

# 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***

***OCTOBER 2012 MONTHLY MEETING***

<u>GUEST SPEAKER</u>	-	RUSSELL VOYCE SALES MANAGER – National Food/Lion Dairy,
<u>TOPIC</u>	-	DAIRY HEALTH
<u>VENUE</u>	-	The Undercroft, Rear Saint Peter's Anglican Church, Cnr. Nerang & High Streets, Southport.
<u>DAY AND DATE</u>	-	Wednesday, 3 October 2012
<u>TIME</u>	-	11:00 am to 12:30 pm

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

***[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.***

***PLEASE REMEMBER THE NATIONAL STROKE FOUNDATION'S IMPORTANT MESSAGE***

***STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!***

Colin A. Oxenford  
Chairman and Co-ordinator  
25 September 2012

*[Please note and read the Newsletter on the reverse side – Thank you]*

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

Tuesday, 25 September 2012: -

CAO drove to the new Robina Health Precincts where 200 copies of the Notice of Meeting to be held on 3 October 2012 meeting were photocopied and then to be put into the envelopes for posting.

CAO and Barry Mulquin put the notices into the envelopes for posting.

The notices for 1/ John Dickson; 2/ Aileen Hannah and 3/ Kathleen Mancini were removed from the envelopes for posting for delivery by CAO.

CAO and Barry Mulquin then stamped all the envelopes for posting (93) on the reverse side with the "Speech Therapy" marking stamp.

CAO and Barry Mulquin drove to the Gold Coast Hospital where they placed the envelopes (93) into the slot in the MailRoom for posting.

CAO and Barry Mulquin then commenced the delivery of the hand delivery Notices throughout the Gold Coast Hospital this afternoon.

Thursday, 30 August 2012: -

CAO delivered the hand delivery notices to the Allamanda Private Hospital Rehabilitation Unit this afternoon.

THERE WERE 207 NOTICES IN TOTAL FROM THE MAILING LIST OF LABELS. (88 posted (29/8/2012) & 3 deliveries + 119 e-mails) plus 8 from telephone contact to CAO (posted on 29/8/2012). Plus 157 Notices to The Friends of GCSSG; 15 Notices sent to the Mayor and 14 Gold Coast City Council Councillors; 10 to State Government MPs 7 to Federal MPs and 12 Radio Stations sent by e-mail

The details are as follows: -

	<i>TOTAL</i>	<i>POSTED</i>	<i>DELIVERIES</i>	<i>E-MAILS</i>
<i>MAILING LIST</i>	207	85	3	119
<i>TELEPHONE CONTACTS</i>	8	8	Nil	Nil
<i>FRIENDS OF GCSSG</i>	157	Nil	Nil	157
<i>GOLD COAST RADIO STATIONS</i>	12	Nil	Nil	12
<i>GOLD COAST CITY COUNCIL</i>	15	Nil	Nil	15
<i>FEDERAL MPs</i>	7	Nil	Nil	7
<i>STATE MPs</i>	10	Nil	Nil	10
<i>TOTALS</i>	416	93	3	320