

**“A Voice For Stroke Survivors”**



**INSIDE:**

**40th Anniversary Celebration**

**World Class Professor Joins Board**

*Sponsored by Thomas George Macarthy Trust*

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**FOLLOW STROKE CENTRAL!**



## The President's Words



It's hard to believe we are almost half way through 2019 and it is almost mid-winter.

As you will see, this issue contains information on the **40<sup>th</sup> Anniversary Celebration of Counterstroke**. Counterstroke was the very beginning of Community Stroke Support for Stroke Survivors and out of those origins came Stroke Central Region. We will celebrate this at our AGM in October with a special luncheon with Honoured Guests. You are also welcome to join us to celebrate this event, details are printed within.

In March we enjoyed an excellent **Stroke Club Forum**. It was great to meet so many volunteers who are the backbone of social support for people who have survived stroke. It is really good to be able to get ideas as to how others have coped and moved on with their lives and what support there is to enable us to enjoy the best of our lives going forward. Stroke Club Organisers enable this by giving their time and skills voluntarily.

We welcome Professor Valery Feigin to our Board of Governors as **Honorary Medical Director**. Professor Feigin has already assisted us in reviewing and endorsing our resource information to ensure we are doing this well and has impressed on us that we need to work on Primary Stroke Prevention.

**Stroke Awareness** seems to have been another successful event this year with great involvement around the whole region. The Board are considering moving the Big Blue Brunch event to October. Stroke Awareness should of course happen all the year round because we need people to know and address the risks for themselves and their families for Stroke Prevention (83% of Stroke is preventable).

Stroke Central Region is a member organisation. Financial members vote their chosen representatives to the Board of Governors. The Forum brought forward three people interested in being co-opted to the Board. Please be encouraged to tell us your priorities and vision for Stroke Central Region is.

Contact me: 04 902 3261 or e-mail: [ragber.nz@gmail.com](mailto:ragber.nz@gmail.com)

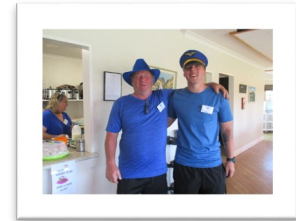
**Grace Moulton**  
**President**  
**Stroke Central region Inc**



## STROKE AWARENESS WEEK 2019



Spirit of Napier Lions



Manawatu Big Blue Brunch

**Thank You to all of our amazing volunteers who participated in Stroke Awareness Week. We raised awareness of stroke, the FAST message and the services that we provide to the stroke community. The funds raised are shared 50/50 with our stroke clubs and our 50% goes towards the Field Officer Service, so that is 100% back to the stroke community!**

**Volunteers took part in street appeal, the Big Blue Brunch and many other activities across the region!**

**Stroke Central Region will be holding two Awareness raising events a year.**

### IMPORTANT DATES TO REMEMBER:

- **The BIG BLUE BRUNCH will held on the WEEK COMMENCING 29th OCTOBER 2019, which is WORLD STROKE DAY.**
- **STROKE AWARENESS WEEK will be held on WEEK COMMENCING 20th APRIL 2020!**



Wainuiomata



Stroke Central thank Kapiti Volunteers



## Celebrating 40 Years

At this year's AGM, Central Region is celebrating 40 years of New Zealand having a dedicated stroke organisation to assist stroke affected people and their families, when Counterstroke came into being.

The first Counterstroke Club meeting was held on Tuesday 25<sup>th</sup> September 1979 at the Laura Fergusson Home in Naenae and was formally incorporated on 21<sup>st</sup> April 1980. This was the forerunner to the Stroke Foundation of NZ Inc. when the name was changed in March 1991.

**Our AGM is on Saturday the 12<sup>th</sup> October** this year, and it's appropriate to celebrate those early beginnings of 40 years ago of which we were part.

The Co-founders of Counterstroke Gillian Bell and Kay Millar, and other special guests will be attending our

celebration. This AGM will be held at the Terraces Lounge at the Awapuni Function Centre, at the Awapuni Racecourse Palmerston North. Free parking and good wheelchair access is available.

There will be a morning tea from 9.30am with the AGM starting at 10am with the day ending around 3.30pm. We will be having a similar programme as in previous years.

The AGM is open to Members, Carers, Field Officers and Special Guests and you are advised that on this occasion, there will be a buffet lunch with a cost to you of \$10 each per person. This luncheon is generously subsidised along with other costs, and we will need definite numbers for catering purposes with your **name and payment before Friday 20<sup>th</sup> September 2019.**

More details to follow later.



*Photo: Jaycee Dave Bush (right) and CBA Advertising and Publicity Officer Murray Charlesworth with Kay Millar and Gillian Bell showing the first pamphlet for stroke people produced by Counterstroke in 1980*



## STROKE CLUB FORUM 2019

**This years Stroke Club Forum** was a huge success.

The focus was on club activities, club succession and new ideas that could bring more new & young stroke survivors onboard.

Stroke clubs are providing a network of support to stroke survivors and carers across the region. It is unrivalled and without stigma. Taking stroke survivors out of isolation and back into the community.

Our clubs and groups are evolving and new activities are coming to the fore things that are less formal and interactive are becoming more engaging for our new stroke survivors.

There is a great need for new volunteers of all ages to make this work; to ensure that stroke survivors are supported and feel welcome into our organisation and its activities.

The group leaders that met at the forum are our main people driving this evolution of the groups.

Stroke Recovery is not a one size fits all. It is apparent that in order to succeed in our goal, groups and activities are one of the instances where we do have to reinvent the wheel, time and time again! To keep things fresh and attractive to new stroke survivors, carers and people of all demographics.

**Lee Pownall, CEO.**



## A STROKE SURVIVORS STORY

Nicky Clarke is on a life-long journey to regain her voice. It is a challenge the 41-year-old faces after suffering a crippling stroke at just 38. She suffers with aphasia, which in simple terms means she struggles to process words.

About 75 per cent of people who have strokes are aged over 65, with high blood pressure being a major factor. For Nicky, who was working as an office manager for a pharmaceutical company in Exeter, her stroke came out of the blue, with no obvious cause. Her parents Peter and Wyn spent three months with Nicky before bringing her back to Lower Hutt. At one stage Nicky had spent three weeks in agony, unable to tell medical staff her contact lenses needed to be taken out. Although she has made good progress, she often relies on her parents to speak for her. "When Nicky first had her stroke, she only had one word. She said 'yes' to everything", her father said. She now talks in nouns but struggles to get the words out required to make a complete sentence. Her parents are working hard to support her rehabilitation within a system which, Peter said, is geared towards older people. He was hopeful she could improve to the point that she would soon be independent. Helping his daughter deal with the impact of the stroke had been a steep learning curve. He went to all the obvious sources for help but said it was clear that once people left hospital, support was



fragmented and difficult to arrange. "The research for help and assistance eventually ends up the responsibility of the stroke survivor or their carer, leading to many hours on the computer, or at the local library, or on the phone." Although there were a number of support groups in the Hutt Valley, he was setting up a group to provide resources for sufferers and carers. He has prepared a 45-page folder of successful ideas and resources and wanted to hear what had worked for local stroke victims. Stroke Central chief executive Lee Pownall said the system focused on over 65s. That made it hard for younger people to get the support they needed and was something he wanted to change. Younger survivors like Nicky clearly had different expectations. "They want to get back to work and go back to a normal life." He supported what Peter was doing, as long as the material the support group provided was research based.

*With thanks to Stuff*



## WORLD CLASS PROFESSOR JOINS STROKE CENTRAL REGION

*Prof. Feigin – has been appointed Honorary Medical Director for Stroke Central Region*

Stroke Central has appointed Professor Valery Feigin to its board of governors as Honorary Medical Director. The new role is key to the development of stroke prevention and support services for the central region, including Wellington.

Stroke Central CEO, Lee Pownall says: "Professor Feigin is world renowned for his research and contributions to the prevention and treatment of stroke. He will be a major asset to the stroke community in this region and we are looking forward to working with him to put better infrastructure in place for primary stroke prevention".

Around 9,000 people in New Zealand suffer a stroke each year.

By 2028, that number is expected to increase 40 percent, to 12,000 people.

Professor Feigin is the director of the National Institute for Stroke and Applied Neurosciences at Auckland University of Technology (AUT). He is also a director and executive committee member of the World Stroke

Organisation, and a World Health Organisation expert on stroke. He is currently the most cited scientist in New Zealand with more than 650 publications, including 340 scientific articles.

"Stroke is a devastating but highly preventable disease. Knowing your risk factors and how to control them is the best way to prevent stroke. However, knowing the warning signs of stroke, getting to hospital as soon as the first symptoms appear and getting the appropriate rehabilitation is the best way to reduce the severity of the stroke and improve your recovery," says Professor Feigin.

It's estimated that there are over 56,000 stroke survivors in New Zealand.

Stroke Central is a not-for-profit, member-based organisation that provides support services for stroke survivors and their whānau in the central region, including a stroke community and field officers that guide those affected through the journey to recovery.

As a member-based organisation, Stroke Central aims to make the voices of stroke survivors heard throughout the health sector and recently joined the Federation of Primary Health Aotearoa.

"We act directly for stroke survivors in the central region, as well as providing support and advice through free services. It's a big win for us that the voices of our members will now be joined by that of a world-class expert on stroke," says Pownall.

**The Federation of Primary Health Aotearoa New Zealand** is the largest multi-professional primary health membership organisation in New Zealand. It's purpose is to provide national leadership on key issues affecting primary health.

"I am very pleased that Stroke Central Region joined the Federation earlier this year and participated in our Strategy day," says Jim Lindsay, CEO of the Federation. "We had over 50 CEOs and Chairs from across New Zealand discussing the key issues affecting primary health." The Director General of Health, Dr Ashley Bloomfield also attended and spoke at the event.

This is the first time that the Primary Sector has come together, under the umbrella of the Federation, to develop leadership on key issues affecting primary health.

The Federation's first focus has been on developing a substantive submission into the review of New Zealand's Health and Disability System. This wide ranging review is designed to future-proof our health and disability

services and the Minister of Health, Dr David Clark has appointed Heather Simpson as Chair of the review.

The first round of submissions to the review have to be in by the end of May and the review panel will provide an interim report by August 2019 and a final report by 31 March 2020.

The Federation has been working on providing a principled and system wide submission that adds to and supports individual member's submissions. "We have been focusing on the key principles where the Government and policy makers could make a difference," says Jim Lindsay.

Jim Lindsay (pictured) continued on to say "I am excited to be leading an organisation that is committed to improving primary health. The Federation brings a wide range of professional expertise, energy and passion together. The Federation's strength is its broad base and collective wisdom."



## MAGNA CHARTA

The Board of Governors met as scheduled for the April 20<sup>th</sup> meeting with the following discussion:

**Medical Director:** The Board welcomed Professor Valery Feigin to join them as Honorary Medical Director. It is beneficial for Stroke Central Region to have the services of a Medical Director who can oversee medical content in our resources to ensure it is current. Professor Feigin is a well published Authority on Stroke and has already reviewed and endorsed our material.

**Federation of Primary Health:** A member of the Board as well as the CEO attended a Strategy meeting, held by the Federation in March. It was agreed although the Federation is in its infancy, Stroke Central Region should remain a member and re-assess after a year, the benefits to the organisation.

The CEO reported that the **Field Officer Service** was running smoothly and the **Community Engagement Officer** role is currently under review.

**The Stroke Club Forum** in March was successful and a very positive experience for all who attended. The President spoke of the dedication of those who attended and the time they volunteer to make the Stroke Clubs desirable and provide the best social support. There is a struggle to provide succession in the clubs for the future. A letter to be sent to Stroke Clubs thanking them for their attendance and the work the volunteers do.

**Marketing Campaigns:** We have been fortunate in gaining funding for the services we provide. Looking forward within the next two years, funding the organisation could be compromised as the number of charitable trusts diminish. We have been reluctant in the past but, now realise we need to explore Direct Mail Marketing campaigns. The Board has given the authority to the CEO to set up Direct Marketing for our organisation.

**Website** - The new Website which was due to be complete by December 30<sup>th</sup> should be live soon.



**Finance - The updated Financial Report** from accountants ROVA was presented and observation was made that deficit this year is \$140,000 as opposed to \$11,000 last year. This situation was expected not because the expenses have changed but due to an unusual increase in one off legacy funding, it has put Central Region offside with funders. It is expected that we will close under deficit (approximately \$300,000) this financial year and that will assist with success in funding next year according to the CEO. We do need very much so to address means of sustainable funding which is a sound reason for trialling fundraising by direct mail.

**Accounts for the month of March** were passed for payment.

**The Budget for 2019/20 was discussed.** Caution in expenditure as well as increase raised funds needs to be offset by operations. It was noted that increasing funds must be an urgent priority for the 2020 budget.

**The Budget for 2019/20** was passed ready for application on July 1<sup>st</sup> 2019.

**The Business Plan** – The 2019/20 Business plan was accepted in line with the Budget.

**Central Region 40<sup>th</sup> Anniversary:** Discussion on this exciting event due

to happen in October. A Guest list has been compiled and a presentation of over seventy photographs which will form a continuous montage throughout the event was given.

**Tele-health:** The President spoke of a presentation for the future delivery of health services which is currently under trial in some parts of New Zealand and how this could be beneficial particularly to younger Stroke Survivors with electronic devices to ask questions about stroke.

**Hyper-acute Stroke Unit** – John Howard talked about the stroke unit being trialled out of Wellington hospital where stroke specialist are virtual thus offering a large network of specialist opinions to Stroke Survivors and is funded by the MOH.

**Stroke Awareness Week changes** – The CEO spoke about the Stroke Foundation wishing to change their Stroke Awareness campaign back to April from 2020. They will also keep the Blood Pressure Campaign in October. Central Region may decide to hold Stroke Awareness Week in April as always and to move the Big Blue Brunch campaign to October (World Stroke Day) giving us two avenues for Stroke Awareness.

## APPRECIATION & FAREWELL

**Stroke Central Region** are blessed with some brilliant people, volunteers and staff alike.

Over recent months we have had a few people who have been involved for some years deciding to hang up their boots!

**Hawkes Bay** has been one of the places that has changed the most recently.

**Les Cunningham** our fantastic Field Officer Extraordinaire has retired. Les was a stroke survivor and this made particularly motivated and empathetic to the role. He had a background in banking and we really have valued his input to the Field Officer Team.

We are looking to recruit a new Field Officer in the Hawkes Bay Region and Les will be assisting in the recruitment process to ensure a smooth handover.

**Colleen Hannan** has been involved with our organisation for many, many years and has on our Board of Governors until very recently as she has decided to step down from the

role. She really flew the Stroke Central flag in the Napier area and was unmatched in her fundraising efforts over many stroke awareness weeks!

The Central Region and in particular the Hawkes Bay Region really has been lucky over the years and we still have an excellent contingent of people and volunteers that are passionate about helping stroke survivors.

From everyone at Stroke Central here is a huge **thank you** to both Colleen Hannan and Les Cunningham, we wish them both all the best for the future..

**Les and Colleen are pictured below with Murray Whittington.**





## STROKE CLUBS & GROUPS



**Waikanae Blue Orchid Stroke Club** is in recess and the Waikanae Coffee Group will take its place in the interim. A huge thanks to **Fred Driver** who coordinated the club exceptionally for many years.

### PALMERSTON NORTH GROUPS

**Margaret - 06 323 6026**

**Swimming:** Mon & Wed 11am, Palmerston North Hospital.

**Milson Community Centre**

**Activities Day:** Tues 2pm.

**Carers Group:** 1st Thurs every 2nd month, 10.30am Manawatu Golf Club Café.

**Stroke Social Support:** Fri 1.30pm.

**4 Stroke Engine Club:**

**Stu - 027 221 9683**

Tues & Wed mornings at Manfeild.

### WANGANUI SUPPORT GROUP

**Bobbie - 06 348 9414**

3rd Tues of each month, 1.30pm Social Centre for The Blind, Peat St.

### WANGANUI COFFEE GROUP

**Belinda - 06 345 1370**

4<sup>th</sup> Thurs of each month, 10.30am at the Funky Duck Café, Virginia Lake Reserve, 110 Great North Rd, St John's Hill.

### MARTON STROKE COFFEE GROUP

**Brenda - 027 220 7744**

Last Fri of each month, 10.30am at The Lounge Café, 224 Broadway.

### LEVIN COFFEE GROUP

**David—06 210 0769**

Every Thurs 10am  
Monza Café, Levin Mall  
146 Oxford Street.

### FOXTON COFFEE GROUP

**Bronwyn - 04 237 0866**

4<sup>th</sup> Tues each month, 10.30am Little White Rabbit Café, 160 Seabury Avenue.

### OTAKI STROKE CLUB

**Marian - 06 364 5028**

1st Thurs 10.30am, Presbyterian Hall, Mill Rd, Otaki.

### OTAKI RECOVERY

**Myrtle - 06 364 5975**

Fri 9.30am at Otaki Community Recovery Centre, next door to Body & Soul Gym Waerenga Road, Otaki.

### WAIKANAЕ COFFEE GROUP

**Office - 0800 298 8585**

2<sup>nd</sup> Tues each month, 10am, Olive Grove Café, Mahara Place,

### KAPITI STROKE CLUB

**Maddy - 022 345 6001**

1st Tues of each month, 1.30pm, Kapiti Community Centre

**Boccia Group**

4th Thurs of the month, 10am.

**Coffee Group**

**Annette - 04 902 3486**

2<sup>nd</sup> Tues each month, 10am,  
Café Palms, Kapiti Lights.

### PORIRUA STROKE CLUB

**Verna - 04 236 6110**

2nd Wed of each month 10.30am Mungavin Hall Supper Room.

**TAWA COFFEE GROUP**

**Eleonor - 021 962 378**

3rd Thur, 10am at the New World Café, 35 Oxford Street, Tawa.

**SOUTHERN SUBS STROKE CLUB WELLINGTON**

**Rosalind - 04 389 7164**

2nd & 4th Tues each month, 1.45pm, Trinity Union Church Hall, 11 Hall Ave, off Hall St, Newtown.

**NORTHERN SUBS STROKE CLUB**

**Tony - 04 237 0376**

1st Wed each month, 2pm Zampelles Coffee Bar, J'ville Mall.  
3rd Wed each month 12.30pm Uniting Church Rooms,  
Dr Taylor Terrace.

**UPPER HUTT STROKE CLUB**

**Jean - 04 527 8258**

4th Fri of each month  
1.30 pm, Masonic Lodge Hall Islington St, Trentham.

**UPPER HUTT COFFEE GROUP**

**Mike - 0274 545 486**

2nd Tues of the month, Mitre 10 Café, 9 Park St, Maidstone, Upper Hutt.

**UPPER HUTT CARER SUPPORT COFFEE GROUP**

**Jenny - 04 529 8331**

1st & 3rd Tues of each month.

**HUTT STROKE SUPPORT GROUP**

**Peter - 021 0329 8279**

**Adult colouring group**

First Tues of the month,  
1.30pm, War Memorial Library, 2 Queens Drive, Lower Hutt.

**HUTT VALLEY COFFEE CLUB**

**Angel - 021 328 504**

1st Mon of the month, 10am, Gotham Cafe, 6 Margaret St, Lower Hutt

**HUTT VALLEY APHASIA GROUP**

**Virginia - 027 443 8316**

10.30am, 7<sup>th</sup> Day Adventist Church Hall, 50 Witako St, Lower Hutt.

**CENTRAL HAWKE'S BAY SUPPORT GROUP**

**Heather - 06 856 8297**

4th Thurs bi-monthly, at the Meeting Room, Swimming Complex, Waipukurau.

**HASTINGS STROKE SUPPORT GROUP**

**Tony - 06 870 8994**

3rd Fri of the month, 10.30am Hastings Baptist Church, Lyndon Street.

**NAPIER GREENDALE STROKE SUPPORT GROUP**

**Colleen - 06 844 8604**

2nd Wed, 10.30am, Breakers Restaurant, Gloucester St, Taradale, Napier.  
4th Sun Lunch, Entertainment or outing during the week.

**WAIROA STROKE SUPPORT GROUP**

**James - 06 838 7309**

Meets 1st Wed each month,  
1pm Age Concern building, Lahore Street Wairoa. (Gold coin.)

**WAIARAPAPA STROKE CLUB**

**Peter - 06 304 9203**

2nd Wed of the month, 1.30pm South Workingman's Club, Main Street, Greytown.

**WAIARAPAPA COFFEE CLUB**

**Diane - 06 370 1465**

Survivors & Carers Coffee Group  
last Tues of month, 11am,  
Solway Café, Copthorne Motel,  
High Street, Masterton.

**WAINUIOMATA STROKE CLUB**

**Barry - 04 564 7335**

1st & 3rd Thurs of each month, Holy Trinity Church, 40 Wainuiomata Rd.



**STROKE CENTRAL REGION™**

**My Donation:** \$500  \$250  \$100  \$20  Other

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