

JUNE 2024

The Sargood Foundation News Update

Good Morning

As a valued supporter of the Sargood Foundation, I'd like to share with you some news about what's been happening over the last 6 months.

The Foundation is now actively funding and operating 13 important granting programs to help people living with Spinal Cord Injury (SCI):

- supporting travel, gym membership and stays, including those for those who are aged over 65, those without funding and those from rural and regional areas
- innovating new ways to develop important life skills and peer learning with the Kids Camp and now the Golden Oldies Camp
- supporting important social connections with our BBQ program and sponsoring the Manly Eagles Wheelchair basketball team in the national league, promoting Sargood Australia wide via the Manly Wheel Eagles ambassador program
- funding much needed equipment and helping people in hospitals with essential items and their families with funds to be with them,
- partnering with sector leaders to develop a new program to support families in the initial stages of an injury and also sponsoring a dedicated external program to help build independence
- investing in a new and successful intern program to assist those with SCI develop the skills they need to re-enter the workforce



Last week we were pleased to welcome to Sargood the Premier of NSW, Chris Minns, and Michael Regan, Independent MP for Wakehurst. They were both delighted to tour our world first facility and connect with staff and guests.

In supporting the Sargood Foundation, you're not just making a donation; you're making a profound difference. You're giving someone the chance to meet with friends and share a lived experience, to better live with the devastating effects of SCI, to return to work, and to reconnect with the world around them. You're providing the tools for independence, the strength for resilience, and the support for a brighter future.

Thank you!

Golden Oldies Camp



We just hosted our inaugural Golden Oldies Camp at Sargood which was fully funded by the Sargood Foundation – bringing together 11 people aged over 65 who are all living with Spinal Cord Injury (SCI), their partners and carers for 3 days of connections, activities and learning.

This Over 65's retreat was all about identifying what living well with Spinal Cord Injury might look for these guests and how we could assist them to work to support that vision. The team all worked to redefine expectations of life with SCI as part of an immersive, individualised and supportive program. The confidence and social support networks that come out of this program will help create a better environment for these older people with SCI to thrive.

Our guests were delighted to receive a surprise visit from our long standing and much appreciated Patron Sir Peter Cosgrove, his wife Lady Lynne and our Vice Patron and Foundation Directors – Rod and Liz Macqueen. They joined in the paint and sip session and chatted with everyone, finding out individual stories, experiences and impressions of Sargood.

In the words of one guest: “This break was exactly what I needed. I feel refreshed and rested. The staff are amazing and all were so obliging, nothing was a trouble. The atmosphere of the staff is wonderful and we met some amazing men & women, all there to look after us. The programs organized for us were professionally planned and we enjoyed them all”



New Surfing Program

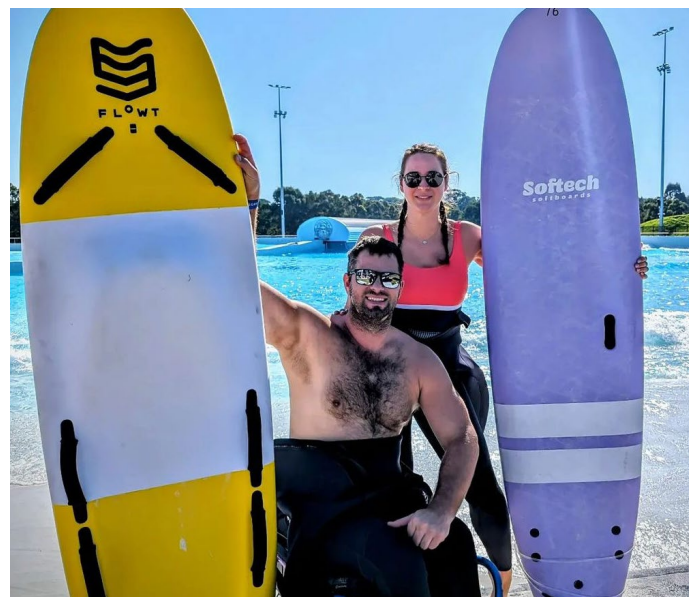


“Being a surfer previously, personally, it’s having the staff here with the knowledge and ability to take me out into the surf and to be able to go surfing again is a massive thing.” Lee Ferrie

Thanks to the generosity of the Primary Club who donated 2 new 8’0 Adaptive surfing soft boards, the team at Sargood are now able to provide surfing as a regular activity again for our guests. UrbnSurf, Sydney’s first wave pool provides a safe and controlled environment for our guests to experience the thrill of catching a wave without the need to rely on weather and surf conditions. We are also now able to offer surfing as a group activity which allows for more guest interaction and shared experiences and leads to the development of friendships and increased social connections.

We will also have the ability to carry-out multiple day surfing events and surfing courses with this additional equipment.

Being able to simply get out in the surf is massively rewarding for some and for those that like to test their skills, being out in the water again simply puts those living with SCI on a level playing field with the surfers around them.



Community BBQ Program



"Thanks to this grant, it's so special to be in a position to be able to grow a community for people with Spinal Cord Injury, and to see familiar faces returning to catch up with new friends"

Using the Australia Post Community Grant 2024, Our Community BBQ program is bringing together people who are living with life changing Spinal Cord Injury in a warm, supportive and dedicated environment. A Spinal Cord Injury can change a person's life and the lives of their family beyond all recognition. Depression and anxiety are common consequences and the person can face social isolation and a much-reduced sense of value and purpose.

Meeting informally once a month at the Sargood BBQ and sharing a lived experience gives the opportunity for peer support for individuals and their families - we see that it also leads to the development of friendships and increased social connections. There is no other opportunity for this community to connect with others in the same situation in a safe and genuinely accessible location.

Supported by experts in SCI from Sargood and SCIA, professional support and advice is available in an accessible and informal capacity



Stays at Sargood



"I found the whole stay at Sargood to be informative, enjoyable, and educational in speaking with others who also have Spinal Cord Injuries. The Sargood team were outstanding." Christine, June 2024

This remains one of the most important and rewarding programs that the Foundation delivers. Over the last 12 months we have funded 20 stays at Sargood on Collaroy for those who are living with SCI, their families and carers, people who would otherwise be unable to benefit from a stay.

A visit to Sargood on Collaroy is so much more than respite, it is life transforming and works to create new futures and opportunities for those who live with the trauma of Spinal Cord Injury, as well as their families.

Our guests can enjoy the company of others, as well as having access to the incredible team of nurses and support workers, the occupational therapist and exercise specialists and of course, the chance to participate in some life changing activities.



Manly Wheel Eagles update



The Sargood Foundation are proud sponsors and supporters of the Manly Wheel Eagles who have shown steady growth in participation numbers and achieved notable progress in Sydney Metropolitan & NSW Competitions. Reaching the grand final in their inaugural year, they also won the 2023 Illawarra SLAM Competition, against teams from around Australia and New Zealand

Now they've set their sights higher and are pushing even harder, in preparation for entering the Australian National League 2024. This League is the most elite competition in Australia and provides a platform for future Paralympians.

We're delighted to support this inclusive and welcoming community advancing health, social and public welfare and wish them every success in this National League and at the same time, the Manly Wheel Eagles are ambassadors for Sargood as they tour Australia wide.



**All Welcome to watch our Wheel Eagles take on the Darwin Salties at 12pm
Sunday 28 July at Northern Beaches Sports Centre Warriewood.**

Meet our new Sargood Foundation Ambassador

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You can look at life two ways: you can get upset with the cards you are dealt or you can go out and live life to the fullest.

We chose the latter and couldn't be happier, we have two wonderful children and busy lives. I am so excited by the work that the Sargood Foundation is doing to help others with Spinal Cord Injury to get the most out of life, it really resonates with my own personal philosophy and I look forward to working with the Foundation to create new futures and opportunities for those living with SCI.

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Koen was a member of the Dutch men's wheelchair basketball national squad, competing at four Paralympic Games from 1992 to 2004, including Barcelona, Spain (1992 – gold); Atlanta, USA (1996); Sydney, Australia (2000 – silver); and Athens, Greece (2004).

“Like most youngsters, I was obsessed with football and it was difficult not being able to run around with my mates,” he said. “I found an outlet in wheelchair basketball, and playing it at an elite level has taken me to places I never thought I'd go.”

He is married to Manly-born Australian Paralympian Donna Ritchie, who was part of the silver medal-winning Australian women's wheelchair basketball team at the 2000 Sydney Paralympics. They have a son and a daughter. Koen retired from international basketball about 15 years ago to shift focus on a corporate career in Software Sales building and leading sales teams across the Asia Pacific region. He is also a board member of Wheelchair Basketball Australia, the President of the Manly Wheel Eagles Basketball Team and an inspiration to many young and aspiring players.



Gold and silver medal-winning Paralympian, Koen Jansens was born with spina bifida, but has refused to let his condition dictate his lifestyle.

Emergency Equipment Grants for over 65's



The Sargood Foundation has invested over \$50,000 this year in the delivery of a much - needed program of emergency funding for people who have incurred an SCI aged over 65 and who are in NSW Spinal Units. The program has given grants of up to \$5,000 to assist this cohort with the equipment necessary to ensure their quality of life on discharge

There is a compelling and unmet need to provide these basic items for those aged over 65 who are often in financial distress and cannot be discharged from hospital until these items are secured.

Funding the provision of equipment for over 65's to be safely discharged from hospital can help ease the financial burden for individuals and families and genuinely assist some very tragic cases.

Those who are aged over 65 when they incur their Spinal Cord Injury fall under the Aged Care Program which does not provide support comparable to the NDIS program in terms of Care, Assistive Technology, Equipment, Allied Health and Nursing.

Mr X has been in rehab since September last year when he sustained a serious spinal injury. He cannot return home due to his high care needs and the family are currently searching for an appropriate residential aged care facility for him

The Foundation have donated funds for an access ramp for the family home so that he will be able to visit on day leave and spend time with his family. As a result of his injury Mr X who is aged over 65, is fully reliant on his power wheelchair – and the second part of the grant has been used to purchase specialised items for his welfare that have a major impact on his ongoing quality of life and dignity.

And finally

look out... Kids Camp is back mid-July!!!



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 or to schedule a visit, please contact:

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Thank You

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