



Newsletter

June 2026

www.yuas.com.au

Stroke Navigator - Kazzi Update

Our Stroke Navigator Kazzi-Jo Dufty has been busy since starting the role in January.

“Yaama everyone, it’s been a busy few months in my role as the Aboriginal Stroke Navigator, with referrals continuing to come through from across the Gamilaraay/Gomeroi area.

So far a total of 26 referrals have been received, and I am currently supporting 10 patients. These patients range from living in the community to those receiving care within hospitals, and are spread all over the region, receiving a mixture of in person support and telephone support, ensuring patients remain connected to the services they need during their stroke recovery.

Covering such a large area, it has been important to me to ensure my patients in remote and rural areas are still receiving in person support. So far, I have travelled more than 5,500km providing in person support, and culturally safe care closer to home.

Community engagement has also been a highlight of the role. I have attended a number of community events throughout the year and look forward to connecting with even more community members, local services and health professionals at upcoming stalls during the Quirindi and Tamworth NAIDOC Family Fun Days, as well as an exciting Yarning Up After Stroke community day in collaboration with Pius X in Moree in August.

During May I signed up to participate in Stroke Foundation’s 131km in May fundraiser. I successfully completed over 131km over the month of May and personally raised \$652. It was a huge effort by all who participated in this fundraiser, collectively 360 people participated, covering a distance of 24,369km and \$82,468 in total was raised over the month. This money will help fund life-changing prevention, research and recovery programs across Australia.

It’s been fulfilling to see the role continue to grow, and a privilege to work alongside patients, their families and local services to improve access to stroke support across our communities. I am looking forward to a busy few months where I will continue to build these connections, provide support and raise awareness of stroke prevention, recovery and available support services.

Yaluu, Kazzi”

Project Update

Kazzi-Jo & Simone went on a road trip in May to Narrabri, Moree & Inverell. There were many stops along the way including the Narrabri Hospital, Narrabri Local Aboriginal Land Council, Pius X Aboriginal Medical Service Moree and Armajun Aboriginal Medical Service Inverell.

During the visits we yarned about Kazzi's stroke navigator role and how we can work together to support the health services and people living with stroke in their communities.

We received positive feedback about the role and made important contacts within the different health services. We also yarned about current processes that could be made better and more accessible for people during their stroke journey which we have passed on to the stroke teams at Hunter New England Health.

Kazzi has been travelling regularly to these communities to support people living with stroke and it was great to connect with the GP's, nurses and Aboriginal Health Workers to yarn about the stroke navigator role and how we can work together to get people the support they need in their stroke recovery.

The team at Pius X Aboriginal Medical Service have generously invited to hold a stroke community engagement event on:

Wednesday 12th August

**Please keep an eye out on our Facebook page for further details
The team look forward to connecting with the Moree Mob and yarning about stroke.**



Pictured: Kazzi-Jo Dufty & Michelle Cutmore

Mental Health following Stroke

Joe Miller

Your mental health plays a big role in your recovery from Stroke. Fear of physical connection, when I am likely to have another stroke, if my appearance changes, will I be in a wheelchair & loss of income. You need to sit with your partner, social worker, Doctor and best friend to address these anxiety issues to allay your fears for acceptance of your circumstances. These are some of the issues I have dealt with.



Mental Health support is also available at:
13 YARN - 13 92 76
Lifeline - 13 11 44
Beyond Blue - 1300 22 4636

Out & About with

Aunty Audrey Trindall

Richard and I played in the Seniors tennis tournament recently. We really enjoyed the day and won a few games!

My tip;

After suffering from a stroke it was important for me to strengthen my body by exercising, eating healthy and nutritious meals, don't stress, enjoy fun activities such as arts and crafts and enjoy time with my family and friends.



Pictured: Aunty Audrey Trindall & Richard Trindall



Tamworth's NAIDOC Family Fun day
is being celebrated on
Friday 10th July 11.00am - 2pm
at Bicentennial Park



&

Quirindi's NAIDOC Family Fun day
is being celebrated on
Wednesday 8th July 10am 1pm
at Nancy Gray OAM Pavillion

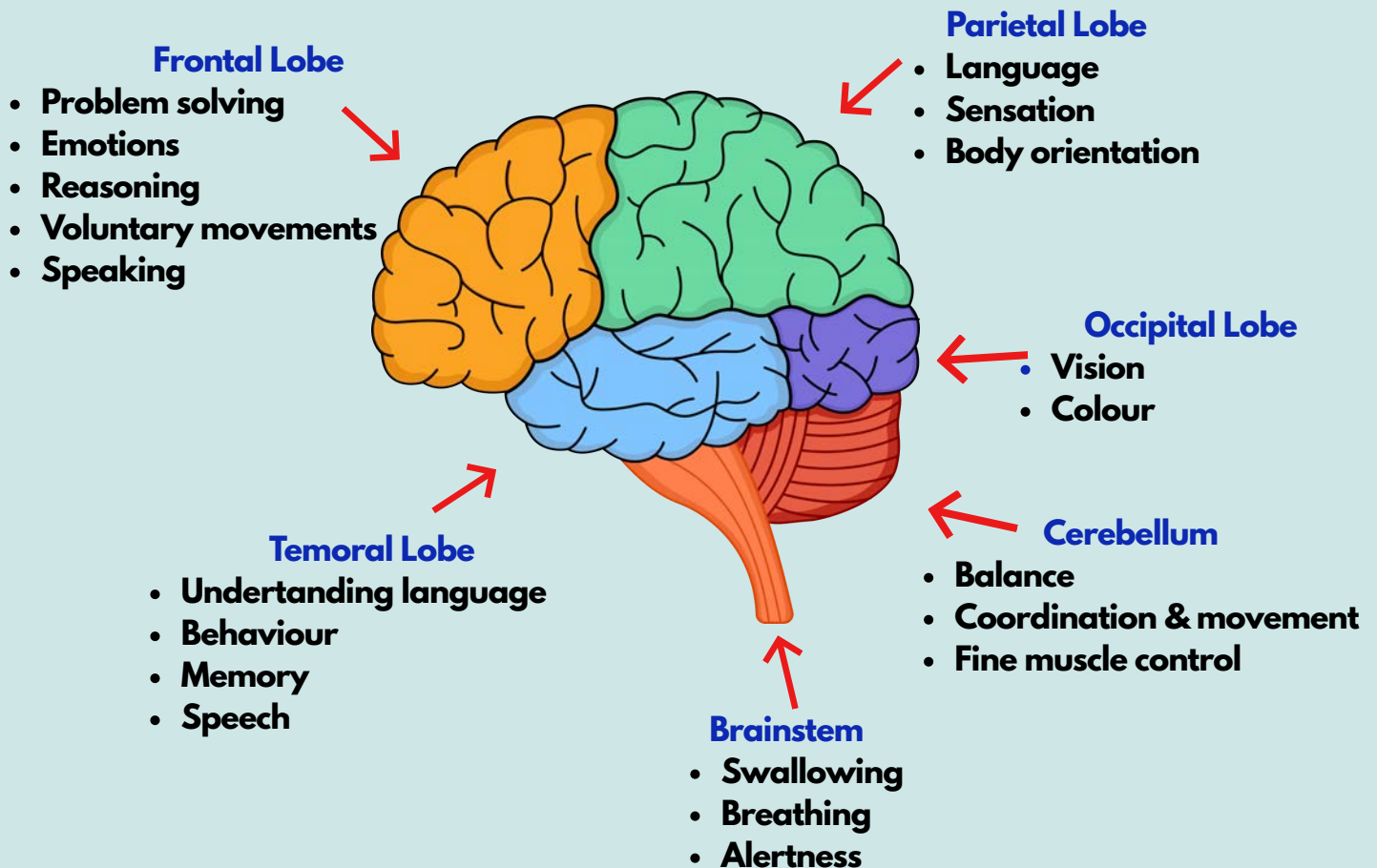


How can stroke affect you?

All strokes are different!

How a stroke affects you can depend on the type of stroke you had and the area of the brain that is damaged by your stroke.

The brain is divided into different areas that control different functions.



Difficulties after a stroke may include:

- Weakness on one side of your body (including arms & legs)
- Difficulty controlling your body movements (including arms & legs)
- Difficulty swallowing
- Personality and behaviour changes
- Problems with thinking, memory and insight
- Problems speaking and understanding what other people are saying
- Problems with reading and writing
- Incontinence
- Problems with your vision
- Difficulty controlling your emotions

Stroke Navigator

Our Stroke Navigator role has been proudly developed by many Aboriginal people living on Gomeroi/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 our Stroke Navigator Kazzi-Jo you must :

Be Aboriginal and/or Torres Strait Islander living on Gomeroi/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

Have an optional 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