

Funded by the Thomas George Macarthy Trust

# CentreLink



Stroke Central Newsletter: Issue 87, Winter 2021

## Thank You For Supporting Us!



SCAN TO DONATE

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

## CONTENTS

- 4 *Smoking*
- 5 *Advanced Care Planning*
- 6 *Volunteers Needed!*
- 7 *Online Café*
- 8 *Alcohol*
- 9 *The Big Bounce!*
- 10 *Joy Cowley & Terry*
- 13 *Thank You's*
- 14 *Groups/Activities Directory*
- 16 *Donation Form*

### BOARD CONTACT

#### Stroke Central NZ President

Grace Moulton Phone:

(04) 902 3261

E-mail: [ragber.nz@gmail.com](mailto:ragber.nz@gmail.com)

### OFFICE CONTACTS

#### Stroke Central NZ Office

CEO: Lee Pownall

E: [leepownall@strokecentral.org.nz](mailto:leepownall@strokecentral.org.nz)

#### Administration / enquiries (Judy)

Tel: (04) 298 8585

**FREE: 0800 298 858**

E-mail: [stroke@strokecentral.org.nz](mailto:stroke@strokecentral.org.nz)

Web: [www.strokecentral.org.nz](http://www.strokecentral.org.nz)

#### Online Café & Events / Campaigns

#### Community Partnerships Officer:

Anne Jaeger-Annear

E: [anne@strokecentral.org.nz](mailto:anne@strokecentral.org.nz)

Tel: (06) 368 0871

### FOLLOW STROKE CENTRAL!



## FIELD OFFICER CONTACTS

### Hutt Valley & Wainuiomata

Helena Sharples

(04) 529 7075

[helena@strokecentral.org.nz](mailto:helena@strokecentral.org.nz)

### Porirua & Nth Subs

Eleonor Bizarro-Napier

Tel: (04) 237 4478

[eleonor@strokecentral.org.nz](mailto:eleonor@strokecentral.org.nz)

### Wellington Sth & West Subs

Office

Tel: (04) 298 8585

[stroke@strokecentral.org.nz](mailto:stroke@strokecentral.org.nz)

### Kapiti & Horowhenua

Bronwyn Glavin

Tel: (04) 237 0866

[bronwyn@strokecentral.org.nz](mailto:bronwyn@strokecentral.org.nz)

### Manawatu

Nicola Hosking

Tel: (06) 353 6776

[nicola@strokecentral.org.nz](mailto:nicola@strokecentral.org.nz)

### Napier/Hastings /Wairoa

Office

Tel: (04) 298 8585

[stroke@strokecentral.org.nz](mailto:stroke@strokecentral.org.nz)

### Wairarapa Field Officer

Kikki Zhang

Tel: (06) 370 1465

[kikki@strokecentral.org.nz](mailto:kikki@strokecentral.org.nz)

### Wanganui Field Officer

Susan Haynes Veart

Tel: (06) 345 1370

[susan@strokecentral.org.nz](mailto:susan@strokecentral.org.nz)



## The President's Pen

As we approach the halfway point of the year and the shortest day, I reflect on how speedy time passes. I believe the Covid 19 virus has made us all aware of how precious life is and made us question our role in supporting each other in times of crisis. As we move toward receiving the vaccine and fewer cases in New Zealand, I do hope we remain mindful of the lessons this terrible virus has taught us all and we all strive to get vaccinated.

You may be aware that our name has changed in that we have dropped the word "Region" in favour of "New Zealand". This step was mainly necessary as the geographical boundaries often worked against us when it came to making application for funding. Access to information and services has not changed and there is no intention of this happening in the future. Please feel free to make contact with Stroke Central NZ in the usual way and be assured that you're best interests are at the heart of our organisation.

Despite the restrictions over the last

fourteen months, Stroke Central Field Officers have delivered the very best service and ensured our members and clients have been well supported. Our two year **"#Don't be the One"** campaign which got underway in October 2019 although seriously impeded by lockdown and restrictions last in 2020 continued with events where and when it was possible. This campaign continues to run through this year with May being the month highlighting the increased risk of stroke due to smoking and the dangers to people who could be affected by secondary smoke.

**Stroke Awareness Month** – was held in March and although the emphasis is on ensuring the maximum information on Stroke and Stroke prevention is available to people in the Central Region, it is still a fund-raising opportunity particularly for the stroke clubs. The success in Napier led by the hard work of Colleen Hannan is remarkable and has been for a number of years. Not only were significant funds raised again this year but the amount of Stroke Prevention information resources distributed should have a marked effect on the population too.

Keep well and keep warm as Winter approaches.

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

## Smoking and stroke risk

**Stroke happens either when the blood supply to part of your brain is cut off because of a blood clot, or when 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.**

Smoking tobacco increases your risk of having a stroke. Someone who smokes 20 cigarettes a day is six times more likely to have a stroke compared to a non-smoker. If you are a smoker, quitting will reduce your risk of stroke and a range of other diseases. If you live with a non-smoker, quitting will reduce their stroke risk too.

### Why does smoking increase stroke risk?

Tobacco smoke contains thousands of harmful chemicals which are transferred from your lungs into your bloodstream. These chemicals change and damage cells and affect how your body works. These changes affect your circulatory system and increase your risk of stroke.

Smoking can affect your body's cholesterol levels, it reduces the levels of 'good' HDL cholesterol and increases the levels of 'bad' LDL cholesterol. Higher levels of LDL cholesterol increase your risk of stroke.

Smoke from cigarettes contains carbon monoxide and nicotine. Carbon mon-

oxide reduces the amount of oxygen in your blood while nicotine makes your heart beat faster, raising your blood pressure. Half of all strokes are linked to elevated blood pressure. The chemicals in tobacco smoke also make your blood more prone to clotting.

Together these effects of smoking increase your risk of developing atherosclerosis (also known as hardening of the arteries). People with atherosclerosis have narrower, less flexible arteries which reduce the blood flow, contribute to higher blood pressure and increase the likelihood of blood clots. Blood clots that travel to the brain stop blood and cause brain cells to die.

### Passive smoking and stroke

Breathing in someone else's tobacco smoke increases your risk of stroke, non-smokers who live with smokers are almost twice as likely to have a stroke than those whose partners didn't smoke. Smoke free homes and workplaces reduce the risk of stroke.

### Is it worth quitting?

Even if you are a long-term smoker quitting will reduce your risk of stroke almost immediately. Within 8 hours of quitting your blood oxygen levels will improve and carbon monoxide and nicotine levels in your body will go down by more than half. After 2-12 weeks your circulatory system will start to improve, after two years your risk will reduce significantly and after five years your risk is the same as non-smokers.

## Help to quit smoking

Nicotine is a highly addictive substance and can be hard to quit. Smoking also becomes a habit that people can find hard to stop. You might have to try many times to quit before you manage to kick the habit but getting specialist help to quit makes it four times more likely that you will kick the habit. Because smoking is so harmful to public health, many governments and agencies have put in place programs to support people who want to quit, some of these provide access to personal support, online tools and nicotine replacement therapy. If you want to stop, talk to a doctor or pharmacist about local programs or look online for services that might be available to help you quit.

### E-cigarettes and 'vaping'

Devices which provide nicotine without the toxins found in tobacco smoke have increased in popularity in recent years. These are less harmful than smoking tobacco but are not without risk. If you have tried other ways of quitting without success e-cigarettes or vaping devices could help you to reduce your risk of stroke.

**1 in 4 people are at risk of stroke in their lifetime, but by taking simple steps almost all strokes can be prevented.**

## Stroke Central New Zealand Advanced Care Planning Service

Stroke Central New Zealand is an approved ACP provider.

An Advanced Care Plan is important and everyone should have one regardless of age.

It helps your family and others to know your wishes if you need care in future, following a medical event.

The Field Officer can get you started, so that you can discuss this with your family and GP.

The Field Officer can then visit you to finalise the ACP document and send it through so that it is on record with the Ministry of Health.

If you would like a Field Officer to visit you to give you more information and to help to complete it please contact Bronwyn at [Bronwyn@strokecentral.org.nz](mailto:Bronwyn@strokecentral.org.nz)



## Volunteers Needed!

First of all I want to thank all of the volunteers that collect and help out for Stroke Awareness Month.

Stroke Central really can't do this without you. It is important that we get the stroke awareness message out to the public, and raise funds for the Field Officer Services and our Stroke Groups.

We need volunteers in each community. The stroke groups do a great job, but we need more volunteers to support the services in the community.

We are now looking for fresh volunteers to take on new tasks in the stroke community.

1. We would like to make events like Stroke Awareness Month & World Stroke Day better coordinated. It would be great to have teams of volunteers to man new spots in the community. As well as some Champions to coordinate things better than we have previously.
2. Volunteers to run stroke coffee groups for Young Stroke Survivors, Maori and Pacific groups are needed so that we are providing a more accessible

service for the whole community.

3. Volunteer Drivers are in demand also. We need some willing volunteers that we can add to a list in each community.
4. Additionally, you may have some other skills that we don't know about. If you do and you have the time to help out let us know.

So let us know if you are interested in helping. If I can find some willing volunteers to help me pilot this, then hopefully we can gain some funding or financial support to get it running on a bigger scale.

**Please contact me if you wish to help out or have any ideas.**

**Lee Pownall, CEO**

**[leepownall@strokecentral.org.nz](mailto:leepownall@strokecentral.org.nz)  
04 298 8585**

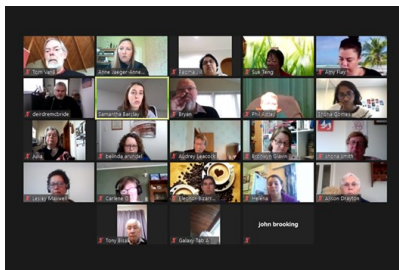


**Christina Tunnicliffe and Peter MacLeod manning the stall at an event in Wellington.**

## STROKE CENTRAL ONLINE CAFÉ

*From the comfort of your own home  
(or office); Connect with our Stroke  
Community; learn about all things  
related to stroke.*

*From expert knowledge and advice  
to inspirational stroke stories.*



### Upcoming meetings:

**Monday 14<sup>th</sup> June – 1pm:** “Resilience and well-being of family carers of stroke survivors” – Ayesha Qureshi is a PhD student at the University of Otago. Living the trials and tribulations of being a family carer for her mother embarked her on a research journey to explore how carers of stroke survivors can be best supported in their role. The goal of her research is to develop the resilience programme for family carers of stroke survivors. We’ll hear about her journey, her research and the carers resilience program. **Note: Although this session is for everyone, it would be great to see many carers take part as well.**

**Wednesday 23<sup>rd</sup> June– 11am:** Professor Cathy Stinear from the Neurological Foundation will join us to talk about her latest research into stroke, stroke treatments and stroke rehabilitation.

**Monday 12<sup>th</sup> July – 11am:** “Are you sleeping well?” – Dan Ford, behavioural sleep psychologist at The Better Sleep Clinic will be joining us. Dan will talk to us about his work at The Better Sleep Clinic, tell us the signs of insomnia and explain why sleep is important as well as giving us some tips and tricks on how to sleep better.

**Wednesday 28<sup>th</sup> July – 11am:** We’ll be joined by Gavin Tamblyn, Primary Care Support Pharmacist at THINK Hauora. Gavin will give us a presentation on the different stroke medications/stroke prevention medications (for AF, Cholesterol, blood pressure etc.), what they are good for and what side effects they have. If you have any questions regarding your own medications, you are welcome to ask questions after his presentation.

**To attend these free meetings or receive info on upcoming meetings  
simply email [anne@strokecentral.org.nz](mailto:anne@strokecentral.org.nz) to register.**



## Alcohol and Stroke

Drinking too much alcohol can increase your risk of stroke, globally excessive alcohol consumption is linked to over 1 million strokes each year.

### Why does drinking increase stroke risk?

Drinking too much alcohol either regularly, or 'one-off' over consumption can increase your risk of stroke. This is because alcohol is linked to a number of other conditions which are associated with strokes:

**Hypertension** – drinking too much alcohol increases your blood pressure. High blood pressure is associated with over half of all strokes. Regularly drinking can lead to damage to your circulatory system which increases your risk of stroke.

**Atrial Fibrillation** – excessive alcohol consumption can trigger a heart condition called atrial fibrillation (AF). People with AF are five times more likely to experience a stroke. AF can cause blood to clot in the heart, if these clots break up or dislodge they can travel to the brain and cause a stroke. People who have AF related strokes are more likely to die or be seriously disabled following stroke.

Alcohol can also interact with medications that your doctor has prescribed to treat AF. If you are taking a

blood thinning medication (anticoagulant) called warfarin drinking alcohol can prevent your blood from clotting and increases your risk of bleeding in the brain (haemorrhagic stroke).

**Diabetes** – Alcohol can change how your body responds to insulin – the hormone that helps your body turn sugar in your blood into energy. This can lead to type 2 diabetes

**Being overweight** – being overweight increases your risk of having a stroke. Alcohol is very high in calories, so regularly drinking lots of alcohol can lead to weight gain or make it harder to lose weight.

**Liver damage** – too much alcohol can cause damage to the liver and prevent it producing substances that help your blood to clot. This can increase your chance of bleeding in the brain – known as a haemorrhagic stroke.

### What is a 'safe' level of alcohol consumption when it comes to stroke?

The upper daily limit is 2 units of alcohol for men and 1 unit of alcohol for women.

An alcohol unit helps to measure and keep track of the alcohol you are consuming across a range of drinks. One unit is the equivalent 10ml of pure alcohol.



Because different drinks have different levels of alcohol by volume (ABV) a single unit of alcohol is not the same thing as a single drink.

### Risk reduction

Sometimes we are in situations where we know we are likely to drink more than the recommended limit. While the health risks of doing this regularly are clear, for one off occasions, you can reduce the *short-term* risks to your health by:

Setting and sticking to a limit on the total amount of alcohol you drink on any occasion

Drinking more slowly

Drinking with food

Alternating alcoholic drinks with water

### Tips for reducing your alcohol consumption

Track your alcohol intake and look at how and when you could reduce your intake

Have 2-3 consecutive alcohol-free days every week

Replace alcoholic drinks with low or no-alcohol alternatives

Go small – instead of a large glass of wine, take a small glass. Instead of a pint take a half or a small bottle.

If you use alcohol to relax find other

healthier methods - exercise is a much healthier way to manage stress.

### When to get help

Cutting down on alcohol can be difficult if you are finding it hard to control your drinking, speak to your doctor who can signpost you to tools, information and support.

## The Big Bounce! Cheques to be phased out by 1st July 2021

As of 1st July, Stroke Central will not be able to bank cheques, due to changes at BNZ and other banks. Other banks will have already phased cheques out by the middle of June.

This could mean as an organisation we lose out on many donations. We don't want this to be the case, so please if you usually send memberships or donations via cheque, ensure that you are able to use online banking. Please see the back page for our online banking information.

We also are asking you to make other people in the community aware that they will need to set up online banking as soon as possible so that they don't get caught bouncing in July.

## A Stroke Journey with Joy Cowley and Terry Coles

Beloved children's writer Joy Cowley knows a lot about strokes. Her husband Terry Coles has had multiple TIA's (mini strokes) and strokes over the past years and although luckily none were fatal, they have left a great toll on his wellbeing. Joy is Terry's main carer and with her kind and caring nature she enjoys looking after Terry and being there for him in this time of need.

For Terry it was the loss of independence that was the hardest thing to overcome. Being dependent on other people to go anywhere, needing help to get dressed and undressed. It was difficult to accept that these everyday things he could no longer do himself. But for both Terry and Joy it is their deep love for each other and their strong belief not to be afraid of change that keeps them going.

Treasuring time together is important to both and they enjoy remembering the times and adventures they had together. From taking rollercoaster rides to fishing trips in the Marlborough Sounds and going white water rafting.

These days they are spending their time together in their little cottage in Featherston treasuring the small, everyday things like doing crosswords, listening to

music and simply being together. For them, life has become smaller, yet it has also become richer and more valuable.

You can watch the whole interview with Joy and Terry under this link [www.youtube.com/watch?v=DiVoOotchco0](https://www.youtube.com/watch?v=DiVoOotchco0) or visit our website.



**Lee Pownall and Graham Taylor visit Wairoa Stroke Group.**



**Nicola being thanked for an excellent presentation in the Manawatu**



**Kapiti Boccia Group**

## The Curse of Stroke for Our Family



As Ann Jones got older the thought that she might succumb to a stroke or heart attack was always on her mind. Her mother, brother and cousin all had strokes in their early fifties which had severe effects on them in different ways. Her brother lost his career and marriage due to the disabilities the stroke caused, and her cousin lost her speech as well as movement in the right side of her body.

Ann Jones is now 63 years old and is making sure that she lives a healthy and active life. "I count my blessings every day and try to do everything to prevent the same thing happening to me" she explains, "I was the big kid in school and wasn't very healthy when I was young. My father had a heart attack and passed away when I was only 11". It was then that the doctor told her that she had to lose weight if she didn't want to end up like her dad.

As Ann got older, she has become more aware of living a healthy and active

lifestyle "I've got children and grandchildren, so I've got lots to live for" she explains.

This is the first time she is taking part in the Rotorua Marathon and she is doing it to support her son. "My son is overweight, and he said he wanted to do the 10km at the Rotorua Marathon this year, so I said yes go for it, I'm with you! Now there is five of us in our family doing the 10km together." Ann and her family are supporting each other in their quest to live a more active, and healthy lifestyle to prevent cardiovascular diseases and to break the curse of stroke in their family.

Ann fundraised at the Rotorua Marathon for Stroke Central New Zealand's #DontBeTheOneNZ Stroke Prevention Campaign. #DontBeTheOneNZ raises awareness and educates on the prevention of stroke and other cardiovascular diseases through the promotion of living an active and healthy lifestyle. Every hour, someone has a stroke. Every 5 hours, someone dies from stroke. Every year 10,000 people experience a stroke. There is a trend towards increasing stroke incidence in people younger than 65 years. Yet, stroke is largely preventable!

**For more info on stroke and stroke prevention visit**

[www.strokecentral.org.nz](http://www.strokecentral.org.nz)

END.

## **The Green Scene**

### **June Gardening**

Happy Winter to all of you gardeners out there at Himatangi Beach and surrounding districts, and to all the email recipients. I for one don't actually mind Winter gardening as the weather determines if you are able to get out and enjoy your efforts. If you are like me and have a glasshouse and it is pouring down outside, you can always grow some crops in it. In the past I have grown Cauliflowers in my glasshouse, but this year I have Lettuces, Spring Onions, and 2 Tomato plants growing for my Winter salads. I like nothing more than a homemade Rissole, or any other meat, Roast or Mashed Potatoes, Homemade Gravy and a Homemade Salad courtesy of my glasshouse. I once explained this to a Guy who lives around the corner from me and he said, 'Salads are a Summer thing, not in the middle of the Winter'. I then asked him 'Why?' He had no answer to that. I rest my case....

**“What You Can Plant”?** June is a quiet month planting wise. Of course, it is the traditional month to plant your **Garlic**. Tradition gets thrown out the window here. From now on I will be featuring a particular vege followed by a list of what other veges can be planted for that month. This month's featured vege is **Pak Choy** or **Bok Choy**. Why not try something a little bit different to put in, and one that is gaining popularity in NZ. What I am talking about is **Pak Choy**, or **Bok Choy**. Commonly called **Chinese Cabbage**. It enjoys a well worked garden and good drainage. It is delicious in a Chinese stir fry or even as a substitute

from your everyday **Cabbage**. Just don't be like our parents and boil the guts out of it. Try sautéing in a little butter with Garlic. Delicious.

All the following veges that can be planted in June will most definitely prosper in a well worked and good drained gardens, such as raised gardens. They are **Broad Beans (Seeds), Cabbage, Kale, Onions (Seeds), Peas (Seeds), & Radish**. All can be put in now. Look out for next month's featured Vege.

**“Garlic Update & Photo”** As mentioned previously I put in 202 Cloves of last year's saved Garlic and I am ecstatic to report that for the first time in more than 6 years I have got a 100% strike rate. I think the last time I got this sort of result was when my boarder Lance was here helping, and he has been gone for 4 or 5 years, if not longer. Now, I did get “Doubles” where there is 2 or 3 seed Garlic in the one Clove, so I gently prised the plant out of the soil and separated them and planted in a gap, hence the 100% strike rate. Even though I used some “Doubles” I am still claiming 100%.

There is not a lot of difference in the mulched beds and Unmulched ones. It is just an experiment. I just love experimenting in my gardens, and that is not just the growing of Garlic, But other plants as well.

**“Treat People the Way You Want to Be Treated. Talk to People the Way You Want to Be Talked To. Respect Is Earned, Not Given.”**

**By Simon Broad (stroke survivor)**



**New Wairarapa Field Officer**

**Kikki Zhang**



**Barbara Hambleton & John Dando**

**Levin Age on the Go EXPO**



**Left: New Whanganui Field Officer  
Susan, with Senior Field Officer  
Bronwyn**

**at Maori Community Cancer Hui**



**Jack & Suzanne in Kapiti**



**Lee Pownall, CEO**

**Raised around \$500 for SCNZ and  
\$500 for Whirlwind Kapiti by  
completing the Rotorua Marathon**



Ū HAUORA



**Thank you's**

## STROKE GROUPS AND ACTIVITIES

### PALMERSTON NORTH GROUPS

**Shona – 027 370 3001/06 323 3446**

**Swimming** Mon & Wed 10.30am-12.00 noon,  
Palmerston North Hospital.

#### **Milson Community Centre**

**Activities Day** Tues 2.00pm-4.00pm. \$2.00pp.

**Boccia Group** Fri 2.00pm – 4.00pm. \$2.00pp.

**Feilding Group** To be advised.

**Shona – 027 370 3001/06 323 3446**

#### **4 Stroke Engine Club**

**Stew - 027 221 9683**

Monday & Tuesday mornings, 9.00am – 12  
noon at Manfeild.

### WHANGANUI STROKE SUPPORT GROUP

**Sharon – 027 294 9897**

3<sup>rd</sup> Tues of each month, 1.30pm, Social Centre  
for The Blind, Peat St, Whanganui.

### LEVIN STROKE SUPPORT GROUPS

**David – 06 210 0769**

#### **Coffee Club**

2<sup>nd</sup> Tuesday each month at 10.00am, Library  
Café Te Takeretanga o Kura-haupo, 10 Bath St,  
Levin.

#### **Sunday Cinema**

Each Sunday, 1.30pm, Levin Home for War  
Veterans, 36-40 Prouse St, Levin.  
\$6.00pp (includes afternoon tea).

### OTAKI STROKE SUPPORT GROUPS

#### **Stroke Support Group**

**Marian - 06 364 5028**

1<sup>st</sup> Thurs each month, 10.00am, Lounge at  
Presbyterian Church, 249 Mill Rd, Otaki. AGM is  
being held 1 July 2021.

#### **Otaki Stroke Support & Wellness Group**

**Marian - 06 364 5028**

Every Fri 10.00am - 12.00 noon, 'Sit and be Fit'  
plus brain teasers with Joseph  
Te Wiata, Senior Citizens Hall, Rangatira St,

Otaki. \$5.00 pp morning tea included.

### KAPITI STROKE SUPPORT GROUPS

#### **Kapiti Boccia Group**

**Bronwyn – 021 962 366**

4<sup>th</sup> Thurs of the month, 10.00am – noon, Grace  
Hall, Kapiti Impact Hub, 6 Tongariro Street,  
Paraparaumu. \$3.00 pp includes morning tea.

#### **Kapiti Stroke Support Coffee Group**

2<sup>nd</sup> Thursday each month, 10.00am, at Café  
Palms, Kapiti Lights, Paraparaumu.

Contact Bronwyn for more information.

#### **'Roving' Stroke Support Coffee Group**

**Bronwyn – 021 962 366**

2<sup>nd</sup> Monday of the month, 10.00am at either  
Raumati Beach or Waikanae. Please contact  
Bronwyn for more information.

#### **Men's Coffee Group**

2<sup>nd</sup> Tuesday each month, 2.00pm at Columbus  
Café, Mega Mitre 10, Kapiti Rd, Paraparaumu.

#### **Kapiti Korero – Aphasia Group**

**Lauren Morrison – 021 0818 8061**

#### **Community Aphasia Advisor**

**wellington@aphasia.org.nz**

4<sup>th</sup> Wednesday each month, 10.30am –  
12.30pm, Kapiti Impact Hub, Tongariro St,  
Paraparaumu.

### PORIRUA STROKE CLUB

**David – 04 232 4300/027 277 0843**

Meet 2<sup>nd</sup> Wed, 10.30pm each month at the  
Café Kaizen, Porirua Library, Pataka Art &  
Museum, Porirua City. Stroke Survivors and  
carers are welcome. Contact David to confirm  
venue as changes may be likely during the year.

### WELLINGTON STROKE SUPPORT GROUPS

#### **Southern Suburbs Stroke Group**

**Rosalind - 04 389 7164**

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



### **Northern Suburbs Stroke Group**

**Tony - 04 237 0376**

1<sup>st</sup> Wed each month, 2.00pm, Zampelles Coffee Bar, Johnsonville Mall.

3<sup>rd</sup> Wed each month, 12.30pm, Uniting Church Rooms, Dr Taylor Terrace, Johnsonville.

### **Karori Stroke Survivors Group**

**Peter - 021 431 561**

2<sup>nd</sup> Tues of each month, 10.30am, Hospital Recreation Room, Huntleigh Retirement Home, 221 Karori Rd, Karori.

### **Tawa Coffee Group**

**Eleonor - 021 962 378**

3<sup>rd</sup> Thur, 11.00am at the The Borough, 162/168 Main Rd, Tawa.

### **UPPER HUTT STROKE SUPPORT GROUPS**

#### **Coffee Club**

**Mike - 0274 545 486**

10.00am, 2<sup>nd</sup> Tues of the month, Mitre 10 Café, 9 Park St, Maidstone, Upper Hutt.

#### **Women's Carers Group**

**Jenny - 04 529 8331**

10.30am every 2<sup>nd</sup> Monday, St Johns Hall, Smallfield Lane, off Moonshine Rd, Trentham.

### **LOWER HUTT STROKE SUPPORT GROUPS**

#### **Hutt Valley Aphasia Group**

**Virginia - 027 443 8316**

10.00am-1.00pm, every 2<sup>nd</sup> Thurs, Seventh Day Adventist Church Hall, 50 Witako St, Lower Hutt.

#### **Coffee Group**

**Helena – 021 962 375**

1<sup>st</sup> Thurs of each month, 10.00am, Atrium Café, 215 High St, Lower Hutt.

### **WAINUIOMATA STROKE CLUB**

**Barry – 027 444 9973**

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

### **HAWKE'S BAY STROKE SUPPORT GROUPS**

#### **CHB Stroke Support Group**

**Heather - 06 856 8297**

4<sup>th</sup> Thurs monthly, 11.00am, The Lily Pond Café, Waipukurau.

#### **Hastings Stroke Support Group**

**Katie-Ann - 06 878 7875**

3<sup>rd</sup> Fri of the month, 10.30am-12.00 noon, Red Cross Meeting Rooms, 823 Heretaunga Street West, Hastings.

#### **Napier Greendale Stroke Group**

**Colleen – 06 844 8604**

2<sup>nd</sup> Wed of the month, 10.15am, at Origin Café, Gloucester St, Taradale, Napier.  
Every 4<sup>th</sup> week, lunch, outing or other activity.  
No set day of the week.

#### **Wairoa Stroke Support Group**

**Maureen - 027 452 0042**

Meets 1<sup>st</sup> Wed bi-monthly, 1.00pm, Age Concern building, Lahore Street Wairoa. (Gold coin.)

### **WAIRARAPA STROKE SUPPORT GROUPS**

#### **Wairarapa Stroke Club**

**Peter - 06 304 9203/021 436 353**

**Email: peter\_thompson@outlook.com**

2<sup>nd</sup> Wed of the month, 1.30pm, South Wairarapa Workingman's Club, Main Street, Greytown.

#### **Stroke Lunch Club**

1<sup>st</sup> Wed of the month, 12 noon at Masterton Services Club.

**Joan – 027 662 0134**







***"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](http://www.strokecentral.org.nz) or by phone on 0800 298 858**

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