



# STROKE FOUNDATION HAMILTON

Hamilton Stroke Club Newsletter: May to November, 2017

## 2017 Fundraising Concert

Stroke Foundation Hamilton and the Te Awamutu Stroke and Elderly Support Group were the fortunate recipients of a Country Music Fundraising Concert organized by the Te Awamutu Country Music Club Inc and their President Ray Thurgood.

Stroke Foundation Hamilton attended the Te Awamutu Stroke and Elderly Support Group's midyear Christmas lunch at the Otorohanga Club rooms on Tuesday the 11<sup>th</sup> July 2017 where the Hamilton and Te Awamutu Stroke Support Groups were presented with their cheques for \$1595.75 each by Te Awamutu Country Music Club Inc President Ray Thurgood and they in turn presented the Te Awamutu Country Music Club Inc with a framed certificate of appreciation for their efforts in organizing and running the concert at the Bible Chapel in Swarbrick Drive Te Awamutu on Saturday the 27<sup>th</sup> May 2017 (see photo above with volunteers).  
**Stroke Foundation Hamilton**

***President Bev Depree, Te Awamutu Country Variety Club Inc President Ray Thurgood and Te Awamutu Stroke and Elderly Support Group co-ordinator Margaret Yates on Tuesday the 11<sup>th</sup> July 2017).***

The concert had a superb line up of artists performing such as John de Burgh from Ireland, the Trenwith Boys with their Dad, International Pedal Steel Player Joe Martin, Steven Burr from Pukekohe, Hayley & Ryan Monaghan, Steve Ward, Donna Saunders and Herbert Burkin from Hawkes Bay the sellout crowd enjoyed the evening of entertainment and supported the raffles organized so all were sold out we had great support by the sponsors Trikiso Buses Ltd, Sky City Hamilton who supplied venue and meal vouchers. Media Works for radio advertising, the Hamilton Combined Returned Service Club for meal vouchers. Many Stroke information packs were assembled by volunteers and were

given out to the concert attendees at the half time break of the concert, so a large amount of stroke information went out to the public on the night and the Stroke Foundation Hamilton banners and a table of stroke information was set up in the entrance area of the venue for people to see and take away.

So many thanks to the volunteers involved in putting together the raffle baskets, the information packs and distributing them during the half time break.

Also to Stroke Foundation of New Zealand Ltd National Office for supplying the stroke information material that were in the information packs.

All in all a great night of entertainment which was enjoyed by the capacity audience who were able to attend and many thanks to the Te Awamutu Country Variety Club for all the hard work involved in organizing the concert.

## 2017 Stroke Awareness Week

Because of the National change to a Stroke Awareness week to the 2<sup>nd</sup> to 6<sup>th</sup> of October 2017 after we had already booked and had an awareness week at the usual time in April 2017, we had another Stroke Awareness week during the 2<sup>nd</sup> to the 6<sup>th</sup> October 2017 preceding the National Wide Big Blood Pressure Day on Saturday the 7<sup>th</sup> of October 2017 so took the opportunity to get the FAST message and other stroke risk and prevention material out to the Hamilton Public.

We did this by having information stands at the following venues, Monday the 2<sup>nd</sup> October 2017 at Te Rapa New World, Supermarket Tuesday the 3<sup>rd</sup> October 2017 at New World Hillcrest Supermarket, Wednesday the 4<sup>th</sup> of October 2017 at both the Countdown Claudelands Supermarket & the Chartwell Shopping Centre outside the Coffee Club in the Public Space and on Thursday the 5<sup>th</sup> October 2017 at the Countdown Claudelands Supermarket again and the Pac N Save Clarence Street Supermarket so a very busy week with lots of FAST and other stroke Information

packs given to members of the public of Hamilton so we hope the FAST message and other prevention and risk reduction material is out in the public domain and leads to less strokes or the minimization of the effects of a stroke by the prompt action in getting treatment by having learnt the FAST message or taking on board the other risks of controlling blood pressure, & cholesterol levels, using less salt, controlling AF and limiting other risk behavior like smoking or alcohol intake.

Many thanks to the volunteers who manned all the information stands during the week and helped set up and dismantle the stands at the various venues during the week

### Stroke Foundation Hamilton membership draw

*There are benefits of being a financial member of Stroke Foundation Hamilton for the 2017 – 2018 financial year.*

*Every month at the monthly stroke club meeting a draw is done of all financial members and the winning member receives a \$50 Pac N Save gift card. You don't have to be present to win the draw, but you must be a financial member & it's only \$10 a year.*

## Quote

**People say love is the best feeling. But I think finding a toilet when you are having diarrhea is better.**



## ROLL CALL

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

**Pat Dallinger**  
(Life Member & Volunteer)  
26<sup>th</sup> May 2017

**Sheryl Wilson**  
10<sup>th</sup> June 2017

**Dawn Evans**  
12<sup>th</sup> June 2017

**Miya Akiko**  
13<sup>th</sup> July 2017

**Bruno Sonderigger**  
15<sup>th</sup> July 2017

**Trevor Peek**  
1<sup>st</sup> September 2017

**Mary Carroll**  
1<sup>st</sup> September 2017

**Alex McCool**  
12<sup>th</sup> September 2017

**Colleen Lightfoot**  
23<sup>rd</sup> September 2017

**Adrian Waterhouse**  
4<sup>th</sup> November 2017

**Bernie Eva**  
5<sup>th</sup> November 2017

**Mavis Broeks**  
13<sup>th</sup> November 2017



They will all be greatly missed by many friends at the Stroke Club and we give our sincere condolences to all their families.

## CSA Lynette Jones departs Hamilton



Sadly, for the stroke population of Hamilton the Hamilton based Community Stroke Advisor Lynette Jones finished her role with the Stroke Foundation on the 28<sup>th</sup> September 2017 to move to the Eastern Bay of Plenty to take on the role of the areas Health Advocate and to move into a new property she has brought near the beach.

Lynette has been a great support to Stroke Foundation Hamilton while she has been the Stroke CSA in the city working very collaboratively with all the Stroke Peer Support Groups and providing a very active service to the stroke population their families and caregivers and we will miss working with her as we have over the last few years.

At the Stroke Club meeting on the 27<sup>th</sup> September 2017 Stroke Foundation Hamilton made a presentation to Lynette Jones of a small departure gift and a certificate of appreciation to

recognise her exceptional service to all the stroke peer support groups operated by Stroke Foundation Hamilton see the picture on the left with Stroke Foundation Hamilton President Bev Depree making the presentation.

Following the presentation Lynette thanked Stroke Foundation Hamilton and its members for the support the group had given her in her time in Hamilton as the Community Stroke Advisor (see photo on the below).



and said the support had helped her do the CSA role to the high standard she had been able to achieve with this support.

We are sad to see Lynette leave Hamilton as she has been a real

asset as the local Hamilton based CSA and worked collaboratively with Stroke Foundation Hamilton to enhance her CSA role.

However, we all wish her well for the future in the Eastern Bay of Plenty in her role as the Health & Disability Advocate for the area and with her move to her new home on the coast.

We also extend a warm welcome to the newly appointed Hamilton based Community Stroke Advisor Cindy Tawa who took up the role following the long weekend on the 23<sup>rd</sup> October 2017 and look forward to meeting her and working collaboratively with her in her new role supporting the stroke population their caregivers and families in Hamilton.

We are sure that Cindy will come along to the stroke Club meetings and introduce herself to us all once she has time to settle into her new role.

**Vodafone** – Just a reminder to all of you who have a Vodafone, clear, ihug or other Vodafone email account that as from the end of November 2017 Vodafone will no longer support your email account & you will have to set up an online email account with Gmail, Hotmail, or Outlook to continue receiving your email, and be sure to let family friends and us know your new email address



## Stroke Club Activities



*Stroke Foundation Hamilton volunteer & Committee member Steve Smith joins Helen Reily to entertain members at the Stroke Club meeting on the 24<sup>th</sup> May 2017*



*Brent Shepard son in law of Committee member Paul Kurtich cooks up a load of sausages on his custom-built BBQ assisted by Graham Thomson, David Gunn & Grant Waghorn at the Stroke Club meeting on the 22<sup>nd</sup> March 2017 to provide a BBQ lunch for members that day, many thanks Brent for coming in with your super custom BBQ and for cooking the sausages everyone enjoyed for lunch*



*Annette Coombes Committee member and volunteer behind the lovely Easter raffle baskets and Easter themed display she arranged for the Stroke Club meeting on the 26<sup>th</sup> April 2017 which was the Easter theme meeting close to Easter. Annette buys and arranges the raffle prizes for all the stroke club meetings. Many thanks Annette for all the effort you put in to the raffles*



## PRESIDENTS REPORT FOR NOVEMBER 2017 NEWSLETTER

Hi Members,

Well here we are almost at the end of another year.

Hopefully the weather is going to settle, and summer will come with the warmer weather we are all waiting for.

Club day activities are going well with a variety of entertainment, raffles, physio and bingo.

Thank you to Annette Coombes for nice variety of raffle prizes.

Also to the entertainment sub-committee for the entertainers we have enjoyed since the AGM. Paul Coursey, in August, Che Orton in September, Big John in October and today for November we have a group of Brass band musicians to entertain with a selection of Christmas music.

We are having a Christmas theme for our November club day today, today you will all be receiving your Christmas gift which we know you will all enjoy and maybe even share?

All of the support groups that are

organized during each month are being well supported and enjoyed by those who choose to attend.

Stroke Club 4<sup>th</sup> Wednesday of the month.

Caregivers support group held 3<sup>rd</sup> Tuesday of the month.

Last meeting for the year was held at Smith and McKenzie Chartwell on 21<sup>st</sup> November 2017.

This group will resume again in February, 2018 with first meeting at Hamilton Gardens Cafe.

Tea and chatters group held alternate Wednesdays of month.

Drop In lunch meeting at the Hamilton Workingmen's club 3<sup>rd</sup> Thursday of each month from 11am.

Choral Therapy singing group held fortnightly on Tuesdays on the second and fourth Tuesday of each month.

Under 65 group held 1<sup>st</sup> Wednesday of the month.

Further information and contact details for these groups are available on our website [www.strokefoundationhamilton.co.nz](http://www.strokefoundationhamilton.co.nz)

At the AGM in July there was one change to the members of the committee. Long serving committee member and Life Member Betty Collis retired and was replaced by Lillian Lane.

Betty is continuing as a volunteer co-ordinating the Stroke Caregivers Support Group with Bev Depree and will still be doing Total Mobility assessments on the East side of the city.

We have had two successful projects completed for Stroke

Foundation Hamilton by 3<sup>rd</sup> year Occupational Therapist Students from Wintec this year.

There are now four more small videos on our website three relating to FALLS & FALLS PREVENTION and the other on FATIGUE post stroke.

Thank you to Wintec Third Year Occupational Therapy Students Shane McManus and Alysha Kerr who did the falls project videos and Victoria Norton and Swarali Pande who did the Fatigue Video now uploaded to our website by Steve Outram our IT volunteer

September 14<sup>th</sup> Stroke Foundation Hamilton had an information stand at Vision Forest Lake Gardens, Te Rapa Health Expo. Very well attended by many residents of this complex. Plenty of information handed out over the morning.

September 29<sup>th</sup>, we fare-welled Lynette Jones, the Community Stroke Advisor, for Hamilton and North Waikato. A certificate of appreciation and a small gift was presented to Lynette recognizing and thanking her for the support and referrals she has given during her four years in the roll. (See the photos on page 3).

We now welcome to the position CINDY TAWA and look forward to working with her in the future.

October 2<sup>nd</sup> to 6<sup>th</sup> was National Stroke Awareness week and Stroke Foundation Hamilton had information sites at various supermarkets and Chartwell during this week.

Thank you to all those who volunteered to man these sites over this week and to Paul and Jill Kurtich who counted and banked the money collected during the week.

October 26<sup>th</sup> Stroke Foundation Hamilton had an information stand at the Kaumatua Olympics organized through the "Rauawaawa Kaumatua Trust" held at the Claudelands Arena.

There were 260 entrants in the games. Great opportunity to get the F.A.S.T. Message out. We gave out 150 information packs that we had made up with brochures, magnets, pens, and keyrings.

Adrian Coleman our nurse volunteer did free blood pressure testing and carried out 45 tests, with only two having to be referred

*The faster you get to hospital, the better potential for to their G.P.*

November 14<sup>th</sup> some of our members enjoyed a Christmas lunch with the Te Awamutu Stroke and Older persons support group at the Waipa Workingmen's Club, Te Awamutu. Thank you Margaret Yates for the invitation.

The monthly membership draws of a \$50 Pak N Save grocery voucher has taken the financial membership to 69. Membership subscription is \$10 per person for 2017-2018 financial year 1<sup>st</sup> July 2017 to 30<sup>th</sup> June 2018.

Thanks to all members for items provided for the sales table, with special thanks again to Joan Davies for all the lovely home baking brought along each month.

Thanks to Betty, Joan and Steve for their home visiting to our members.

To our committee and volunteers

your commitment to the club is appreciated by all our members. Thank you all.

We are all thrilled at the wonderful recovery our secretary Paul Burroughs is making after his recent heart hv.

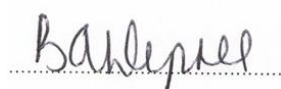
[www.strokefoundationhamilton.co.nz](http://www.strokefoundationhamilton.co.nz)

Don't forget our Christmas lunch will be held at the HAMILTON WORKINGMENS CLUB, Commerce Street, FRANKTON on 13<sup>th</sup> December 2017 from 11am onwards. The cost is \$20 each which includes transport if you are eligible for total mobility and come by taxi.

Don't forget if you need taxi voucher books to get you through the Christmas, New Year holiday period please see Betty Collis, Paul Burroughs or myself.

As this is our last newsletter for the year, season's greetings to you all, take care and see you ALL in 2018.

Bev Depree



PRESIDENT

## QUOTES

*The Best revenge is massive success*

Frank Sinatra

*If it doesn't challenge you it doesn't change you*

Fred Devito



*"Time is Brain"*

*If you suspect you or someone close to you is experiencing a Stroke, call 111.*

*The faster you get to hospital the better potential for recovery.*

*Untreated stroke results in two million brain cells dying every Minute,*

*Increasing the risk of disability and death.*

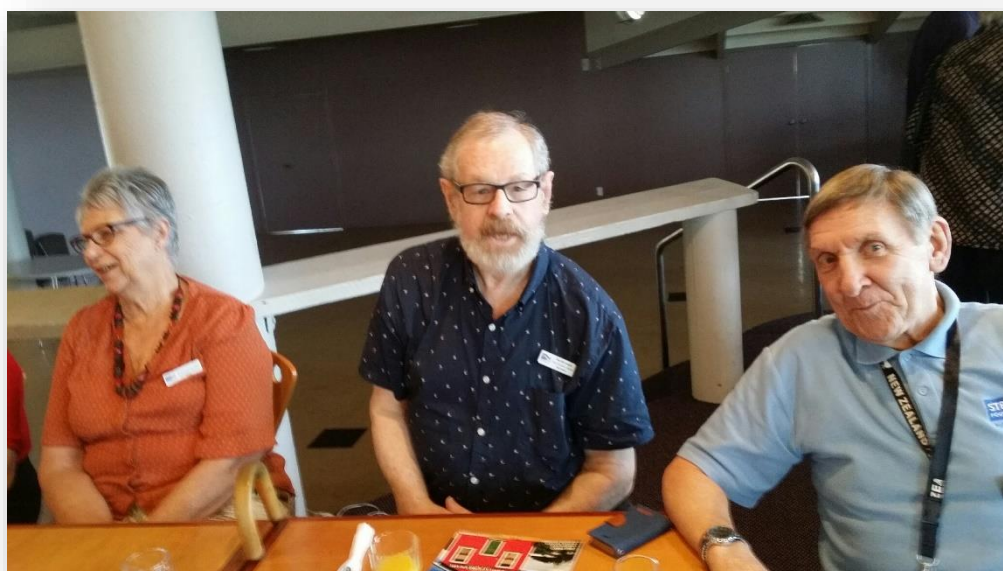
*Don't delay Call 111*







On Tuesday the 14<sup>th</sup> November 2017 a group of eight members of Stroke Foundation Hamilton attended the end of year Christmas Lunch of the Te Awamutu Stroke Group which was held at the Te Awamutu Workingmen's Club where Margaret Yates the Te Awamutu Stroke Group co-ordinator had arranged a beautiful roast pork lunch with all the trimmings.



The Hamilton Group enjoyed the lunch see photos to the left with Pam Mason, Paul Burroughs, and Steve Smith and Betty Collis, Annette Coombes and Bev Depree, not in the photos Annette Viviani and Stuart Bayes.



After the lunch and desert the cup of tea & Christmas Cake and Shortbread Margaret gathered together all her volunteers (see photo at the top of the page), who thanked her for all her work during the year running the group and raising the funds to keep things running, then Margaret thanked her dedicated team of volunteers who supported her during the year.



## Social Lunch Group:

For those of you who don't know yet there is a Stroke Social Lunch Group who are now meeting each third Thursday of the month at the Hamilton Workingmen's Club in Commerce Street in Frankton for lunch. 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 blackboard specials of the day from \$10 to \$18 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 \$5.00 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 2018 on the third Thursday of the month at 11.00 am to the Workingmen's club in Commerce Street in Frankton the next meeting will be on the 18<sup>th</sup> January 2018.

## Caregivers Support Group:



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

month.

The group meets each month for coffee 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 2018 meeting times and the venue and any other questions for the groups meetings

Contact Betty Collis on  
Phone: 855 - 6440 or  
Email [bettycollis100@gmail.com](mailto:bettycollis100@gmail.com) at:

Or

Contact Bev Depree on  
Phone: 847 - 9354  
Email: [bevdepreed@gmail.com](mailto:bevdepreed@gmail.com)

Or contact the North Waikato Community Stroke Advisor on:

Phone: 856 - 1654 or Email  
at: [north.waikato@stroke.org.nz](mailto:north.waikato@stroke.org.nz)

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

***The raffles drawn since the last newsletter were won by:***

**Caresse Downs  
Lovey Toka  
Avis Walters**



## Exciting advance in treatment of stroke



Professor Alan Barber the Neurological Foundation Chair of Clinical Neurology (photo above) based at Auckland City Hospital is talking about a ground-breaking technique for acute stroke patients with dangerous clots in their brains that until recently would have caused life-limiting disabilities or death. The term “acute” means that the stroke has occurred within the last few hours.

Thrombectomy (thrombus = blood clot), or ‘clot retrieval’ is an emergency procedure for patients with ‘occlusions’ or blockages in one of the large arteries supplying blood to part of the brain. Once a CT scan confirms the presence of a clot large enough to be removed, a catheter is fed up through the femoral artery in the groin to the clot. Professor Barber describes these clots as ‘jelly-like’, so it is imperative the tiny ‘stent-retriever’ is pushed through to the other side of the clot. The chicken-wire-like stent-retriever

is then opened, enmeshing the clot and restoring blood flow. The stent-retriever is left open for a few minutes, giving time for the brain to have a ‘drink’, which helps to reset the clock in terms of when the stroke started. The clot is then pulled and sucked out through the femoral artery.

“For years, we have been looking for ways of trying to treat these clots in people with ‘big’ strokes. Until recently the only treatment we had was Alteplase, a clot-dissolving drug. Alteplase is modestly effective and can dissolve smaller clots but is frequently not helpful dissolving the big one or two-centimeter clots that can come from the heart or neck arteries. Big clots cause massive strokes, and these people have a high risk of death and low chances of recovery.”

“Our recent experience at Auckland City Hospital is that for every three people we treat with clot retrieval, we see a substantial improvement in one. This means we are now seeing patients who we knew were facing death or a life of being dependent on others for care, going home from hospital a few days later. **“These are truly miraculous recoveries. Clot retrieval is without doubt, the most exciting advance I’ve seen in my practicing career”** Currently only a minority of stroke patients are being treated with clot retrieval, but Professor

### QUOTE

*“Of all the clinical advances I have been involved with as a neurologist, this is by far the most amazing”*

*Sue Giddens  
General Manager of the  
Neurological Foundation.*

Barber says it is important to recognize that these people are the people with the most dangerous strokes. “we’re currently using clot retrieval for clots in the larger arteries affecting blood flow to the brain, the internal carotid artery in your neck and the middle cerebral artery, or the basilar artery at the back of the brain. The mortality risk with these massive strokes is 40 to 80 percent.

Professor Barber is chairing a committee charged with developing a national implementation strategy for clot retrieval. He has dedicated a lot of time and energy to designing protocols for managing clot retrieval in hospitals around the county. He says, “The introduction of this technique has meant a major change in the way hospital neurology departments provide patient services. Clot retrieval is an

emergency procedure, and requires a committed team effort from ambulance officers, to hospital emergency department staff, anaesthetists, radiographers, and nurses. You lose two million brain cells per minute during a stroke, so the team needs to be well-trained, and the diagnostic, admission and treatment processes need to be slick."

The technique is now performed routinely at Auckland City Hospital with persons living in the Waikato, Bay of Plenty and Northland flown to Auckland by helicopter. It has been implemented in Wellington and Christchurch Hospitals, where ambulances and helicopters transfer people from the surrounding regions. Patients transferred to one of these three hospitals have a CT scan at their local hospital to determine that their stroke is caused by a clot and have Alteplase running through their veins while being transferred by ambulance or helicopter. The clot retrieval teams are ready and waiting at the receiving hospital. "Our record from the emergency department door to the start of the procedure upstairs is only seven minutes. It is complex and requires intensive resources with a lot of cooperation between different care teams. In time, clot retrieval will be performed in other centres. The number of patients we're treating is increasing exponentially. In the next 12 months I would envisage we'll be treating between 100 and 150 people in New Zealand.

Looking ahead Professor Barber is concerned that the reduction in stroke incidence seen in recent years is starting to tail off, and that people need to be aware of the risks of stroke now. It is possible to reduce these risks dramatically through a change of lifestyle (a healthier diet and more exercise), and medications that lower blood pressure and cholesterol.

The last two decades have seen a reduction in stroke incidence, but the next 10 years could be different unless we do more about the obesity and diabetes epidemic we are experiencing. And the baby boomer generation is already in the stroke and heart attack years. On the positive side, I believe that clot retrieval will become a standard treatment in major hospitals around the country, which will mean more people survive the bigger strokes and fewer people will be left seriously disabled.

***I have no doubt that in the next few years, as we get more experienced and as the clot retrieval device technology improves, we will be pulling clots out of smaller and smaller arteries. This is only the beginning.***

***"The above article is from the Headlines National newsletter for summer 2017 for the Neurological Foundation of New Zealand".***



Don't forget that the Stroke Foundation Hamilton Members Christmas lunch will be held at midday at the Hamilton Workingmen's Club in Commerce Street in Frankton on Wednesday the 13<sup>th</sup> December 2017 and the cost is \$20 per head, which includes your taxi transport to and from the lunch if you are on total mobility.

The stroke club meeting today is the last meeting you can put your name down for the lunch and you can pay at the front desk today if you can.

If you can't pay today but will be coming and will pay on the day also, please let the front desk know today so we have numbers for the caterer on the day.





## Ten Minute Quiz

1. What is the most popular car colour worldwide?
2. In a song from the Broadway musical The Music Man, who or what let the big parade?
3. Which New Zealander became the youngest ever winner of the US Amateur golf tournament?
4. Which began first: Google, Facebook or YouTube?
5. Boudin noir is more commonly known in New Zealand by what name?
6. The Hanseatic League was a medieval trading organisation based in which European country?
7. In which two countries is the word hygge used to describe a feeling of contentment and wellbeing?
8. What would you put in a trug: Linen, vegetables or book?
9. The Embraer company of Brazil makes what?
10. Which character on Sesame Street had the same first name as a late 19<sup>th</sup> Century American president?
11. What was the occupation of Willy Loman, the main character in a famous play by Arthur Miller?
12. Which Rolling Stone has reached the age of 80?
13. What does knot theory relate to: genetics, astronomy or mathematics?
14. Which country had a prime minister who disappeared while swimming in 1967?
15. In a popular song of the 1960's, what was the colour of a bird that was seen high in a banana tree?
16. Will Scarlett was an associate of what famous folk hero?
17. Who are the five living former US Presidents?
18. In which province would you drive on a section of highway known as the Devil's Elbow?
19. In a series of stories by G K Chesterton, what was the name of a Catholic priest who solved crimes?
20. Who is the oldest living former British prime minister?

**ANSWERS:** 1. White 2. 76 Trombones 3. Danny Lee 4. Google 5. Black pudding  
6. Germany 7. Denmark and Norway 8. Vegetables 9. Aircraft 10. Grover 11. Salesman  
12. Bill Wyman 13. Mathematics 14. Australia 15. Yellow 16. Robin Hood 17. Jimmy Carter,  
George Bush Sr and Jr, Bill Clinton and Barack Obama 18. Hawkes Bay 19. Father Brown  
20. John Major

**STROKE FOUNDATION HAMILTON**

**P.O. Box 27112, Garnett Avenue, Hamilton 3257**

**Phone: (07) 849 2065**

**Email: [hamiltonstroke@gmail.com](mailto:hamiltonstroke@gmail.com)**

**Web site: [www.strokefoundationhamilton.co.nz](http://www.strokefoundationhamilton.co.nz)**

**Newsletter editor and any contributions please contact Paul Burroughs**



## Stroke Foundation of New Zealand Mission Statement

### ***Reducing the risks - improving the outcomes***

**Without the generosity of the following Businesses organisations and Community Trusts, we could not continue to operate, so we thank them all most sincerely for their past & continuing support of our group:**

COGS, Trust Waikato, Wel Energy Trust, Grassroots Trust, Countdown Dinsdale, 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. WDFK Karamu Trust B.P. Voucher for Volunteers, Lion Foundation, Red Cabs Hamilton, Animation Hair Design Cambridge ValRay Country Music Promotions Te Awamutu, Betta Electrical Te Awamutu, Clive Steenson Plumbing Te Awamutu, Pukete Northcare Pharmacy, Hamilton City Council Wellbeing and Sustainability Fund, Z Good in the Hood. Summerset Down the Lane Retirement Village, Trikiso Buses Ltd. SkyCity Hamilton, Tommo's Bakery & Lunch bar Hamilton, Len Reynolds Trust, St Joan's Charitable Trust, VitalCALL/Chubb Medical Alarms, Wayne Cording, Waikato Lyceum Charitable Trust Inc. Hamilton Combined Returned Services Club.

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 including the Caregivers Support Group Raffles.

***Please support all the sponsors who support us***



***Waikato Lyceum Charitable  
Trust Inc***