

# GOLD COAST STROKE SUPPORT GROUP

[ A supporter of the National Stroke Foundation  
and of The Stroke Association of Queensland Inc. ]

Australian Business Number: 75 926 608 653

9 CHARLTON STREET, SOUTHPORT. QLD 4215

TELEPHONE: 55 313 254 --MOBILE: 0400 849 573

E-MAIL: colinoxenford@bigpond.com

**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***  
***MARCH 2011 MONTHLY MEETING***

GUEST SPEAKER

- COL McNAMARA and CAROL RYAN  
Founder and Transport & Volunteer co-ordinator Sight Loss Centre

TOPIC

- The Vision for the Sight Loss Centre

VENUE

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

DAY AND DATE

- Wednesday, 2 March 2011

TIME

- 11:00 am to 12:30 pm

NOTE: - Morning tea will be served from 10:30 am.

***[For a Gold Coin Donation]***

*Why not come early and have a chat?*

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.***

***PLEASE REMEMBER THE NATIONAL STROKE FOUNDATION'S IMPORTANT MESSAGE***  
***STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!***

***LUNCHEONS SPONSORED BY SOMERVILLE FUNERALS***  
***NEXT LUNCHEON – WEDNESDAY, 6 April 2011 – PLEASE MARK YOUR DIARY***

Colin A. Oxenford  
Chairman and Co-ordinator  
22 February 2011

*[Please read the newsletter on the reverse side]*

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

Tuesday, 22 February 2011: -

CAO drove to Community Health, Bundall where 165 copies of the 2 March 2011 Notice of Meeting to be put into the envelopes for posting and another 125 copies of the Notice of Meeting for distribution and display of the Notice of Meeting were photocopied.

CAO & DMO and June Carroll put the notices into the envelopes for posting.

The notices for 1/ Allamanda Private Hospital; 2/ Violet Atley; 3/ Charm, Palm Beach; 4/ John Dickson; 5/ Feelgood Corner Store; 6/ Aileen Hannah; 7/ Lorna Lippold; and 8/ Kathleen Mancini were removed from the envelopes for posting for delivery by Colin Oxenford.

CAO and June Carroll then stamped all the envelopes for posting (124) on the reverse side with the "Speech Therapy" marking stamp.

CAO drove to the Gold Coast Hospital where he placed the envelopes (124) in the slot in the MailRoom for posting.

Wednesday, 23 February 2011: -

CAO commenced the delivery of the hand delivery envelopes on this day. (All were delivered except the GCH and Allamanda Private Hospital)

Friday, x February 2009: -

CAO finalised the delivery of the hand delivery envelopes to the GCH and Allamanda Private Hospital on this day.

THERE WERE 193 NOTICES IN TOTAL FROM THE MAILING LIST OF LABELS. (109 posted (22/2/2011) & 8 deliveries + 76 e-mails) plus 15 from telephone contact to CAO (posted on 22/2/2011). Plus 15 Notices sent to Gold Coast City Council Councillors; 9 to State Government MPs and 5 to Federal MPs by e-mail).

The details are as follows: -

	TOTAL	POSTED DELIVERIES		E-MAILS
MAILING LIST	193	109	8	76
TELEPHONE CONTACTS	15	15	Nil	Nil
GOLD COAST CITY COUNCIL	15	Nil	Nil	15
FEDERAL MPs	5	Nil	Nil	5
STATE MPs	9	Nil	Nil	9
TOTALS	<u>237</u>	<u>124</u>	<u>8</u>	<u>105</u>