



REDUCING RISKS AND IMPROVING OUTCOMES

Stroke Community Coordinators Report 2016- 2017

Gisborne Stroke Support Group INC.

I am delighted to present my 6th annual report. It is with great sadness to report the loss of many members and supporters, over year.

The Stroke Community Coordinator activities for the 2016 and 2017 year has been:

- strengthening relationships with Hauora Tairawhiti, and community networks
- increasing the profile of Gisborne Stroke Support
- supporting stroke affected people, their families and carers in the community
- client goal development support
- facilitation of group activities
- public presentations

The Community Coordinator attends Hauora Tairawhiti monthly Stroke Review Clinics and quarterly Stroke Service Development meetings.

Low Street Art Studio Partnership has been working well this year with the introduction of Art therapy to group activities which includes:

- Workshops, introducing different art media
- Art activities to improve physical and cognitive function.
- Mobile art resource with a variety of art activities that allow people to work with the media of their choice
- Studio attendance, Monday to Thursday.

A partnership between Gisborne Stroke Support and EIT School of Health Sport and Science has been developed. Gisborne Stroke Support work with students on placement to allow them opportunities to work with people with disabilities through self-directed rehabilitation in a community setting.

Gisborne Stroke Support has been made aware, through public feedback, there is a barrier to accessing our service for people wanting support. comments received have been:

- We don't have a visible address
- No local contact on NZ Stroke Foundation website
- Difficulty using local telephone book

We have endeavoured to address the problem by:

- Sourcing future funding prospects to increase our marketing
- Website development
- Facebook page development and promotion
- Link with Sunrise Foundation

The purchase of a new vehicle that can cope with the rural roads has enabled me to visit clients who live in remote areas, part of the coordinator's role is to support people who live on the East Coast, however, in recent years' rural visits have been on an as need basis due to increased costs and the hazardous road conditions especially in winter. Providing support to people who live on the East Coast remains a difficult problem, not only for our service but all local services providing health and disability support. East Coast people have become more isolated with the decrease in services accessing the area, there are many reasons for the decline, however, the primary ones for our Organisation is a shortage of financial and time resources, the geography of the area and involvement from the East Coast Communities.

The Exercise Group continues to accommodate an average attendance of 30 – 37 people attending each week. We envisage this to grow in numbers when our exercise program has been accepted as an Accredited Fitness Program through Enliven, who are the lead agency for the falls and fractures prevention program *“live stronger for longer”*.

Communication Group: we continue to provide this weekly program and all people attending have had good speech and language outcomes. We were invited to talk about our group program at the Gisborne Aphasia Day, brought to Gisborne by the NZ Aphasia Charitable Trust. Girlie Ngawharau, a communication group participant, also gave a presentation on her Aphasia journey.

With the combined programs, 2245 people accessed our programs over the year, with an increase of 200 this year which is an average of 187 people accessing our programs per month.

We continue to have strong fundraising support from committee, members, volunteers and family. Volunteers manage the ongoing fundraising activities which has provided a steady income over the year. We are constantly looking for ways to improve our fundraising and are fortunate to have a committee who are committed to ensuring our organisation is sustainable.

Stroke Survivors and their families/whanau are struggling to survive financially, emotionally and physically. Gisborne Stroke Support have recognised there is an increased need for the services of a social worker and life coach to help Stroke Survivors cope with lifestyle changes that are created by disability after stroke. Criteria, stigma and loss of financial resources are issues faced by Stroke Survivors trying to continue with their self-rehabilitation.

Julie Stevenson continues to coordinate the Young Stroke Support Group, the monthly coffee group meeting has changed due to the popularity and inclusion of people of all ages and disability and is now known as the Stroke Social Group. Julie still manages the Young Stroke Group Facebook page, supports younger stroke members, and writes a column in the newsletter. Julie devotes countless volunteer hours to providing individual support to people under the age of 65 yrs.

A total of 71 Stroke Survivors were referred to our service over the past year with 41 accessing the service. We currently have 123 people who are active clients, of which they receive some form of information and support through newsletters or face to face at group programs, 36 people have been discharged from the service as not requiring further support.

Finally, I would like to acknowledge the support and encouragement I have received from the Committee.

Statistics 216 – 2017

Face to face contacts	2,595
Telephone	286
Information Booklets issued	1,270
Health Practitioner contact	23
Health professionals contact	227
Networking Contacts	571
Initial Home visits	46
Client follow up visits	104
Client activities	102
Client Program Participation	2245 = average 187 monthly
Hospital visits	51
Rest Home Visits	18
Presentations	8
Visits to other agencies	74
Total Number of visits	293