

NEWSLETTER

On the reverse of Notice of Monthly Meeting to be held on Wednesday, 4 October 2017

2017 NATIONAL STROKE AWARENESS WEEK

We conducted the following activities during the week: -

1/ - Barbecue Luncheon for the Gold Coast Launch of the 2017 National Stroke Awareness Week.

The Gold Coast Launch of the 2017 *National Stroke Awareness Week* was held at the Southport Bowl's Club, Marine Parade, Southport on Monday, 4 September 2017 at 11:00 am. A barbecue lunch was provided and thirty-five 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 Daniel De Byrne, Physiotherapist from the Transition Care Program, Ron Morgan former National Stroke Foundation employee and Cr. Dawn Crichlow OAM, Division 6 Councillor City of Gold Coast who officially launched the 2017 National Stroke Awareness Week here on the Gold Coast.

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 \$250.00 provided by the National Stroke Foundation.

2/ - 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 the 2017 *National Stroke Awareness Week*.

4/ Display Stand at the Australia Fair Shopping Centre

During the 2017 *National Stroke Awareness Week* seven (7) members of the Gold Coast Stroke Support Group, two (2) volunteers from the Stroke Foundation in Brisbane one (1) of the staff from Somerville Funerals and three (3) Speech Therapy students from Griffith University manned an information Display Stand at the Australia Fair Shopping Centre, Marine Parade, Southport in the area opposite Terry White the chemist on the ground floor. Free blood pressure tests were offered to members of the public on the Wednesday, 6, Thursday, 7 and Friday, 8 September 2017 from 9:00 am to 5:00 pm. *One hundred and fifteen* (115) blood pressure measurements in total were taken over the three days with the highest reading of **214/103** belonging to a male born in 1936. The second highest reading of **195/91** belonged to a female born in 1965. Both of these people 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 treat and monitor their high blood pressure readings.

During the three day period the thirteen (13) volunteers either took the blood pressure readings and/or handed out information packs containing National Stroke Foundation brochures and a Gold

Coast Stroke Support Group information sheet plus 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.

November Monthly Meeting

The November Monthly Meeting has traditionally been the annual meeting where Stroke Survivors and/or their carers tell us about their own personal experiences after having suffered a Stroke. Would anyone of the attendees on the day be prepared to outline the manner in which Stroke has changed their own personal life. An approximate short ten (10) minute presentation is all that would be required. Perhaps if someone has previously given such an address to our group they could give us an update as to how they are now coping after Stroke.

I shall look forward to seeing you next month at our monthly meeting. Remember,

*You'll never ever know
If you never ever go.*

Christmas Luncheon

Please mark your diary to record our Christmas Luncheon will be held this year at the Southport Bowl's Club on Wednesday, 6 December 2017.

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

STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!