

Community Aphasia Group

The **Community Aphasia Group** program is for stroke survivors with aphasia. Aphasia is caused by a stroke and affects your ability to communicate.

The Speech Pathologist runs this group. Final year speech pathology students from the University of Newcastle also help out.

The benefits of the program include:

- Learn to live well with aphasia by meeting people with similar problems
- Opportunities to practice your communication skills
- Providing you with information about services in the community for people with aphasia.

The program runs for 8 weeks, several times during the year. The groups run on Thursday mornings.

Community Participation

Our group programs provide support for stroke survivors to participate in their community.

We also encourage stroke survivors to engage with their local stroke support group by calling the Stroke Recovery Association on 1300 650 594.

Contact Details

For further information about any of our programs contact our team:

Telephone: 4985 5245

Phone: 4985 5245

Email: HNELHD-CommunityStroke@health.nsw.gov.au

Mail: The Community Stroke Team
The Lodge Building, John Hunter Campus
Locked Bag 1, Hunter Region Mail Centre, NSW 2310

Fax: (02) 4921 4833

Have Your Say

To provide feedback and suggestions to improve this brochure please contact us on:

HNELHD-CommunityStroke@health.nsw.gov.au

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COMMUNITY AND AGED CARE
SERVICES

Community Stroke Team

Group Programs and Services



IMPORTANT COVID-19 INFORMATION

To keep you and staff safe during the COVID-19 pandemic we are offering:

- **face to face sessions** with reduced numbers
- **video-call** group sessions

We can offer you help to show you how to use telehealth for our groups.

The Community Stroke Team

Our Service

The Community Stroke Team runs group programs for stroke survivors. We also welcome family members and carers to join in. The team covers Newcastle, Lake Macquarie and Port Stephens.

Who can attend?

- Adults (aged 18 years or over) who have had a stroke.
- Any family member, carer, or friend can attend with a stroke survivor

For further information about any of our programs contact our team on 4985 5245.

Referrals

- Anyone can refer a client to the team (e.g. allied health, medical, family).
- You can refer yourself to the service.

Ring the **Referral Information Centre** to make a referral (RIC) on **4924 2590**.

Master Stroke Program

Master Stroke is a 6 – 8 week group, to prevent further stroke events and live well.

The benefits of the program include:

- To **improve fitness**, strength and prevent further strokes through exercise. It doesn't matter how well you can walk, if you are in a wheelchair or if you have other health conditions.
- To help you to **make changes** in your **lifestyle** that will reduce your risk of stroke.
- To help you to understand and **manage the effects of your stroke**.

There will be 5 programs throughout the year.

Brainstorm Program

Brainstorm is a group program for help **prevent and treat low mood** (such as depression) after stroke. The Community Stroke Team and John Hunter Liaison Psychiatry run it together.

There are **6 weekly sessions**, each held on a Monday morning. We encourage you to bring your partner/support person along to Brainstorm.

The benefits of the program include:

- Learning new ways to solve problems.
- Learning to change the way you think.
- Learning to change what you do.

SLAM-TIA Program

SLAM-TIA is a group for people who have had a recent mini-stroke also known as a transient ischemic attack or, TIA. SLAM stands for Supporting Lifestyle and Activity Modification after TIA.

SLAM combines **exercise** and **education** to reduce the risk of stroke events and live well. The group runs twice a week for 6 weeks. SLAM includes exercise to increase your fitness. You will also learn how to have a **healthy lifestyle** to reduce your risk of stroke.

The program is run at a local gym and runs 4-5 times per year. There will be a **cost** to attend the program at the gym.

Vitality Program

Vitality is a 6-8 week group program for people who are experiencing fatigue after stroke.

The benefits of the program include:

- Learning more about post-stroke fatigue
- Support to identify strategies to better manage fatigue
- Support to engage in an individual exercise program to improve fatigue
- Meet with others who experience fatigue