

NEWSLETTER

On reverse of Notice of Meeting to be held on 1 October 2014

FADDEN SENIOR'S EXPO

Bill & Caryl Callcott and I manned a Display Table at Stuart Robert Federal Member for Fadden's Senior's Expo held at the Runaway Bay Indoor Basketball Stadium on Wednesday, 30/7/ 2014.

We were kept busy with putting together and handing out over 240 folders of National Stroke Foundation information and a handout of where and when the GCSSG meets on one side and the National Stroke Awareness Week on the reverse.

We had lots of people stop to chat. Most had a good idea of what to watch out for, either from family happenings or from advertisements they had seen. It was a busy but rewarding day.

THE PINES SHOPPING CENTRE

Barry Mulquin and I manned a Display Table at the Southern Gold Coast 60 and Better Program at the Pines Shopping Centre on Wednesday, 20/8/2014.

Again we were kept busy putting together and this time handing out over 135 folders of National Stroke Foundation information and a handout with the details of where and when the GCSSG meets on the one side and the National Stroke Awareness Week on the reverse.

NATIONAL STROKE AWARENESS WEEK

National Stroke Awareness Week (SAW) will held this year from Monday, 8 to Sunday, 14 September 2014. SAW will be launched here on the Gold Coast with a Barbecue Luncheon to be held at the Southport Bowl's Club, Marine Parade, Southport on Monday, 8 September 2014. A donation of \$5.00 is requested to assist with the cost of the Luncheon. The Luncheon is being subsidised from a "Stroke Week Grant" from the National Stroke Foundation. There is

ample parking at the Southport Bowl's Club.

SAW DISPLAY STAND

We will be having a SAW Display Stand at the Australia Fair Shopping Centre on Wednesday, 10; Thursday, 11 and Friday, 12 September 2014 at which free blood tests will be available. We require help to attend at the Display Stand on the three days to hand out Stroke information. There will be two shifts on each day with the first shift from 9 am to 1 pm and the second shift from 1pm to 5pm. If you are can assist at one of these shifts please let me know ASAP.

NOVEMBER MONTHLY MEETING

For some years now our November monthly meeting has been an "Open Forum" meeting with Stroke Survivors and/or their Carers giving a short address on the circumstances surrounding their experience with Stroke and how it has affected them and how they are coping with their life after their Stroke. The first such meeting was held on 1 October 2003 and the next year it was changed to the November meeting date and has been held in November since 2004.

I believe that this now annual meeting is one of our most successful yearly meetings. These Open Forum meetings where Stroke Survivors and/or Carers talk about their own personal experience with Stroke have proved to be very popular in past years.

If anyone is prepared to share their life experiences after their Stroke and be one of the presenters at the November monthly meeting please let me know so I can include you on our list of speakers on the day to share your story.

GUEST SPEAKER

Marion Wright Volunteers Coordinator at COTA Queensland has advised me as follows: -

"As you may be aware, there are significant changes taking place within the Aged Care Sector – the next 12 months will see changes in how Home Care Services are delivered for all packaged care recipients.

COTA Queensland is introducing a new Peer Education program on Consumer Directed Care (CDC) in home care, which will be available in Queensland from August 2014.

Peer educators can speak to groups of future or current consumers of home care services who may be transitioning to CDC. The sessions aim to increase the skills and knowledge of consumers so that they may maintain control of their own life by making the most of consumer directed care, and be active partners in their own health care and support needs through working with their service provider to achieve their support goals. Sessions will run for about an hour and be supported by resources developed specifically for this purpose by [HomeCareToday](http://HomeCareToday.com.au).

As a group that has hosted a Peer Education session on one of our previous topics, we would like to offer you the opportunity to host one of these sessions (we have limited availability). We're happy to take your booking now."

Please endeavour to make an effort to attend this meeting. You may be surprised at what you may be able to learn about Consumer Directed Care. (CDC)

David Price has previously spoken to our group and from past experiences from his previous address I believe that this meeting will be very informative. I urge you to attend and remind you that:-

***"You'll never, never know
if you never, ever go".***

I look forward to welcoming & seeing as many of you as is possible at this meeting. Thank you.

Colin A. Oxenford
Chairman and Co-ordinator
28 August 2014

STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!