



BOROONDARA STROKE SUPPORT GROUP (BSSG)

Activity Sheet - December 2023

BSSG's activities are conducted at our Hub - 533 High Street, Kew, unless stated otherwise.
 Our opening hours are currently 10.00am to 3.00pm Mondays to Thursdays.
 To make an appointment for Able X please call 8529 5307.
 For further information please call 8529 5307 or email bssghub@gmail.com

WEEK 1.	Mon 4 Dec	Tue 5 Dec	Wed 6 Dec	Thur 7 Dec	Fri 8 Dec
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am		Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm	BSSG Xmas Party Rylands, Kew 12.30pm to 2.30pm Cost: \$55 per person	HUB CLOSED
PM		Able X (upper limb activity) sessions available until 1.30pm by appointment	Gardening Group at Bunnings Hawthorn 12pm - 1pm (Limited to 15)		
			Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm		

WEEK 2.	Mon 11 Dec	Tue 12 Dec	Wed 13 Dec	Thur 14 Dec	Fri 15 Dec
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10.00am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11.00am - 12:30pm	Clean Up and Close Up Day	HUB CLOSED
PM	Art at the Hub Convenor: Catherine McCullagh 1.00pm - 2.30pm		Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm		
		Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2.00pm - 3.00pm			RE-OPENS ON MONDAY 5 FEBRUARY 2024

WEEK 3.	Mon 18 Dec	Tue 19 Dec	Wed 20 Dec	Thur 21 Dec	Fri 22 Dec+
AM					
PM	BSSG CLOSED - HUB RE-OPENS ON MONDAY 5 FEBRUARY 2024. BOWLS WILL RETURN EARLIER ON MONDAY 29 JANUARY 2024.				

The *Boroondara Community Stroke Hub* is home to the *Boroondara Stroke Support Group (BSSG)* which is run by a small team of dedicated volunteers and a part-time Hub Administrator. Our aim is to provide support to all stroke survivors, their carers and family members living in and around the Boroondara area. In doing so we hope to be the 'bridge' that enables stroke survivors and their carers/families make the transition from clinical care in hospital to community care, and to start re-building their post-stroke lives.

As BSSG is self funded and to ensure we can continue to run our Hub and activities. In 2023 we ask that members pay a membership fee of \$30 for the year. Membership is paid on joining then in February each year after (if you wish to remain a member).