



**Thursday, 27 February 2020**

### **LOCAL STROKE SURVIVOR WALKS TO SUPPORT STROKE FOUNDATION AND RAISES OVER \$2K**

Trudi Kendall, 33 from Lepperton, will be taking part in this year's Ports of Auckland Round the Bays to support the Stroke Foundation following her stroke on 5 May 2019.

Trudi was hanging out her washing when she suddenly collapsed. Luckily her husband was nearby and immediately called 111. Speaking to the operator, he recognised the signs of a stroke and Trudi was taken to Taranaki Base Hospital where she received thrombolysis. Trudi was then taken to Auckland City Hospital where she had a clot retrieval.

Trudi was in hospital for two and half months and with two young girls (her eldest two years old and youngest just four-months), her goal was to get home as soon as possible.

On her road to recovery, Trudi has made some significant improvements, but still faces daily challenges. Trudi told us: "I'm getting used to the fatigue and trying to get back into the swing of life and normal routines. It can be difficult, but I've come a long way since last May."

Trudi's sister-in-law suggested taking part in Ports of Auckland Round the Bays. Trudi explained, "when I saw that the Stroke Foundation was involved, that encouraged me to join. It was something to look forward to and something to work towards."

Since registering for the event, Trudi has managed to raise an incredible \$2,090. "I've been completely blown away by the support around me, it's awesome to see." Trudi told us. All donations made will go towards helping those affected by stroke, support the Stroke Foundation's Community Stroke Advisor (CSA) service. CSAs work with stroke survivor's their whanau and carers to achieve the best possible outcomes after a stroke.

Robbie Ross, Fundraising Manager at the Stroke Foundation said: "This is the first year that we have participated in the Ports of Auckland Round the Bays and we're thrilled to have Trudi join our team.

"We know the many challenges that stroke survivors face during recovery, so setting personal goals is inspiring to see. We're very proud and thankful that Trudi wants to give back and help more people who have and may be, in similar situations."

Along with Trudi, five other stroke survivors, 36 fundraisers and over 200 people have selected the Stroke Foundation as their charity to run for. The team are over a third of the way to their \$15,000 target.

Approximately 9,000 New Zealanders have a stroke each year – that's one every hour. Your support can change a stroke survivor's life.

Follow the team and donate here: <https://roundthebays2020.everydayhero.com/nz/team-stroke-foundation>

- ENDS -

**Media enquiries:**

The Stroke Foundation of New Zealand

Lauren Ellis, Media and Communications Advisor, [Lauren.ellis@stroke.org.nz](mailto:Lauren.ellis@stroke.org.nz) / 027 506 9822

**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 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 Zealanders 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).