

## NEWSLETTER

On the reverse of Notice of Monthly Meeting to be held on Wednesday, 4 November 2015

### *NATIONAL STROKE AWARENESS WEEK 2015*

We erected and/or conducted the following activities during the week: -

#### *1/ - Advertising Banners: -*

Large Advertising banners were displayed at the following locations for three weeks from Monday, 24 August to Sunday, 20 September 2015.

(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/ - Barbecue Luncheon to Launch National Stroke Awareness Week 2015 on the Gold Coast*

The Gold Coast Launch of the *National Stroke Awareness Week* 2015 was held at the Southport Bowls Club, Marine Parade, Southport on Monday, 14 September 2015 at 11:30 am. A barbeque lunch was provided and fifty-nine guests were in attendance on the day. Speakers at the launch were introduced by Colin Oxenford, Chairman and Co-Ordinator of the GCSSG. The speakers included **Libby Dunstan**, Executive Officer Queensland, of the National Stroke Foundation, **Dr. Stephen Ralph** from Griffith University who spoke about his

Perispinal Etanercept trial and His Worship the Mayor, **Cr. Tom Tate Mayor of the City of Gold Coast** who officially launched 2015 National Stroke Awareness Week on the Gold Coast. Councilor Margaret Grummitt Division four Councilor, City of Gold Coast was also in attendance at the luncheon.

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 Barbecue Luncheon was subsidised from a "*Stroke Week Grant*" of \$200.00 provided by the National Stroke Foundation.

#### *3/ - Channel Nine Gold Coast Local News*

Channel Nine Gold Coast Local News featured a segment on the Gold Coast Stroke Support Group's Barbecue Luncheon Launch of 2015 *National Stroke Awareness Week* on Monday evening, 14 September 2015. The event was launched by His Worship the Mayor, Cr. Tom Tate, Mayor of the City of Gold Coast. The segment also featured Dr. Stephen Ralph from Griffith University who was talking about his Perispinal Etanercept trial.

#### *4/ Display Stand at the Australia Fair Shopping Centre*

During *National Stroke Awareness Week*

2015 twelve (12) members of the Gold Coast Stroke Support Group, three (3) of the staff from Somerville Funerals and one (1) Speech Therapy student from Griffith University manned an information Display Stand at the Australia Fair Shopping Centre, Marine Parade, Southport. Free blood pressure tests were offered to members of the public on the Wednesday, 16, Thursday, 17 and Friday, 18 September 2015 from 9:00 am to 5:00 pm. Two hundred and eighty-eight (288) blood pressure measurements in total were taken over the three days with the highest reading of **212/112** belonging to a female aged 55 +. The second highest reading of **207/96** also belonged to a female who was aged 55 +. Both of these ladies were unaware of their high blood pressure readings and it was suggested to them that they should immediately contact their doctor in an effort to monitor their high blood pressure readings.

During the three day period the sixteen (16) volunteers either took the blood pressure readings and/or handed out approximately five hundred and four (504) information packs containing two thousand five hundred and thirty-three (2,533) 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.

Colin A. Oxenford  
Chairman and Co-ordinator  
27 October 2015

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