



Sargood Foundation Update

As Sargood on Collaroy enters its sixth year of operation, our world-class resort continues to provide an unparalleled experience for individuals and families who are living with the life changing effects of Spinal Cord Injury (SCI).

“As soon as I entered Sargood I marvelled at the beautiful scenery and the décor. But mostly I felt **SAFE** with all the experts in the various fields of my injuries, the first time I have ever felt like this in almost 15 years.”

Stays at Sargood

One of the most important things the Sargood Foundation does is to fund the stays at Sargood for those who have inadequate insurance or NDIS support and would otherwise be unable to benefit from this experience.

This includes anyone aged over 65 who suffers a Spinal Cord Injury (SCI), children and families who need a second room.



Travel Grants

In most circumstances, accommodation and care is covered by the insurers of guests attending Sargood on Collaroy. However transport is not covered in all cases and this can be an obstacle to some so Travel Grants are available to help guests get to Sargood.



“It’s great to be able to try new things in this amazing no-fuss environment. Setting out on a new adventure is no big deal for the staff – their attitude is to just make things so easy and normal for us. But don’t forget that they’re making it possible for us to do some really extraordinary activities – things that we’d never have imagined it would be possible to do – it’s just a genius place!!”

Gym

We offer Gym Programs for community members who live with SCI. Using the gym, in conjunction with specialised therapy supports, maintains and increases function and well-being. Physiotherapy and exercise physiology can assist the development of an individual’s capacity for independence and community participation.

“The team has kindly and consistently helped me through this transition period and thanks to their support I am so much more confident.”



Skills for Independence

Skills for Independence is an important, evidence-informed program that aims to help participants with SCI to build confidence and independence. The Foundation is funding the development of a program that integrates the families within this program.

“My husband and I got tremendous value in being welcomed to meet other SCI, partners, and allied health. Being able to see the wide range of injuries and capacities, and being free to communicate and ask questions.”



Staff Awards

Our best asset is the team from Royal Rehab who run Sargood on Collaroy, and so the Sargood Foundation is proud to support our recognition program for employees of Sargood on Collaroy who have shown outstanding work in their sincerity of care and service to our guests.

“Throughout my stay, all the staff were extremely friendly and went out of their way to make me feel special and my stay memorable.”



Sargood Kids' Camp

Kids' Camps hosted at Sargood on Collaroy over school holidays will deliver engaging and innovative activities that strengthen and build targeted support to children living with SCI and their families in a supportive and warm environment.

Through our activities and peer-to-peer learning, we will give kids who are living with SCI and their families an enduring experience that changes their mindset and skills. The benefits will extend way beyond the days of the camp and will provide sustainable learnings for the family as a whole.

Family Support

This grant will allow Sargood on Collaroy to award funding on a discretionary basis to families staying at Sargood, allowing them to enjoy additional activities outside of the Sargood on Collaroy program during their stay. These activities will complement the ongoing program of activities at Sargood working towards bringing together families to share positive experiences in a supportive and encouraging environment.

“Our fabulous rec team at Sargood were delighted to be able to assist with family activities – this was such a great chance for the family to have a taste of what life's like for their brother.”





Internship Program

The Foundation has committed to support the pilot and evaluation of a program based at Sargood for two interns who are living with SCI to gain the necessary skills to find meaningful employment post injury.

Reskilling after sustaining an SCI will look different for each intern. The main outcome we desire for our interns will be to gain the confidence, skills, experience and willingness to begin to navigate whichever career they choose for themselves.

Emergency Funding Grants

The Sargood Foundation has Emergency Grants available on application from Social Workers at Spinal Units to assist with costs for families who are traumatised and adrift due to a family member sustaining a SCI and for those aged over 65 who are living with SCI.

Funding will cover the costs for families of short-term accommodation near the hospital, travel and parking to be able to be with their family member in the acute spinal ward and also equipment expenses that may be incurred by those aged over 65 that will not be covered by the NDIS.



The Sargood Foundation continues to work to improve the quality of life for those who live with SCI since there is no way to reverse the damage. If you would like to donate to help us assist those who are living with Spinal Cord Injury and their families achieve a better life, please contact us confidentially to discuss your donation or visit www.sargoodfoundation.org.au.

Susan Johnston, Executive Director on **0415 127 363** or by email at susan@sargood.org.au

The Sargood Foundation is a DGR registered not-for-profit charity and all donations are fully tax deductible.