



3 April 2023

Ōamaru stroke survivors are finding their voices through song

A new singing group-organised by the Stroke Foundation of New Zealand-has been set up to support stroke recovery through music, movement, and song.

The group will meet weekly and is free for stroke survivors, friends and whanau.

Group facilitators Susie Sinclair and Debbie Melton will lead participants through a range of songs with the aim of rebuilding language skills, confidence and social connections.

More than 9,500 strokes occur in Aotearoa New Zealand every year. Stroke can have many different effects, and can cause problems with communication, tiredness, memory, concentration, and mobility.

By meeting weekly to practise singing, stroke survivors and those living with aphasia can rebuild language skills and confidence, while forming friendships with others who have been on a similar journey.

Debbie Huls, Community Stroke Advisor at the Stroke Foundation, says: "Singing can be hugely beneficial to recovery for people living with the effects of stroke.

'It's an opportunity to practise language and expression, while stimulating memory, learning breathing techniques and socialising in a safe and supportive environment.'

Toni-Ann Rutherford, a stroke survivor and singing group participant, says: "Having had two strokes in my 40s, I want to do whatever I can to help with my recovery. I don't have the best singing voice, but I am really keen to give it a try."

For more information, please contact Debbie Huls on 03 434 0247 or email north.otago@stroke.org.nz

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The Stroke Foundation of New Zealand

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About the Stroke Foundation of New Zealand

The Stroke Foundation is a national charity in New Zealand focused on the prevention of and recovery from stroke. For over 40 years we have actively promoted ways to avoid stroke and dedicated ourselves to working closely with stroke survivors across the country. The generosity of

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Charities Commission number CC49490**

New Zealanders enables us to help thousands of stroke survivors every year; providing them with critical services to ensure the best possible outcomes – not just for themselves, but also their family/whanau and carers too. To find out more about the Stroke Foundation, go to www.stroke.org.nz