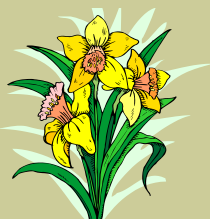




Inside this issue:

Stroke Clubs thirty years	1
Roll Call	2
Cathy & Matt	2
Awareness Week	2
President Report	3
New device	4
Presidents Report	5
2012 Health & Disability Expo	6
Field Officer	7
Social Group	8
End of year Christmas Lunch	8
Crossword Solution	9
Happy Feet	9
From the Field Officer	10
Awareness Week	11
Caregivers Support Group 2012	11
Mission Statement	12
Website	12
Crossword	12
Sponsors	12



Proudly supported by



TRUST WAIKATO
TE PUNA O WAIKATO

Hamilton Stroke Club Newsletter



Volume 7 Issue 3

July, August, September 2012 Newsletter

Stroke Club Celebrates thirty years



Long serving Stroke Club members
Betty Collis and Gwen Stove
Cut the thirty Year Anniversary Cake
Assisted by Vice President Lyn Harré



The Thirty year
Anniversary Cake

Following the 2012 AGM on the 27th July 2012 the Stroke Club Celebrated the milestone of thirty years operating in Hamilton with long serving volunteers Gwen Stove and Betty Collis cutting a thirty years Anniversary Cake.

The Stroke Club in Hamilton was started thirty years ago in Hamilton after the Speech Language Therapy and Community Social worker Staff at Waikato Hospital who saw stroke clients in their work at Waikato Hospital recognised the need for a Stroke Support Group to assist Stroke Survivors in their continued rehabilitation after being discharged from Waikato Hospital.

A public meeting was held chaired by the Hamilton Mayor at the time Ross Jensen to gauge support for the

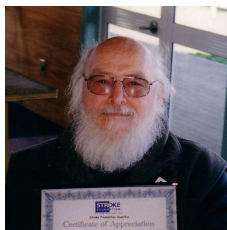
formation of a stroke Support Group in Hamilton and on the 9th March 1982 the establishment group meet to elect a committee to run a Stroke Club and the first meeting of stroke survivors was held in the Foundation for the Blind hall at 51 Grey Street in Hamilton East on the 31st March 1982.

Gwen Stove who cut the cake on the 27th July 2012 was at the 9th March 1982 meeting and has continued to be a volunteer for the thirty years since and continues to be a volunteer to today a remarkable record of service.

Betty Collis also cutting the cake has also been a long time volunteer in a number of rolls over more than twenty years as a volunteer Field Officer, Committee member, Caregiver Support group Co-ordinator, Total Mobility Accredited assessor and other roles

ROLL CALL

Sadly we have to report that the following past and present members and volunteers have passed away since our last newsletter.



Malcolm Ewens
23rd July 2012

He will all be greatly missed by his many friends at the Stroke Club and we give our sincere condolences to his family



Congratulations Cathy and Matt



Cathy Foster
& her Father

Congratulations to Stroke Club member and committee member Cathy Foster who married her fiancé Matthew Harbour at the All Saints Community Church Bryant Park at 2.00 pm on Saturday the 8th of September 2012 in front of a large congregation of family and friends. Congratulations also to Cathy who courageously got out of her electric wheelchair and walked up the aisle on the arm of her father up to the alter.



Cathy Harbour
& Matthew Harbour

Warmest wishes to Cathy and Matthew Harbour for a long and happy marriage from all your friends at the Stroke Club.

Stroke Awareness Week 2012



Betty Collis & Colleen Carew outside the Coffee Club at Westfield Chartwell on Thursday the 6th of September 2012

Many thanks to all the Committee Members Stroke Club members Volunteers and Caregivers who got out and about during the 2012 Stroke Awareness Week from the 3rd to the 8th of September 2012 and manned the different displays giving out stroke information fast cards and other material and collected donations at the different venues.

This year during Stroke Awareness Week we set up displays every day at different venues so covered most areas

of Hamilton City and gave out lots of stroke information to the general public and raised awareness of stroke and the risks with lots of people.

Displays were set up at Pac N Save Clarence Street on Monday, Pak N Save Mill Street on Tuesday, New World Hillcrest on Wednesday, New World Te Rapa and West Field Chartwell on Thursday and New World Rototuna on Friday and finishing up at the Frankton Markets on the Saturday, many thanks to the owners and managers of the different venues and to the volunteers who manned the displays each day. Special thanks to Bev Depree & Lyn Harrè for the setting up and taking down of the displays each day and to Jill & Paul Kurtich for counting and banking the funds collected.

From the Presidents Desk



Bev Depree

The following is the Presidents Annual report as read to the members at the 2012 AGM.

Presidents Annual Report to the 2012 AGM

I am privileged to be able to present this annual report to the 30th Annual General Meeting of Stroke Foundation Hamilton, held 11.00 am 25th July 2011, at the Marist Rugby Club rooms, Hillcrest, Hamilton for the 2011 – 2012 year.

First; we must remember all members who have passed away during this last year.

I would like to acknowledge the committed and dedicated efforts of all members of our committee. The committee is made up of eleven members – six of whom are stroke survivors.

Special thanks to Paul & Jill Kurtich for the professional presentation of our accounts. This year they have reached a milestone “first” for our club by having the audited version tabled today for the year ending 30th June 2012. A great achievement by you both.

A big thank you to all funders we have had successful

grants from over the year to keep our club operating. Waikato Community Trust, Internal Affairs, (COGS), Wel Energy Trust, Grassroots Trust, NZ Post Community Post, TechSoup (Microsoft Software) Trust Waikato.

I am pleased to report that we are achieving all purposes and goals set out in our Strategic Plan for 2011 – 2015.

Successes:

Completion by Kirstin Thomson, University of Waikato of her study to fulfill requirement's for her Master's Thesis looking at the issues affecting day to day life among New Zealanders who have experienced stroke compared with those who have not. To those members who participated in the study, thank you.

A hard copy of the completed Thesis is now held by Stroke Foundation Hamilton.

Regional AGM & Stroke Club Convention Day: Tauranga Saturday August 6th 2011. Members from our club came home with winners trophies for Indoor Bowls, Ten Pin Bowling, and a couple of prizes in the quiz. A great effort by you all.

Face Book page – Stroke Foundation Hamilton Social “Drop In” Meetings:

At the Hamilton Workingmen's Club, this has become a very popular and well patronized support activity since its inception.

St John Volunteer: Since February 2012 we now have a St Johns First Aid Volunteer on site during Stroke Club Days. A great peace of mind; for us.

Volunteering Waikato Volunteer Excellence Awards:

Paul Burroughs was successful in receiving the Special Commendation Award in the individual Volunteer of the Year section. (15 nominations) A well-deserved recognition for all Paul's volunteer work done for Stroke Foundation Hamilton.

Highlights:

Stroke Awareness Week 5 – 10 September 2011: A very successful week, giving us a great opportunity to get plenty of Stroke information into the community. Thanks again to all members and volunteers manning the displays.

Health & Disability Expo 16/17th September 2011: Once again this gave the Stroke Foundation another opportunity to get information into the community. Thanks again to all members and volunteers manning this display. We now have two members on the Health and Disability Expo Trust: David Gunn and Moses Cherrington.

Continued on page 5

Home kit to help Stroke Patients



Abigail Rajendran

Stroke patients may soon be able to rehabilitate themselves from home thanks to the invention of a Wellington engineering student.

Victoria University masters student Abigail Rajendran, 23, has designed a stroke rehabilitation device and has a company working to patent and sell it.

Her device straps on to a person's hand to exercise it in an opening and closing motion, while a connected computer game activates and keeps both sides of the brain engaged.

Once the person regains the strength to do the motion themselves, they can increase the resistance from a special liquid in the device also used in Audi car suspensions.

Until now, stroke patients relied on expensive and large rehabilitation equipment available only in hospitals. But this new device would be something they could use regularly at home, Miss Rajendran said.

Im-Able, a New Zealand company specialising in stroke rehabilitation, saw the device's potential and got funding from the Science and Innovation Ministry so Miss Rajendran could develop a prototype.

Chief executive Sunil Vather said there were few, if any, home rehabilitation instruments available for people recovering from strokes.

"It's definitely innovative. The key issue is you have got technology but if it's not accessible to the people who need it you tend to lack a large chunk of the value for it."

New Zealand stroke patients would be lucky to get one or two hours of therapy time with a nurse a week, when it should be about 16 hours, he said.

Miss Rajendran said meeting with stroke victims had made it a lot more real.

"They want to start using it, to start getting better."

The tool was her "baby" that she would be glad to see made a reality.

Since being lured into engineering by a robot at a Victoria University open day, she aimed to build life-changing products rather than gadgets that were "cool".

"I guess it's building devices that are actually useful and necessary. The whole helping people out aspect of it."

One of Miss Rajendran's university supervisors, Dr Will Browne, was impressed by her infectious enthusiasm for creating practical applications.

"Her research into developing a stroke rehabilitation device has the potential to make a significant improvement to the lives of people affected by stroke."

Miss Rajendran will present her idea in Singapore later this month, and in Brisbane in October.

© Fairfax NZ News 11/08/2012

From the Presidents Desk continued:

Continued from page 3.

Jup Brown: The running plumber ran the length of NZ in 69 days raising funds and awareness for Stroke Foundation NZ during Sept/Oct/Nov 2011. Sunday 23rd October 2011 saw Jup arrive in Hamilton. A small group of our club member's escorted Jup through the city, Jup was very appreciative of our effort. Sunday 6th November 2011, saw Jup finish the final leg of his run at Wynyard Quarter, Auckland Viaduct Harbour. Seven members of our club were at the finish line this day to show our support for him.

Bunnings Warehouse Community Fun Day:

On March 17th 2012, we participated at this day put on for all not-for-profit Groups. Another great opportunity to give out Stroke information, to the public. Blood Pressure tests were also done by nurses from the Waikato Hospital Dedicated Stroke Unit. Thanks to all committee members manning the display this day.

Acknowledgements:

Grateful thanks goes to our team of volunteers whose help and support with committee members keeps our club days running smoothly. Special thanks to Jill O'Reilly, Regional Field Officer for your presence at Stroke Club and for the new referrals made to the club over the year.

Caregivers:

Jill and Betty your joint co-ordination of the Caregivers

Support Group is much appreciated by those who attend thank you.

Home Visitors:

Thanks to Betty, Sandra, Moses, Imelda and myself for the Home Visiting during this last year.

Physiotherapy/Speech Language Therapy:

Thanks also to Marion Fletcher for her physio sessions and Lyn Curnow for Speech Language therapy sessions.

Marist Club Rooms:

Thanks to Andy Costain the Marist Rugby Club Manager for setting up the tables, chairs etc for Stroke Club days and Committee Meetings.

Club Day Activities: Now on to Club Day activities for the year. We have all enjoyed a variety of musical entertainment especially selected by your entertainment committee of Annette, David, Lyn and Cathy. Well done team.

A wonderful variety of raffle prizes has been spread over the year. Thanks to Annette and David.

Special extras and effort were put into our Christmas, Easter, and mid-year Christmas club meetings.

Outings:

Our bus trip to Bridal Veil Falls and Raglan Club on the 11th April 2012 was enjoyed by all.

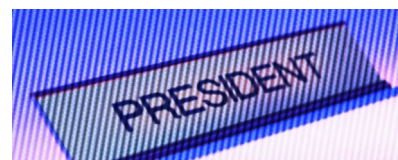
A great day was enjoyed by all for our mid-year Christmas Dinner on June 13th 2012 held at the Hamilton Combined Returned Services Club, with Ballantynes Catering. Entertainment with Karaoke DJ Barry put lots of extra fun to the day.

Today we have Tess Ellery and Julie Flaws third year Occupational Therapy students from Wintec who chose Stroke Foundation Hamilton to use as their project for a community placement as part of their Occupational Therapy Degree. Between them and us a Civil Defense plan was decided on. Tess and Julie will speak at the conclusion of today's AGM.

This brings to an end my report.

Here is hoping our club will enjoy another successful year ahead.

Bev Depree
President



Health & Disability Expo 2012



*Warmest
Congratulations
To Paul &
Brigitte
Spadoni
On their 50th
Wedding
Anniversary
Celebrated
On the 18th
September
2012*

*From all your
friends at the
Stroke Club*



Stroke Foundation Hamilton President Bev Depree and Emma Castle the Executive Officer of the Aphasia New Zealand Charitable Trust at the 2012 Hamilton Health & Disability Expo at the Claudelands Events Centre in Hamilton on Saturday

On Friday the 14th of September 2012 and Saturday the 15th of September 2012 the 2012 Health & Disability Expo was held at the Claudelands Events Centre in Hamilton.

Stroke Foundation Hamilton had a stand at the Expo which we shared with the Aphasia New Zealand Charitable Trust as a collaboration to share the costs to both groups of being at the Expo raising both groups profile and getting out Information to the public and raising awareness about Stroke and Aphasia which is often a result of having suffered a stroke.

The 2012 Stroke Awareness campaign, which was urging people to remaining silent for one hour - giving them an insight into the lives of stroke survivors living with aphasia, a language disorder which most commonly occurs after a stroke and leaves about a third of survivors struggling to talk, read and

write and unable to understand conversation at varying levels.

It's what we commonly call an invisible disability, because if you can see someone is in a wheelchair you can see that this person is living with a disability. But until you speak to someone with aphasia you might not know they even have a disability.

There is often a real fear of speaking to someone with a language disorder so the collaboration with the Aphasia Group was a very apt one for the 2012 Health & Disability Expo.

Many thanks also to Stroke Foundation Midland Regional Councillor Christine Marra who also helped to man the stand and who took the free blood pressure checks for people on Saturday the 15th September 2012 thank you Christine.

From the Desk of the Stroke Field Officer:



**Stroke Foundation
Field Officer
Jill O'Reilly**

Jill O'Reilly the Hamilton based Stroke Field Officer has put together this report which will be a regular one from now on in the newsletter. Thank you Jill

North Waikato Field Officer - Role and update on happenings.

The key goals in my role as Field Officer are: Information, Support and Education.

I work in conjunction with the Waikato DHB staff of the Acute Stroke Unit (ward 55) and the Stroke Rehabilitation Team via the weekly clinic. These contacts have been the main source of referrals to our service during the 2 years I have been in this role.

The referrals from the ward come mainly from the Social Workers but any member of this team who see there may be difficulties for the patient or their family after discharge know the referral process from the ward.

The follow-up assessment at the Stroke Rehabilitation Clinic is also a time where our service can be seen as part of the community supports which are offered to patients to support their rehabilitation and referrals are often made during these sessions. It is also a good chance for me to catch up with clients that I otherwise may have needed to travel some distance to visit.

The initial visit is always made to the client in their own home unless they feel that they do not require any further service at that stage. Stroke survivors can self refer to our service at any stage of their recovery and for any reason, for example it may be trying to access services or supports within their own community. Information about Strokes is offered in the form of our Life after Stroke book which is a wonderful reference source for survivors and their families. Support of families and caregivers is another important issue to be assessed at this initial interview. Always keeping in mind the GP is the lead health provider and our service is more about information and community support.

Another common referral source is the Allied Health Community services such as Occupational Therapist, Physiotherapists and Speech Language Therapists who are also visiting clients in their own homes and see a gap in service that we can help with.

Giving presentations and informational talks to groups in the community is the other part of the Field Officer Role. The aim is to educate the public about staying healthy and reducing risk of Stroke. We do this by explaining what the Stroke Risk Factors are and which of these factors can be changed and how to go about this by changes in diet, exercise etc.

To support the Caregivers of Stroke Survivors in Hamilton, I am involved along with several volunteers in a monthly support group. This is a friendly low key group of wives/partners who meet for a coffee and chat at different venues each month.

There are support groups for Stroke Survivors in several communities throughout the North Waikato area, and I am able to refer to these groups. In Hamilton there are volunteers who are able to work through the assessment process for Total Mobility vouchers with clients.

Continued on page 10

Stroke Club Social Group in 2012

For those of you who don't know yet there is a social group who are now meeting each third Thursday of the month at the Hamilton Workingman's Club in Commerce Street in Frankton.

The social group is not a structured group just a drop in group who meet for a chat or for a coffee or cup of tea and a meal at the workingmen's club and using the clubs facilities which for those of you who have not been there before are excellent including a good casino bars and dining area.

The meals are very good value with the roast of the day only \$8.00 and a good selection of other meal options from toasted sandwiches and chips to a nice steak and salad.

The club shuttle van is also available in the

afternoon to go home in for only \$4.00 to anywhere in the city which is very good value.

Don't worry if you are not a member of the Hamilton Workingmen's Club just see Paul Kurtich or Paul Burroughs and they will explain how you can get into the club without being a member on the drop in days.

Why not check us out by coming along in 2012 on the third Thursday of the month at 11.00 am to the Hamilton Workingmen's club in Commerce Street in Frankton.



Stroke Club 2012 End of Year Christmas Luncheon Wednesday 12th December 2012

The Stroke Club End of year Christmas Luncheon for members will be held this year on the Wednesday the 12th December 2012 and will be held at the Hamilton Combined Returned Services Club rooms in Rostrevor Street at midday.

The taxi's will pick you up at a later time around 11.00 am and will take you home again at about 2.00 pm that day the cost to members will be \$20 (see Menu right) which will include the taxi fare from home and back again for those eligible for total mobility and your Christmas meal, if you are able to give the \$20 for the Christmas Lunch to Lyn Harrè today or before the 28th November 2012 Stroke Club meeting it would be appreciated so Lyn does not have to run around collecting money on the day of the Luncheon.

Christmas Lunch Menu

Sugar Glazed Ham Leg
Hot Roast Beef
Gravy & Mushroom Sauce
Various Sauces and condiments
Roast Potato, Roast Kumara,
Roast Pumpkin
Minted Peas & Carrots, Cauli-
flower Mornay, Green Beans
Mixed Lettuce Salad, Coleslaw and Beet-
root



Desserts

Bread & Butter Pudding, Pavlova, Choco-
late Log
Hot Fruit Pudding with Brandy Cream,
Caramel Brulee
Tropical Fruit Salad, Fresh and whipped



Fundraising
Country
Music
Concert

*Coming up
On the 24th
November 2012*

*At 7.00 pm in
the Te Awamutu
Bible Chapel
To raise funds
for us the
Hamilton Stroke
Foundation
And the Te
Awamutu
Stroke Groups
It is being
organised by
Valray
Country
Music
Promotions
Tickets will be*

*\$15 Adult
\$10 Child*



Crossword Solution

Down

1 Heart-throb 8 Alibi 9 Revenue 10 Stunned
11 Nose 12 Leeway 14 Detest 17 Twice
19 Explode 21 Origami 22 Raids 23 Toe-the-line
2 Epicure 3 Reign 4 Tirade 5 Revenge 6 Banjo
7 Relentless 8 Absolution 13 Average
15 Emotion 16 Relish 18 Idiot 20 Peril

Across

Happy Feet



Toenails - Callouses - Corns
Professional Pedicure in
Your own Home



For an Appointment phone
Saskia Reijnen

Phone: 027 3620734

**Home based
service for
Stroke and
others who
need podiatry
services.**

Feet and toe
nails need look-
ing at and
cutting? But you

find it difficult to do it yourself? Well help is at hand Saskia from Happy Feet will come to you and deal with your podiatry problems like callouses, corns and cutting toenails in your own home at a time that suits you, so you don't have the problem or expense of travelling to someone to have these things dealt with.

Saskia will come to your home and deal with all your foot problems in the comfort of your own home

Give Saskia a ring at the number above and she will come to you at home and deal with all your feet problems

Wisdom

*Don't listen to
their words, fix
your attention
on their deeds.*

Albert Einstein

~~~~~

*If you can't  
explain it simply,  
you don't  
understand it  
well enough.*

*Albert Einstein*

~~~~~

*I caught the
happiness virus
last night When I
was out singing
beneath the
stars.*

Hafiz of Persia

~~~~~

*Joy is the  
simplest form  
of gratitude.*

*Karl Barth*

~~~~~

*"Life is what
happens to you
while you're
busy making
other plans."*

— John Lennon

Field Officer

Continued from page 7

I can be contacted at the Hamilton office 07 856 1654 or on mobile 021 962 380.

North Waikato Field Officer's – Quarterly updates

I have given educational presentations about Stroke and 'reducing the risks' to several groups including, Widows and Widowers, Somerset Retirement Village.

I continue to attend the weekly Stroke Clinic which is held at Waikato Hospital by the Stroke Rehabilitation clinic team. Seeing up to 8 patients per clinic, this is a very successful way for Stroke Survivors to be re-assessed after their initiate rest and recuperate period at home.

The Caregivers Group co-ordinated in conjunction with Betty Collis & Bev Depree held the June group at Hollywood Cafe, July was the Antiques Roadshow at St Joan's, August at The Verandah and September has been planned for the café at Palmer's Garden Centre with the October & November get together's still to be finalized. The year is whizzing by so quickly.

Field Officers National training was held in Wellington June 25th & 26th and it was a wonderful opportunity to meet with the Field officers from the 3 other Regions of NZ. We had 2 very full days of speakers and workshops including introduction to the Head Office Team. Sheryl & I experienced delays in our flight home and although very late we were safe.

It has been good to see new faces coming to the club this year from the

visits I have made, so please welcome new members and make them comfortable by including them into your groups. It is good socialization practice for us all and to remember how we felt when we first joined any new group.

We recently fare welled one of our long serving Field Officers, Kaye Walls from Tokoroa who covered the South Waikato area. This position is being filled by Diane Shaw who started in August. I am sure Diane will do a great job and we hope to meet her at the Annual Convention in October. We wish Kaye a very happy retirement.

We have received the focus for the annual Stroke Awareness Campaign for 2012 from Head Office in Wellington and it is about Aphasia – the campaign is entitled, "Don't Speak for Stroke ". The idea is to not speak for 1 hour on the 7th July. This can be sponsored as a fund raiser or just as awareness. The Hamilton Committee will plan the local events.

I have been asked to write a short report for Life Unlimited newsletter about our service and the Stroke Awareness campaign, so keep an eye out for that.

Please remember if you have any documentation you need a JP to witness I always have my little bag & stamp with me at Club Days, so don't hesitate to ask for that assistance if it is required.

As Field Officer I may not be able to answer all of your queries but I am always happy to listen and direct you to the person who can.

Kind regards Jill O'Reilly
North Waikato Field Officer.

More Stroke Awareness Week



**“Please
Support
all
the
Sponsors
Who
Support
Us”**



President Bev Depree & Secretary Paul Burroughs at the Frankton Markets on Saturday the 8th of September 2012 during the 2012 Stroke Awareness Week

Caregivers Support Group in 2012



The Carer Support Group has monthly meetings which are now held on the **third Tuesday of each month** and the venue varies each month.

In 2012 the group has met for coffee and lunch at a number of city venues and each month the members of the group will decide where the following months Caregivers Support Group will be held.

For information about meeting times and the venue and any other questions for

the groups meetings contact Jill O'Reilly the North Waikato Field Officer on:

Phone: 856 - 1654 or email at: strokehamilton@paradise.net.nz
or
Contact Betty Collis on
Phone: 855 - 6440 or email at: bettycollis@clear.net.nz

The caregivers group also runs regular raffles to raise funds for the group so if you see them at stroke club or other places please support them.



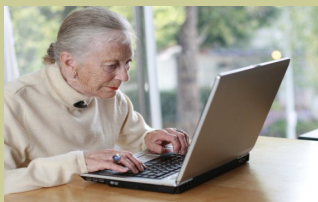
Hamilton Stroke News
Contributions for
Newsletter
Contact Editor
Paul Burroughs
Stroke Foundation Hamilton
P.O. Box 27112
Garnett Avenue
Hamilton 3257

Phone: (07) 849-2065
Email: paul.burr@xnet.co.nz

**We are on the
Web !
Check it out
today**

www.stroke.org.nz

AND



**Check out the new
Regional Web site
It's regularly updated
You will find the web site at
www.strokemidland.org.nz**

Reducing the risks - improving the outcomes

Stroke Foundation of New Zealand Inc

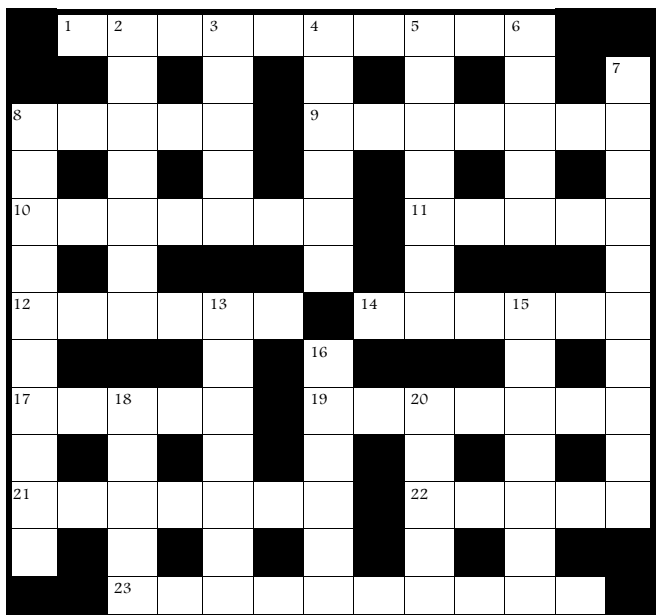
Mission Statement

Reducing the risks - improving the outcomes

CROSSWORD

Clues Across

- 1 Object of romantic affections (5-5)
- 8 Plea that one was elsewhere (5)
- 9 Annual income (7)
- 10 Bewildered, shocked (7)
- 11 Loop with running knot (5)
- 12 Allowable deviation (6)
- 14 To dislike intensely (6)
- 17 On two occasions (5)
- 19 Burst violently (7)
- 21 Japanese art of paper folding (7)
- 22 Rapid surprise attacks (5)
- 23 Conform under pressure (3-3-4)



Clues Down

- 2 One delighting in eating and drinking (7)
- 3 To rule as a sovereign (5)
- 4 A long, vehement speech (6)
- 5 Retaliation for wrong done (7)
- 6 Musical instrument like guitar, with circular body (5)
- 7 Persistent, merciless (10)
- 8 Forgiveness of sins (10)
- 13 Medium, ordinary (7)
- 15 Mental agitation (7)
- 16 Enjoy greatly (6)
- 18 Senseless person (5)
- 20 Exposure to injury (5)

Solution on Page 9

Crossword kindly supplied by
Brainteaser Publications, P.O. Box 10101,
Hamilton, N.Z.
© Copyright

Without the generosity of the following organisations and Community Trusts, we could not continue to operate, so we thank them all most sincerely for their continuing support of our group: COGS, Trust Waikato, Wel Energy Trust, Grassroots Trust, Tidd Foundation, Nora Howell Trust, Perry Foundation, Pak N Save Mill Street & Clarence Street, New World Rototuna, New World Te Rapa. New World Hillcrest, NZ Post Community Post, Techsoup (Microsoft). Westfield Chartwell. Page Trust.
Thanks also to those members and supporters who have made donations and supported raffles and the sales table at stroke club meetings by supplying items like knitting, baking, books, vegetables, magazines and plants and donating raffle prizes.