



Collaroy residents,
friends, families and
visitors are welcome for
a behind the scenes tour
and free session on how
to save a life using CPR

Where: Sargood on Collaroy
1 Brissenden Avenue, Collaroy 2097
(Entrance at end of Beach Road)

Date: Sunday 27 October 2019

Time: Tours at 2:00pm and 4:00pm

RSVP: susan@sargood.org.au or 0415 127 363

Sausage sizzle and light refreshments provided



Visit Sargood and learn how to save a life



Dear Neighbour,

For those of you who are new to the area or are not familiar with the building at the end of Beach Road, Sargood on Collaroy is a world first, state-of-the-art resort purpose built for people living with spinal cord injury, which was initiated, developed and partly funded by the Collaroy Community.

The Sargood Foundation is a DGR registered Charity which represents this community and together we own 25% of Sargood on Collaroy.

We hope you will join us on the afternoon of Sunday 27th October at either 2:00pm or 4:00pm to see behind the scenes of this amazing life changing place!

At Sargood, our objective is to promote genuine independence and integration in the lives of our guests, who all live with life changing spinal cord injury.

Guests are able to participate in activities such as surfing, kayaking, rock climbing, sailing, diving, golf, tennis, fishing, water skiing and cycling alongside more therapeutic activities including yoga, cooking, ceramics, gardening or even a trip to our local Farmers Markets.

These activities, many requiring specially adaptive equipment, help to build confidence, optimism and a realization of what is possible for those living with SCI.

We are also able to offer a limited number of places at our open day to join a short, but intensive course on how to use our new community defibrillator and deliver CPR.

You will learn how to access and use the portable defibrillator and how to keep someone who suffers a cardiac arrest alive!

The Sargood Foundation has purchased a portable defibrillator for

In Australia there are 30,000 sudden cardiac arrests each year and having up to date CPR skills and access to a defibrillator in our neighbourhood could be the difference between life and death.

the use of the local community which is housed at Sargood and is easily accessible to residents of Collaroy.

We look forward to welcoming you and your family (kids welcome) on 27 October. For those of you who have visited before come along and see what we are doing and check out some of our new equipment. If you are unable to attend please email us for a tour another time.

Kind regards,
The Sargood Foundation

Please register for the 2:00pm and 4:00pm sessions by emailing Susan at susan@sargood.org.au or calling 0415 127 363 before 11 October 2019

