



# KINGS PARK WARRIORS

Monthly Newsletter - What Happened in April

**APRIL 2025**

**Dear Warriors,**

**As we step into May, we take a moment to look back on the incredible journey that was April. It's been a month of connection, courage, laughter, and remembrance—a true reflection of what Kings Park Warriors is all about. Whether you've been with us since the beginning or you're just joining our community, we hope this recap brings a smile to your face and warmth to your heart.**

**Thank You, Miffy – \$400 Raised for Run for a Reason**  
**We want to extend our deepest thanks to the wonderful Miffy Durham, who raised an incredible \$400 over the weekend in support of our Run for a Reason campaign. Your efforts and heart are truly appreciated, and your dedication reminds us how much can be achieved when we come together for a cause that matters. Thank you, Miffy—you've made a real difference.**

**Welcome to Our New Members**

**We've had some lovely new faces join our KPW family recently—welcome! If you're in Perth, we'd love to meet you at one of our groups. There's nothing quite like connecting face to face, sharing stories, and simply knowing that you're not alone. We hope to see you soon at a meet-up near you.**



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## **Young Adults Group – Poolside Fun**

**Our Young Adults Group made a splash this month with an awesome pool outing! The energy, laughter, and sense of community were beautiful to witness. Even Abi the Bear, our beloved mascot, got in on the action! Thank you to everyone who came along, making these outings so special and keeping our circle strong, hopeful, and full of love.**

## **Honouring Katie – 7th April**

**April also brought a moment of remembrance. On April 7th, we said goodbye to Katie, a beautiful soul and cherished member of our community. Many of us wore our KPW shirts to honour her memory, standing in solidarity and support. Katie, you are missed.**

## **Kelmscott Launch – A New Beginning**

**We are so proud to announce the official launch of our Kelmscott group! This heartfelt meet-up marked the beginning of something special in a new part of Perth. With two new members, warm coffees in hand, and stories shared across the table, it reminded us of the magic that happens when people come together with empathy and understanding. Here's to many more meet-ups in Kelmscott!**



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## **Wednesdays with a Sizzle**

**Our Wednesday Catch Ups got a delicious twist with a bacon and egg roll breakfast, complete with coffee and casual conversation. It was a relaxed and nourishing way to start the day—because sometimes, connection is best served with breakfast and a hot cuppa.**

## **Fremantle Group – Culture and Connection at Sculpture at Bathers**

**The Freo group had a wonderful outing to Sculpture at Bathers (S@B), held at the historic Bathers Beach Art Precinct / Manjaree. The art, the setting, and the company made it a truly memorable day. WA's creative spirit shone brightly, and we loved experiencing it together.**

## **New Events Calendar on the Website**

**We now have a Catch Ups & Events Calendar on our website! This should help you keep track of when your local group is meeting—especially those on a fortnightly schedule. If it doesn't load straight away, just refresh your browser. We hope it makes staying connected a little easier!**



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## **Shared Wisdom from Our Members**

**Our community is always sharing insightful resources, and April was no exception:**

- **One of our members discovered a YouTube channel by Elisse, a functional neurologist based in Queensland. Definitely worth checking out if you're into brain health and recovery!**
- **Another member is trialling a new support program starting Thursday, May 15th at 11am. It's free in exchange for honest feedback and open to anyone who identifies as neurodivergent (including ABI), likes to have fun, and enjoys being a bit goofy. If that sounds like you, reach out to join in!**

## **Cook Well After Stroke Program – Participant Call-Out**

**A wonderful opportunity has come through from a contact on LinkedIn—the Cook Well After Stroke Program is looking for about 30 participants to join their 10-week online cooking experience. It's been co-designed by stroke survivors and clinicians and offers:**

- **A recipe book with simple, affordable meals**
- **Short instructional cooking videos every two weeks**
- **Three optional peer support Zoom sessions**
- **A \$100 grocery gift card to help with food costs**

**If you had a stroke more than 3 months ago (and less than 10 years ago), you may be eligible. Carers are welcome to participate too. If this interests you, contact researcher Nicole Chun (Chian Thong) at:**

**[chianthong.chun@uon.edu.au](mailto:chianthong.chun@uon.edu.au)**

**Or visit: [Cook Well After Stroke](#)**



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**April reminded us that every act of kindness, every conversation, and every shared laugh strengthens the bonds we've built. Whether through morning meetups, art walks, fundraising, or pool days—KPW continues to be a place of warmth, resilience, and true peer support.**

**Here's to May—may it bring more sunshine, more connection, and more healing.**

**With love and gratitude,  
The Kings Park Warriors Team**



# WEEKLY MEETINGS



## FREMANTLE

6<sup>th</sup> May - 9:30am  
13<sup>th</sup> May - 9:30am  
20<sup>th</sup> May - 9:30am  
27<sup>th</sup> May - 9:30am

Meet at Moore & Moore Cafe  
46 Henry Street, Fremantle, WA 6160

## ROCKINGHAM

7<sup>th</sup> May - 9:30am  
14<sup>th</sup> May - 9:30am  
21<sup>th</sup> May - 9:30am  
28<sup>th</sup> May - 9:30am

Meet at Churchill Park, Rockingham  
Beach Rd, Rockingham WA 6168



## KINGS PARK

3<sup>rd</sup> May - 9:30am  
9<sup>th</sup> May - 9:30am  
15<sup>th</sup> May - 9:30am  
17<sup>th</sup> May - 9:30am  
22<sup>nd</sup> May - 9:30am  
29<sup>th</sup> May - 9:30am  
31<sup>st</sup> May - 9:30am  
Meet at Zamia Café, 50 May Dr, West  
Perth WA 6005

## BRIGHTWATER

5<sup>th</sup> May - 10am - 12pm  
12<sup>th</sup> May - 10am - 12pm  
19<sup>th</sup> May - 10am - 12pm  
26<sup>th</sup> May - 10am - 12pm

Meet at 170 Swansea St E, East Victoria Park WA 6101





# FORTNIGHTLY MEETINGS



## MANDURAH

13<sup>th</sup> - 9:30am  
27<sup>th</sup> - 9:30am

Meet us at The Bay Cafe Mandurah, Unit 5/9 Mandurah Terrace, Mandurah WA 6210

## KELMSCOTT

7<sup>th</sup> May - 9:30am  
21<sup>st</sup> May - 9:30am

Meet us at That Plant Cafe & Bistro, Unit 1/2 Page Rd, Kelmscott WA 6111



## GUILDFORD



6<sup>th</sup> May - 9:30am  
20<sup>th</sup> May - 9:30am

Meet us at Little Guildford, 3/104 Swan St, Guildford WA 6055



# FORTNIGHTLY MEETINGS



## HILLARYS

14<sup>th</sup> May - 9:30am

28<sup>th</sup> May - 9:30

Meet us at Turquoise Hillarys, Hillarys Boat Harbour, Southside Dr, Hillarys WA 6025

## YOUNG ADULTS

8<sup>th</sup> May - 11am

22<sup>nd</sup> May - 11am

Meet us at Teebox Cafe, 30 Lapsley Rd, Claremont WA 6010



## FAMILY & CARERS

17<sup>th</sup> May - 9:30am

31<sup>st</sup> May - 9:30am

Meet us at Zamia Cafe, 50 May Dr, West Perth WA 6005







**Don't forget about our awesome day out  
with HBF Run For A Reason**

**A day packed full of fun,  
inspiration & great people,  
don't forget to sign up & join  
the fun!**

**If you haven't already, remember to  
donate! Every dollar helps!**

**Next page for details.**





**Please follow the link below  
to sign up for HBF Run For A  
Reason**

**<https://runforareason25.grassrootz.com/kings-park-warriors>**

**The opportunity to donate  
can also be found using this  
link**

**We encourage our members  
to donate & we are grateful  
for every dollar raised**

