

# 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***

***FEBRUARY 2018 MONTHLY MEETING***

***[Our first meeting for the 2018 year]***

<u><b>GUEST SPEAKER</b></u>	-	RAE PLUSH Health Promotion Officer – Continence Foundation of Australia
<u><b>TOPIC</b></u>	-	HEALTHY BLADDER AND BOWEL HEALTH
<u><b>VENUE</b></u>	-	The Undercroft, Rear Saint Peter's Anglican Church, Cnr. Nerang & High Streets, Southport.
<u><b>DAY AND DATE</b></u>	-	Wednesday, 7 February 2018
<u><b>TIME</b></u>	-	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]***

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 have been hosting a Finger-Food Luncheon from 7 June 2006 to 1 November 2017.**

**We are most grateful for their sponsorship and sincerely thank them for their past generous support.**

Colin A. Oxenford  
Chairman and Co-ordinator  
24 January 2018

*Please note that Rae Plush's address will cover: (1) Healthy bladder and bowel habits; (2) Bladder and bowel problems and Risk factors and (3) Where to get help.*

*[Please note that the details of the **MONTHLY MEETING** to be held on 7 **MARCH 2018** appear on the reverse ]*

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