

New Royal Rehab Centre

New Weemala

Residents and their families are eagerly awaiting the completion of their new Weemala home. The new 32 bed facility comprises two 16 unit dwellings that are a vast improvement on their existing accommodation.

The quality of care and support will be enhanced within this new environment, reflecting the proud history of care provided for over 105 years, within Weemala.



“The first tour of the new building by the resident families, and by our own Weemala staff, was a very emotional one – after all of the difficulties encountered along the way to make this a reality. The transformation between the old and the new is huge” said Royal Rehab CEO Stephen Lowndes.

The two buildings are designed to cater for the Weemala resident’s changing health care needs, and to provide transitional accommodation for clients of the Royal Rehab’s rehabilitation services.

“We expect the Weemala residents to move into their new home from mid-September, as soon as the water retention ponds in the parkland are completed and Council issues the occupancy certificates. An Official Opening is planned for mid-October.”

“The quality of the BateSmart design and construction of the new Weemala buildings by ADCO is absolutely first rate, and sets the standard for the rest of our development” said Lowndes.

“The new Royal Rehab Centre will comprise a specialist spinal cord injury unit, a specialist brain injury unit, and a private inpatient unit to deal with complex stroke and general rehabilitation patients as well as Outpatient services, a Day Hospital and hydrotherapy pool.” Stephen Lowndes, CEO



Photo: A typical bedroom within the New Weemala. The view from this room is of the new parkland development.

Royal Rehab’s New Centre

“The new, state of the art Royal Rehab Centre will finally be going ahead! This is really exciting news” announced CEO Stephen Lowndes.

Construction will commence in late October, with completion of the 60 bed specialist Centre due for completion by March 2014.

“There have been quite a few hurdles along the way of course,” said Lowndes, “but this time has afforded us the opportunity to



really refine the overall design and the end result will be phenomenal.”

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The Recreation Circle is also a key feature of the whole development, flowing from the Rehab Centre through to the new community park and ponds, which will really take shape by the end of this year.

“What we are most pleased about is the way that the architects have been able to ensure that each of the inpatient units has access to these outdoor areas. The way the whole development integrates the Centre with the outside environment, is such an important part of the rehab experience for our clients.

The whole complex will look terrific and function superbly – it really will be custom built to provide the best possible outcomes for our patients,” Lowndes stated.

“It is a wonderful feeling to finally be able to announce, unequivocally, that the redevelopment will be proceeding. We are very pleased with the standard of the new Weemala and have retained ADCO Constructions to build the new Centre, and the new Community Hall and Child Care Centre, which form part of the Planning Approval, to ensure that standard is maintained.”

“Life will be a bit challenging over the next two years for our staff and our patients, as we will be providing all of our clinical services from the existing Weemala Building and Annex. Fortunately, whilst it is an old building, it is a very spacious one, and it will adapt to accommodate our services.” said Royal Rehab CEO Stephen Lowndes.

“1 in 6” Stroke Awareness Week

The theme for Stroke Awareness Week (11 – 17 Sept) being promoted by the National Stroke Foundation is “1 in 6”.

1 in 6 people will have a stroke! - behind these numbers are real lives. Strokes can happen to anyone so it is important to know your stroke risk. We encourage everyone to remember this statistic and to be aware of these six steps:

1. Know your personal risk factors: high blood pressure, diabetes and high blood cholesterol
2. Be physically active and exercise regularly
3. Avoid obesity by keeping to a healthy diet
4. Limit alcohol consumption
5. Avoid cigarette smoke, seek help to stop now
6. Learn to recognise the warning signs of stroke and act FAST

FAST - the letters relate to a few symptoms of stroke. These are facial paralysis, arm weakness, and speech difficulties. The “T” in FAST is translated as “time to act fast.” It is essential to act quickly by contacting emergency services if a stroke is suspected.

“So while you may quite rightly see

yourself as unlucky to have suffered a stroke I assure you that Royal Rehab is the right place to ensure you have the best opportunity for maximising your recovery. Royal Rehab is always at the forefront in development of new ideas for post stroke services and keeping people informed of new treatments and therapies” said Michelle Sharkey, Executive Officer NSW Stroke Recovery Association.

RYDE RIVERS FESTIVAL

Stroke Awareness will be the theme for the Royal Rehab Team at this year’s Ryde Rivers Festival – Sunday 11 September. The Fun Run and the Dragon Boats both promote the stroke awareness message “be physically active and exercise regularly”. Royal Rehab’s stall will serve healthy food and also provide advice on another key message of stroke awareness - “a healthy diet”.

The Ryde Rivers Festival Sunday 11 Sept. is a project of the Rotary Club of Gladesville, with funds from this annual family fun day supporting the services of the Stroke Recovery Program at the Royal Rehabilitation Centre, Livvi’s Place inclusive playground, and other Rotary Community projects.

Celebrate our great community by

participating in the Family Fun Run, Dragon Boat Racing, all-day entertainment and markets – Sunday 11 September, Kissing Point Park, Putney.

Ducati Day

Sunday 18 Sept. 9am – 3pm



The Ducati Owners Club of NSW
Proud sponsors of the Royal Rehab
Spinal Injury Unit

Classic and modern Ducati motorbikes and other Italian marques will be on display. The event will include trade displays from Ducati related businesses and includes a full range of bikes, accessories and club regalia, for sale and display.

The family fun day will also include a barbecue, hot and cold food and drinks, and activities for children.

Ducati Day is supported by Frasers Property Australia, and the event will be staged on the former Royal Rehab grounds at 600 Victoria Road, Ryde.

Ducati Day is admission FREE, with funds raised supporting the Royal Rehab Spinal Injury Unit.

RETURN2SPORT Thursday 3 November
Sports Centre,
Sydney Olympic Park.

Return2Sport Expo is an initiative of Royal Rehab in collaboration with the Australian Paralympic Committee.

Graham Annesley MP Minister for Sport and Recreation endorsing the project, said:

“The Return2Sport Expo is an exciting and worthwhile endeavour and I commend the Rehab Centre for hosting this event. The event presents a magnificent opportunity for people with disabilities to engage in sport and embrace an active and social lifestyle. I wish you every success for this important and inspiring event.”

Return2Sport has received sponsorship from the Sydney Olympic Park Authority to provide access to the Hall of Legends and the Main Arena of the Sports Centre for the staging of this event.



AUSTRALIAN
PARALYMPIC COMMITTEE



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