



# NEWSLETTER

December 2025

## Funding Announcement- An Exciting New Partnership!

We are excited to announce that the ESTEEM Program will be launching again in the Newcastle region with partner **NovaCare Community Services**! We are delighted to collaborate with this wonderful organisation and look forward to the anticipated ESTEEM Program launch in February 2026. The Program will be running on a Tuesday afternoon and Friday morning at Milpara Social Centre, Merewether. More details will be shared as they are confirmed.



Maitland Community Care Services (MCCS) was successful in securing funding for a further 3 years! We look forward to continuing a productive partnership with this great organisation. The team continues to explore funding options for our valued partners in the Manning Region where stroke recovery programs like ESTEEM are much needed.



*Meanwhile....*we are accepting referrals for both Newcastle and Maitland regions. Please register any interest on our website, [esteemafterstroke.com.au](http://esteemafterstroke.com.au).



## Staffing Update

**WELCOME** to the NovaCare ESTEEM Program Team- Elyse & Andrea (Program Coordinators), Kerrie & Belinda (Physios), Hannah & Campbell (Allied Health Assistants) and Dee (Creative Arts Officer). It is wonderful to have you join us and we look forward to working with you. We also welcome back **Katinka** who has re-joined the team as Program Coordinator for **MCCS** and welcome Kath, Taz and Neve to the ESTEEM Research Team.



Taz and Heidi



NovaCare ESTEEM Team- Belinda, Campbell, Elyse, Hannah, Kerrie and Dee



Anjelica and Dongmei

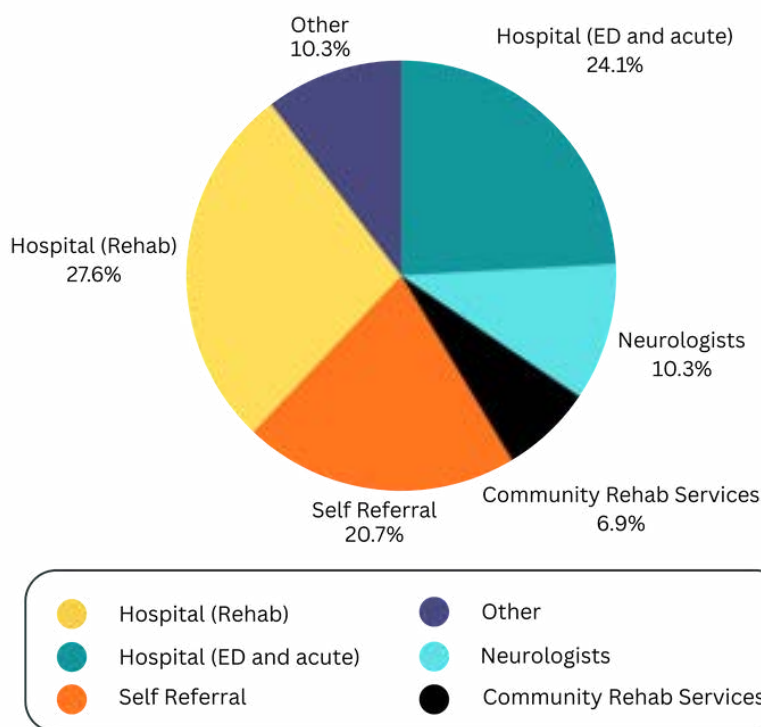
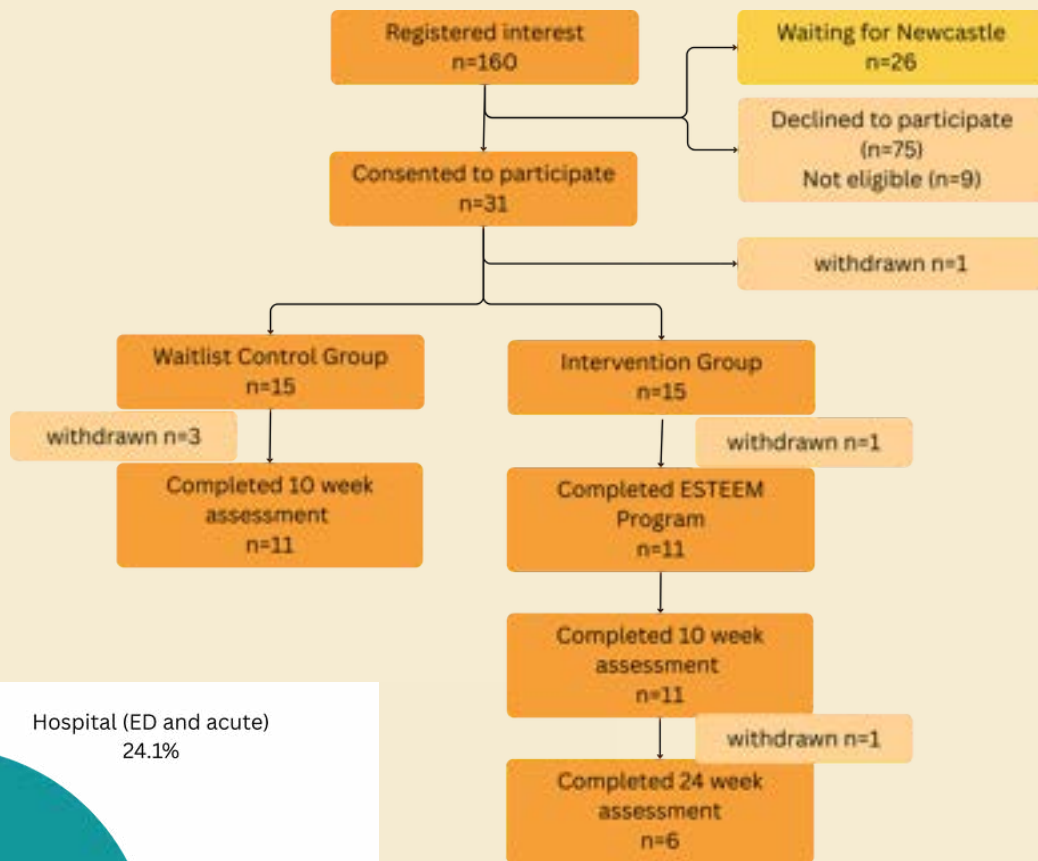
We recently said **FAREWELL** to Amy as the ESTEEM Program Coordinator for Maitland Community Care Services. As 2025 draws to a close, we also will be farewelling two valued members of the ESTEEM Research Team- Anjelica and Dongmei. Thank you for your wonderful contributions. It has been a pleasure to work with you and we wish you all the very best in the future.



ESTEEM

## Research Update

This flow chart shows how research recruitment has progressed.



This pie graph shows who has referred those who have consented to participate (n=30)



Research Team Christmas celebration



## What Have Past ESTEEM Participants Been Up To?

Proud Indigenous artists Aunty Ella and Gary first connected at ESTEEM in June 2024. They continue to connect and create with each other, and in June 2025 completed their first commissioned artwork. Congratulations Aunty Ella and Gary!



## Shout Out!

To our wonderful Research Assistants Nic and Claire who in 2025 have driven an impressive 4000kms travelling to and from participants homes for data collection appointments! They are both great to work with, flexible and efficient, and we want you to know that we appreciate you.





# 2025 in review



February



Nic collects data from our final Phase 2 Feasibility participant

April



Tony and Carolyn are winners and Phase 3 ESTEEM commences!

May



Mercy Services Newcastle ESTEEM ceases

July



ESTEEM know how to party! Celebrating our 1<sup>st</sup> Anniversary with Maitland Community Care Services



Scone Cancer Support Group, Maitland Seniors Expo, Kurri Kurri Spring Festival, Maitland Men's Shed and Multicultural gatherings. Even Spider-Man came out to connect!

Promotion



October



Research and Consumer Team members attend Smart Strokes Conference, Newcastle

November



Collaboration with artist Todd Fuller to create an artwork for John Hunter Hospital

December



NovaCare staff training commences.

ESTEEM would like to take a moment to celebrate all that we have achieved in 2025 and to thank the wonderful stroke community and our many partners and referrers.

We wish you all a very Merry Christmas and a Happy New Year!

A minute in the life of.....

**MARTIN**

our fun and fearless Exercise Leader!



### What is your role with ESTEEM?

Physiotherapist with special interest in people with neurological problems. It has always attracted me to look after people with neurological problems. Also because many things about the brain are still unknown.

### What is your favourite part of your job?

To help and assist people to get better and to achieve goals that they set, and the smile and gratitude you see on clients and family faces.

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

Working in the garage on my cars or motorbike on outside in the paddock (on my hobby farm).

### Favourite book?

Due to the fact that I need reading glasses now, I don't read as much when I was younger (I still feel young!!). I used to read books from Patricia Cornwell, James Paterson and Clive Cussler. I now watch movies more than reading books.

Some of my favourite movies are: Grease, Platoon, Saturday night fever.

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

We would be eating a BBQ, because it will be all about having a great time and spending time outside in the backyard. I grew up with a bourgondic lifestyle. My favourite food however is Seafood.

*A "bourgondisch lifestyle" refers to a Dutch term for a life of luxury, pleasure, and indulgence, particularly centred around food and drink, much like the lifestyle historically associated with Burgundy. It embodies a culture of savoring rich food, quality wine, and good company, characterized by a slow, enjoyable approach to life.*

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

I was always wanting to be a mechanic. Having said that a good friend of mine was an Accountant and previously changed careers and is now a bus driver in Sydney Northern Beaches. I would like to do something similar but would like to drive trucks in the outback.

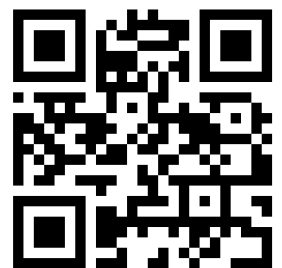
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