



HORNSBY & KU-RING GAI Stroke Recovery Group

At a Stroke Recovery Group meeting you will

- Meet with others who have 'been there'.
- Share experiences.
- Learn from educational speakers.
- Keep up to date with Stroke research.
- Attend social outings.
- Receive emotional support from other members.
- Receive invitations to events arranged by the Stroke Recovery Association (SRA).
- Receive regular SRA newsletters.
- Make new friends.
- Enjoy a coffee together!



STROKE RECOVERY ASSOCIATION NSW



Location:

**Pennant Hills Com.
Health Centre
5 Fisher Avenue,
Pennant Hills**

Every Friday

10AM - 12PM

For further details, contact the
Stroke Recovery Association
NSW

1300 650 594



www.stroknsw.org.au



<https://www.facebook.com/stroke.nsw>



@stroknsw

HORNSBY KU-RING-GAI SRC

The Hornsby Ku-rung-gai Stroke Recovery Club commenced in 1988 with 6 rehabilitation patients from Hornsby Hospital.

We regularly have a membership of about 30 and average around 20 at our meetings.

We meet weekly on Friday from 10 am to 12 noon except for a 6 weeks break over Christmas and New Year.

We are a social group which participates in a variety of activities including motor skills, gentle exercise, board games, table top games, puzzles, cognitive challenges, friendly team competitions and quizzes, plus more.

We also have in-house guests and speakers of interest and go out for excursions as well as participate in functions with other clubs.

Our members see their club as being:

- A multicultural group of many backgrounds who share and mix freely with each other.
- A mixed group of singles and couples of varied ability who are friendly and supportive of each other and their individual needs.
- Members who are cared for and treated equally with time shared with each and every one of them.
- A place where members are encouraged to take part in whatever activities are offered to the best of their ability which brings smiles to many faces.
- We have 'been there' and 'done that' and welcome newcomers with whom we can share mutual experiences.

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