

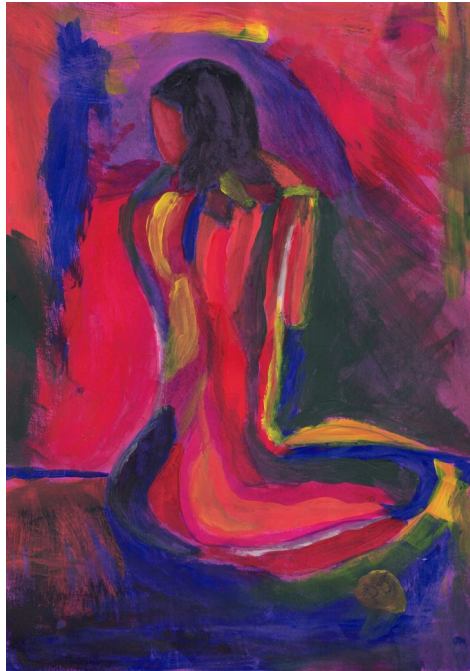
Funded by the Thomas George Macarthy Trust

CentreLink



Stroke Central Newsletter: Issue 88, Spring 2021

Lockdown Special - Extra Large Virtual Edition



World Stroke Day 2021

Friday 29th October

Big Blue Brunch & Street Collections

Contact stroke@strokecentral.org.nz

for info and updates



Text STROKE to 5339 to donate \$3

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BOARD CONTACT

Stroke Central NZ President

Grace Moulton Phone:

(04) 902 3261

E-mail: ragber.nz@gmail.com

OFFICE CONTACTS

Stroke Central NZ Office

CEO: Lee Pownall

E: leepownall@strokecentral.org.nz

Administration / enquiries (Judy)

Tel: (04) 298 8585

FREE: 0800 298 858

E-mail: stroke@strokecentral.org.nz

Web: www.strokecentral.org.nz

Online Café & Events / Campaigns

Community Partnerships Officer:

Anne Jaeger-Annear

E: 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

Porirua & Nth Subs

Michelle Becher

Tel: (04) 237 4478

michelle@strokecentral.org.nz

Wellington Sth & West Subs

Sue Teng

Tel: (04) 473 7669

sue@strokecentral.org.nz

Kapiti & Horowhenua

Bronwyn Glavin

Tel: (04) 237 0866

bronwyn@strokecentral.org.nz

Manawatu

Nicola Hosking

Tel: (06) 353 6776

nicola@strokecentral.org.nz

Hawkes Bay

Ngaire Osborne

Tel: (06) 833 6972

ngaire@strokecentral.org.nz

Wairarapa

Kikki Zhang

Tel: (06) 370 1465

kikki@strokecentral.org.nz

Wanganui

Susan Haynes Veart

Tel: (06) 345 1370

susan@strokecentral.org.nz



The President's Pen

I sincerely hope the latest outbreak of the Covid 19 virus is on the wane and that we are all able to live at an alert level that allows us some normality in life again. It has become apparent that the Delta variant of the virus is causing anxiety that was not apparent in the first wave of Covid last year. For this reason, we really need to really lookout for each other until this has passed. Please get vaccinated at the first opportunity, this is our passport out of this pandemic.

Be aware that Stroke Central Field Officers are funded as an essential service and will continue to deliver the very best service. Please be assured that the service operates under all alert levels and even if your visit with a Field Officer is one of non-contact, you will still receive the same support as if your visit was face to face.

Future Covid restrictions allowing, we do still aim to hold our Fun day/AGM on October 9th at the Palmerston North Leisure Centre. We do need nominations for Board members - people with the

ability to represent our members in making decisions for the future of the organisation. Nomination is not onerous and if you have not received a form for this, please contact the Stroke Central Office Tel: 04298 8585 or e-mail: stroke@strokecentral.org.nz

Awards; We have a number of awards which require nominations. These can all be nominations from within our stroke community: **The Brian Stokoe Award** (for the most improved and outstanding Stroke Survivor). **The Steve Davies Award** (For the individual who has shown outstanding leadership. There are also **Volunteer Awards and** although these have been around for a long time, I am sure there are people who give their all and deserve a mention. Please call the office as above to receive the various nomination forms and give back to those who deserve it.

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

Tel: 021 962 363 or
ragber.nz@gmail.com
or call Office Tel: 04 298 8585 or
e-mail: stroke@strokecentral.org.nz

Happiness Through Art

Padma Jilludimudi is driven, intelligent, and passionate about art. She has multiple degrees in commerce & accountancy, Law degree, Post Graduate diploma in Business Management and a Masters in English. She worked as a public prosecutor in India before coming to Christchurch, NZ in 2000 where she did more studying.

In 2002 she was taken to hospital with Angina and within a short time they had done open heart surgery.

Then in 2004 while playing table tennis, she became dizzy and collapsed; she had a stroke and was admitted to hospital. After being in a coma for 3 days she woke up with the right side of her body paralyzed. She didn't know what had happened and turned to her friends and family for answers. Padma couldn't understand why no one was talking to her until she realized that her speech was also affected by the stroke. Her voice wasn't working and although she thought she was talking; no words were coming out of her mouth only random sounds. She had lost her ability to speak.

When therapy started, Padma had to re-learn how to talk, starting with the alphabet one letter at a time. Although she has regained her speech and sometimes, she talks fluently, other times she has words in her head, but she can't get them out. It can get very frustrating.

Luckily her rehabilitation service at the time found her a job as an Income Related Rent Specialist for Housing NZ. Although Padma was able to talk again, she wasn't fluent, and her right hand was still paralyzed, which made her very nervous. However, she overcame her fears and ended up working for Housing NZ for three years as an IRR Specialist, with a 100% fault free audit results. Being successful in her job once again boosted her confidence.

A few years later Padma moved to Wellington to be with her daughter and life became quite slow once more, not having any friends around and not having a job, her right arm still paralyzed. She was bored and slowly boredom turned into depression. One day her daughter said to her: "Mum if you want to do something, you go ahead and do it and I

will support you. Don't worry about anything if you like something you go and do it". Padma told her that she liked drawing, but she was afraid that she could no longer do it as her dominant hand was paralyzed, but her daughter kept on encouraging her, reminding her of her previous successes in life and told her to be brave and try it. After much encouragement from her daughter, Padma enrolled herself in an evening Art Class at Tawa College. With the help of her tutor there she regained her confidence in her ability to sketch and draw and she learned to use her non-dominant hand. Finally, she had found purpose in life again, some-

thing to do, and she has been so successful with her art that the Tawa Community Centre invited her to join with Tawa Arties.

Padma now regularly sketches and draws in Acrylics, watercolors as well as Pastels and Charcoal and she is always happy to try something new. She now feels very proud of her progress with her artwork, and her newfound love of art has given her back happiness in life. She also wants to encourage other stroke survivors or people with disabilities to not fear things. She says, "if we have an idea of what we want to do in our mind and our heart, we can do it". And that's what she lives by, happily trying new things when she feels like it.

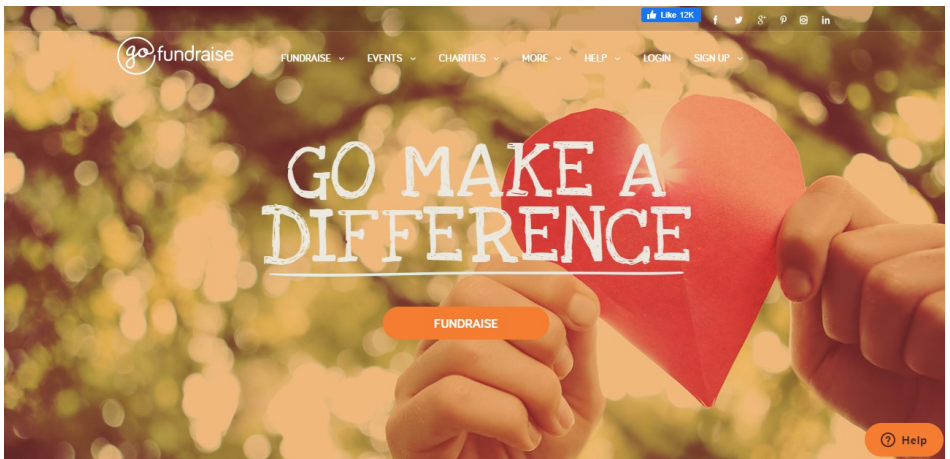


All of the art in this edition was made by Padma Jilludimudi. Padma is also a regular at our Online Café .





Thank you to Wellington Urban Ultra Marathon for a huge donation of around \$1000 from T-shirt sales. A massive thank you to Gareth Thomas Race Director!



If you wish to donate to the events that support our charity, you can do so through GO FUNDRAISE website.

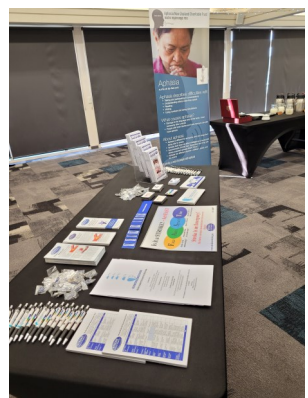
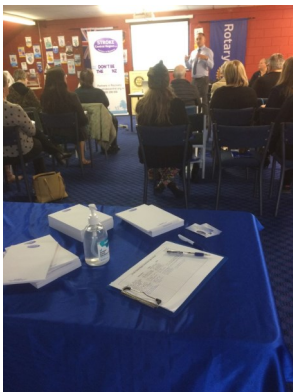
Senior Regional Games-Wellington

Tues, 2nd of Nov 10am-2pm, ASB Sports Centre, 72 Kemp St, Wellington

The Senior Regional Games are an annual event that aims to knock down boundaries and challenge the assumption that the older you get, the fewer opportunities there are to stay active. From badminton to bowls to dancing, the games provide something for everyone.

Suitable for the active; less active than I used to be; only active if I get to see my mates; and those keen to come and watch others be active, this free event offers independent older adults the opportunity to participate in fun physical and social activities, meet new people, and learn more about what activities are regularly available in the community.

If you want to take part in the games and represent Stroke Central NZ then contact our Community Partnerships Officer Anne either by email anne@strokecentral.org.nz or phone 021 962 371.

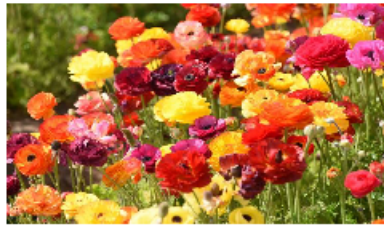






**Annual AGM / Fun Day
Saturday 9th October 2021**

**Palmerston North Leisure Centre
596 Fergusson Street, Palmerston North
Starting at 10.00am / Finish at 3.30pm**



**For information contact your Stroke Club,
Field Officer or Stroke Central Office on 0800 298 858.
Office email – stroke@strokecentral.org.nz
Office may be closed at times for phone calls/visits due to
lockdown levels 3 & 4.**

**Please RSVP to our Office as soon as possible, if you would like to attend and
provide your email if you would like to be on the list to attend via Zoom.**

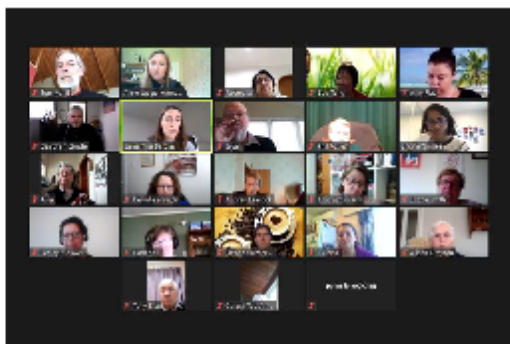
**Things may change with Restrictions and or Level Changes, if this happens
Zoom will be our backup.**

**We are also unsure how this will effect Boccia, but please RSVP your Teams
ASAP, so we can plan.**



Stroke Central Region Online Café

Stroke Central Region is offering free, twice monthly, online meetings for stroke survivors, carers and anyone else who wants to connect with people and community organisations from within their home. It is an opportunity for attendees, to connect with other likeminded people and receive the support they need.



Upcoming meetings:

Monday 13th September – 11am: Dr Jenna Duehr, Chiropractor and Council Member of the NZ Chiropractor Association will join us to share some exciting new research developments in the field of chiropractic care and stroke patients as well as telling us about their “Straighten Up NZ” program.

Wednesday 22nd September – 11am: Joining us is Neurological Physiotherapist Rachel Yates. Rachel will talk to us about her work as a neurological Physio, the importance of exercise and also give us some tips on how we can work towards our goals post-stroke.

Monday 11th October – 11am: “What is Music Therapy and how does it work?” – We’ll be joined by Music Therapist Karina Auer who will talk to us about her work and explain how music therapy can help with speech impediments, depression, memory loss and much more.

Wednesday 27th October, 11am: Training to be a Buddhist Monk - Don Lawson will tell us about his journey and training of becoming a Buddhist Monk as well as their meditation practices and we’ll end the Online Cafe with a Buddhist meditation session.

To attend any of these free meetings or receive info on upcoming meetings simply email anne@strokecentral.org.nz to register.

High Blood Pressure & 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 world-wide, but most strokes can be prevented by addressing a small number of key risk factors – including blood pressure.

What is high blood pressure?

High blood pressure affects about half of people in the world and often has no noticeable symptoms. Left untreated it damages blood vessels and can lead to a number of serious diseases including stroke. More than half of all strokes are associated with hypertension or high blood pressure. A simple blood pressure check can determine whether you have high blood pressure and a health professional can advise on whether your condition can be managed with lifestyle changes and/or the right medication.

How is high blood pressure diagnosed?

The only way to check for high is to have it checked. When you have a blood pressure check, your health professional will record two numbers known as systolic and diastolic pressure. Systolic pressure, the higher number, is a measure of the force with which blood is being pumped around your body. Diastolic pressure is the

level of resistance to the blood flow in your body. The definition of elevated blood pressure is a measure of 120/80 or above. If you have blood pressure of 140/90 or above, this is called hypertension.

How is high blood pressure linked to stroke?

Consistently high or elevated blood pressure makes your circulatory system – your heart, arteries and blood vessels – work harder at their job of moving blood around your body. This extra work causes damage that can make your blood vessels, including those in your brain, harder and narrower over time. This process, known as atherosclerosis, increases the risk of blockages in the blood vessels in your brain. If the blood supply to an area of the brain is cut off or restricted it can lead to permanent brain damage, or death.

Atherosclerosis can also increase the pressure the blood flow through blood vessels in the brain causing them to burst and bleed. This is called a haemorrhagic stroke which can also cause permanent damage to the brain or death.

What causes high blood pressure?

High (elevated) blood pressure is linked to

Age –if you are aged over 65 you are at higher risk of elevated blood pressure.

Genetics –if you have a family history of hypertension you are more at risk

Ethnicity – if you are from a Polynesian, Afro-Caribbean or South Asian background you are at higher risk of high blood pressure.

Pregnancy – if you are pregnant hormonal changes put you at increased risk of elevated blood pressure and stroke.

Health conditions – people with diabetes are likely to have elevated blood pressure. Kidney disease can be a result of elevated blood pressure and hypertension can also cause further kidney damage.

High blood pressure is also linked to a number of lifestyle factors. Addressing these factors can help you to prevent and to manage your blood pressure, they will also help you to reduce your risk of stroke.

Exercise- regular exercise can help you to prevent and manage your blood pressure. 30 minutes of brisk exercise five times a week is recommended to reduce your risk of stroke and other diseases.

Being overweight or obese – carrying too much weight, particularly around your middle, puts extra strain on your heart and other organs and increases your risk of high blood pressure and diabetes both of which increase your risk of stroke.

Diet – processed foods contain higher levels of salt, fat and sugar which all contribute to high or elevated blood pressure as well as increasing your risk of obesity. Eating a healthy diet high in fruit and vegetables, wholegrains, healthy fats and low in salt can help you to prevent and manage hypertension.

Cholesterol – more than half the people with elevated/high blood pressure also have high cholesterol. Eating a diet low in saturated fats and exercise regularly can help to prevent atherosclerosis. If cholesterol cannot be managed by dietary change, taking medications to lower your cholesterol, will help reduce your stroke risk.

Alcohol – regular and heavy use of alcohol is linked to high blood pressure but also heart rhythm disorders that increase your risk of stroke. Avoiding alcohol or sticking to recommended consumption of no more than 2 units of alcohol a day will reduce your risks.

Smoking – tobacco smoking temporarily increases your blood pressure and contributes to damaged arteries, high blood pressure and stroke as well as a range of other diseases.

Stress – stress temporarily increases your blood pressure, if high levels of stress are experienced on a regular basis this can damage your arteries over time increasing your risk of stroke and other diseases. Stress can also contribute to behaviours such as poor diet, physical inactivity and excessive alcohol consumption which will increase your health risks.

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

Diabetes & Stroke Prevention

Stroke happens either when the blood supply to part of your brain is cut off because of a blood clot or when 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 in 5 people who have a stroke are diabetic and people with diabetes have poorer outcomes from stroke compared with the rest of the population](#) .

Stroke and diabetes share many risk factors, most of which can be addressed with lifestyle changes and/or medication. This leaflet provides information about the links between diabetes and stroke and about the steps to take to reduce your risk.

What is diabetes?

When you have diabetes your pancreas either stops producing insulin, or the insulin it produces doesn't work properly. Your body uses insulin to convert the sugar (glucose) in your blood to energy. There are two types of diabetes – Type 1 and Type 2. Type 1 diabetes develops when your body stops producing insulin and glucose builds up in your bloodstream. Type 1 diabetes usually begins in childhood or adolescence.

Type 2 diabetes develops when your body doesn't produce enough insulin or your body doesn't react to it in the right way. Type 2 diabetes is much more common than Type 1 and tends to develop

in adulthood.

Another kind of diabetes called gestational diabetes can affect pregnant women. It usually goes away after childbirth but can increase a woman's risk of developing Type 2 diabetes.

Why does diabetes increase stroke risk?

Diabetes contributes to hardening of the arteries (atherosclerosis), which increases the risk of blood clot or a ruptured blood vessel. People with diabetes are also likely to experience a number of additional stroke risk factors including obesity, poor diet, inactivity, high cholesterol.

How do I know if I have diabetes?

Many people with Type 2 diabetes won't know they are diabetic as the condition usually gets worse over time.

Diabetes is often identified through blood or urine tests. You should ask your health provider for a test if you have any of the risk factors for diabetes, stroke or cardiovascular disease, or if you have any of the symptoms of diabetes.

[Symptoms of Type 1 and Type 2 diabetes](#)

- frequent urination, particularly at night
- excessive thirst
- fatigue
- unintended weight loss
- genital itching and repeated yeast infections
- cuts or wounds taking longer to heal
- blurred vision

You're more at risk of developing Type 2 diabetes if you:

- are over 40 (or 25 for south Asian people)
 - have a close relative with diabetes (such as a parent, brother or sister)
 - are overweight or obese
 - are of south Asian, Chinese, African Caribbean or black African origin
- are pregnant, or have previously been diagnosed with gestational diabetes

How is diabetes treated?

Type 1 and Type 2 diabetes are lifelong conditions that can be managed with medication and/or lifestyle changes. Type 1 can be controlled with insulin injections. The most common drug treatment for Type 2 diabetes is metformin.

Some people with Type 2 diabetes can reduce their blood sugar levels to normal level by changing their lifestyle, people who have been recently diagnosed and who lose weight are more likely to be able to achieve this. However regular exercise, weight loss and a healthy diet can all reduce blood sugar.

If you have been diagnosed with diabetes you should continue to have regular blood sugar checks and take prescribed medication as advised.

I am diabetic, how can I reduce my risk of stroke?

There are some specific stroke risk factors that people with diabetes should take action to address

- Blood pressure – high blood pressure is a risk factor for stroke
- Control cholesterol
- Quit smoking
- Maintain a healthy weight
- Eat a healthy diet
- Regular exercise

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

January	Exercise	July	Alcohol
February	Atrial Fibrillation	August	Weight
March	Stroke Awareness	September	Stress/Depression
April	Cholesterol	October	Hypertension
May	Smoking	November	Diabetes
June	Aphasia	December	Diet



"The Green Scene"

"September In Your Garden"

"Featured Plant:" "Capsicum"

"What To Plant In September"

"Garlic Update"

"September In Your Garden": Well folks it has finally arrived for another year, yep, Spring. There just seems to be that extra spring in peoples step. But don't whatever you do neglect your gardens in favour of cleaning the BBQ. Because the Lettuces, Tomatoes, Cucumbers, and Capsicums which make up the bulk of your salads will come out of your gardens. You should have your designated garden for your Tomatoes etc ready by now and the stakes firmly in place. Spring is an exciting time of year as most things you grow may see you through for the rest of the year if you put into the freezer. It is amazing how fresh they keep in the freezer if done right.

"Featured Plant: Capsicum": *Capsicums!!*, one of my all time favourite, and used vegetable I grow. I only really grow the Red Bell variety, but you can get Yellow, Orange, Black and of course the Green colours. *Capsicums* once matured always start off green then they get a tinge of black on them which puts some people off, but always turn to the colour of the variety you have grown. Like I said I personally like the red *Capsicum*, but I have a caregiver who likes them when they are green. The only difference being is that the red are a bit sweeter than the green.

When planting the *Capsicum* make sure you stake them as from personal experience the plant can get that laden that

branches will snap off. They like a well worked area to grow with plenty of Homemade Compost, Sheep & Chicken Pellets, and Blood & Bone. I have found that they don't need a lot of watering, probably a good "Drink" once a week is suffice. The photo I have added was of one of my own *Capsicums* grown in my glasshouse. It is the biggest I have grown. I think you will be impressed.

"What To Plant In September": While it is too early to put in your *Beans, Chilli, Tomatoes, Capsicum, Cucumbers, Pumpkins, and Zucchini* now is the ideal time to put in *Beetroot, Carrots, Celery, Lettuce, Spinach, Onions, Parsnips, Peas, Potatoes* and *Silverbeet*. Next month is the ideal month to put in the first mentioned just in case we get a cold snap. Which would not surprise me the way the seasons are changing.

"Garlic Update: Due to circumstances beyond my control my Garlic growing days may be over or at the most, down-sized. The journey has been one of learning. Learning what it likes, and dislikes, when to plant, when to water, when to feed, and above all, when to harvest.

Simon Broad ("The Green Scene")



Staff Changes

Eleonor Bizarro-Napier has left Stroke Central New Zealand after 5 years working as a Field Officer in Porirua. Eleonor has been amazing for the organisation and has done a brilliant job.

Michelle Becher our New Field Officer has been covering the Kapiti Area and will be the new Porirua Field Officer.

Ngaire Osborne is our new Field Officer in Hawkes Bay. Ngaire is a young stroke survivor and she has a passion for the role. We are extremely excited to have Ngaire in the team.

Digital Field Officer Services

Stroke Central New Zealand are offering a Digital / Online Service, this means that we can meet you and other clients face to face via Zoom or WhatsApp.

This means that we can provide services easier to people in Rural Communities and also at times where restrictions are in place. The service provided online will be no different to the regular service. All you need is the internet and either a computer or a smartphone.

This may sound daunting to some



We are sad to see you go Eleonor!

Good Luck, from all of us at

Stroke Central NZ

people and we understand that some people may not be savvy with technology. The Field Officer is available if you want to try this out with them .

This will also serve as a service that we can build over the next few years as technology becomes the preferred method by lots of people. Even the Stroke Specialists are already doing this with Patients. So we feel that it is the future.

As well as making things easier it will save our Field Officers time and allow us to visit more people in the same amount of time.



Eleonor, Sue and Bronwyn at the office



Sue Teng- Back from a break!



Bronwyn Glavin - with a nice bunch of flowers - from the Team



Whanganui- Stroke Roadshow (above)



Michelle Becher,
New Porirua / Kapiti Field Officer



Ngairi Osborne,
New Hawkes Bay Field Officer



BOLDARIN, Mrs Robin, JP, QSM

Citation:

For services to the community and school sports

Mrs Robin Boldarin has contributed to the community in Wellington's eastern suburbs for a number of years.

Mrs Boldarin was an integral part of Catholic Netball Wellington City Area for decades, acting as Convenor and as an umpire at Tuesday and Saturday netball games and tournaments. She assisted in the re-siting of the netball venue from Holy Cross School to a more central venue located at Evans Bay Intermediate School.

She is currently Secretary of the Wellington Primary School Sports Association, involved in running the Wellington-wide competition. She was involved with the Holy Cross Brownie Pack in Miramar, initially



as Tawny Owl, graduating to Brown Owl. She organised numerous skill-based events for Brownies for approximately 20 years and was also Quartermaster for the Girl Guides.

As President of the Southern Stroke Club since 2015, she has organised annual awareness campaigns, public education and fundraising, and was elected to the Stroke Central Region Board in 2017. Mrs Boldarin is involved with a wide range of other community organisations, such as the Airport Air Noise Committee since 2004, CentrePort Wellington, Wellington Water, Friends of Wellington Town Belt, Chair of Miramar/Maupuia Progressive Association, and Chair of the Seatoun Arts and Crafts Club.

Robin is nominated for President of Stroke Central New Zealand which should be confirmed at our AGM in October.



The Big Blue Brunch



**Friday 29th October 2021
For World Stroke Day**



Organise a brunch with your friends and colleagues to raise awareness for stroke in your community; bring a gold coin donation to raise much needed funds for our ongoing stroke support.

Don't forget to wear blue!

Blue for Stroke



**Friday 29th October 2021
For World Stroke Day**

We are asking all schools to organise a blue mufti day or crazy blue hair day and get everyone to bring a gold coin donation to help us raise awareness for stroke.

All donations will go towards Stroke Central New Zealand services which includes supporting stroke survivors and their families, stroke prevention education and stroke awareness work.

15% Discount for Stroke Central Members:

Stroke Central members are entitled to a 15% discount off the price of a will or mirror will with Public Trust.

Public Trust have launched a new online service that lets Kiwis create a Public Trust will or enduring power of attorney (EPA) from the comfort of their own homes. Their services are accessible to all Kiwis, this new service is a really exciting step forward.

Anyone confident using a computer can now create a simple will online in as little as 15 minutes. Importantly, it's also affordable – with pricing starting at \$69. The platform is secure and comes with New Zealand-based phone and chat support.



STROKE GROUPS AND ACTIVITIES

PALMERSTON NORTH GROUPS

Shona – 027 370 3001/06 323 3446

Swimming Palmerston North Hospital Pool will be closed until February 2022.

Maria - 06 35 71251

Milson Community Centre

Activities Day Tues 2.00pm-4.00pm.

\$2.00pp.

Boccia Group Fri 1.30 – 3.30pm. \$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

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

LEVIN STROKE SUPPORT GROUPS

David – 06 210 0769

Coffee Club

2nd 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

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

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

Men's Coffee Group

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

PORIRUA STROKE CLUB

David – 04 232 4300/027 277 0843

Meet 2nd 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

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

1st Wed each month, 2.00pm, Zampelles Coffee Bar, Johnsonville Mall.

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

Karori Stroke Survivors Group

Peter - 021 431 561

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

Tawa Coffee Group

Eleonor - 021 962 378

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

UPPER HUTT STROKE SUPPORT GROUPS

Coffee Club

Mike - 0274 545 486

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

Women's Carers Group

Jenny - 04 529 8331

10.30am every 2nd Monday, St Johns Hall,
Smallfield Lane, off Moonshine Rd, Tren-
tham.

LOWER HUTT STROKE SUPPORT GROUPS

Hutt Valley Aphasia Group

Virginia - 027 443 8316

10.00am-1.00pm, every 2nd Thurs, Sev-
enth Day Adventist Church Hall, 50 Wit-
ako St, Lower Hutt.

Coffee Group

Helena – 021 962 375

1st Tues of each month, 10.00am, Tūtaki
Café, 30c Laings Rd, Hutt Central, Lower
Hutt.

WAINUIOMATA STROKE CLUB

Barry – 027 444 9973

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

HAWKE'S BAY STROKE SUPPORT GROUPS

CHB Stroke Support Group

Heather - 06 856 8297

4th Thurs monthly, 11.00am, The Lily
Pond Café, Waipukurau.

Hastings Stroke Support Group

Katie-Ann - 06 878 7875

3rd 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

2nd Wed of the month, 10.15am, at
Origin Café, Gloucester St, Taradale, Na-
pier.

Every 4th week, lunch, outing or other
activity. No set day of the week.

Wairoa Stroke Support Group

Maureen - 027 452 0042

Meets 1st 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

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

Stroke Lunch Club

1st Wed of the month, 12 noon at
Masterton Services Club.

Joan – 027 662 0134



Palmerston North Roadshow