

NEWSLETTER

On reverse of Notice of Meeting to be held on 2 September 2015

FADDEN SENIOR'S EXPO

Barry Mulquin, Debbie Franklin and I manned a Display Table at the Stuart Robert MP Federal Member for Fadden Senior's Expo held at the Runaway Bay Indoor Basketball Stadium on Wednesday, 30 July 2015.

We were kept busy putting together and handing out over 313 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 very busy but rewarding day.

TALLEBUDGERA LEISURE CENTRE

By the time that you receive this notice we would have conducted another Display Table for Senior's Week at the Tallebudgera Leisure Centre on Friday, 21/8/2015. This event is run by the Southern Gold Coast 60 and Better Program and was previously held at the Pines Shopping Centre. Due to alterations being made to The Pines Shopping Centre the venue location had to be changed this year.

We expect to again be kept busy putting together and handing out packs 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 2015 on the reverse.

NATIONAL STROKE AWARENESS WEEK 2015

National Stroke Awareness Week 2015 (SAW) will held this year from Monday, 14 to Sunday, 20 September 2015. 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, 14 September 2015. 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, 16; Thursday, 17 and Friday, 18 September 2015 at which free blood tests will be available. We require help and assistance at the Display Stand on the three days to hand out Stroke information etc. 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? Your help will be greatly appreciated.

NOVEMBER MONTHLY MEETING

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. We usually have six speakers, to include Stroke Survivors and/or Carers tell their own personal story on this day.

GUEST SPEAKER

Tracey Sparks has advised me as follows: -

"Why I should be a guest presenter"

"The Continence Foundation of Australia's vision is to have a community free of the stigma of incontinence. More than 4.8 million Australians experience bladder or bowel control problems. Incontinence can have a major impact on your quality of life. It affects both men and women, regardless of your age or background. This presentation will cover healthy bladder and bowel habits. Knowing these five habits can help you avoid bladder and bowel control problems such as incontinence. Many people put up with incontinence however it can be treated, managed and in many cases cured."

Please endeavour to make an effort to attend this meeting. You may be surprised at what you may be able to learn about Incontinence.

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
20 August 2015

STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!