

## Brainstorm Program

Brainstorm is a group program to help prevent and treat **low mood** (such as depression) after stroke. An Occupational Therapist and Psychologist run it together.

When: Monday mornings for 6 weeks

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.

## Community Aphasia Group

The Community Aphasia Group is for stroke survivors with **aphasia** - a language disorder which affects your ability to **communicate**. A Speech Pathologist runs this group.

When: Thursday mornings for 8 weeks

The benefits of the program include:

- Opportunities to practice your communication skills with others
- Access to information about services in the community for people with aphasia.
- Family/communication partner training available to support conversations.

## Vitality Program

Vitality is for people who are experiencing **fatigue after stroke**.

When: Monday mornings for 6 weeks

The benefits of the program include:

- Learning more about post-stroke fatigue.
- Learn strategies to better manage fatigue.

## Contact Details

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

**Mobile:** 0438 501 359

**Phone:** 4985 5245

**Email:** [HNELHD-CommunityStroke@health.nsw.gov.au](mailto: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

[www.hnehealth.nsw.gov.au/our\\_services/community-stroke-team](http://www.hnehealth.nsw.gov.au/our_services/community-stroke-team)



### Have Your Say

To provide feedback to improve this brochure please contact us on: [HNELHD-CommunityStroke@health.nsw.gov.au](mailto:HNELHD-CommunityStroke@health.nsw.gov.au)  
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*We also encourage stroke survivors to engage with their local stroke support group by calling the **Stroke Recovery Association** on 1300 650 594.*



## COMMUNITY AND AGED CARE SERVICES

# Community Stroke Team

## Group Programs



## The Community Stroke Team

### Our Service

Our multidisciplinary team offers group programs for stroke survivors. These programs give you the chance to meet with other people who have had a stroke and may be experiencing similar issues to you. We also welcome family members and carers to join in.

### Who can attend?

Adults (aged 18 years or over) who have had a stroke and who live in Newcastle, Lake Macquarie and Port Stephens. 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. yourself, family, allied health or medical professional).

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



## Living Well After Stroke

Our **secondary prevention programs** combine **exercise and education** to assist stroke survivors to live well after stroke or TIA and to reduce their risk of future stroke events.

The benefits of these programs include:

- Improving fitness and strength.
- Assistance to understand and manage the effects of your stroke.
- Reducing your risk of future strokes through exercise and by learning how to better manage your health.
- Support as you make changes in your lifestyle that will reduce your risk of stroke.
- Meeting other stroke survivors

The following 3 programs are available to help you live well after stroke:

### Master Stroke

This group program allows more time for people of all abilities to learn how to manage the effects of stroke. It doesn't matter how well you can walk, if you are in a wheelchair or if you have other health conditions.

**When:** Monday and Wednesday mornings for 8 weeks

**Where:** Physiotherapy Gym at John Hunter Hospital

### SLAM-TIA

SLAM-TIA stands for Supporting Lifestyle and Activity Modification after stroke or TIA. This group is for people who have had a recent stroke or TIA (Transient Ischemic Attack). Best suited for people who can walk on their own.

**When:** Tuesday and Thursday mornings for 6 weeks.

**Where:** Urth Fitness Gym, Lambton. There is a small cost to attend this program.

### Healthy After Stroke Online

Participate in education and supervised exercise with other stroke survivors from the comfort of your own home using an online program.

**When:** Twice a week for 6 weeks

**Where:** Online using a computer or tablet from home.

