



REBUILDING LIVES

SUMMER 2022

NEWS

In late-2020, Sir Bob Parker suffered multiple strokes that have dramatically altered his mind and body. The initial stroke was life-threatening and caused a brain bleed.

Despite many months of rehabilitation, Sir Bob remains paralysed along the left side of his body and is unable to walk, shower or dress. Sir Bob's speech is slower, and the severity of his stroke means he now requires the assistance of a wheelchair and round-the-clock support at a Christchurch care facility.

Sir Bob became a familiar face in New Zealand homes in the 1980s and 1990s by hosting the hit show 'This Is Your Life', before entering local politics.

In October 2007, he was elected as the Mayor of Christchurch, a position he held for 6 years. In the same year, he also got married to his long-time partner, Lady Jo Nicholls-Parker.

During his tenure as Mayor, he shot to prominence in the hearts of the people of Christchurch by fixing a broken city and community following the 2011 earthquake.

February 22, 2022, marks the 11th anniversary of the devastating quake.

In the immediate aftermath, many Christchurch residents remember Sir Bob donning his iconic orange fluoro-jacket and speaking with a voice of reassurance during the initial frightening days.

Although the cause of Sir Bob's stroke cannot be fully explained, workplace stress and how you manage it can put you at an increased risk of stroke.

We're just on a new kind of journey and I don't know what this journey means for me yet, but I'm up for it!

Lady Jo Nicholls-Parker



Lady Jo visiting Sir Bob at a Christchurch care facility.

His work during the Christchurch quake was extremely taxing. Under unrelenting pressure, Sir Bob was deeply affected by the grief of the families of the people who lost their lives.

"In hindsight, I believe there was a huge toll to pay for his leadership. I do know that he asked a lot from himself," reflects Lady Jo.

Sir Bob has come to terms with how his stroke has affected him. "As you can see, I don't always speak

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straight, I'm just what I am," he says matter-of-factly.

Now together for over two decades, the love shared by the Parkers is clear to see, and a driving force in Sir Bob's continued rehabilitation.

"I look forward to seeing her every day, she's my favourite, in my whole world," Sir Bob says sincerely when asked about his wife.

As his rehabilitation continues, moving the left side of his body causes sharp, severe pain for Sir Bob, who misses the feeling of waking up and knowing that it's going to be a great day.

Lady Jo faces up to the monumental task of being a carer with clarity of purpose. "It's about staying positive really, and having purpose, because he could regress," she says.

Her dedication to Sir Bob showcases the important and essential role played by carers and how much they sacrifice to ensure that the person they love receives the support that they need.

"We're just on a new kind of journey and I don't know what this journey means for me yet, but I'm up for it!" says Lady Jo.

As you can see, I don't always speak straight, I'm just what I am.

Sir Bob Parker



The Parkers apply the same principles of rebuilding a city to rebuilding their lives after stroke, starting from the ripped-out foundations, and exploring new ways to share their life together.

Disclaimer: All content has been sourced from the TVNZ Sunday Programme special "Brain Attack", dated June 29, 2021, and approved by Lady Jo Nicholls-Parker.

CEO'S MESSAGE

As we enter the new year, I have been reflecting on my first six months at the Stroke Foundation. It seems like a lifetime ago, when on my very first day, I was contacted by the TV producers on the Sunday Programme, asking if I would be interviewed for their upcoming feature on Sir Bob Parker, about his life after stroke. The story that was aired three weeks later created a huge impact across the country and filled us with admiration for the strength and courage shown by Sir Bob and his wife, Lady Jo. If in those early days in the job, I had needed any assurance that I had made the right move to join the Stroke Foundation, there it was for me in glorious technicolour.

Fast forward six months and I am amazed by the stories of resilience I hear daily about people affected by stroke, facing the many challenges to rebuild their lives.

Heading into this year, there are challenges ahead for the Stroke Foundation, as we navigate



the health system changes. However, with the inspiration of people like Sir Bob to draw on, I can say with true conviction, "Bring on 2022".

As always, thank you for the support you give to our work so that we can prevent stroke, improve outcomes, and save lives. Without you, we could not achieve any of this, and we are so very grateful.

Wishing you all a safe and healthy 2022,
Ngā mihi,

Jo Lambert
Chief Executive Officer



GET INVOLVED AND BECOME A STROKE CHAMPION!

Join us in 2022 at any of these exciting events and fundraise for us!

- Auckland Marathon – January 23, 2022
- Lake Taupō Cycle Challenge – February 19, 2022
- Brendan Foot Supersite Round the Bays Wellington – February 20, 2022
- Ports of Auckland Round the Bays – March 6, 2022
- Queenstown Marathon – March 19, 2022
- Christchurch Marathon – April 10, 2022

'In 2020, our dad suffered from a massive stroke, spending 6 weeks in hospital. He is now slowly recovering and making good progress, thanks to the support we have received from the experts at the Stroke Foundation. Our entire family has entered different legs of the Auckland Marathon, with dad attempting to walk the 5km!' says Humi Jasim.

To find out how to create your own fundraising page to support us, head to www.stroke.org.nz/fundraising-events

Our entire family has entered different legs of the Auckland Marathon, with dad attempting to walk the 5km!

Humi Jasim, Stroke Champion



A BIG THANKS TO OUR SUPPORTERS AND DONORS IN 2021!

As a charity, our primary source of funding is donations and fundraising, with only a little over 10% of our costs covered by government contracts. We are incredibly grateful for the support of our partners, funders, and

the many Kiwi businesses and individuals who donate to help us support stroke survivors and spread vital health promotion messages across the country. We couldn't do any of our work without you!

MAJOR PARTNERS:



Estate of Ernest Hyam Davis & The Ted and Mollie Carr Endowment Trust

lane neave.

Raymond Forbes Wilson Estate



MAJOR FUNDERS:

The AH Somerville Foundation



WHAT DOES OUR COMMUNITY SUPPORT MEAN?



The depth and quality of our community outreach services, through the work of our Community Stroke Advisors (CSAs) and Return to Work Advisors (RTWAs), is perhaps not fully understood by most. We tagged along to a few visits by our outreach teams in Christchurch, to document how our team works with clients in a home or hospital.

CSAs and RTWAs represent our front-line, free service for stroke survivors, their whānau and carers. CSAs and RTWAs visit clients in their homes, to discuss and develop plans to meet stroke survivors' needs and help them achieve individual goals. CSAs provide support, information, and advice to build knowledge and skills, liaise with stroke clubs and connect stroke survivors, their whānau and carers to the services they need to aide their recovery. RTWAs support stroke survivors to navigate the job market after stroke, re-evaluating career options in some cases.

Brenda Rainsbury, our Community Stroke Advisor (CSA) in Christchurch, believes in the power of good information for her clients, often travelling with a host of brochures and books related to stroke, including what she describes as her "Bible", the Life after Stroke book published by the Stroke Foundation.

Brenda understands that recent stroke survivors are at a higher risk of experiencing a repeat stroke. She focuses on educating her clients about stroke prevention in whatever way possible – whether that means checking the medication they are on, advising lifestyle changes such as curbing salt in their diet, and incorporating exercise into their daily routine. She particularly stresses the need to control high blood pressure, the leading cause of stroke, as it is a risk that can be significantly reduced through lifestyle changes or medication.

Our Community Support teams act as educators for stroke survivors and their whānau, who are grappling with stroke recovery and navigating complex systems.

Brenda also works with her clients to address a common issue faced by stroke survivors in the first year of their recovery – fatigue. She advises them to not test their limits too much and to listen to their brain and body when fatigued, as this is a natural response to repairing damage after a stroke. "Think about it as roadworks, and fatigue is the detour to facilitate that neurological recovery. If you feel like taking a rest, don't fight it," she tells clients.

For older stroke survivors who may be living alone, Brenda recommends a medical alarm. She also introduces them to other organisations that can help with home maintenance, such as electrical work or gardening. Recreational activities such as social and exercise groups are also presented as options for clients who may be feeling isolated after their stroke.

Brenda is keen to introduce clients to emotional and behavioural changes that they may experience after their stroke and to be wary of depression and anxiety taking a toll on their mental health.

Another one of our CSAs in Christchurch, Eric Knapp, is a stroke survivor himself. He uses his own

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experience of stroke to break the ice when he visits people who are newly admitted at Christchurch Public Hospital's stroke ward. Eric believes that it is vital to visit people at this stage when they are most in distress and confused about their situation. He introduces them to what the Stroke Foundation can do for them, and how our free services can help. He reassures these potential clients that there is support available to them should they need it, and that the process of recovering, according to his experience, is a "marathon, and not a sprint".

Amy Church, South Island's Return to Work Advisor, offers a pathway back to work for people who have survived a stroke and helps them get back to their careers safely. Driving licenses and assessments are commonly discussed, as a lot of stroke survivors are unsure of the process of reapplying. Amy expertly decodes Work and Income forms for clients, giving them a good idea of the kind of financial support they can apply for and how to attain permissions from treatment teams for certain requests. For clients who have recently had a stroke and cannot return to their jobs, such expertise is very welcome. As one of her clients said during a visit, "No one has

Return to Work Advisors offer a pathway back to work for people who have survived a stroke.

said what I can claim for, and what I cannot claim for, I've worked all my life and never had to do this before."

Amy facilitates opportunities for clients to meet other stroke survivors with symptoms that are like theirs, such as vision problems or speech difficulties, to learn more about how they have re-entered the job market while dealing with their recovery. In addition to updating their résumés and exploring future career options, Amy tries to introduce people to the idea of volunteering, to build up their résumés, gain additional references as well as their confidence, while they search for a paid job.

By supporting the Stroke Foundation, you ensure that thousands of stroke survivors in New Zealand, as well as their whānau, receive these vital stroke recovery services.

INTRODUCING MARK VIVIAN OUR NEW BEQUESTS AMBASSADOR



Kia ora,

After 15 wonderful years of being the Chief Executive of this charity, I am delighted to return to the organisation as the new Bequests Ambassador for the Stroke Foundation. I have left a gift to the Stroke Foundation in

my Will, and perhaps this could be something you might consider as a way to support our ongoing work? I would love to discuss with you the option of leaving a bequest to the Stroke Foundation.

Your legacy will enable us to continue supporting the thousands of New Zealanders who suffer a stroke every year, as well as their whānau, who receive critical personalised support and education for stroke recovery and prevention from the Stroke Foundation. After you have provided for your whānau and the special people in your life, a bequest is one way to leave a legacy without impacting your financial needs during your lifetime. It is straightforward to include the Stroke Foundation

when you are updating or making a new Will, though please remember it is important that you discuss your Will with your solicitor too.

If you decide to make a bequest to the Stroke Foundation, your promise of future support will be greatly appreciated. You, like others before you, will enable us to continue vital work for people recovering from a stroke, while also preventing the prevalence of stroke in New Zealand. Please contact me (details below) to discuss your thoughts about a bequest. I'm happy to offer my assistance in any way and answer the questions you may have.

Ngā mihi,

Mark Vivian, Bequests Ambassador
mark.vivian@stroke.org.nz
027 666 1603

REPURPOSING OUR BIG BLOOD PRESSURE CHECK VAN IN AUCKLAND

We couldn't do blood pressure checks in the second half of 2021 in Auckland, but our Big Blood Pressure Check Vans continued to help the community! Our Senior Health Promoter, Margot Hagan, made numerous kai deliveries in the region, along with some excellent helpers! These food deliveries were made in association with the Community Builders Charitable Trust.



WELLINGTON BLOOD PRESSURE CHECK VAN TAILS VACCINATION BUS

Our Big Blood Pressure Check Van was out and about again in the Wellington region, offering free BP checks next to Te Awakairangi Health Network's walk-in vaccination centres.



TAKE ADVANTAGE OF THE END OF THE TAX YEAR

31st March 2022 is not far away, and with it comes the end of the tax year. This means that for any donations you make now, you'll be able to claim back your tax immediately, rather than wait a whole year! So, if you have donated:

\$50 you'll get back **\$16.60**

\$100 you'll get back **\$33**

\$300 you'll get back **\$100**

All donations over \$5 are eligible for a tax refund. Thank you for your ongoing support!

EDNA SWART SUPPORTS STROKE FOUNDATION ON CELEBRITY TREASURE ISLAND



Our thanks to Edna Swart for choosing the Stroke Foundation as her charity on TVNZ's Celebrity Treasure Island 2021, raising awareness of the impacts of stroke on the lives of many New Zealanders. Edna's mother had a stroke when Edna was just a young teenager, and so she has firsthand experience of just how much a stroke can impact whānau. Edna raised an amazing \$12,500 for the Stroke Foundation to support our mahi!



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