

# GOLD COAST STROKE SUPPORT GROUP

[ A supporter of National Stroke Foundation ]

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**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**  
***APRIL 2017 MONTHLY MEETING***

**GUEST SPEAKER**

LINDA WALK

**TOPIC**

- PROGRAMS TO ASSIST PEOPLE TO CHECK THEIR WELLBEING

**VENUE**

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

**DAY AND DATE**

- Wednesday, 5 April 2017

**TIME**

- 11:00 am to 12:30 pm

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

***[For a Gold Coin Donation]***

Linda has advised me as follows: - *"Most people over 65 are in need of some kind of Social Support; our Red Cross Programs assist people to communicate and remain connected to social activities. Red Cross support a large number of volunteers to cover program tasks, Volunteers are valuable to our programs. Come and learn more regarding Telecross Telechat and visiting programs."*

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.***

**SOMERVILLE FUNERALS** are hosting a ***FINGER FOOD LUNCHEON AFTER*** the meeting.

The food served will include: -

SANDWICHES - FRUIT PLATTERS USING FRUITS IN SEASON. [Fruit Juice. - Sandwiches are homemade.]

**PLEASE NOTE:** For catering purposes it will be necessary to give numbers attending.

**RSVP to me by 5:00 pm on Monday 3 APRIL 2017**

**THE APRIL 2017 MONTHLY MEETING WILL BE THE 20 YEAR ANNIVERSARY OF OUR MEETINGS BEING HELD IN THE ST PETER'S UNDERCROFT. COME ALONG AND CELEBRATE THIS LANDMARK.**

Colin A. Oxenford  
Chairman and Co-ordinator  
22 March 2017

*Please note that the details of the **MONTHLY MEETING** to be held on 3 May 2017 appears on the reverse]*

**PLEASE REMEMBER: - STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!**