



BOROONDARA STROKE SUPPORT GROUP (BSSG)

Activity Sheet - March 2025

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 info@bssg.org.au

WEEK 1.	Mon 3 Mar	Tues 4 Mar	Wed 5 Mar	Thur 6 Mar	Fri 7 Mar
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	General Gathering 10.30am-12pm	HUB CLOSED
		Carers Group Convenor: Vivienne Harkness 10.30 am - 12 pm			
PM		Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm	Cooking Group at Hub Convenor: Manthri Hattotuwa 12pm to 2.00pm	
		Sing for Recovery Choir at Hub Convenor: Anita Paxton 2.15pm - 3.30pm		Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm	
WEEK 2.	Mon 10 Mar	Tue 11 Mar	Wed 12 Mar	Thur 13 Mar	
AM	Closed- Labour Day/ Public Holiday	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	Hub Sub Committee Meeting 10.30am-12.30pm	HUB CLOSED
PM		Social Circle Tea, coffee and a chat Convenor: Shane Houghton 10am - 11.30am	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1.00pm - 2.30pm	YSSG Meet at Hub Convenor: Jay Te Manu 6.15 pm-8.30 pm	
		Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm			

WEEK 3.	Mon 17 Mar	Tue 18 Mar	Wed 19 Mar	Thur 20 Mar	Fri 21 Mar
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm		HUB CLOSED
		Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm			
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 2.15pm - 3.30pm	Relaxation & Mindfulness Meeting by Zoom Convenor: Tessa Lim 2pm - 3pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm		
WEEK 4.	Mon 24 Mar	Tue 25 Mar	Wed 26 Mar	Thur 27 Mar	Fri 28 Mar
AM	Lawn Bowls 41 Glen St, Hawthorn Convenor: Brian O'Meara 10am - 11.45am	Able X (upper limb activity) sessions available until 1.30pm by appointment	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 11am - 12:30pm	Movie Group @ Hub Convenor- Peter Hocking Movie followed by lunch 10.15am for 10.30am (finishes @2.00pm)	HUB CLOSED
	Art at the Hub Convenor: Catherine McCullagh 12.30pm - 2pm				
PM	Sing for Recovery Choir at Hub Convenor: Anita Paxton 2.15pm - 3.30pm	Chair-based light exercise to music (Games Room) Convenor: Janet Hesson 11.30am - 12.30pm	Chatterbox (for speech) Meeting at Hub Convenor: Ro Jacobs 1pm - 2.30pm	YSSG Dinner Out Convenor: Jay Te Manu 6:30pm - 7.45pm	

Our Activities

Arts & Craft Group. Timing: 2nd and 4th Monday of every month (12.30pm - 2pm). Venue: BSSG's Hub.

We have some lovely volunteers who will sit with you to exercise your creative side! We cater for all ability levels. Convened by Penny Lindeman and Catherine McCullagh.

Bowls (Lawn). Timing: every Monday (10am - 11.45am). Venue: MCC Bowls Club, 41 Glen Street, Hawthorn.

We have access to a synthetic green every Monday. This is followed by morning tea. Bowls is led by Brian O'Meara, a Stroke Survivor, former President of the BSSG and a Hub Committee member assisted by Anita Paxton.

Carers Group. Timing: ad hoc.

A group dedicated to the people who care for stroke survivors, whether you're a partner or a relative. Share stories over a cup of coffee. Led by Vivi Harkness OAM, our President and a former Carer.

Chair-based light exercise to music. Timing: every Tuesday (11.30am - 12.30pm). Venue: "Games Room" adjacent to BSSG's Hub.

Move your body to music in this wonderful stretch-based light exercise routine. Led by Janet Hesson. A relaxed and fun chair-based exercise to music class which encourages you to work within your ability to help, maintain coordination, mobility, strength and flexibility.

Chatterbox. Timing: every Wednesday. First group: 11am - 12.30pm, Second group: 1pm - 2.30pm. Venue: BSSG's Hub.

Chatterbox is a conversation group for people who have difficulty with speech, which may be stroke related eg Aphasia or Dysarthria. The group provides a relaxed social environment where members can make friends, rebuild self-confidence and support one another. Led by Ro Jacobs (Speech Pathologist), Julie Reid (Speech Pathologist) and Jan Mckenzie (Nurse) and Lizzie Watson (Nurse) .

Cooking Group. Timing: every second month on the 1st Thursday, after the General Gathering (12pm - 2pm). Venue: BSSG's Hub.

Join Stroke Survivors and Carers in learning and teaching the culinary arts. The best part You eat what you make! Our cooking group is led by Manthri. \$10 per person to attend.

Gardening Group. Timing: every 2 months on a Wednesday (12pm - 1pm). Venue: Bunnings Hawthorn, 230 Burwood Road, Hawthorn.

Find those green fingers at our gardening group. Held in partnership with Bunnings Hawthorn.

General Gathering/Meeting. Timing: 1st Thursday of every month (10.30am - 12pm). Venue: BSSG's Hub.

An opportunity to socialise with other members over a cup of tea, coffee and biscuits! Speakers sometimes address our gathering.

Movie Group. Timing: 4th Thursday of every month (10.15am - 2pm). Venue: Ramp Room@ BSSG's Hub

Our resident movie buff, author and Stroke Survivor Peter Hocking has put together a list of wonderful movies which the group will get to watch together followed by lunch afterwards. per person to attend.

Relaxation & Mindfulness. Timing: 2nd and 4th Tuesdays of every month (2pm - 3pm). Held on Zoom.

Our Relaxation & Mindfulness meditation session begins with a little discussion followed by guided relaxation/a short mindfulness meditation. You will wake up feeling relaxed and happy. Relaxation & Mindfulness is led by Tessa Lim a Stroke Survivor, qualified Clinical Hypnotherapist and Hub Committee member.

Sing for Recovery (SFR). Timing: every Monday (2.15pm - 3.30pm). Venue: BSSG's Hub.

Sing your heart out! Join Stroke Survivors, Carers and Volunteers in our choir. Sing for Recovery is led by Anita Paxton and assisted by volunteer Tinwai.

Social Circle. Timing: 2nd Tuesdays of every month (10 am - 12.30pm). Venue: BSSG's Hub.

An opportunity for members and friends to come in for a tea or coffee and chat to whomever is around the table. Led by Shane Houghton, a Stroke Survivor and Hub Committee member.

Upper Limb Training (Able X). Timing: every Tuesday (10am - 1pm) by appointment. Venue: BSSG's Hub.

The Able-X system is an activity involving the upper limbs. Able-X helps to accelerate physical and cognitive rehabilitation after a stroke. Sessions are available by appointment. The Able X system is led/administered by Anita Paxton (Nurse), Jill Peters (Nurse), Ro Jacobs (Speech Pathologist) and Lizzie Watson (Nurse)

Young Stroke Survivor Group (YSSG). Timing: 4th Thursday of every month

Venue: 4th Thursday dinner @ Hub

A group for young people who have been affected by stroke. It is led by Jay Te Manu a Stroke Survivor and Hub Committee member.

To book a new activity or make other enquiries email info@bssg.org.au or call 8529 5307

BSSG's Hub located at 533 High Street, Kew is open Mondays to Thursdays from 10am to 3pm. BSSG's activities (including those taking place outside of our Hub eg bowls and gardening group) are not run on a public holiday.