



NEWSLETTER

August 2025



Maitland ESTEEM 1st Year Anniversary!

It's been 12 months since ESTEEM partnered with Maitland Community Care Services to commence at Kurri Kurri. In this time, 80 stroke survivors have participated and experienced the wonderful combination of enrichment activities on offer. The anniversary celebration was well attended and enjoyed by all.



Left to right: Glynis and Amy cutting the cake, art display, Deb and Kimberly

It was great to hear from Heidi, Amy and Jess from MCCS, Glynis- generous ESTEEM donor, previous ESTEEM participant Hal, and carer Elaine. Thank you for sharing your experiences with us. Attendees also enjoyed the art display and were able to experience a fun movement to music session with Jen. A big thank-you to the MCCS ESTEEM team for their expertise, compassion and commitment in delivering the ESTEEM program- it's been a fabulous year!



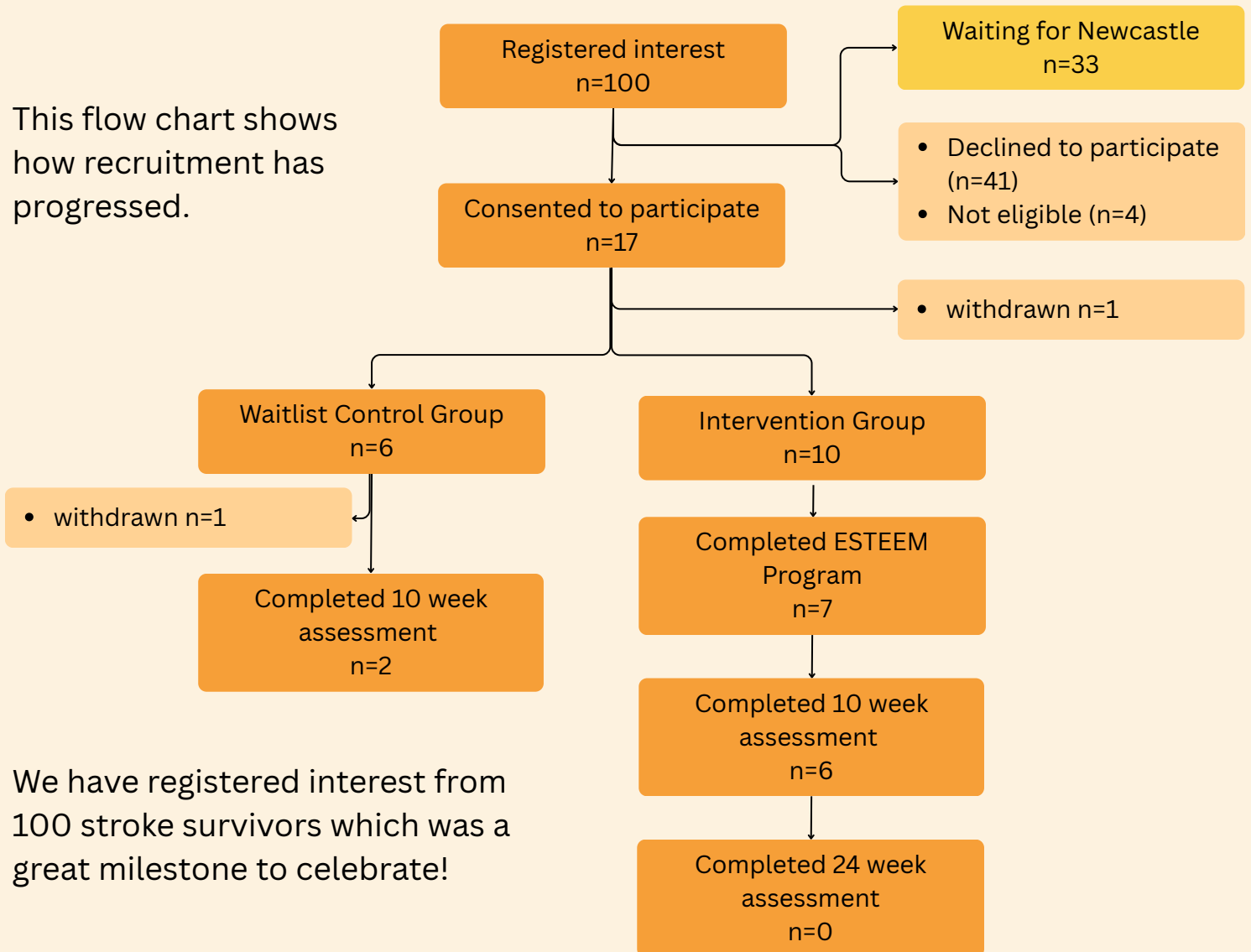
Left to right: Heidi, Jess, Dennis, Gary, Dongmei, Heidi, Jen, Dee, Cheryl, Amy, Grace, Shandelle.



Update -Research Activities

For those that love numbers, here are some!

This flow chart shows how recruitment has progressed.



We have registered interest from 100 stroke survivors which was a great milestone to celebrate!

Welcome

Peter, *Consumer Focus Group*

We are grateful to welcome stroke survivor Peter to the ESTEEM After Stroke Consumer Focus Group, which meets monthly to provide advice and feedback to the ESTEEM Research Team. Peter has lived in the Hunter Valley all of his life and has recent experience of attending the ESTEEM program at Kurri Kurri. Peter is very keen to learn about and contribute to new rehabilitation opportunities for stroke survivors.





Role: We recently welcomed Dongmei to the ESTEEM Research Team in the role of Cultural and Linguistically Diverse Community Engagement Officer. She has a wealth of experience and we are excited to have her join us!

What is your favourite part of your job? My favourite part of the job is using my knowledge and skills to help culturally and linguistically diverse stroke survivors engage with the ESTEEM After Stroke program. I also feel very fortunate to work with such a supportive and dedicated team.



When you're not at work, where might we find you in your free time? You'll likely find me playing badminton, going for walks, or enjoying a catch-up with friends.

Favourite book? How to be Rich and Happy on your Income

If we're coming for dinner, what will we be eating? Dumplings! They're delicious, and making them together is a great team activity – fun, collaborative, and tasty.

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



Favourite quote or joke? What doesn't kill you makes you stronger.

If you could visit anywhere in the world, where would you choose? Antarctica – I'd love to see penguins in their natural habitat, not just in an aquarium!


Would you survive a zombie apocalypse and why? Honestly, I'm not sure! I'd probably leave that to my husband – he's watched a lot of zombie movies and TV shows, so I trust he'd have some survival strategies up his sleeve.

CONNECT WITH US

SCAN ME

 ESTEEMAfterStroke@newcastle.edu.au  0436 307 646

 esteemafterstroke.com.au

 [esteem_stroke](https://www.instagram.com/esteem_stroke)

