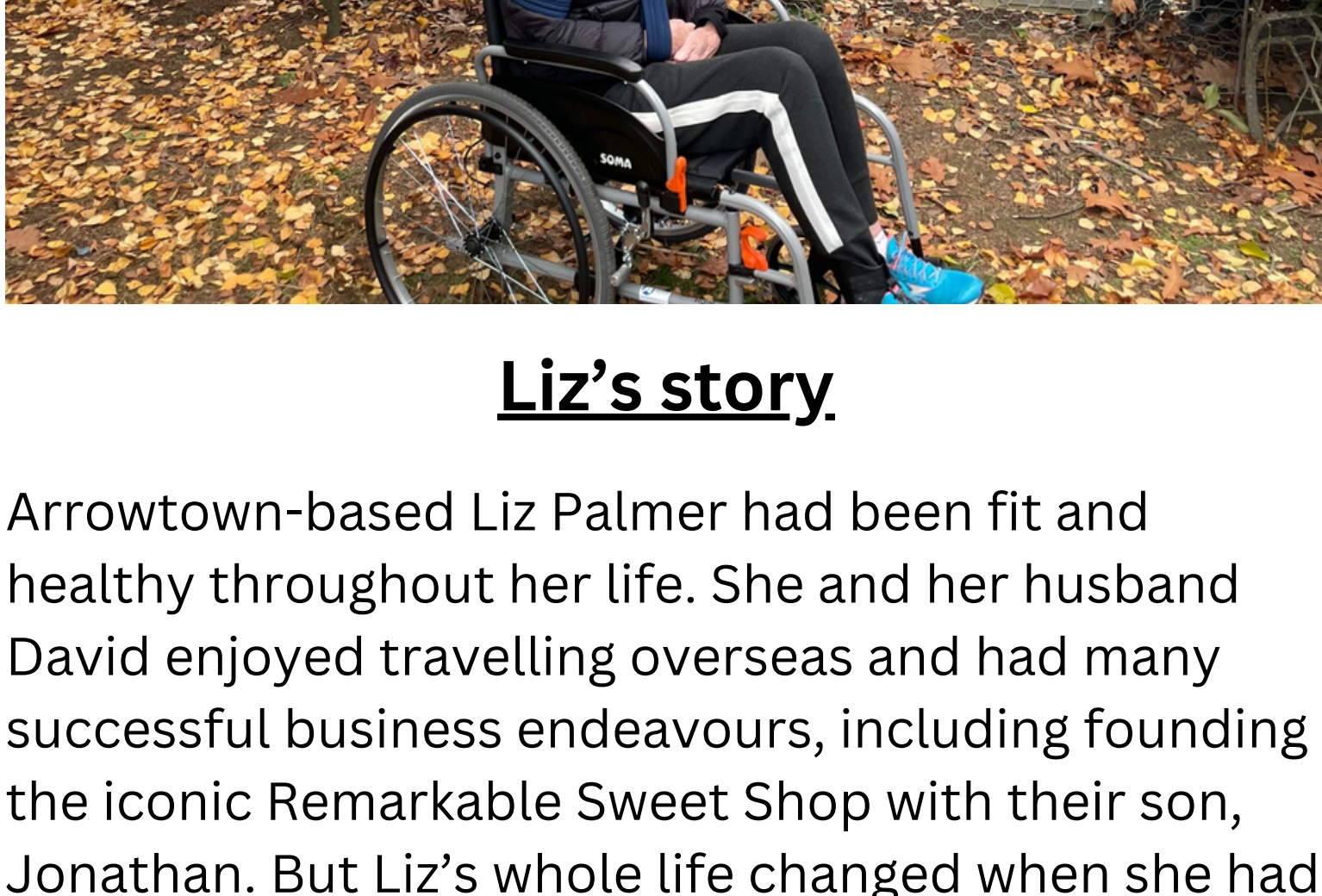




Welcome to your first newsletter of 2024! You'll be hearing from us a little more often in 2024, as we have so many inspiring stories and exciting things to share with you. Every month, we'll be sharing stories from people affected by stroke, stroke education, and letting you know how you're making a difference to the lives of New Zealanders.

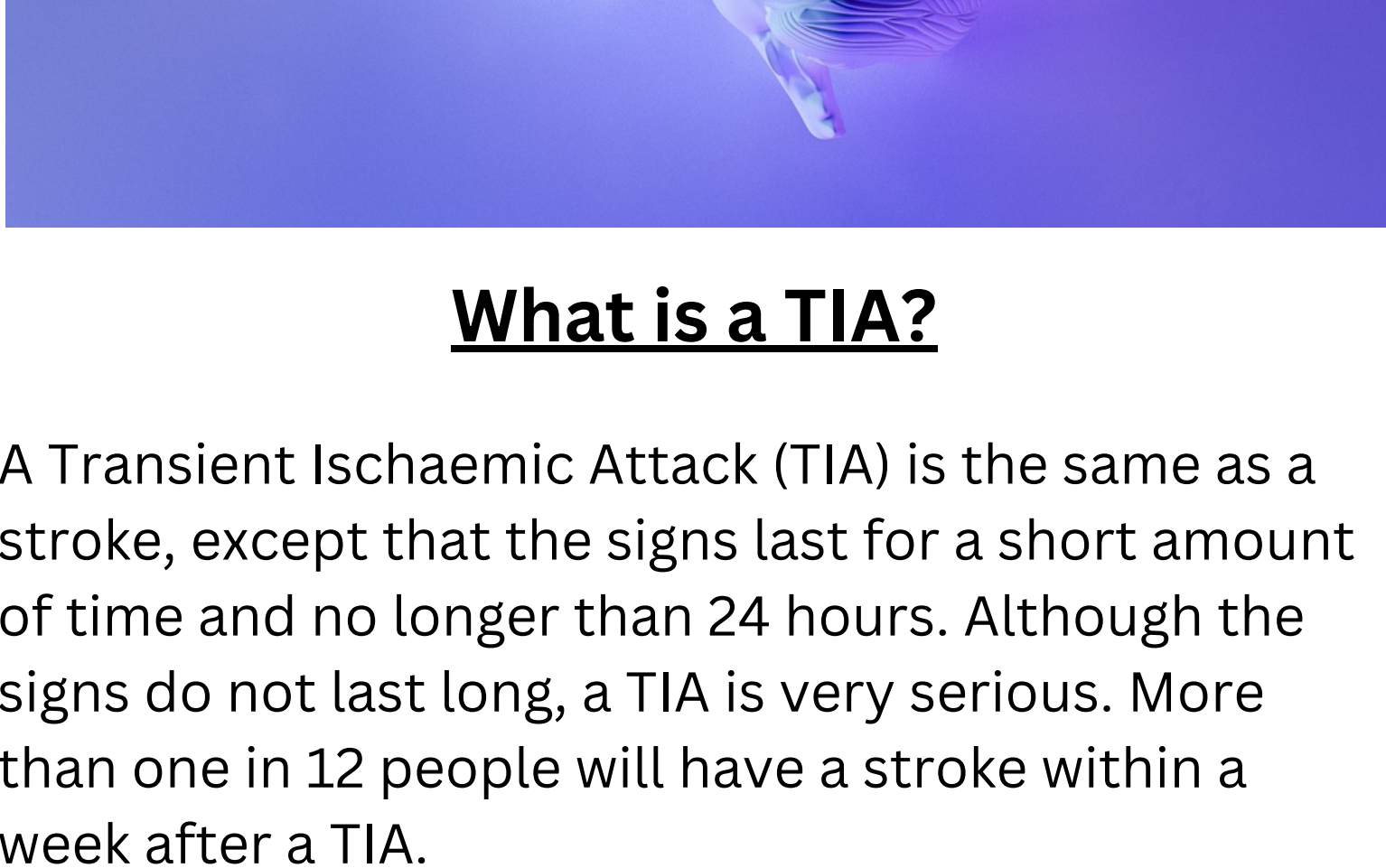
This month, we want to tell you about TIAs: Transient Ischaemic Attacks.



**Liz's story**

Arrowtown-based Liz Palmer had been fit and healthy throughout her life. She and her husband David enjoyed travelling overseas and had many successful business endeavours, including founding the iconic Remarkable Sweet Shop with their son, Jonathan. But Liz's whole life changed when she had a series of TIAs and then a stroke.

[Read Liz's story](#)



**What is a TIA?**

A Transient Ischaemic Attack (TIA) is the same as a stroke, except that the signs last for a short amount of time and no longer than 24 hours. Although the signs do not last long, a TIA is very serious. More than one in 12 people will have a stroke within a week after a TIA.

[Find out more about TIAs](#)

**How your donations make a difference**

You connected Community Stroke Advisors with over 3000 stroke survivors like Liz Palmer. You provided free tests and information to people at high risk of stroke, helping them lower their risk. You educated the public on the link between salt intake & stroke risk.

[Donate today](#)

**Your Challenge: Make one change to reduce your risk of having a TIA**

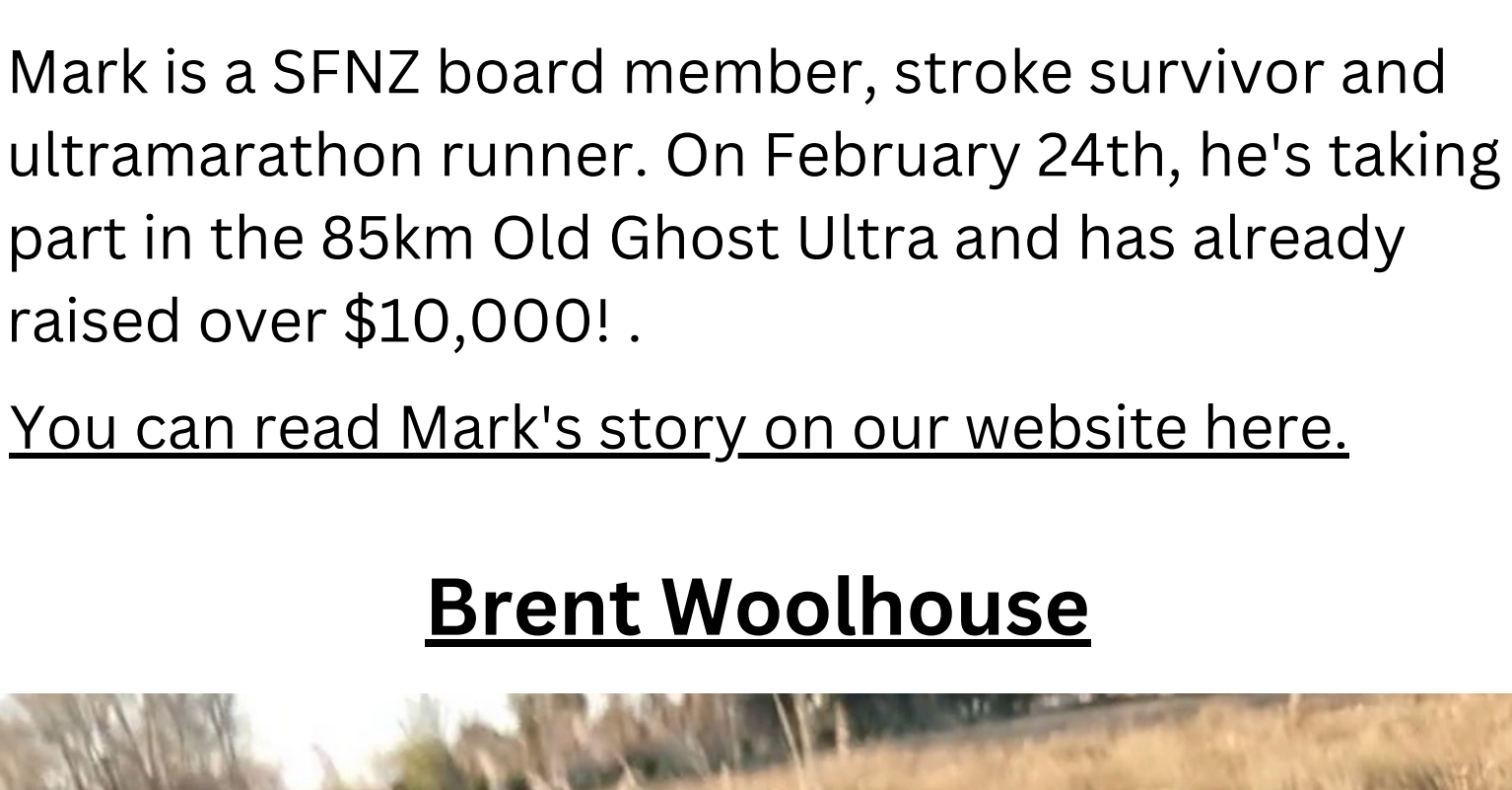
The same steps to lower your stroke risk apply for TIAs, so you could reduce your salt intake, quit smoking, or move more. Every little bit counts in the fight against stroke!

[Read more tips here](#)

**THANK YOU!**

Here are a few of our amazing Stroke Champions, who are taking part in incredible long distance events next month to support stroke survivors and prevent strokes in the community:

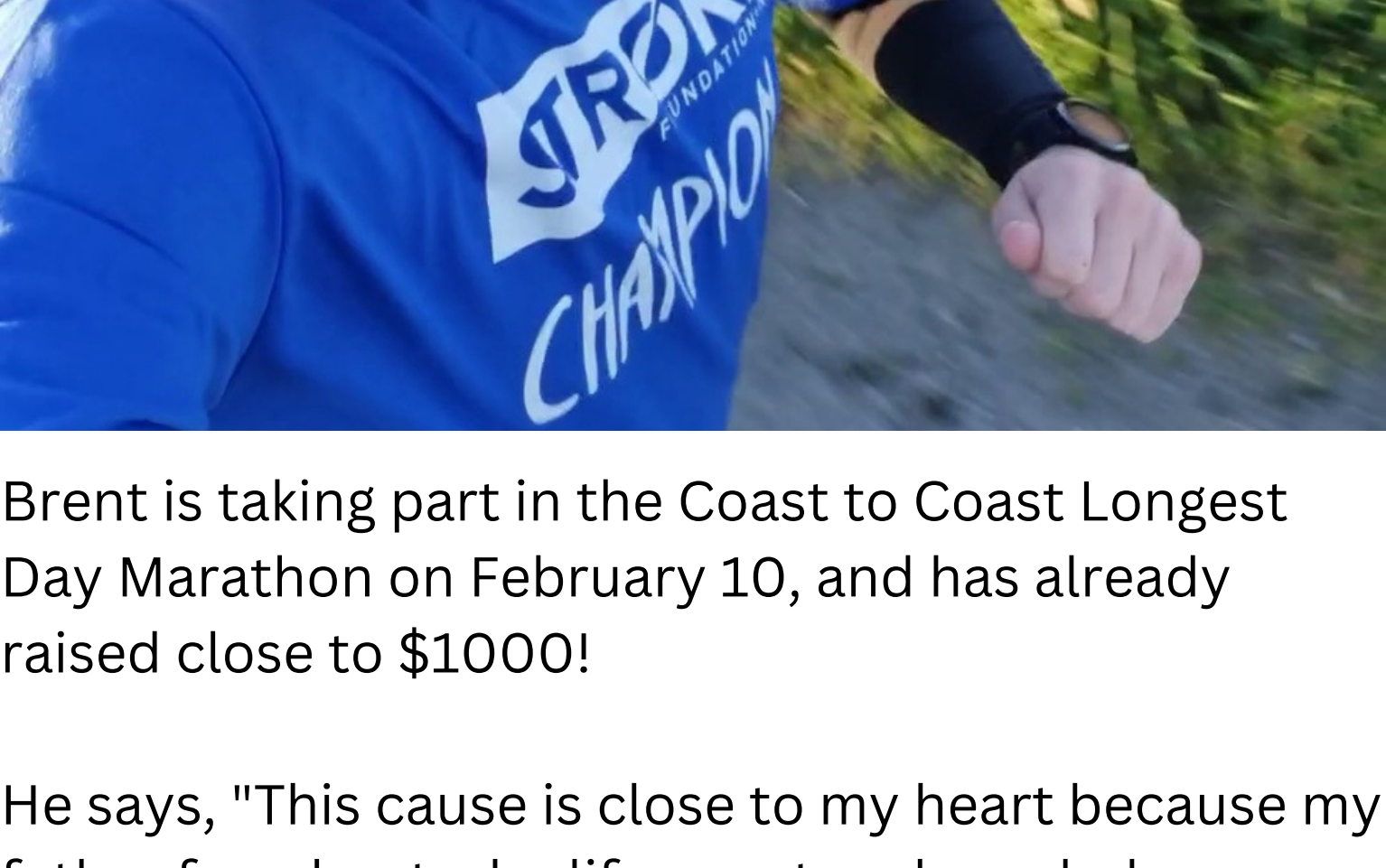
**Mark Ford**



Mark is a SFNZ board member, stroke survivor and ultramarathon runner. On February 24th, he's taking part in the 85km Old Ghost Ultra and has already raised over \$10,000! .

[You can read Mark's story on our website here.](#)

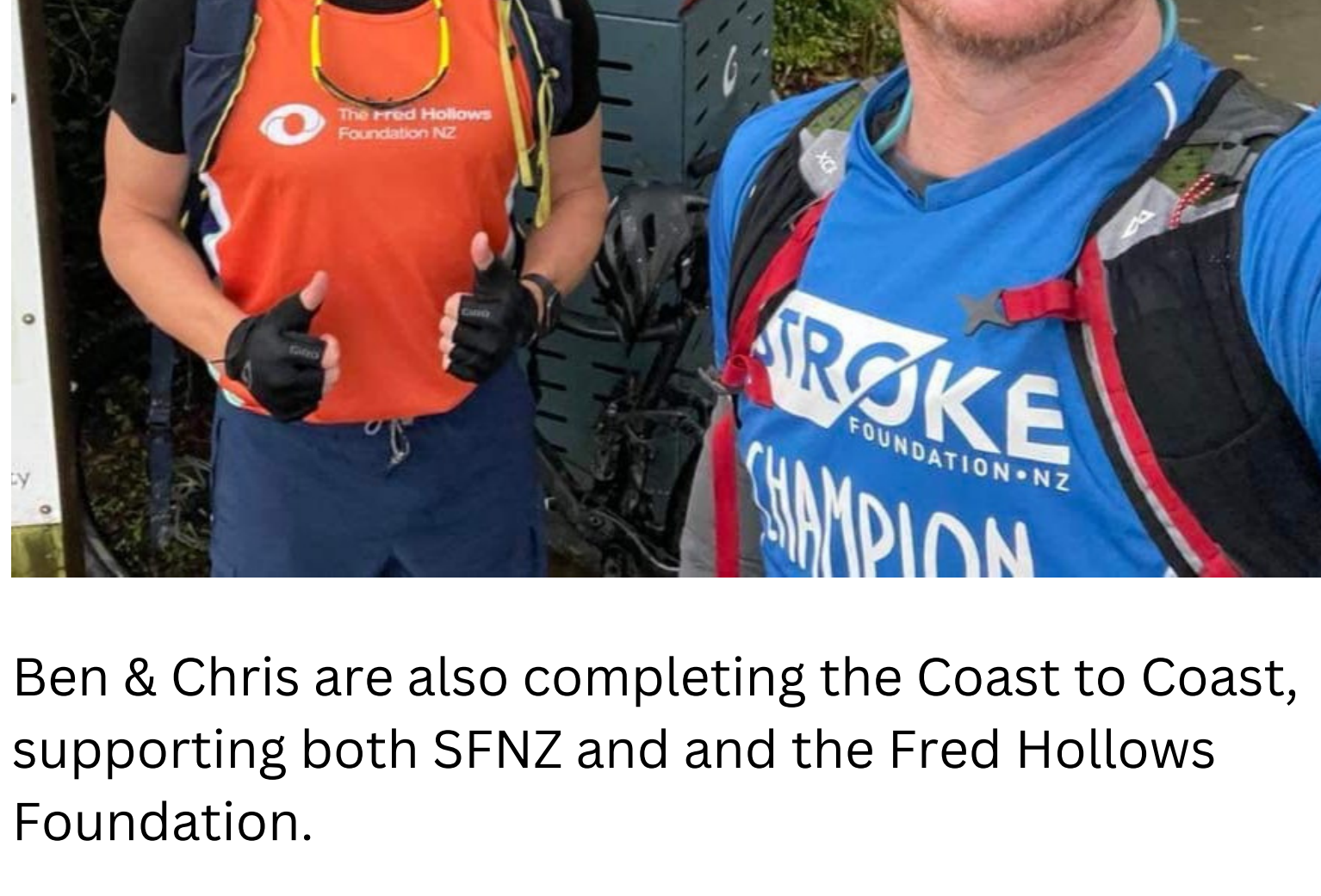
**Brent Woolhouse**



Brent is taking part in the Coast to Coast Longest Day Marathon on February 10, and has already raised close to \$1000!

He says, "This cause is close to my heart because my father faced a stroke-life event and needed significant support to recover. By supporting the SFNZ, we can assist others facing similar challenges."

**Ben & Chris**



Ben & Chris are also completing the Coast to Coast, supporting both SFNZ and the Fred Hollows Foundation.

"The challenge of the Coast to Coast [...] is nothing compared to what individuals and their families go through when affected by stroke or avoidable blindness," Ben says. "Attempting to raise funds and awareness was one way we thought we could give back."

We'll be back in your inbox next month with more stories, information, and a new challenge!



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