

APRIL 2022

The Sargood Foundation *News Update*

Meet Macaulay

Thanks to the kind generosity of our community of donors, the Sargood Foundation was able to support the recent stay of 12-year-old Macaulay and his family.

After a horrendous year where Macaulay bravely had a tumour removed from his spine and a reoccurrence of brain cancer, the family literally had no possibility of a break until a physio at rehab suggested a visit to Sargood on Collaroy.

With three brothers and sisters joining Macaulay on this visit, our fabulous recreation team were delighted to be able to assist with family activities. All four kids played tennis in wheelchairs and tried out the Batechs. This was such a great chance for the family to experience what life is like for their brother, and for Macaulay to share his own experience with them – all while racing them up the hill at Long Reef! With the encouragement of our team, a nervous Macaulay was also able to try surfing.

Macaulay's Mum, Kate, said *"The Recreation Officers were all about making things as easy as possible with no fuss or bother, before we knew it, Macaulay was in*



a wetsuit and ready to go. Most of all, he felt safe and supported to try these great activities – something that he would never usually have been able to experience."

"At Sargood, the whole place is focussed on making independence possible – from little things like the accessible dishwasher and power points to bigger things like easy beach access – we could all walk down with Macaulay in the beach chair."

After a year of huge medical interventions and being so often in and around hospital situations, to be able to enjoy kind and supportive care in a non-medical situation helped this family come together and enjoy a life changing stay at Sargood.

If you would like to make a tax deductible donation to support the stay of others like Macaulay please [click here](#).



Sports and Recreation Activities at Sargood



Many of you will know that it's our vision at Sargood to provide people living with Spinal Cord Injury with opportunities to live life to the fullest. We do this in large part through sport and recreation activities and we couldn't do it without the wonderful support of our partners and donors such as the Primary Club and the Cauliflower Club.

These kind supporters have generously and consistently donated adaptive equipment so that our guests, all of whom live with life changing Spinal Cord Injury, can undertake activities both in our gym and outdoors, that build strength and fitness while providing meaningful fellowship and company.

For people confined to a wheelchair and often living with ongoing pain and trauma, these activities encourage feelings of inclusion and empowerment, bringing increased confidence and a feeling of self-worth which can transfer into other parts of life.

In the words of one guest who participated in our recreation activities, *"I feel normal, this has been the best week I've had for as long as I can remember. I never thought I'd be able to do anything like this again."*

This video shows Alex out with the Sargood Recreation Team, mountain biking at Bobbin Head. The JEEtrike was donated to Sargood by the Primary Club. It has been specially adapted so that our guests with quadriplegia can be included in one of our most popular outings - off road cycling around the beautiful Northern Beaches. Having this fabulous bike means that Alex can get back outside with his friends and enjoy more mountain biking adventures.

Congratulations, Anthony

WINNER OF THE SHEREE HURLEY STAFF AWARD

At Sargood on Collaroy, we firmly believe our best asset is our staff!

We are delighted to support this staff award in memory of Sheree Hurley, who was instrumental in creating Sargood as the fully accessible resort it is today. Sheree, who lived with SCI herself, is an inspiration to our team in helping people with SCI to overcome the difficulties they face.

With this staff award, the Sargood Foundation recognise the positive contributions that the team make to the success of Sargood on Collaroy through their outstanding care of guests and to support a culture of excellence.

The winner of the most recent Sheree Hurley award is Anthony, a quiet achiever who provides exemplary care for our guests. He has the special ability to be able talk to guests and can understand their needs in a caring and compassionate way with a great sense of fun.



The Sargood Story



Recently, we were thrilled to partner with award winning artist Carl Sherriff to create this illustration that tells the story of the Sargood Foundation.

Everything we do is geared towards building independence in the lives of those who live with SCI. At Sargood we work to provide expertise that helps educate those people who are directly impacted by a Spinal Cord Injury to enhance their self-esteem and build confidence that can ultimately lead to fulfilling external engagement with community and employment.

COURSES AT SARGOOD

Did you know that Sargood on Collaroy run some amazing courses and events throughout the year?

FIND OUT WHAT'S HAPPENING HERE

Designed by our experts to improve the skills and independence of people with SCI, topics include returning to work/study, intensive exercise, scuba diving, and more.

These thought-provoking courses and events are designed to facilitate learning and independence for people living with spinal cord injuries, their families and carers.



Mother's Day Long Lunch
6-9 MAY 2022



Advanced Adaptive Gaming
16-19 JUNE 2022



Whale Watching Charter
JULY 2022



Intensive Exercise & Activity Based Therapy
MULTIPLE DATES

General Sir Peter Cosgrove AK CVO MC (Ret'd)

PATRON OF THE SARGOOD FOUNDATION

Our Patron, General Sir Peter Cosgrove, visited last month for an update on new developments at Sargood on Collaroy.

We were happy to show Sir Peter and his guest, the Hon. Warwick Smith, some of the new initiatives that the team at Sargood on Collaroy have been working on. This included new and much needed equipment such as our motorised surf boards and the new adaptive bikes which will be great for our forthcoming mountain bike camp.

Sir Peter was interested to note the many ways in which Sargood is able to cater for those with higher level injuries and was keen to explore ways in which he may be able to help the Foundation secure funding for new programs to help support those living with Spinal Cord Injury and their families.



"For me, being part of the Sargood Foundation, to be able to play a small part to transform lives and create new futures for those who live with the physical and emotional trauma of Spinal Cord Injury, is such a meaningful and an inspiring experience," Sir Peter Cosgrove.



If you would like to donate to the Sargood Foundation to help others live life to the fullest, please [click here](#).

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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