

GOLD COAST STROKE SUPPORT GROUP

[A supporter of National Stroke Foundation]

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ANY STROKE (or Brain Attack) SURVIVOR

MEMBERS of their FAMILY their CARER (S)

And OTHER INTERESTED MEMBERS OF THE PUBLIC

ARE INVITED and WELCOME TO ATTEND OUR

MAY 2015 MONTHLY MEETING

GUEST SPEAKER

- ASSOCIATE PROFESSOR SHIRLEY MORRISSEY
Senior Academic and practising Clinical and Health Psychologist

TOPIC

LIFE AFTER STROKE

VENUE

- The Undercroft
Rear Saint Peter's Anglican Church,
Cnr. Nerang & High Streets, Southport.

DAY AND DATE

- Wednesday, 6 May 2015

TIME

- 11:00 am to 12:30 pm

NOTE: - Morning tea will be served from 10:30 am. Come early and have a chat.

[For a Gold Coin Donation]

Talking with others about your experiences, both before and after meetings, can often bring surprising results. A chance word may result in your learning how someone else overcame a problem you have, or the other person discovering how you mastered a problem they have. Come along to this meeting of the Gold Coast Stroke Support Group for you will almost certainly find someone there who has had a similar experience to your own. They may be able to suggest from their own trauma ways and means to give you: -

A BETTER QUALITY OF LIFE.

I am advised that: "Associate Professor Shirley Morrissey began her career as a nurse before completing university degrees in psychology. She is a senior academic and practising clinical and health psychologist. Associate Professor Shirley Morrissey's research strengths are in the areas of health and clinical psychology and she has supervised several research projects evaluating interventions such as CBT, mindfulness, and acceptance and commitment therapy for both anxiety disorders and for other chronic health problems such as diabetes. Shirley has been a member of the Interprofessional learning Steering Group at Griffith University since 2011 and involved in the implementation of the Griffith University interprofessional learning framework for improving the education of health professional. She has been involved during the last 3 years in working with her colleagues in the Health Group to develop materials for increasing health literacy among undergraduate students, and in providing interprofessional learning activities for students across several disciplines in the health group.

Shirley's talk will be about Life after Stoke – ***Shirley will provide some tips from psychology for both sufferers of stroke and their carers.***"

FINGER FOOD LUNCHEON SPONSORED BY SOMERVILLE FUNERALS (held bi-monthly)
NEXT LUNCHEON DAY – WEDNESDAY, 3 June 2015 – PLEASE MARK YOUR DIARY

Colin A. Oxenford
Chairman and Co-Ordinator
23 April 2015

Think F.A.S.T. Act FAST!