

Welcome to your second issue of the Stroke Foundation's monthly news! We are pleased to bring you more inspirational stories from people affected by stroke, as well as share ways you can keep yourself and your whānau safe from stroke.

This month, you'll learn about F.A.S.T. and how remembering that acronym could save the life of someone you care about.

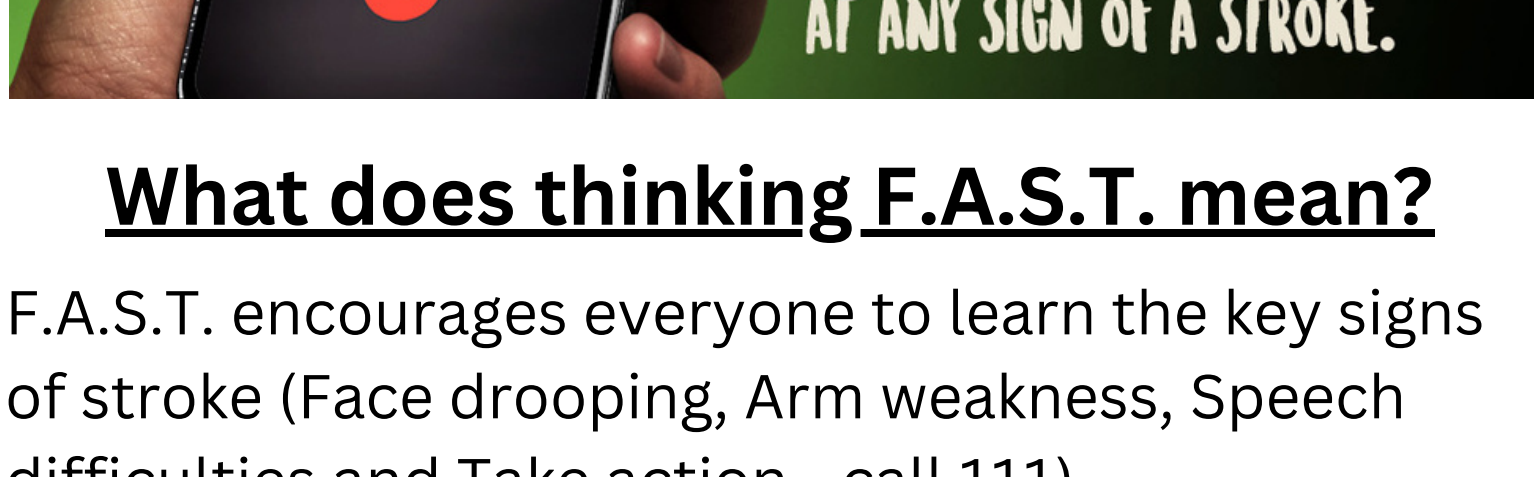


Heath's story

54 year old Heath Hutton was fit and active, so a stroke was far from his mind when he collapsed one hot day and couldn't stand up again.

But thankfully, he was with someone who knew to think F.A.S.T., which meant that Heath quickly received medical attention and was able to have clot retrieval surgery – something that can only be performed within six hours of stroke symptoms.

[Read Heath's story](#)

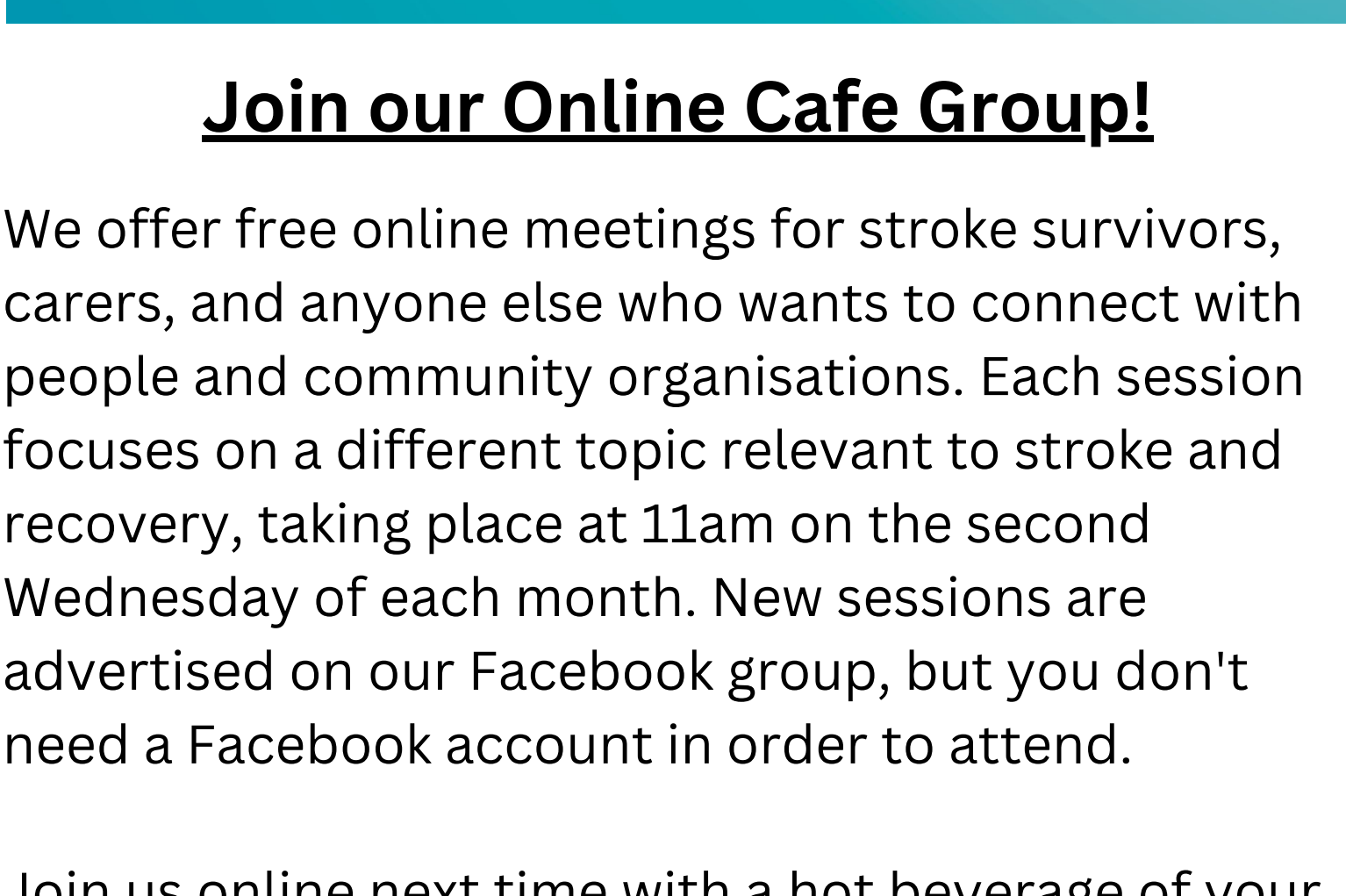


What does thinking F.A.S.T. mean?

F.A.S.T. encourages everyone to learn the key signs of stroke (Face drooping, Arm weakness, Speech difficulties and Take action - call 111).

It is vital to recognise stroke signs quickly so that treatment can start as soon as possible: the sooner medical treatment begins, the more likely brain damage can be reduced and a better outcome achieved.

[Find out more about F.A.S.T.](#)



Join our Online Cafe Group!

We offer free online meetings for stroke survivors, carers, and anyone else who wants to connect with people and community organisations. Each session focuses on a different topic relevant to stroke and recovery, taking place at 11am on the second Wednesday of each month. New sessions are advertised on our Facebook group, but you don't need a Facebook account in order to attend.

Join us online next time with a hot beverage of your choice!

[Join the online cafe group](#)

Annual Tax Receipts

The end of the financial year is 31 March, so right now we are organising receipts for eligible donations made between 1 April 2023 to 31 March 2024. If you donate on a monthly basis or if you have told us you'd prefer an annual receipt, you will receive this in mid-April.

If you need to update your contact details, you can email us at supportercare@stroke.org.nz or call 0800 STROKE (0800 787 653).

How your donations make a difference

- Your donation can help people like Heath regain their independence after a stroke by connecting them with expert stroke advisors in their community
- Your donation can provide free blood pressure tests, helping people to find out if they are at risk of stroke and learn how to lower their risk
- Your donation can help educate the public on the importance of knowing F.A.S.T. symptoms

[Donate today](#)

Your Challenge:

Complete our FREE F.A.S.T. training

Learning to think F.A.S.T. can save a life. We have free training available that is divided into three easy modules that you can do online and in your own time. It's easy, fun, and the stories from stroke survivors are inspirational. Plus, once you finish the course, you'll get a free F.A.S.T. t-shirt!

[Sign up free here](#)

THANK YOU!

Last month, you heard about some of our recent Stroke Champions: Mark Ford, Brent Woolhouse, and Chris and Ben. They've now run their races, covering almost 600km altogether and raising over of \$25,000 to support stroke survivors and prevent strokes in the community!



Did you learn something new? Are you planning to brush up on your F.A.S.T. knowledge? Or maybe you have your own stroke story to share? No matter the reason, we'd love to hear from you. You can reply to this email letting us know your thoughts - and you might even see your own story in the next edition of this newsletter!

Noho ora mai,

Jo Lambert
Chief Executive Officer | The Stroke Foundation of New Zealand