

**Stroke Community Coordinator’s 2020-2021 Annual report**

It is a pleasure to deliver my 10th Annual report. The last twelve months have seen our organisation move from the St Andrews Hall to 340 Palmerston Road, a move that has made Stroke Tairawhiti more visible and given us a working space that reflects the professional work we do, to be seen not as a “club” but a service meeting the needs of stroke people in Tairawhiti.

I would like to sincerely thank all those that donated time, hard work and professional services to make the facility ready to move into and all those that attended the opening. After operating for nearly 30 years, we are now more visible in the community.

Each year our programs have attracted more people recovering from stroke. With the introduction of a partnership with the YMCA we have added another program people can access and grow their self-rehabilitation. Eastern Institute of Technology Tairawhiti has reinstated the ACE program, (Adult Community Education).  Our clients along with Brain Injury clients are accessing the programs offered. To date 12 people completed the cooking class last term and 18 people have signed up for the Rongoa & Raranga  (Medicine & Weaving). Linda Warwick has set up a carers group that meets once a month, this group has helped many new people experiencing looking after a loved one who has had stroke; however, others are interested in attending who are looking after partners with other Neurological disabilities.

Our programs need volunteers. I would like to thank all the volunteers who have helped with the EIT programs, YMCA, exercise class, communication class and the monthly lunches.

Thank you to those who have donated raffles or showed initiative in seeking sponsorship to help raise funds. Fundraising is fundamental to our organisation, but it takes paid staff away from assisting clients in recovery. Thank you, Judy Livingston, for the development of Flamingos Fundraiser... It was not only a lot of fun for the community but also brought in the funding we needed.

Lastly, I would like to thank the dedicated staff and committee for their support over the past year. Making the move and stepping out of our comfort zone has been a big step and responsibility for committee members. I thank you for trusting me in this venture.

To the committee members standing down this year thank you for your dedication to stroke people and helping our organisation grow. Linda Warwick, thank you for your time as a committee member your initiative and common sense has added to sound decisions and sponsorship opportunities. Phil Armstrong, thank you for your statistical, technical and knowledge leading the committee on decisions relevant to your past MoH roles. John Woods, thank you for your commitment to Stroke Tairawhiti over the time you have been a committee member, language difficulty. We will miss you all and hope you will remain supporters and keep in contact with us.

My grateful thanks to Dr Rosalind Allen-Narker who agreed to be our Medical Advisor and has been a tremendous support to myself and stroke people in Tairawhiti.

Dr Rosalind Allen-Narker conducts the Stroke and TIA clinics held at Hauora Tairawhiti, we are extremely lucky to have this service in Tairawhiti, these clinics and follow ups have not only reassured stroke people that they have not been “abandoned” but have helped reduce further stroke by identifying and treating the cause of stroke. Referrals from Hauora Tairawhiti to our organisation have helped many to make lifestyle changes and reduce the risk of further stroke, therefore reducing re-admittance to hospital, improving mental health, and wellbeing and decreased levels of disability. Rosalind has been very supportive of our East Coast people and worked with me to see at risk clients sooner than the set follow-up timeframe.

Thank you to our Patron, Michael Muir, who has stood by us for the past 10 years, we are extremely grateful for all the support you have given us over this time.

The stats for the year reflect the COVID 19 lockdown, however despite the down time the number of participants attending programs are encouraging.

To all those who have made great progress this year, well done! Progress is not restricted to physical and cognitive but over and above that it is about acceptance of the new you.

Nga mihi aroha

Caroline Callow

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|  |  | TOTAL ATTENDANCE FOR THE YEAR 1 JULY 2020 TO 31 JUNE 2021 YMCA363  TATAPOURI FISHING CLUB LUNCH 296 Highest Attendees were Hans & Trish Kwak, Linda & Chris Warwick TRANSPORT BY BUS 32VOLUNTEER ATTENDEES 44VISITOR ATTENDEES 25 STAFF ATTENDEES 15 COMMUNICATION CLASS ATTENDEES 580 TRANSPORT BY BUS 32 VOLUNTEER ATTENDEES 121 VISITOR ATTENDEES 28 VOLUNTEER HOURS 242 THERAPIST ATTENDEES 4 THURSDAY MORNING EXERCISE GROUPALL ATTENDEES – 1192Highest attendee was David Feast 31 classes TRANSPORT BY BUS 241VOLUNTEER ATTENDEES 171 Highest Volunteer attendees were John Unverricht & Julie Stevenson VISITOR ATTENDEES 37VOLUNTEER HOURS 342 We received 110 referrals for Stroke and Tia this financial year.The leading risk factor was High Blood pressure.A total of 2431 people attended our programs this year.   |  |  |  |  |  |
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