

OCTOBER 2021

The Sargood Foundation Newsletter

News Update



Sargood Foundation remains committed to transforming lives

The changes to our lives as a result of the COVID-19 pandemic have been widespread and swift. While the past few months have been an incredibly difficult time for so many people, the Sargood Foundation remains committed to transforming lives and creating new futures for those who live with the trauma of Spinal Cord Injury (SCI).

One of the key responsibilities of the Sargood Foundation is to oversee the successful operation of Sargood on Collaroy by our partners, Royal Rehab. During the recent COVID-19 crisis, our Board was instrumental in securing emergency funding from private donors that enabled the team at Sargood to continue their service offering during this difficult time and to be ready to open up again when restrictions eased.

At Sargood on Collaroy, which is confirmed to reopen before Christmas (COVID permitting), our aim is to provide guests who live with Spinal Cord Injury, their partner, friends and family, with much-needed respite, refreshment, and relaxation. Sargood is also a place of learning, where guests gain confidence, skills, and empowerment to live full lives and to actively participate in their local community.



Our New Funding Initiative



The Board of the Sargood Foundation has undertaken to fund a new and innovative external program that aims to have a positive impact on the lives of the families of those living with SCI.

After an open application process, the Foundation has committed funds for three years to assist the development and delivery of a sustainable program of peer-led Skills For Independence (SFI) residential courses in Australia for people with SCI and their families.

SFI is an evidence-informed program for people with SCI, built around wheelchair and life skills. It is delivered by people who have direct lived experience of SCI. The team understand from their own lived knowledge and academic research, the value of sharing experiences as a family, with the additional benefit of doing that alongside others. They propose a range of family-centred options to build on the SFI course that will focus on skills relevant to a family context and the extra challenges that come with parenting after SCI.

Sargood Foundation's funding will be used to develop, trial, test and undertake programs at Sargood on Collaroy that will deliver targeted support to those living with SCI and their families.

COVID-permitting we will host our first course later this year and bring you an update in the new year.

Dante's Visit

Dante experienced a spinal cord injury just seven months ago and is still in rehab. The close-knit family is going through a huge transition, trying to adapt to house moves and coming together to support each other through the massive adjustments that come with a life changing injury.

As Dante was aged over 65 when he incurred his injury, he is not eligible to be covered by any insurance that would help towards his stay. The Sargood Foundation was able to assist Dante and his family to stay at Sargood on Collaroy earlier this year, under our accommodation grant scheme.

Their short break at Sargood was the first family outing in seven months, enabling Dante and his wife Gloria to enjoy a few days together with their daughter, her partner and their beloved grandson.

Sometimes it's not the big things that make a difference but the chance to spend time together as a family and enjoy the comforts of Sargood which can provide a welcome break from the struggles of everyday life.



Meet Grant Mizers OAM

SARGOOD FOUNDATION BOARD MEMBER

Meet our gold medal winning Paralympian, board member Grant, who represented Australia with over 150 international appearances for the Rollers including the 2004, 2008 and 2012 Paralympics Games, winning Paralympic gold in 2008. Grant was part of the team's most successful era and has just returned from Tokyo where he had a special coaching role to help anchor the Rollers with his veteran experience and outstanding leadership. In 2020 Grant was appointed to Paralympics Australia's Board of Directors.

When a car accident left Grant with a serious Spinal Cord Injury in 1994, support from family and friends allowed him to return to school and continue to participate in sport through wheelchair basketball. Years later after studying overseas, establishing a career in investment management and representing Australia, it became evident to Grant how limited the opportunities are for those with Spinal Cord Injuries to re-engage with life and pursue a purposeful return to the community.

The Sargood Foundation's mission to transform the lives of those with Spinal Cord Injuries, perfectly aligned with the opportunity gaps Grant experienced



firsthand. Since then, Grant has supported the Sargood Foundation in continuing the important work of creating new futures for those who live with the physical and emotional trauma of Spinal Cord Injury.

Grant, who was awarded the Order of Australia Medal (OAM) for Service to Sport in 2009, is a portfolio manager for one of Australia's largest wealth firms and a great asset to our Board - leading our Audit committee, being a huge part of our grant giving team and a committed disability advocate.

Home Automation

MAKING SARGOOD EVEN MORE ACCESSIBLE FOR ALL OUR GUESTS

We all take for granted that we can open our blinds, turn on our TV and open our door whenever we want to, but for people with SCI, it's not always so simple. At Sargood, we have a great system where all these items are controlled by an iPad. However, it's not always that easy for guests who live with high level tetraplegia who cannot pick up and operate an iPad.

Thanks to a very kind donation from one of our supporters, the Sargood Foundation was able to fund a new integrated system in six of our rooms at Sargood. All of our guests, regardless of the extent of their injury, now have the ability to control everything in their room themselves via an iPad, their own phone, the switch-scanning system or by voice commands.

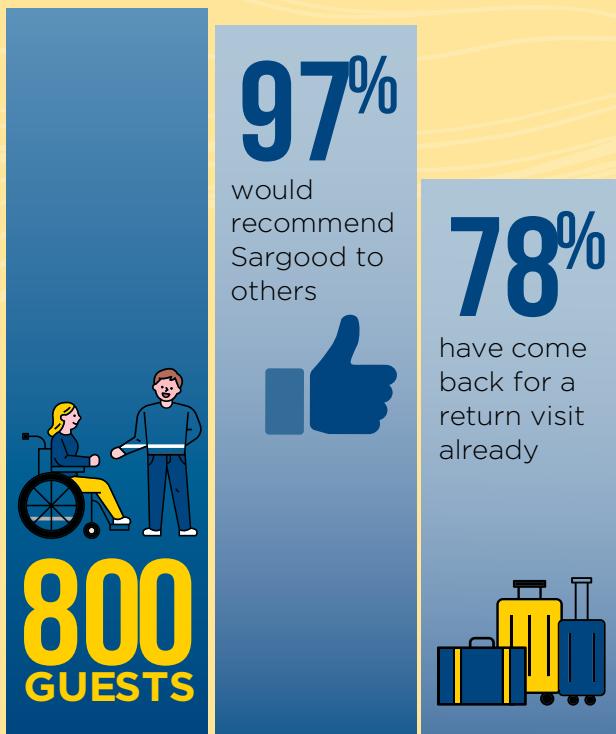
CLAIRE SHOWS US HOW IT WORKS:



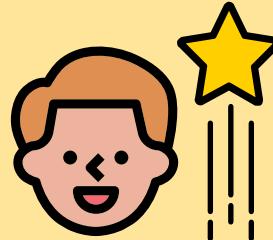
This wonderful addition to our offering means that we can be more inclusive and that guests with higher level injuries can achieve greater independence. It also provides the opportunity for guests to trial a system and interface that could realistically be installed in their home.

Improving lives of those with SCI

WE KNOW THAT WHAT WE ARE DOING WORKS.



We have hosted 800+ guests, providing outstanding clinical care in a non clinical environment



Research shows that almost 80 percent of those with a low sense of overall self-confidence prior to their first stay at Sargood on Collaroy subsequently experienced an improvement. Some reported extraordinary improvements, benefiting many areas of their life.

Please consider donating 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 approximately \$6,000. All donations are tax deductible.

If you would like to donate to the Sargood Foundation to help others live life to the fullest, [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.

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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