

# GOLD COAST STROKE SUPPORT GROUP

[ A supporter of National Stroke Foundation ]

Australian Business Number: 75 926 608 653

9 CHARLTON STREET, SOUTHPORT. QLD 4215

TELEPHONE NUMBERS: LANDLINE – (07) 55 313 254 - MOBILE: 0400 849 573

Email: - [colinoxenford@bigpond.com](mailto:colinoxenford@bigpond.com)

Website: - [www.goldcoaststrokesupportgroup.org.au](http://www.goldcoaststrokesupportgroup.org.au)

**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**  
***JULY 2014 MONTHLY MEETING***

**GUEST SPEAKER**

**GRAEME PEARCE**

**TOPIC**

*The Benefits of Pilates, Resistance Training and Aerobic Exercise  
in the rehabilitation of people who have suffered a Stroke.*

**VENUE**

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

**DAY AND DATE**

- *Wednesday, 2 July 2014*

**TIME**

- *11:00 am to 12:30 pm*

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

***[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  
28 May 2014

*[Please note that the details of the **MONTHLY MEETING** to be held on 4 **JUNE 2014** appears on the reverse]*

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

Wednesday, 28 May 2014:-

CAO drove to the Allamanda Private Hospital Rehabilitation Unit where 100 copies of the Notices of Meetings to be held on 4 June 2014 and 2 July 2014 were photocopied by xx xx and later on to be put into the envelopes for posting.

A notice for 1/Dave & Ruth Gallop was handed to Ruth Gallop in the Rehabilitation Unit.

CAO then drove to Margaret Hamilton's home where she and CAO put the labels on to the envelopes. They then put the notices into the envelopes for posting.

CAO and Margaret Hamilton then stamped all the envelopes for posting (86) on the reverse side with the "Gold Coast Stroke Support Group" marking stamp.

CAO then drove to the Allamanda Private Hospital Rehabilitation Unit which was closed and handed the envelopes (86) to one of the staff still there. He advised CAO that he would put the envelopes into the mailing box but he thought that they would not go until the next day.

THERE WERE 217 NOTICES IN TOTAL FROM THE MAILING LIST OF LABELS. (81 posted (28/5/2014) & 1 delivery + 135 e-mails) plus 5 from telephone contact to CAO (posted on 28/5/2014). Plus 280 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>	<i>217</i>	<i>81</i>	<i>1</i>	<i>135</i>
<i>TELEPHONE CONTACTS</i>	<i>5</i>	<i>5</i>	<i>Nil</i>	<i>Nil</i>
<i>GOLD COAST CITY COUNCIL</i>	<i>15</i>	<i>Nil</i>	<i>Nil</i>	<i>15</i>
<i>STATE MPs</i>	<i>10</i>	<i>Nil</i>	<i>Nil</i>	<i>10</i>
<i>FEDERAL MPs</i>	<i>7</i>	<i>Nil</i>	<i>Nil</i>	<i>7</i>
<i>GOLD COAST RADIO STATIONS</i>	<i>12</i>	<i>Nil</i>	<i>Nil</i>	<i>12</i>
<i>FRIENDS OF GCSSG</i>	<i>280</i>	<i>Nil</i>	<i>Nil</i>	<i>280</i>
 <i>TOTALS</i>	 <i>546</i>	 <i>86</i>	 <i>1</i>	 <i>459</i>