HMRI. More recently I have become involved in the ESTEEM Consumer Focus Group where we meet on Zoom monthly to provide advice on various aspects of ESTEEM.

Last week I had the pleasure of visiting an ESTEEM session at Kurri Kurri Hospital. I participated in the morning physio exercise session and the dancing, then had a look at the brilliant artwork. I had trouble keeping up! The most significant thing to report is that everyone had a smile on their faces. I had a great day and can see why ESTEEM gets such great feedback!

I am also the treasurer of the Maitland Aphasia Group, and a carer/partner to Caroline, my better half!

What is your favourite part of your job? I really like helping with the down-to-earth coal face stuff through my involvement in the ESTEEM Consumer Focus Group, but my most favourite thing is helping Caroline continue to improve from her stroke she had back in 2013. She continues to inspire!

Favourite book? I enjoy audio books these days and my favourite of recent times was Project Hail Mary by Andy Weir.

If we're coming for dinner, what will we be eating? I like my BBQ's so sausages, steak, rissoles, onions, and a nice salad with stuff from my garden and a huge pavlova for dessert!!





A Minute in the Life of.....



When you're not at work, where might we find you in your free time? I am a keen gardener, a poor golfer and avid home handyman. I am currently repainting all our bedrooms. I love rugby league and support the Maitland Pumpkin Pickers locally and the West Tigers Men and the Newcastle Knight Women's team in the NRL. I also support the Newcastle Jets soccer men's and women's team.

What is one new thing you'd like to try? A racing car driver in a V8 Ford Mustang at Bathurst. It would be great fun as long as I did not crash!

Favourite quote or joke? Because I used to work in the Tax Office this is my favourite quote- LOUIS XIV'S FINANCE minister, Jean-Baptiste Colbert, famously declared that "the art of taxation consists in so plucking the goose as to obtain the largest possible amount of feathers with the smallest possible amount of hissing."

If you could visit anywhere in the world, where would you choose? Tasmania because I have not been there. My son and daughter visited Tasmania with their Papa a few years ago and my 10-year-old son wanted to know whether they spoke English and who was their president? He was relieved to find out they had KFC's there!!!

Would you survive a zombie apocalypse and why? Yes, because I have watched all the Zombie movies and series, and I know what to do and what not to do!!!

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https://www.hnehealth.nsw.gov.au/our_services/esteem

OR

bit.ly/ESTEEMstroke



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