

JACKSON'S STORY

CHRISTMAS 2022

NEWS

Jackson Flinn was only 35 years old when he was hit hard by a stroke after a routine workout at a Hamilton gym on August 19, 2019.

Jackson was born with a clump where his arteries meet his veins in his brain (called an arteriovenous malformation), which may have become worse when he ripped a muscle in his neck during his workout and caused extra bleeding.

"I came out of the gym, and it struck me how the sunlight looked extra bright. I walked to my office and took a hot shower to ease the pain in my

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Jackson Flinn

neck. Almost instantly the room started to spin, and I went to the ground," he remembers.

The stroke landed him in the emergency room of the Waikato Hospital.

"I had no idea I was experiencing a stroke, I found it odd how I was almost drunk – dizzy and slurring my speech. The paramedics thought I was on steroids or drugs of some sort," he says. An MRI of Jackson's brain showed a pool of blood, revealing that he had a stroke.

While in the hospital he met with a Community Stroke Advisor (CSA) from the Stroke Foundation, who advised Jackson about the support available for him and his family when discharged.



Jackson, his wife, Frieda, and their children Madeline, 12; Calvin, 10; Elijah, 8; Jemimah, 6; Violet, 4 and Casper who is only 16 months old

"That visit was important. At the time I hadn't really grasped what it meant to have a stroke. To have that information in the brochures that the CSA provided when I got home was really useful," says Jackson.

When Jackson left the hospital 8 weeks later, he still couldn't walk properly without support and his speech was noticeably affected.

"I was motivated to get started on my rehab because of my gym lifestyle, but mostly I wanted to do it for my kids," he says with determination.

The Flinn family is a large one, with Jackson and his wife, Frieda, having 6 children: Madeline, 12; Calvin, 10; Elijah, 8; Jemimah, 6; Violet, 4 and Casper who is only 16 months old.

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A MESSAGE FROM THE CEO



After 2½ years of COVID disruptions to our daily lives, it feels like we have at last turned a corner. This period has been stressful for many in our community-based teams, working around visiting requirements and multiple lockdown restrictions. Looking back, I'm so proud of the impact they have achieved in the communities they serve. I find them all inspirational, and they keep me focused on what we are here to do at the Foundation; to prevent stroke, improve outcomes and save lives.

I am grateful to supporters like you, who have stood by us and supported us through this difficult time. I thought you would be interested to see a snapshot of all the work we have done over the past year, despite COVID, which would not have been possible without your financial support. Thank you.

On an exciting note, the Stroke Foundation is in the process of amalgamating with Stroke Tairāwhiti, with our merger set to go through at the end of this year. There is now much work to be done to bring our organisations together – it is an important and exciting time for all involved and we're lucky to have our family of supporters with us all the way.

Ngā mihi nui,
Jo

YOUR SUPPORT IS MAKING A DIFFERENCE

LIFE AFTER STROKE



COMMUNITY STROKE ADVISORS

Helped **4,264 people affected by stroke** and their families.

Completed **35,415 hours** of community support.

Assisted **76%** of clients to **achieve their goals**.



RETURN TO WORK ADVISORS

Supported **107 clients to return to work** following a stroke.



INTRODUCED TAKE CHARGE AFTER STROKE

Self-funding an **innovative, evidence-based person-centred** self-rehabilitation programme to improve long-term outcomes for people who have experienced stroke.

LIFE BEFORE STROKE (PREVENTION)



FREE BLOOD PRESSURE AND PULSE CHECKS

4,290 free blood pressure checks taken across **120** sites.

84% of people tested **had high blood pressure**, significantly higher than previous years.

3.5% of people tested **were in hypertensive crisis**.

422 free atrial fibrillation checks were given.



LAUNCHED HE TAONGA

Free six-week online tool to support people to develop healthy habits to reduce and manage their blood pressure. **155 people have signed up** to the services since May. Check out the free programme here: www.stroke.org.nz/he-taonga



CONTINUED F.A.S.T. MESSAGING

Reached **1.7 million people** through social media campaigns.

205 people signed up for a **free online course** about F.A.S.T.

Designed and built a **F.A.S.T. workplace toolkit** for business.



NEW CONSTRUCTION INDUSTRY PROGRAMME

Introduced a **construction industry partnership** with The Building Intelligence Group and Naylor Love – **making it easier for tradies to prioritise their hauora**, by bringing advice, tests, and experts directly to worksites, as well as providing financial support to receive the care they need.



ADVOCACY



BRACING FOR THE STROKE TSUNAMI – POLICY STATEMENT

Published a Policy Statement calling for action from government to help us brace for the coming stroke tsunami. It discussed some uncomfortable truths about the burden of stroke in Aotearoa.

Check out the full statement here: www.stroke.org.nz/policy-statements



FIGHTING TO IMPROVE POPULATION HEALTH

Commissioned salt research with the National Institute of Health Innovation's Diet Programme team.

Established a trans-Tasman salt Expert Advisory Group.

Met with government and health decision makers about the social, environmental and health impacts of our traditional salt heavy diet.

COMING SOON



STROKE INFO FOR YOUNG PEOPLE

Working with entrepreneur and Stroke ambassador Edna Swart to **provide information for young people whose parent or loved one has had a stroke.**



YOUR DONATION MEANS WE CAN REACH MORE PEOPLE ACROSS THE COUNTRY IN THEIR TIME OF NEED IN 2023.

From front page

"Some of my kids were still learning to write and walk, so I could relate with them for a change!" says Jackson half-jokingly.

"I have to thank my wife, Frieda, a lot you know. It was hard for her to see me super frustrated, but she stuck by me and adapted so quickly to a role she never asked for. Her help and the way she took on the kids has been crucial, I would not be here without her," Jackson admits freely.

Jackson's rehabilitation shows how small wins set the path for larger victories. He claims that walking without leaning against the wall for the first time was one of the most gratifying moments in his recovery.

Over three years after his stroke, Jackson concedes that his speech may be permanently affected and that he has difficulty coordinating his eyeballs and his vision gets blurry sometimes.

Later this year, he will be supporting the Stroke Foundation at the Taupo Half Ironman, which involves a 1,900-metre swim, 90-kilometre bike ride and a 21.1-kilometre run.

"I want people to know that your life isn't over when you have a stroke. Things change and there is a sea of adjustment, but you can get there. I am lucky to have my beautiful family to push me on," he concludes.

THANK YOU FOR REPRESENTING US AT THE DUNEDIN MARATHON!

A HUGE thank you to our wonderful team of Stroke Champions who tackled the Dunedin Marathon on September 11 and raised over \$2,800 for the Stroke Foundation!

GET INVOLVED AND SUPPORT US!

Over 80% of our funding comes from individual donors, corporates, bequests, and fundraising, and we couldn't do any of the work we do without the support of our amazing supporters and Stroke Champions. You too can join them and ensure we can help thousands of people affected by stroke as they try to get through one of the toughest times in their lives. Visit www.stroke.org.nz/fundraising-events for more details!



Debbie Jameson, 58, a Dunedin local who was supported by the Stroke Foundation and fundraised for us at the Dunedin Marathon.

HAVE YOU THOUGHT ABOUT LEAVING A GIFT IN YOUR WILL?

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. If you decide to make a bequest to the Stroke Foundation, you, like others before you, will enable us to continue vital work for people recovering from a stroke, while also helping to reduce the number of strokes in New Zealand each year.



Please contact Mark Vivian, our Bequests Ambassador, to discuss your wishes.

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

COMING UP NEAR YOU

Auckland Marathon | 30 October 2022 | Auckland
Queenstown Marathon | 19 November 2022 | Queenstown
Wellington Round the Bays | 19 February 2023 | Wellington
Auckland Round the Bays | 5 March 2023 | Auckland



National Office, PO Box 12482, Wellington 6144
0800 STROKE (0800 78 76 53) / strokenz@stroke.org.nz / stroke.org.nz



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