



# Newsletter

## December 2025



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### Project Update

To understand if the Stroke Navigator role is effective, we need to understand the experiences and spiritual, social & emotional wellbeing of people who did not receive support from the Stroke Navigator during their stroke recovery.

Before the Stroke Navigator role was developed we received referrals from Tamworth, Moree & Armidale hospitals for 42 First Nations People who had had a stroke between 28/08/2023 - 04/03/2025.

From these referrals **14** people consented to participate in our research and to have a couple of yarns to complete 2 surveys about their spiritual, social and emotional wellbeing after their stroke. These yarns and surveys were completed at two different times during a three-month period.

The surveys used were the **Good Spirit, Good Life** survey which showed that after 3 months:

**11** peoples spirit and life improved



and

**3** people reported a poorer spirit & life.



The **Kimberley Indigenous Cognition Assessment - Depression** survey showed that after 3 months:

**10** peoples mood improved



and

**4** peoples mood worsened.



We will compare these results with the yarns and surveys from the people receiving support from the Stroke Navigator to understand if the Stroke Navigator role is helpful and meaningful for stroke recovery.

# Stroke Navigator

The Stroke Navigator is available to support Mob in their stroke recovery who have had a stroke within the past 6 months. We know it can be hard to get the support you need for stroke recovery. Even if it's only a little support you need or just someone to check in on you, the Stroke Navigator can support you.

If you have had a stroke or if you know someone who has had a stroke in the last 6 months and you think they need some support in their stroke recovery

please give Simone a call on 0487 133102.

## Stroke Navigator Working Group

Our working group will be meeting regularly in 2026 so keep an eye out on our Facebook page for upcoming gatherings or call 0487 133102 for more info.

Everyone is welcome to come along to hear about how the Stroke Navigator role is connecting with Mob and to give suggestions and advice.



The Yarning up After Stroke team would like to wish you and your Mob a very Merry Christmas and a happy and healthy New Year. We thank you for your support this year and we look forward to seeing you and having a yarn in 2026.

# The year that was ...



## Stroke Navigator Working Group

Our team and the Stroke Navigator Working Group have continued to work together this year to develop the Stroke Navigator role. We recruited a Stroke Navigator who provided stroke recovery support and navigation to Mob living in Tamworth, Armidale, Bingara, Gunnedah & Moree. The Stroke Navigator made many different connections to housing, social support services, Aboriginal Medical Services, GP's, home care providers, mental health providers and non-government organisations to get the services people needed to support their stroke recovery. We will continue to support people in the Emergency Department, in hospital, back in community and establish new referral pathways to services that will help Mob get the support they need. We have been able to fund the Stroke Navigator role for an additional six months and look forward to further supporting Mob living with stroke.

## Community Engagement

The team visited the Narrabri Community to yarn about stroke, attended NAIDOC events to promote stroke awareness, presented at the Smart Strokes conference in Newcastle and during Stroke Week we raised stroke awareness at the Tamworth Aboriginal Medical Service Stroke morning tea.

The team will be travelling in 2026 to visit Moree, Narrabri and other communities to yarn about stroke and the Stroke Navigator.

## Research

We have published a paper titled:

**“Well, I may as well go home because I felt no one was listening to me”: yarning with aboriginal peoples and communities about stroke recovery and experience. A qualitative study**

This paper is based on what we heard and learned from yarning with Mob who have had a stroke, their families, carers and friends. If you would like a copy give Simone a call on 0487 133102 and she will post it to you or send it to your email.

# Our Stroke Champion

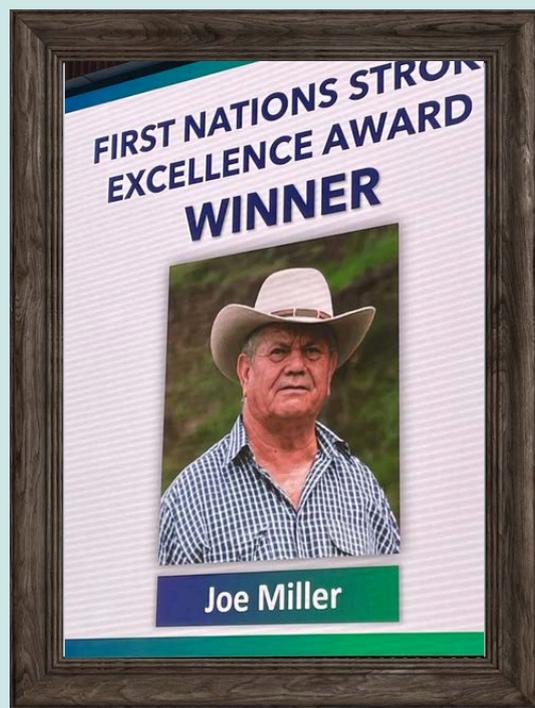
Our very own Joe Miller received a very well deserved award in October when Joe was named the winner of the

## Stroke Foundation First Nations Stroke Excellence Award

Joe is a proud Bidjarra/Kooma man living in Tamworth and dedicates so much time to raising awareness about stroke including the warning signs of stroke, ringing 000 and getting to the hospital straight away and of course the Yarning up After Stroke project.

We are very blessed to have Joe working on our team and for being so generous with his wisdom and advice. Joe has been a fierce advocate for stroke after having 5 strokes himself.

Joe is always there to help and support people when they need a hand and he spins a good yarn too. Thanks Joe for all that you do!



# Stroke Navigator

Our Stroke Navigator role has been proudly developed by many Aboriginal people living on Gomerói/Gamilaraay lands.

The Yarning up After Stroke Project, is a research project led by Hunter New England Local Health District and funded by a Medical Research Future Fund Grant.

An important part of this research project is to understand how helpful this role is.

## To receive support from the Stroke Navigator you must :

Be Aboriginal and/or Torres Strait Islander living on Gomerói/Gamilaraay lands within the Hunter New England Local Health District

Be 18 years old or older

Have had a stroke within the past 6 months

Yarn with an Aboriginal researcher three times over 3 month period, to yarn about your mood, health and wellbeing (to complete 2 surveys) at two different times. The third yarn will be to talk about your experience receiving support from the stroke navigator.

**The Stroke Navigator will provide assistance for 12 weeks to help access culturally safe stroke care during stroke recovery.**

This can include:

### Support during your hospital stay

Linking in with GP and/or Aboriginal Medical Service before discharge from hospital  
Provide support during discussions with health staff

Advocacy with Drs & health staff

Attend discharge planning & family meetings

Explain & provide information about hospital plans & processes

Support referral options & explain processes for discharge home

### Support back at home

Regular check-ins

Provide education to friends & family about stroke

Support with health appointments

Check on referrals and follow them up