

AT ANY SIGN OF STROKE CALL 111



FACE
DROOPING



ARM
WEAKNESS



SPEECH
DIFFICULTY



TAKE ACTION
CALL 111



THINK F.A.S.T., ACT FAST

A stroke will strike suddenly and affect around one New Zealander every hour. The damage caused by a stroke will move through the brain quickly and can affect someone's ability to think, walk, talk, eat, see, read, and do many other things. Knowing the signs of a stroke and acting fast will result in a greater chance of recovery, as Mate discovered last October.

Mate was coming to the end of his shift as a Log Load Operator in Bluff, when he noticed an unusual tingling sensation in his right foot. As the tingle spread, Mate realised that this was something serious and quickly headed home.

Mate was concerned about how his partner would react and didn't want to worry her. Mate explained, "when she saw that something was wrong, we dropped everything and went straight to the hospital. She was great. There was no debating about what we should do or waiting to see if my symptoms worsened."

On the way to the hospital, Mate looked at himself in the sun visor and noticed that his mouth had started to droop, confirming his thoughts that he may be having a stroke. "Seeing my face like that, I knew we had made the right decision to act quickly," Mate recalled.

Four weeks before Mate experienced his stroke, he took a first aid course at work where he was taught the F.A.S.T. acronym. He learnt the signs of a stroke and what to do if someone was experiencing a stroke. Knowing the signs can save lives, which is why we continue to share this important message with Kiwis across the country.

When Mate arrived at A&E, he immediately received treatment for his stroke. Mate was in hospital for three nights, and over this time he noticed that he was quickly regaining his strength. His speech returned after a few hours and there was good movement in his hands within a few days. Mate owes his speedy recovery to recognising the signs of a stroke and seeking urgent medical help. Had he not reacted so quickly, the effects could have been much worse, impacting not only him, but also his family.

Soon after Mate returned home, he was introduced to

...Mate's story continues inside...

Kristin, one of the Stroke Foundation's Community Stroke Advisors (CSAs), to help him throughout recovery. "Kristin checks in on me regularly, she's been a great support," Mate told us.

Anyone who has a stroke can get support from our CSA service. CSAs provide vital information and assistance, set recovery goals with stroke survivors, and help to build knowledge to minimise the risk of further strokes. CSAs provide support at an incredibly critical time when a stroke survivor first returns home.

Mate explained, "Kristin is someone who I can talk to who really understands what happened to me. She has given me advice about physio appointments and services that I wouldn't have otherwise known about. She helps me to understand more about stroke and makes sure that my recovery is going well."

Kristin has helped Mate adapt to a healthier lifestyle too. "Before my stroke, I wasn't really aware of how high blood pressure and high cholesterol could have such an impact. This episode was a wake-up call for me. You often take your health for granted, but you need to look after yourself." Kristin has helped Mate to better understand how a healthy lifestyle can make a big difference.

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"I've certainly been more conscious about the things I eat since having my stroke," Mate explained.

Mate is incredibly appreciative of the help that he has received through the Stroke Foundation. "Knowing that Kristin is there whenever I need her is a great support to me," Mate told us.

Your ongoing support means that our CSAs are available across the country, helping over 5,500 stroke survivors each year through their recovery. Your generosity will also allow us to continue to raise vital awareness messages like F.A.S.T., helping to improve the outcomes of those affected by stroke.

MESSAGE FROM OUR CEO



Our commitment to providing critical services to stroke survivors has seen us adapt to challenges presented by COVID-19. The team have not only continued to support and empower stroke survivors when they needed us most, they've also continued to provide vital health promotion messages to all New Zealanders. I'm incredibly proud of what they've been able to achieve, thanks to the support we received from generous supporters like you.

At the beginning of this year, we sent a survey out to some of our donors and we've been using your feedback to enhance the work that we do. We want you to know that we have listened and will continue to educate around

stroke prevention and raise important awareness about stroke.

Over the next few months, we'll be focusing on supporting stroke survivors through our Beanie Up campaign, as we encourage New Zealanders to 'beanie up' and help us to raise vital funds to support our Community Stroke Advisor service.

We're also busy planning ahead as we enter the next financial year, with aims to increase stroke awareness and grow our profile so that those affected by stroke know that we are there for them.

Things may be a little different to how we intended, but because of your support we have been able to be flexible and adjust to a new way of helping and communicating with the stroke community. Thank you.

A handwritten signature in black ink, appearing to read 'Mark Vivian'. The signature is fluid and cursive, written over a light blue background.

Mark Vivian
Chief Executive Officer

CONTINUING TO ADAPT

With restrictions put in place across the country, the last few months have been challenging.

During this time, we ensured that all our staff had the ability to work from home and we put the technology in place to guarantee we could work together as a team.

We made sure that stroke survivors and their families continued to be supported. While our CSAs and Return to Work Advisors were not able to meet with clients face to face, we spoke to them over the phone, and where possible video called all existing and new clients to ensure that they received the best possible support. Here's how one stroke survivor and CSA adapted during this time.

HEATHER

Heather had a stroke last year at the age of 63. Left with physical disability and fatigue, Heather faced many challenges when she returned home from hospital – living alone made this even more difficult. Heather decided to live in respite care to get the extra help she needed.

During lockdown, Heather struggled being in a home with many older residents who didn't share the same interests or goals as her. Prior to the lockdown, Heather had been involved in group exercise programmes and met other stroke survivors at coffee groups, helping her to connect with more likeminded people, but these activities were put on hold.

Heather's CSA, Kathy, has been there to support over this period. To connect Heather with the stroke community and those in a similar position, Kathy set up a virtual coffee group where stroke survivors could catch up online. Heather told us: "I find it very helpful and encouraging to meet with other stroke survivors. They are a fountain of knowledge and I really appreciate their willingness to be there for me."

Kathy explained: "Peer to peer support really helps our clients. Speaking to someone who can relate to your experiences and some of the challenges faced is so important. We're glad that we have been able to continue to connect people over the last few months and offer this kind of support."



I FIND IT VERY HELPFUL AND ENCOURAGING TO MEET WITH OTHER STROKE SURVIVORS. THEY ARE A FOUNTAIN OF KNOWLEDGE AND I REALLY APPRECIATE THEIR WILLINGNESS TO BE THERE FOR ME.



Don Ramsay



Kathy Clarke



Heather



graeme & janet

VIRTUAL CHALLENGE

While New Zealand was under Alert Level 4 and 3, we launched a virtual challenge to walk the length of New Zealand.

Our aim was to track the 3,000km it takes to walk from Cape Reinga down to Bluff. We asked New Zealanders to track their daily kilometres, whether this was steps around the house, a walk around the block or a local run – anything to get the heart pumping to stay active during lockdown, helping to reduce the risk of stroke.

In five weeks and four days, the team made it to Bluff!

Not only this, but we also managed to raise almost \$1,500 to support our critical services, helping stroke survivors across the country.

Jane from Dunedin experienced a stroke a few years ago and decided to join us on our journey. She told us: "I took on the virtual walk as a way to do something practical to support the work of the Stroke Foundation. The Foundation supported me to get from hospital back into work again, but more importantly to get back to being me again."

Jane tracked over 235km walking her dog daily and getting out on her bike. Thanks so much for your support Jane!

Thanks to all those who took part and followed us along the way too!



Jane captured a lovely autumnal shot on one of her walks in Dunedin.

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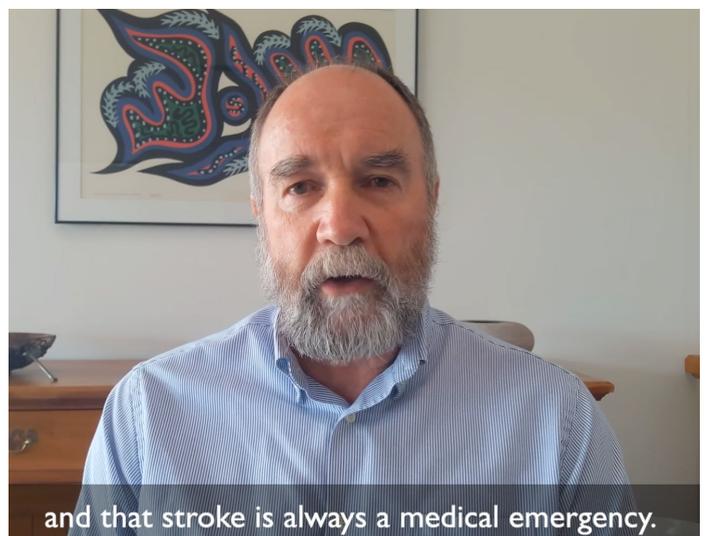
I TOOK ON THE VIRTUAL WALK AS A WAY TO DO SOMETHING PRACTICAL TO SUPPORT THE WORK OF THE STROKE FOUNDATION. THE FOUNDATION SUPPORTED ME TO GET FROM HOSPITAL BACK INTO WORK AGAIN, BUT MORE IMPORTANTLY TO GET BACK TO BEING ME AGAIN.

REMINDING NEW ZEALANDERS TO THINK F.A.S.T.

Because of your support, we were able to launch a national campaign during lockdown to help New Zealanders remember the signs of a stroke.

The campaign aimed to remind New Zealanders to 'think F.A.S.T., act fast and look out for each other' even during these challenging times. Stroke is always an emergency.

You may have seen our CEO on television sharing this important messaging, helping Kiwis to familiarise themselves with the F.A.S.T. acronym. If any of the signs of a stroke are recognised, don't wait, call 111 immediately.



and that stroke is always a medical emergency.

SURVEY RESULTS

Many of you would have received a survey from us along with our summer appeal. Thank you to those that completed this and sent it back to us, we appreciate the thoughts that you've shared.

Surveys are important and allow us to get your feedback on the way we keep in contact. We want to ensure that you're getting the information you want to receive, while taking you on our journey to fight stroke and showing you the difference that your support makes.

We understand that many of you know someone who has had a stroke, and this is what encourages you to donate to the Stroke Foundation.

43% of you want to hear more about stroke prevention or want our work to focus on raising public awareness of stroke.

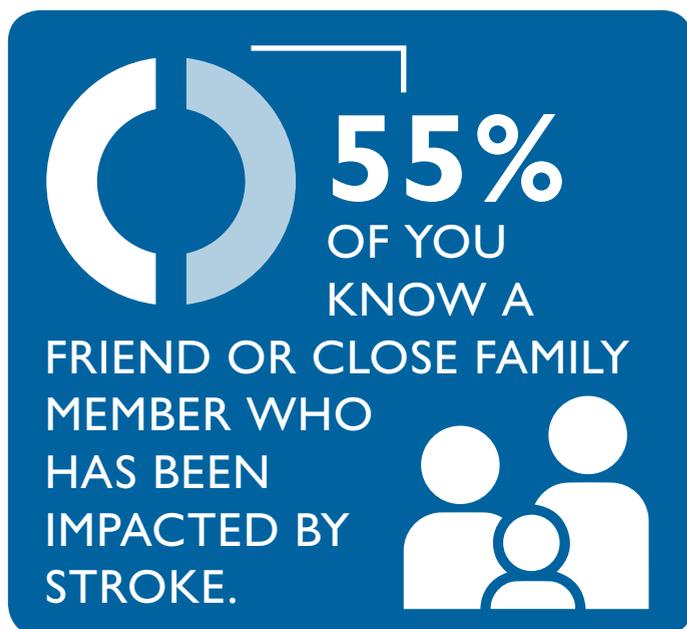
We want you to know that we have taken notice of the information that you shared, and your feedback has allowed us to implement some ideas already.

Our national F.A.S.T. campaign was launched during the pandemic to ensure that people would continue to contact the emergency services if they, or someone in their bubble, were experiencing a stroke.

We have plans in place to develop more of our initiatives around stroke prevention too, which we look forward to sharing with you.



It was encouraging to see that **90% of you are aware that banks will be phasing out cheque books.** Following the move from Kiwibank, both BNZ and ANZ plan to phase out cheques by July 2021. In preparation, we want to share with you some ways that you can continue to donate to us.



DONATE ONLINE

You can donate securely online via credit card, simply follow this link:

secure.fundraiserpro.com/Donate/Stroke

SET UP AN AUTOMATIC PAYMENT

You can set this up via internet banking. Our details are below:

Registered Name:

Stroke Foundation of New Zealand

Account number: 02 1269 0023111 01

MONTHLY GIVING

A monthly gift, no matter how large or small, is a fantastic way to support us. You can set up a payment by visiting

stroke.org.nz/give-monthly

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

BEANIES FLYING OUT THE DOOR!

Beanie Up is back! Have you got yours yet?

If you haven't, you can get one of our 2020 beanies today at beanieup.co.nz, to show your support for those who have been affected by stroke.

Thank you to those who have already bought a beanie. It's been incredible to see so many of you join us to 'beanie up'. We've already sold over 5,000 in the first few weeks!

Many of those who pre-ordered have received their beanies and shared some great pictures with us. Send us a picture of you in your beanie too or tag us in your post on social media! #beanieup

Don't miss out, get yours today and help us to fight stroke.



 Buy your beanie today from just \$10

BEANIEUP.CO.NZ

MONTHLY GIVING

By choosing to give a regular monthly donation, you will be helping us to plan ahead and ensure we have a steady income stream that we can rely on.

Our monthly giving programme means that you can spread your donations throughout the year,

enabling us to support and extend our work.

To set up a payment, visit:

stroke.org.nz/support-us

Alternatively, give us a call on 0800 78 76 53 to organise this over the phone.

Thank you for your support!