



Stroke survivors and carers, family members and friends are welcome to attend our regular meetings at the Boroondara Community Health Centre, 378 Burwood Road, Hawthorn, 3122.

Meetings are held on the 1st & 3rd Thursday of each month from 10am to 12 noon.

Stroke is a Medical Emergency

Early medical treatment can save your life and reduce the risk of permanent brain damage.

Warning Signs of Stroke:

- Sudden severe headache with no known cause
- Sudden trouble walking, dizziness loss of balance or coordination.
- Sudden loss of vision in one or both eyes
- Sudden numbness or weakness of face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding

Stroke Risk Factors:

- High blood pressure
- High Cholesterol level
- Diabetes
- Heart and/or Vascular disease
- History of stroke (TIA)
- Lifestyle Factors:
 - Smoking
 - Alcohol
 - Weight
 - Exercise



Boroondara Stroke Support Group

A support group for stroke survivors and carers in the City of Boroondara

Mission Statement

To encourage stroke survivors, their carers and family members to confidently enjoy life after a stroke through mutual emotional support and the common provision of information, communication and education.

Be Healthy and Be Happy !!!





About the BSSG (Boroondara Stroke Support Group)

It was founded in 2002 by a stroke survivor for stroke survivors and their carers, to support one another in post-stroke recovery management.

It provides regular meetings and offers friendships and social contacts with fellow survivors.

It encourages members to participate in its diverse programs and activities and challenges them to overcome their disabilities to take charge of their own lives.

It organizes guest speakers to give talks on a variety of topics especially topics relevant to stroke research, recovery and prevention.

It nurtures survivors back to mainstream activities and to having a quality of life.

It promotes stroke awareness and stroke prevention in the general community.

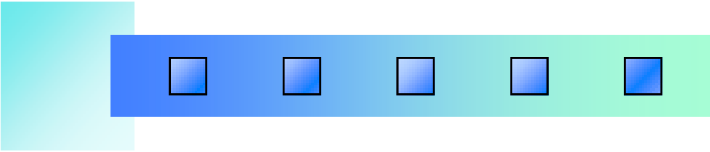


Programs, Activities and Publications

1. Health and Fitness Programs:
 - *Lawn Bowls*: Every Monday 10am - 11am at the Kew Heights Sports Club, 397 Barkers Rd, Kew. Enquiries: Pat on 9836 8929
 - *Gym & Strength Training*: Every Thursday 1pm-2pm or 2pm-3pm at Hawthorn Aquatic and Leisure Centre, Christobel Cres., Hawthorn. Enquiries: Rosemary 9815 0988
 - *Ballroom Dance*: Every Friday 1.30 - 2.30pm at the St Matthews Church hall, cnr Warrigal and High Sts, Ashburton. Enquiries: Norma 9808 5216.
2. Programs for mental well-being:
 - *Computer Literacy*
 - *Counselling*
3. Cells are set up within BSSG to provide further support and help to
 - Carers through a CARERS' CELL, contact Lloyd on 9817 6362
 - Survivors with speech difficulties through an APHASIA CELL, contact Marc on 9848 6756
 - Young Survivors through a YOUNG SURVIVORS' CELL, contact Colleen on 9886 9598

4. The BSSG has an annual excursion, Xmas-in-July Tea dance, Birthday Lunch, Christmas Party, and celebrates Stroke Week and Carers Week.

5. Publications available include:

- A quarterly newsletter
 - Stroke Awareness and Prevention bookmarks
 - A handbook 'A Guide to Services for Stroke Survivors and Carers in the City of Boroondara'
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For general enquiries please contact:
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BSSG is supported by:
Boroondara Community Health Centre
Hawthorn Community Chest
City of Boroondara & Rotary Club of Balwyn
Department of Human Services