



NEWSLETTER

March 2025

Farewell 2024!



The festive season provided a wonderful opportunity for participants and their families, site staff and researchers to get together and celebrate the success of ESTEEM in 2024, with Christmas parties held with both MCCS (above) and Mercy Services (below). After some time to rest and recoup, we are excited for 2025. ESTEEM has a big year ahead and we know it's going to be a great one!



Our new website is up and running!!!!

You can check it out at :

<https://esteemafterstroke.com.au/>

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Update: **Newcastle Region**



Welcome *Jannah, Allied Health Support Worker*

In January ESTEEM welcomed Jannah in her new role as an Allied Health Support Worker at Mercy Services. Jannah has been previously providing volunteer support to the ESTEEM program (for 18 months!!!!) while she studies psychology at university. We welcome Jannah's experience, her generosity and her passion for helping people recover.



ESTEEM to cease operating at Mercy Services

The Mercy Services organisation is transitioning over to be managed by a new company named Mercy Health. These changes affect the ESTEEM Program. After careful consideration and discussions with the funding body sponsoring the ESTEEM Program, we have been advised that the monies funding the ESTEEM Program cannot be transferred to Mercy Health. Consequently, the last day that the ESTEEM Program will be delivered at West Wallsend with Mercy Services will be **30th April 2025**. We understand that this news will bring disappointment to many, and we want to assure you that all necessary steps will be taken to provide support for those who wish to transition to an alternative ESTEEM Program location or exercise, social and creative based activities held elsewhere. Please don't hesitate to reach out to us if you have questions about these changes.

Maitland Region



Welcome *Amy, ESTEEM Program Coordinator*

Amy is a wife, mum to 3 children and a gorgeous Labrador Koda. She loves food and wine, country music, fantasy books (magic and dragons) and going on holidays camping with friends and family.

"I am extremely happy to have joined the ESTEEM Program. It makes me happy to see our participants getting in and having a go and really enjoying themselves. I have had so much positive feedback it makes me proud to be part of the team."



Farewell *Katinka, Maitland ESTEEM Program Coordinator*

Thank-you for your valuable contributions to help get ESTEEM up and running for stroke survivors in the Maitland region.



Update Research Activities

Last week the final research participant enrolled in ESTEEM Feasibility Project (Phase 2) had his final data collection. We have successfully collected data from 40 ESTEEM participants and we look forward to hearing from the statisticians about the ways in which ESTEEM might be benefiting those recovering from stroke.



So what's new in Phase 3?

Phase 2 ESTEEM Research was looking at the feasibility of running the ESTEEM Program at one site. Now that we have an understanding of how the program can run, we are moving into Phase 3 which looks at implementing and testing the Program in different communities across Hunter New England in conjunction with different NGO's. If you want to learn more, visit our website or reach out to the research team.

Who can participate?

Adults living in the community who:

- have had a stroke
- can stand and toilet independently or with the help of one person who can stay for the duration of the program.
- can communicate and follow-instructions
- are willing and medically well enough to participate in all aspects of the program, including group-based exercise.

Can I still attend the ESTEEM program without agreeing to the research?

No, to be eligible to attend the ESTEEM Program, stroke survivors must first consent to participate in research.

How can I refer?

Participants and referrers can contact researchers directly or participants can self-register using the weblink/QR code on our brochures and website.



ESTEEM

What does the research involve?

When you are ready to start the ESTEEM program, a research assistant will spend time with you to collect some information. You will then be allocated to either start the ESTEEM program now or to wait 10 weeks. The research assistant will meet with you a further 3-4 times over 4-6 months.

EASTER EGG GUESSING COMPETITION

Visit our facebook page to find out more about our Easter guessing competition!

facebook.com/ESTEEMAfterStroke

How many yummy eggs are inside the jar?!?



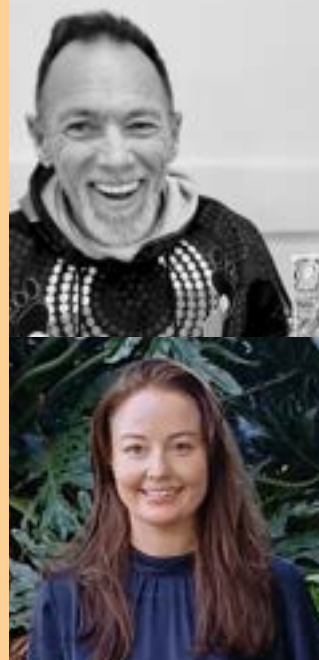
Welcome

Gary, *ESTEEM Consumer Focus Group*

We are grateful to welcome stroke survivor Gary to the ESTEEM After Stroke Consumer Focus Group. Gary is proud Gamilaroy man with recent lived experience in accessing stroke recovery programs.

Claire, *ESTEEM Research Assistant*

Claire is excited to join the team as a Research Assistant. Claire works as a Physiotherapist in rehabilitation. She has recently gained experience in research working across projects within Neurological Physiotherapy and Rehabilitation. Claire is looking forward to contributing to the team and further developing her research skills as part of the Phase 3 of ESTEEM.



Farewell

Sarah, *ESTEEM Research Assistant*

Nicole, *Senior Clinical Trial Project Manager HMRI*

You have both made wonderful contributions to ESTEEM After Stroke Project and have been a pleasure to have in the team. Thank-you for all your hard work!

CONNECT WITH US

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