



**Tuesday 19 November 2019**

**LOCAL STEPS DOWN AFTER 19 YEARS VOLUNTEERING AT HOWICK & PAKURANGA STROKE CLUBS**

***Stroke Foundation looking for a new volunteer***

Linda Peters of Howick will be stepping down as the Volunteer Coordinator of both the Howick and Pakuranga Stroke Clubs at the beginning of December.

After 19 years volunteering at the Howick Stroke Club and 12 years at the Pakuranga Stroke Club, Linda is stepping down from both clubs as she retires. Linda will be pursuing travel interests, visiting overseas family and helping to care for elderly family.

The Howick Stroke Club has been running for 32 years, offering those affected by stroke the chance to meet weekly with fellow survivors to support each other through rehabilitation activities. The club also encourages social activities and organises group outings. Regular activities include ten pin bowling and movie mornings at the Monterey Cinema.

For almost two decades, Linda has been responsible for ensuring that all club members and their families receive support and encouragement while attending the Stroke Clubs. She has also led and been supported by other volunteers to provide a variety of club programmes and activities and supervised any fundraising events for the club.

The Stroke Foundation would like to thank Linda for her time and commitment to the organisation. Over this time, she has helped hundreds of local people get the support, understanding, encouragement and friendship they need following a stroke.

The Stroke Foundation is now helping the clubs to find a new Volunteer Coordinator to start in the New Year. For those interested, please contact the Stroke Foundation Northern Regional office on 09 475 0070 or email [northern@stroke.org.nz](mailto:northern@stroke.org.nz).

**- ENDS -**

**Notes to editors**

Please find attached images from the Howick Stroke Club recent meeting to support.

**Media enquiries:**

The Stroke Foundation of New Zealand

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**About the Stroke Foundation of New Zealand**

The Stroke Foundation is the only national charity in New Zealand focused on the prevention of and recovery from stroke. For almost 40 years we have actively promoted ways to avoid stroke and dedicated ourselves to working closely with stroke survivors across the country. The generosity of New

Zealander's enables us to help thousands of stroke survivors every year; providing them with critical services to ensure the best possible outcomes - not just for themselves, but also their family/whānau and carers too. Three quarters of strokes are preventable, so we will continue our vital awareness campaigns and health promotion programmes - saving thousands of lives. To find out more about the important work the Stroke Foundation does go to [www.stroke.org.nz](http://www.stroke.org.nz).