

NEWSLETTER

On reverse of Notice of Meeting to be held on 5 November 2014

NATIONAL STROKE AWARENESS WEEK 2014

We conducted the following activities during the week: -

1/ - Large Advertising banners were displayed at the following locations for three weeks from Monday, 25/8 to Monday, 15/9/ 2014.

(a) Matron and Sister Higman Park, Cnr. Gold Coast Highway and Queen Street, Southport. Council advises that 52,231 vehicles a day pass this site.

(b) Benowa Netball Courts, Cnr. Slatyer and Benowa Roads, Benowa. Council advises that 20,089 vehicles a day pass this site.

2/ - The Gold Coast Launch of the 2014 National Stroke Awareness Week was held at the Southport Bowls Club, Southport on Monday, 8 September 2014. A barbeque lunch was provided and fifty-one guests were in attendance on the day. Speakers at the launch were introduced by me. The speakers included Ron Morgan former Community Liaison Manager of the NSF, Janet Sanewski, from Somerville Funerals and Cr. Margaret Grummitt, Division four Councillor, City of Gold Coast who officially launched National SAW here on the Gold Coast. Councilors Lex Bell and Dawn Crichlow OAM were also in attendance. Channel 9 attended the venue on the day and did interviews and filming for a segment which was shown on the Channel 9 Gold Coast Local News that evening.

This Luncheon was subsidised from a "Stroke Week Grant" of \$200.00 provided by the NSF.

3/ - Thirteen members from the GCSSG, two staff from Somerville Funerals and four Speech Therapy students from Griffith University manned an information display stand at the Australia Fair Shopping Centre, Southport. Free blood pressure tests were offered to members of the public on the Wednesday, 10, Thursday, 11 and Friday, 12 September 2014 from 9:00 am to 5:00 pm. Two hundred and twenty-eight (228) blood pressure measurements in total were taken over the three days with the highest reading of **236/130** belonging to a female aged 55 +. The second highest reading of **196/ 108** belonged to a male also aged 55 +. Both of these people were unaware of their high blood pressure readings and were referred to their doctor.

During the three day period nineteen (19) volunteers either took the blood pressure readings and/or handed out approximately five hundred and forty-three (543) information packs containing various National Stroke Foundation brochures and other Stroke related literature. The display area featured numerous 'FAST' and '1 IN SIX' posters as well as other National Stroke Awareness Week promotional literature.

CHRISTMAS LUNCHEON

Our Christmas Luncheon this year will again be held at the Southport Bowl's Club, Marine Parade, Southport. The price for our two course traditional Christmas Luncheon will be \$12.50 per person which remains the same price as every year since 2005. There is ample parking at the club.

A Notice for the Christmas Luncheon is enclosed with this newsletter for your information. The

function is recommended and we should have a very enjoyable day so book and pay early to reserve your seat.

Bookings and prepayments may be made on our 5 November 2014 meeting day.

GUEST SPEAKERS

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 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.

This now annual meeting is one of our most successful yearly meetings. These Open Forum meetings where Stroke Survivors and/or Carers tell us about their own personal experience with Stroke have proved to be very popular in past years. It is these individual stories that allow us to learn that little bit extra about one another's experiences after Stroke.

Please endeavour to make an effort to attend this meeting. You may be surprised at what you may be able to learn about another Stroke Survivor's experiences.

I believe that the meeting will be very informative. I urge you to attend and remind you:-

*"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
22 October 2014

STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!