

In Memory of Sue Teng

CentreLink



Stroke Central Newsletter: Issue 89, Summer2021

PARTNERS IN RECOVERY
NGA HOA KI TE WHAKAORANGA

Moira Platts Trust

Andrew Downes



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Stroke Awareness Month March 2022

Donate now to our GoFundraise Page

www.gofundraise.co.nz/beneficiary/strokecentral

Supported by the Thomas George Macarthy Trust

CONTENTS

- 3 *Presidents Pen*
- 4 *Moira Platts Trust*
- 5 *Stroke Awareness & Loneliness*
- 7 *Sue Teng Condolence*
- 8 *Stroke Prevention Research*
- 9 *Big Blue Brunch 2021*
- 10 *Health & Disability Reform*
- 12 *Activities & Groups Directory*
- 14 *Thank you's*
- 15 *Feedback*
- 16 *Supporting Stroke Central*

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FOLLOW STROKE CENTRAL!



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The President's Pen

Greetings to all as we move to the essence of Christmas and the promise of families being reunited on the traditional time of the year.

It seems a long time since we held our Annual General Meeting, part zoom, part physical presence, where the only changes of personnel in the Board were in the assuming of the Immediate Past President's role by stalwart member Grace Moulton (who has been a rock of stability during her 26 years of membership – as a Stroke Survivor, CEO and President) and the co-opting of Karen Treder (Chair of the Palmerston North Stroke Club).

I am pleased to report that the rest of the Board is constant i.e. David Halford (Vice President), Margaret Morris and Pam Panchaud, along with our medical experts Pro Valery Feigin and Dr Sara Joice, Patron Graham Taylor and our CEO Lee Pownall.

You will see our new logo – Stroke Central NZ – which allows the Board, via our CEO, to seek funding outside our geographic confines.

The Board has re-engaged with Stroke Foundation NZ in an effort to maximise the service to the Stroke Community as a whole. The success of this action will determine our future role.

As always we are indebted to the role our Field Officers play in this service, the high volume of work undertaken by our CEO, the sterling reliability of our sole office staff member Judy McGhie to handle unexpected challenges and keep the wheels turning and to you without whom this organisation would not exist.

In closing I wish you a safe and happy Christmas and the dawning of a New Year where our personal freedoms become the norm.

Robin Boldarin





Andrew Downes - Liberation & Freedom

Getting fatigued is the main thing Andrew Downes faces when he gets out and about. But now, thanks to generous donations from two groups and some friends chipping in money, Andrew is the proud owner of an e-bike.

More importantly, the electric powered two-wheeler helps negate some of his fatigue challenges. Andrew, 49, of Paraparaumu, is a stroke survivor.

The life-changing incident for the former panel beater happened in 2016, when he was 43.

It started with some mini strokes and led to a main stroke, which damaged both sides of his brain. "Mine was a one-in-100,000 stroke."

A tear in the inner layer of an artery wall led to the stroke — like

what former cricketer Chris Cairns experienced recently.

Andrew was in hospital for a few days before being discharged home and facing a what-do-we-do-now moment with his wife.

The stroke left him vision impaired.

"I couldn't put a peg on a clothesline because I couldn't figure out how far away it was."

Nowadays, he uses a walking stick because he can't see to the bottom right side.

But the biggest challenge was, and still is, getting exhausted quickly. Stuff we take for granted can leave Andrew feeling knackered and needing rest. "I've basically got five bags of energy a day."

His first energy bag is taken up with the kids and getting them to school, then it's time for a rest before doing some housework or popping out for a coffee.

After that he has another rest, which lasts about an hour, more jobs around the house including prepping dinner, then rest, before cooking dinner and spending time with family.

Andrew, who is medically unable to work, likes to get out of the house when possible, but he has to be careful.

“If I walk too far the blood goes to my brain too fast and I start getting really dizzy.”

And if he gets to a place, often fatigue will set in, making it hard to get home.

Andrew can't drive because his sight has been affected by the stroke and he doesn't like to rely on other people.

About a year ago a friend took him to a Levin store to inquire about a three-wheeler e-powered trike. He was interested in an e-bike, which he felt would be a real boost to his independence.

He didn't have the funds to pay for an e-bike so tried to get money via the Disability Commission, but was unsuccessful.

Then he found out about the Moira Platts Trust, part of Stroke Central New Zealand, and available for stroke survivors who need assistance with various things.

He put in an application, which was successful, and given \$1500.

The Rotary Club of Paraparaumu kindly gave him \$500 and some friends generously gave him the rest, which enabled him to buy an e-bike worth \$3200.

He got a two-wheel, low-level foldaway e-bike a week before the second lockdown.

“It is liberating and has given me a lot of freedom.

“I can at least go down to the shops and get stuff, whereas before it would knacker me too much.

“Now I can pedal down and then use the e-power to get me back home.”

Andrew tries to get out of his e-bike on alternate days. At this stage it's about building up his cycling confidence.

The furthest he has been is from his home in Kaitawa Cres to the Z petrol station in Kapiti Rd. He's been down Valley Rd a few times to the Kapiti Golf Club.

“I would like to play golf again.

“The club has agreed to see how the bike goes on the course.”

The e-bike has given a timely boost to an already positive attitude.

“I'm a happy man.”

Article with thanks to David Haxton of Kapiti News



STROKE AWARENESS MONTH

MARCH 2022!

Mark the date! We will need all of our volunteers to get in-touch with us and your local stroke groups by February, to be a part of our Stroke Awareness Month campaign.

With Christmas and New Year in between it will come around fast! So we want to get prepared early and have the best one we've had for years!

As always we will be trying to get our message out to the public; which will include stroke prevention and the FAST message.

Reducing the amount of strokes is the best method, and then second best is reducing the effects of a stroke using the FAST message and knowing how to recognise the symptoms of a stroke.

stroke@strokecentral.org.nz

0800 298 858

New Zealand Coalition to End Loneliness

Stroke Central NZ is a member of the New Zealand Coalition to End Loneliness. The Coalition is a growing group of non-profit organisations, businesses and researchers working together to end loneliness for individuals, in communities, and in workplaces.

This month, the Coalition is running a "Light up loneliness" campaign to raise awareness of loneliness and prompt action across Aotearoa.

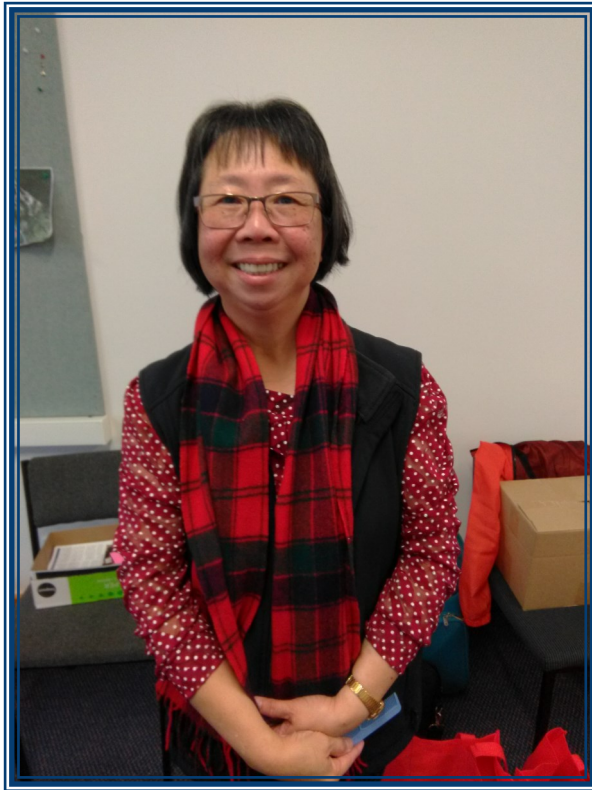
Visit the Let's End Loneliness website to find out more about loneliness, and how you can get involved.

Thank you for your support!

Together we can end loneliness one person, one community, one workplace at a time.

Please visit;

letsendloneliness.co.nz



SUE TENG

14/12/1955 - 18/12/2021

Sue Teng our Field Officer for Wellington, passed away suddenly on 18th December at home.

Staff, Clients and members of SCNZ and the Southern Suburbs Stroke Club will miss her very much.

We have had lots of messages saying how friendly and compassionate Sue was and she was very well respected and loved by everyone here at Stroke Central.

She really went the extra mile for our stroke survivors.

We send our condolences and wishes to her husband Neil and her family.

If people wish to send a message please contact the office we are happy to pass them on.

**0800 298 858 or
stroke@strokecentral.org.nz**

Stroke Research - Prevention

Stroke Central NZ's Honorary Medical Director, Prof. Valery Feigin has been involved in some important stroke research that was recently published in the Lancet. His involvement through AUT has collaborated with some of the world's most renowned stroke researchers to produce this paper.

The paper is on Primary Stroke Prevention. We have picked out two key graphics which summarise some

of the key findings in the study, these include an 'Action Plan for Government and Policy makers' and Infographic: the global impact of stroke and stroke risk factors' (estimates of the stroke cost were derived from the current publication)

Visit: <https://nisan.aut.ac.nz/about-the-institute> for more detail.

Also our pictures from World Stroke Day and a thank you!



Figure 2: Action plan for governments and other policy makers for primary stroke prevention measures at the population (ie, socioeconomic, environmental, and behavioural) and individual levels



Around the world, there are **12.2 MILLION** new strokes per year
ONE EVERY 3 SECONDS

101 MILLION

people worldwide are living with stroke aftermath

THIS NUMBER HAS ALMOST DOUBLED OVER THE LAST 30 YEARS



Up to **80%** of strokes and heart attacks happen in people with **LOW OR MODERATE CVD ABSOLUTE RISK**

1 in 4 people will have a stroke in their lifetime
THIS NUMBER HAS INCREASED 50% OVER THE LAST 17 YEARS



In 2019, **63%** of stroke happened in people younger than 70 years old.

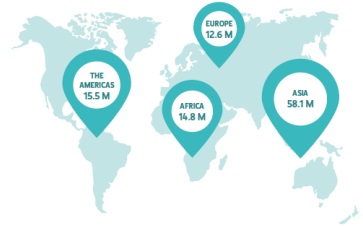
STROKE IS NO LONGER A DISEASE OF THE ELDERLY



The total estimated worldwide cost of stroke (in international dollars) in 2017 was **1 \$451 BILLION**
(ABOUT 0.36% OF THE GLOBAL GDP)

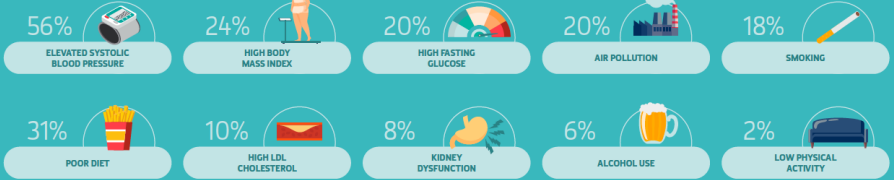
The number of stroke survivors in world regions in 2019.

89% OF THE GLOBAL STROKE DEATHS AND DISABILITY COMBINED RESIDE IN LOW-TO MIDDLE-INCOME COUNTRIES



10

LEADING STROKE RISK FACTORS IN THE WORLD*



*The sum of stroke burden attributable to the risk factors exceeds 100% because the effect of many of these risk factors overlap and are mediated partly or wholly through another risk factors. Percentages show stroke-related disability-adjusted life years attributable to each risk factor.

Thanks for your support!



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The Big Blue Brunch

Thanks for your support!



World Stroke Day 2021



Health & Disability System Reforms update

Aotearoa New Zealand's health and disability system is being transformed so all New Zealanders have better access to, and outcomes from, health services.

There is a great deal of work underway but not all of that is visible. That is because a lot of the activity is planning and fleshing out how all the players in the system will work together and deliver the transformation New Zealanders expect to see.

Here is a look at the key entities and some updates:

- The **Ministry of Health's** role as chief strategic advisor and kaitiaki (steward) of Aotearoa New Zealand's health and disability system will be strengthened and some of the things it does will change
- A new **Public Health Agency** (PHA) will be at the heart of the Ministry of Health. There is a team in place setting up the interim PHA, led by Establishment Director, Simon

Everitt. Recruitment for a permanent Deputy Director General for the Public Health Agency is underway. The PHA will lead policy, strategy and the knowledge system for population and public health across the system.

Health New Zealand will plan, commission and deliver services – providing a nationally consistent health service with a local focus. The acting Chief Executive, Martin Hefford, and acting Board Chair, Rob Campbell, are in place. Recruitment for the permanent Chief Executive is underway, with an appointment expected to be announced in December 2021.

Localities will be established to enable a local approach to planning, commissioning and delivering services for communities.

A **National Public Health Service** will be established within Health New Zealand, combining the existing PHUs.

- The **Māori Health Authority** will work with Health New Zealand to jointly develop plans, commission primary and community services and kaupapa Māori services. The Māori Health Authority will also partner with the Ministry of Health and the Public Health Agency. Chad Paraone has been appointed as the acting Chief Executive and Sharon Shea and Tipa Matuha are the interim Co-Chairs of the Board. Recruitment for a permanent Chief Executive is underway, with an appointment expected to be announced in December 2021.
- **Iwi Māori Partnership Boards** represent a new way of working with the Māori Health Au-

thority to shape the future health system and ensure sustained change.

The Government has announced the establishment of the **Ministry for Disabled People**, to deliver and transform disability support services, as part of the broader Disability System Transformation. Disabled people will now have a dedicated agency that will support a whole-of-life approach to disability, rather than considering the community’s needs through a health lens alone. At the heart of this work is the Enabling Good Lives (EGL) vision that all disabled people and their whānau have greater choice and control over their supports and lives. The new Ministry will be established from July 2022, to align with the wider Health and Disability reforms.

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

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

Barbara - 06 368 2447

Coffee Club

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

Sunday Cinema

In recess until 'Green Light'

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

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

UPPER HUTT STROKE SUPPORT GROUPS
Coffee Club

Mike - 0274 545 486

10am, 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 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

1st Wed bi-monthly, 1.00pm, Age Con-
cern 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



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Stroke Awareness Month March 2022

Donate now to our GoFundraise Page

www.gofundraise.co.nz/beneficiary/strokecentral

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.





PARTNERS IN RECOVERY

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At Stroke Central we are committed to providing an excellent service for our members and clients.

Some of the services we provide are: The Field Officer Service, FAST, Advanced Care Planning, Stroke Prevention, Stroke Awareness, Stroke Clubs and Groups and Information and resources.

We need your **FEEDBACK**, to improve our services and resources.

Let us know what you think, and how you think we can do better! Or if everything is just fine, we'd like to know that too!

Please write any comments in the box below and send via the address on the back page.

Thank you for your feedback!

Thank You for Supporting Stroke Central New Zealand!



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Stroke Awareness Month March 2022

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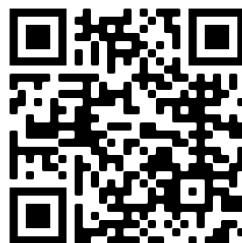
www.gofundraise.co.nz/beneficiary/strokecentral

Name

Address

Email

Tel:



I wish to donate

\$500 \$250 \$100 \$20 Other

Please take \$15 of my donation as membership fee!

Annual Monthly

Please charge my credit / debit card: Visa Mastercard Amex

Card number

Expiry

Card holder name

Sec. No.

Signature

I would like to know more about leaving a gift in my will

Pass my details on to the local stroke group so that they can contact me

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

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