

CentreLink



Central Region Newsletter: Issue 81, Summer 2019

‘Reducing the Incidence of Stroke in New Zealand’



Text STROKE to 5339 to donate \$3

CONTENTS

- 3** *Presidents Words*
- 5** *World Stroke Campaign*
- 6** *The Roadshow*
- 7** *Our Team!*
- 8** *Exercise & Stroke*
- 10** *AGM/40th Celebration*
- 11** *Verna's Farewell*
- 12** *Magna Charta*
- 14** *Stroke Groups Directory*

OFFICE CONTACTS

Stroke Central Region President

Grace Moulton Phone:

(04) 902 3261

E-mail: ragber.nz@gmail.com

Stroke Central Region Office

CEO: Lee Pownall

E: leepownall@strokecentral.org.nz

OFFICE CONTACTS

Tel: (04) 298 8585

FREE: 0800 298 858

E-mail: stroke@strokecentral.org.nz

Web: www.strokecentral.org.nz



FIELD OFFICER CONTACTS

Hutt Valley & Wainuiomata

OFFICE

Tel: (04) 298 8585

Porirua & Nth Subs

Eleonor Bizarro-Napier

Tel: (04) 237 4478

Wellington Sth & West Subs

Sue Teng

Tel: (04) 473 7669

Kapiti & Horowhenua

Bronwyn Glavin

Tel: (04) 237 0866

Manawatu

Shona Smith

Tel: (06) 323 3446

Napier/Hastings /Wairoa

OFFICE

Tel: (04) 298 8585

Wairarapa Field Officer

Diane Chapman

Tel: (06) 370 1465

Wanganui Field Officer

Belinda Arundel

Tel: (06) 345 1370

FOLLOW STROKE CENTRAL!



The President's Words



It was good to see so many attend the 2019 AGM and 40th Anniversary of Counterstroke Celebrations. The excellent day certainly gave us all a sense of belonging, inspiration and excitement for the future of Stroke Central Region.

Being part of an organisation for a long time, it is easy to take the history for granted. Sharing that history at the Anniversary day did not only enlighten people who were unaware of it but, brought them on board with a sense of emotional buy-in to our organisation.

Having a different programme to our usual AGM and feedback from those who attended telling us that they really enjoyed Professor Valery Feigin's talk as well as that of Keynote speaker Dr John Brooke has brought to mind that as we begin to organise the AGM/Fun Day for 2020, we want to ensure that we provide a programme that those who attend want to participate in. Thus so, we want in-put from the members. A survey will go out very shortly asking

you how you see the programme for an enjoyable day. Response to that will give us guidance for the next Fun Day October 2020. I look forward to hearing your suggestions.

I had the pleasure of attending the World Stroke Day “# Don't be the One” launch in Auckland on 29th October. It was amazing to be present when we connected with seventy nine countries for the launch. It was exciting to feel that we are the lead for this campaign in New Zealand. The Stroke Riskometer was detailed which must be a quantum leap in Primary Stroke Prevention.

The development of the Riskometer app by Professor Feigin and his team at Auckland University of Technology delivers the ability for people to carry out an accurate assessment as often as they wish at any time through their mobile phone. We are all aware that the cure for Stroke is **Prevention** and how exciting to be part of something that will lessen the effects of the predicted Tsunami of stroke happening in the future.

Happy New Year Everyone. Have a safe and healthy holiday.

Contact me: [04 902 3261](tel:049023261) or e-mail: ragber.nz@gmail.com

**Grace Moulton, President
Stroke Central Region Inc.**



JOIN THE WORLD STROKE CAMPAIGN

Assess your risk

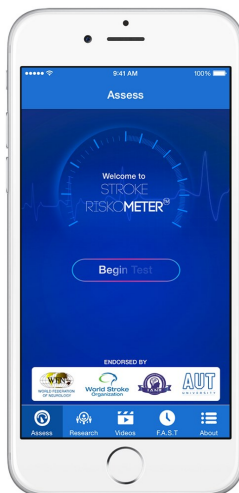
1. Download Stroke Riskometer
2. Assess your risk
3. Share the app with 3 others.
4. See website for more info

Reduce your risk

1. Increase Activity
2. Improve Diet
3. Maintain Wellbeing
4. Participate in our events and themes.

Share your progress

1. Follow our campaign
2. Post on social media.
3. Nominate 3 others to take the challenge!
4. Use #DontBeTheOneNZ



Txt **STROKE** to **5339**
to donate \$3



www.strokecentral.org.nz/dont-be-the-one/

The World Stroke Campaign

New Zealand is leading the world in stroke prevention

The World Stroke Day campaign, #DontBeTheOne, encourages everyone, no matter what their age, to assess their individual risk of stroke using the free Stroke Riskometer mobile app developed by Professor Valery Feigin at Auckland University of Technology (AUT).

AUT and Stroke Central Region co-hosted the first world stroke campaign launch event for 2019 – livestreamed leaders in stroke prevention from the university's city campus to 76 Countries!

The latest analysis from the Global Burden of Disease shows that the lifetime risk of stroke, for those aged over-25, now stands at one-in-four. Stroke is a leading cause of disability and death worldwide, yet it is largely preventable. Almost 90 percent of strokes can be attributed to a few behavioural and lifestyle risk factors that can be easily modified, such as high blood pressure, physical inactivity and smoking.

#DontBeTheOne is a key initiative of the World Stroke Organization (WSO) in its commitment to Cut Stroke in Half. It is the first world stroke campaign to focus on population-wide prevention and aligns with the United Nations' Sustainable Development Goal #3 – 'To ensure healthy lives and promote wellbeing for all at all ages'. One of the specific health targets is to reduce premature mortality from Noncommunicable Diseases (NCDs) by a

third by 2030. However, a UN report showed that 138 governments had demonstrated very poor or no progress towards their time bound commitments.

The WSO believes that accessible smartphone technology can help tackle widespread stroke prevention, even in low-income settings. Validated technologies like the Stroke Riskometer (available for free in 14 languages on the AppStore and GooglePlay) are moving fast and show unprecedented uptake among the public and health professionals alike, with almost 200,000 downloads across 78 countries prior to the world stroke campaign.

The Stroke Riskometer is an easy-to-use tool for assessing your risk of stroke and what you can do to reduce that risk. It boasts a unique algorithm that combines age, gender, ethnicity, lifestyle and other health factors to calculate personal stroke risk. The mobile app successfully addresses a major barrier to stroke prevention – how to make medically accurate and reliable information on personal stroke risk accessible to populations worldwide.

Professor Feigin, Director of the National Institute for Stroke and Applied Neurosciences at AUT, is considered one of the world's most influential scientific minds – ranking among the top one percent by citations for his global research on the epidemiology, management and prevention of stroke and traumatic brain injury. He says primary stroke prevention needs an overhaul.

Continued on page 7.....



STROKE CENTRAL ROADSHOW 2020

Come and meet our team at a place near you!

Presenting our people and our services, taking questions and showing you the ways you can be a part of the exciting year ahead!

24th February —Levin & Palmerston North

26th February —Carterton

16th March—Waipukurau, CHB

17th March—Hawkes Bay

23rd March—Wellington CBD

24th March—Hutt Valley

Contact anne@strokecentral.org.nz for info or to register



With thanks to
Oceania Healthcare
and
Lions International



New Zealand employs a 'high-risk strategy' in stroke prevention, using a Cardiovascular Disease (CVD) risk screening system. However, current CVD risk assessments do not include most of the behavioural and lifestyle risk factors that contribute to the vast majority of strokes. By definition, high-risk strategies exclude people at low to moderate CVD risk, who ultimately make up 80 percent of all strokes and heart attacks. This group receives no recognition, education or other preventative initiatives.

"Stroke prevention should be population-wide, rather than only targeting those at high risk. This would not only have an impact on stroke, but cardiovascular disease and the whole range of noncommunicable diseases. The results would be clearly evident within the first year or two," says Professor Feigin.

"The greatest harm of high-risk strategies is that they mislead policymakers and health professionals into thinking they can tick the box and the problem of prevention is sorted."

There is a growing body of evidence to support both the medical and cost effectiveness of population-wide strategies. However, there is still no country in the world where they have been implemented in full. OECD countries allocate less than three

percent of health spending on average to public health and prevention initiatives. Almost half of this is spent on less cost-effective measures, such as high-risk screening.

"Let's make NZ the first country in the world to implement a full stroke prevention strategy. A sector-wide district health board deficit of more than NZ\$1billion highlights the unsustainable cost of inaction," says Professor Feigin.

The urgent need for action at an individual and population-wide level is only matched by the potential for a huge reduction in stroke.

JOIN #DontBeTheOneNZ and download the free Stroke Riskometer mobile app. Calculate your stroke risk percentage. Make small lifestyle changes to reduce that risk and share your progress on social media using #DontBeTheOneNZ.

Stroke Central Region is the official partner of the world stroke campaign in NZ. The Wellington-based non-profit organisation for stroke survivors and their whānau will host a series of events throughout the year, inspiring people to be active and improve their lifestyle.

You can contribute to population-wide change with a click. Every Stroke Riskometer download is a vote of support for stroke prevention.

(With thanks to AUT)

UNDERSTANDING EXERCISE AND STROKE.



Stroke happens either when the blood supply to part of your brain is cut off because of a blood clot, or because a brain artery ruptures and leads to a haemorrhage. Stroke is a leading cause of death and disability worldwide, but most strokes can be prevented by addressing a small number of key risk factors.

1 million strokes a year are linked to physical inactivity, by getting the recommended amount of exercise each week you will reduce your risk of having a stroke.



HOW DOES EXERCISE REDUCE STROKE RISK?

Just 30 minutes of exercise five times a week can reduce your risk of stroke by 25%.

Exercise plays an important role in reducing several stroke risk factors including hypertension, diabetes, cholesterol, depression and stress. By getting regular exercise you can take action on a number of stroke risk factors.

HOW MUCH EXERCISE DO I NEED?

You should be as active as you possibly can in your daily life – small everyday activities like walking instead of taking the car, taking the stairs instead of the elevator, gardening and housework will help you to stay healthy and reduce your stroke risk.

In addition to keeping generally active, it is recommended that we all aim for at least 2½ hours a week of moderate to vigorous exercise each week. You can divide this up however you like, but a good way to achieve this target is to be active 30 minutes a day, 5 days a week. If you find it hard to schedule half an hour a day, or find it hard to exercise for 30 minutes in one session, it's OK to break this down into blocks of 10 minutes or more throughout your day and work up over time.

IF I AM UNFIT ISN'T THERE A RISK THAT EXERCISE COULD CAUSE A STROKE?

It is very unlikely that exercising at the recommended levels will cause a stroke. However, if you haven't been active for some time, have a condition that increases your risk of stroke or are on medication you should speak to a health professional.

SHOULD I EXERCISE IF I'VE ALREADY HAD A STROKE?

If you are a stroke survivor, regular exercise can reduce your risk of having another stroke, your risk of developing dementia, improve your recovery, help with fatigue and improve your general well-being. Even if your mobility is affected by stroke, there is likely to be some kind of exercise that works for you. A physiotherapist or occupational therapist should be able to help you find exercise that works for you.

1 in 4 people are at risk of stroke in their lifetime, but by taking simple steps almost all strokes can be prevented. For more information on stroke risks and prevention visit

www.worldstrokecampaign.org

40th Anniversary of Counterstroke



Stroke Central Region celebrated the beginning of Counterstroke at our AGM. It all started 40 Years ago. There were some amazing stories told by some of our founding members. It really showed that our values are very much the same, but also how far we have come as an organisation. We have something unique and special. Members can read the [Magna Charta](#) insert for more information.



Wellington Round The Bays 16th Feb 2020

Be part of our #DontBeTheOneNZ Team to raise awareness for stroke prevention and help us fundraise for a good cause.

1 in 4 people will suffer a stroke in their lifetime, yet 90% of strokes are preventable by living a more active and healthy life.

Join this amazing team and help us make a difference.

Contact anne@strokecentral.org.nz before the 20th Jan 2020

A Day of Thanks and Farewell:

Porirua celebrated our annual Christmas Lunch at the Titahi Bay Golf Club. It is always a well supported day and the venue, food and decorations were once again spectacular.

Wonderful singing and guitar playing from Jack and Precious and her family. You certainly livened up the day.

It is also a time to celebrate and thank the volunteers that not just made this day a success but those that volunteer some of their time and energy in the Stroke Club meetings, making it a place where people can meet other Stroke survivors get encouragement and have fun.

So a great BIG THANK YOU to Necia Carroll, Lee Beaver, Precious Judkins, Margaret Clark, AlisonTeHuia, Diane Butler, Jack Kaa, David Allo and lastly and certainly not least a VERY BIG THANK YOU to Verna Cutler for her ongoing commitment and organisation of the Porirua Stroke Club over the 20 +years. We are very sad to see you resign from the committee. We also say goodbye to Necia Carroll (secretary) who has resigned, thank you Necia for your important role and wish you well.

From the hearts of the Porirua Stroke club members and Stroke Central Region

Thank you Verna and Enjoy Retirement

(Picture on page 14)

Magna Charta for CentreLink November 19

The Magna Charta is a report from the Board of Governors to the Members. As a member based society, it is essential that this is carried out on a regular basis. The report is to inform the members of decisions made by their representatives on their behalf. In the past this has been included in the CentreLink. However, as CentreLink has a much broader role in the organisation and the Magna Charta does not paly to the broader approach, it will now be issued as a detached supplement with every issue of Centrelink. If members receive their copy of Centrelink electronically, the Magna Charta will be an included attachment.

1. The Board of Governors as elected at the AGM November 2019 are: Grace Moulton (Pres), David Halford (Vice President), Margaret Morris - Manawatu, Pam Panchaud – Manawatu, Robin Boldarin - Wellington, John Howard (Consultant advisor) - Wellington, Patron Graham Taylor, Honorary Medical Advisor: Professor Valery Feigin; Patron: Graham Taylor. Two further members were co-opted to the Boar at the November meeting: Peter Thompson – Wairarapa (digital), Dr Sara Joice – Dunedin (digital).

2. Our Auditor for 2019/20 accounts will be Dennis Blank our accountants ROVA remain in the role and have presented the Board with their terms of engagement to act.

3. Mention was made by a member of the election of officers process which does not

allow for election from the floor. Our constitution states that nominations must be received in the office 42 days prior to the AGM. This has been the case since our inception. Nomination forms are sent out to Stroke Clubs and information of accessibility to the forms is announced in CentreLink from as early as June. The time frame is to allow people to make the nomination and attach the necessary biography. When the nomination is received, background and police checks are carried out. This does take considerable time and is an absolute today. Being thorough, we have avoided engaging people who are unsuitable in the past. Should any nomination arrive outside of the constitutional timeframe, the elected Board have the opportunity to co-opt interested members which happens frequently. However, be assured, the same background and police checks are applied.

4. Financial Reports to 31st October 2019 were presented and filed. Revenue to 31st Oct 2019 \$52,617 (2018 - \$52,556) Expenses: \$181,772 (2018 - \$149,399) showing a deficit for the 2019/20 Year to date of \$129,155 (2018 - \$96,842).

Budget: Vice President David Halford explained that should current Budget income/expenditure for this year continue as forecast, the closing balance for 2019/20 will be approximately \$225k. The opening balance for this year was \$612k. Should this trend continue there is a high risk that SCR will be in a significant deficit position at the

end of 2020/21. The implications of this are that SCR will be unable to provide its services at the current level.

5. SFONZ - A meeting with regard to SFONZ working in collaboration with Stroke Central and definitive boundaries will take place in December and the Board felt that new dialog with SFONZ was a positive step forward with a view to a new memorandum of understanding between the two organisations. Fundamental differences between the organisations is that Stroke Central Region provides individual support Stroke Survivors in the community as well as Stroke Prevention. SFONZ concentrate on Stroke Prevention. Stroke Central region is driven by the members (member Society), SFONZ are a non-elected Trust with no members.

6. Stroke Awareness Week 2020 – will be held on **20th - 26th April**. There will be some new material as well as a new card for people who do not carry cash to be able to “text to donate”. The Big Blue Brunch which had been moved to October has now been reinstated in April as it was deemed to have a better fit then.

7. World Stroke # Don't be the One NZ. The CEO outlined his month by month programme for the year ahead involving the prevention mission of other organisations as stroke risk factors. He felt more organisations and groups were coming on board as time progressed. He assured the Board that Stroke Central Region were at the center of every

organised event going forward.

The World Stroke Day “# Don't be the One” launch in Auckland on 29th October was an amazing event. There was a great sense of pride to belong to Stroke Central Region who were undoubtedly centre stage when we connected with seventy nine countries for the launch. This is a great opportunity which this organisation must recognise is a rare opportunity to gain profile. The whole organisation should be behind the CEO in contributing to his ideas and backing him up when and wherever there is an event that will inevitably demonstrate that.

8. The first trial of Fund-raising by Direct Mail has gone out to Carterton and to Waikanae. Now, we will wait for results but, research does indicate that, it will take at least until the fifth round of request for us to see any positive results.

9. AGM/40th Anniversary and AGM/ Fun Day 2020 – This was a very successful event which Stroke Central Region hosted and event we can be proud of. There were some recommendations including the value of sending out a questionnaire to members to discover how they would like to see future AGM/Fun Days.

10. The Stroke Central Region enamel logo badges will be on sale for a gold coin donation

11. Board Meeting Dates 2020 –Feb 19th, April 15th, June 17th, Aug 19th, Sept 16th, Nov 18th Dec 9th.

STROKE CLUBS & GROUPS



Verna Cutler right, with Eleonor, Field Officer

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

4th 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.

FOXTON COFFEE GROUP

Bronwyn - 04 237 0866

4th Tues each month, 10.30a Little White Rabbit Café, 160 Seabury Avenue.

LEVIN COFFEE GROUP

David - 06 210 0769

Every Thursday, 10am
Monza Café, Levin Mall
146 Oxford Street, Levin

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.

WAIKANAE COFFEE GROUP

Office - 0800 298 8585

2nd Tues each month, 10am, Olive Grove Café, Mahara Place,

KAPITI BOCCIA GROUP

4th Thurs of the month, 10am.

KAPITI COFFEE GROUP

Annette - 04 902 3486

2nd & 4th 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

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, 7th Day Adventist Church Hall, 50 Witako St, Lower Hutt.

CENTRAL HAWKE'S BAY SUPPORT GROUP

Heather - 06 856 8297

4th Thurs, 11am

The Lily Pond Café
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, Origin Café,
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.)

WAIRARAPA STROKE CLUB

Peter - 06 304 9203

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

WAIRARAPA 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 Awareness Week

Week commencing:

20th April 2020

Contact the Office on

0800 298 858 for information.



***"I WOULD LIKE TO SUPPORT
STROKE CENTRAL REGION"***

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

Please take \$10 of my donation as membership fee, make me a member! ☐

☐ I enclose my cheque (Please make payable to: Stroke Central Region Inc.)

OR

☐ Please charge my Credit/Debit Card: VISA ☐ Mastercard ☐ Amex ☐

Credit Card Number Expiry

Card Holder Name Sec No.

Signature

OR

Internet banking or bank deposit

☐

STROKE CENTRAL REGION INC

02-0500-0887445-97

Your details

Full Name

Email Address

Phone number

Address

- ☐ I would like to know more about leaving a gift in my will
- ☐ Please send me details about making a monthly gift
- ☐ Pass my details on to the local stroke club so they can contact me

You can also donate online at www.strokecentral.org.nz or by phone on 0800 298 858

Post to: FREEPOST STROKE CENTRAL, PO BOX 639, Paraparaumu