

FEBRUARY 2021

# The Sargood Foundation Newsletter

## News Update



### What an incredible rollercoaster life continues to be – *both for us and everyone else!*

COVID caused Sargood on Collaroy to close its doors which heavily impacted on the wellbeing of our community. However, we are open again and gradually taking bookings as people's confidence returns and they are feeling ready to make a visit.

Living through these challenging times with a spinal cord injury can be incredibly lonely and stressful. We are looking forward to welcoming our guests to enjoy the company of others at Sargood, as well as having access to our incredible team of nurses, physios and exercise specialists and the chance to participate in some life changing activities. As our supporters, you will know that our philosophy is based on improving the quality of life due to spinal cord damage being irreversible and incurable.

Despite COVID affecting the Sargood Foundation's ability to fundraise, we are fully committed to providing people affected by Spinal Cord Injury (SCI) with opportunities to live life to the fullest.

Thanks to the generosity of our supporters the Foundation has directly funded a number of stays for those who have no insurance cover. Often these people are aged over 65 and have no other means to be able to undertake a stay at Sargood. The Sargood Foundation has also been able to support travel grants to help those in need fund their transportation to and from Sargood.

We have also given members of our community gym memberships. This provides health and fitness benefits alongside fellowship and company – a very meaningful provision to people who live with spinal cord injury as they can often experience extreme isolation and loneliness.



# Prime Minister's Visit



Last Saturday the Sargood Foundation was honoured to host a visit from Prime Minister Scott Morrison who was accompanied by Minister for Mackellar, Jason Falinski. As part of their tour of the Northern Beaches, the Ministers were delighted to visit our award-winning, purpose-built accessible facility for those living with life changing Spinal Cord Injury (SCI).

Our visitors were particularly interested in hearing about the community involvement in making Sargood the amazing place it is today. Without the support of our local community, Sargood on Collaroy would never have opened in 2017. Support from the local clubs, businesses, local council and residents was paramount in securing the land and raising the significant funds to bring about the creation of this fully accessible, world-first resort.

Our Prime Minister and local MP saw first-hand how our beautiful haven, Sargood on Collaroy, provides guests and families with much-needed respite, refreshment, and relaxation as well as being an important place of learning. A place where guests gain confidence, skills, and the empowerment to live full and rewarding lives.

A visit to Sargood is so much more than holiday; we are transforming lives and creating new futures for those who live with the trauma of Spinal Cord Injury.



## Garrick's Visit



Thanks to your donations, we were able to fund Garrick's visit late last year. His life had been torn apart by SCI in 2019. His everyday access to community and recreational activities is very limited as he lives in a nursing home and the majority of his pension goes to his daily bed rate and medications.

Due to the lockdown restrictions from COVID, Garrick's mood had been severely impacted and he felt incredibly isolated. Garrick was very keen to visit Sargood on Collaroy in November to try our water sport activities, especially kayaking, with our amazing activities coordinator, Jacob.

Having the opportunity to stay at Sargood made it possible for Garrick to experience the confidence that undertaking these activities post Spinal Cord Injury brings and to also enjoy the companionship of others.

If you would like to donate to the Sargood Foundation to support the stay of others like Garrick, please [click here](#).

YES! I'D LIKE TO DONATE TODAY

A tax-deductible gift to the Sargood Foundation enables someone with Spinal Cord Injury and their family to build the confidence, skills and feel empowered to live full, rewarding lives. A stay at Sargood on Collaroy offers 24-hour access to spinal-specialist Personal Care, Nursing, Occupational Therapy, Exercise Physiology, adaptive equipment and fantastic recreational activities.

## Sheree Hurley Staff Awards

Sheree Hurley was a great friend of Sargood on Collaroy. In the early days of development, Sheree was instrumental in giving practical advice and encouragement to the team. After many years of working in disability, her knowledge and experience positioned her right at the forefront of all of the available gadgetry and resources, so she was able to directly help Sargood create a place of learning to help people with an SCI overcome the difficulties they face. Sheree mapped out all the equipment needs for Sargood on Collaroy, with a specific view to accessibility and a desire to best cater for the needs of those living with an SCI.

Sheree's generous support and her motivated and proactive nature are recognised by the Sargood Foundation with the launch of the Sheree Hurley Staff Award for the team member who has shown outstanding work in their sincerity of care and service to our guests.

We were very happy to present the inaugural award to the very deserving winners Rita and Lis, who bore the hardest of redeployments last year when Sargood was closed, managing training and teams on spinal units at Royal Rehab



and at disability support houses right across Sydney. Our wonderful nurses both showed resilience, dedication and perseverance in very difficult circumstances, and were great role models for the guest attendants they manage.

# Meet Sam & Jenny Bailey

SARGOOD FOUNDATION  
AMBASSADORS



**Sam Bailey is a beef cattle farmer, ultralight pilot, husband, professional public speaker and best-selling author.** He has achieved all of this from a wheelchair following a C6/C7 Spinal Cord Injury at the age of 19.

From a childhood growing up in the Australian bush, to a car accident in the outback that turned his life upside down and its aftermath, his story epitomises the great Australian spirit of 'having a go'.

He has used that spirit to beat the odds to fulfil his life-long dream of being a farmer, learning to ride a four-wheel bike, devising a hoist to get into farm machinery and ultimately learning to fly an ultralight.

Sam then found his soulmate in former Tamworth-based ABC radio Rural Reporter, Jenny Black – who he proposed to “live” on regional radio. They went on to appear on ABC TV’s “Australian Story”, public speakers and co-write their bestseller “Head Over Heels”.

Today they live and work together on their beef cattle property in North West NSW, inbetween travelling the country telling their story and giving inspiration to others. Sam is also working towards becoming the first quadriplegic in the world to fly a helicopter.

They are thrilled to become ambassadors for the Sargood Foundation and can't wait to support our work to make a positive and lasting difference to people who suffer traumatic spinal cord injuries and their families.

*“I’ll never forget how terrified I was when I first came home from the spinal unit,” says Sam. “It’s the mental anguish you’re not prepared for. I was no longer ‘Sam the Gladiator’. It was a massive readjustment, not just for me but for the whole family.”*

*“I wonder how things would have been different for me and my parents if Sargood was around back then... a place that breaks the ice, where everyone can relax and reconnect. Thank goodness it is here now.”*

*“I take my hat off to the people who are making Sargood happen – and Jenny and I are very proud to be doing what we can to help.”*





The Sargood Foundation is a DGR-registered charity that works to donate equipment, facilities, opportunities and subsidised stays at Sargood on Collaroy and to support initiatives that will improve the lives of families living with Spinal Cord Injury.

As you might imagine, fundraising has been impossible during recent times; but the Sargood Foundation remains committed to transforming lives and creating new futures for those who live with the trauma of Spinal Cord Injury.

Please consider making a donation to help us improve the quality of life for those who live with the devastating impact of Spinal Cord Injury.

The cost of a stay for a person with SCI and their family who have been through unimaginable hard times is around \$6000 and all donations are tax deductible.

**YES! I'D LIKE TO DONATE TODAY**

If you have any questions or would like more information on what we do, please contact:

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*Thank You*

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