



STROKE FOUNDATION HAMILTON

Hamilton Stroke Club Newsletter - 28th July 2021

Lots of changes at the Stroke Foundation

The Stroke Foundation of New Zealand has a new Chief Executive Officer. Jo Lambert was appointed as CEO of the Stroke Foundation of New Zealand in May 2021. She took over from Mark Vivian who had had the position for the previous fifteen years.

Jo has a wealth of leadership experience in both the not-for-profit and private sectors, and joins the organisation from Barnardos, New Zealand’s largest children’s charity, where she was General Manager of Early Learning. Prior to this Jo was CEO of the consulting firm Maven, where she worked primarily with clients across health and disability services.

Jo is inspired to make a difference to the lives of those affected by stroke because her mother experienced a life-changing stroke when Jo was a teenager, and her father passed away from a stroke 30 years later. She initially joined the Stroke Foundation as a Board Member in 2018.

“Stroke has had a profound impact on my life through my parents, and I now have an opportunity to make a difference for others,” explains Lambert. “I have incredible respect for the vital support the organisation provides and the leadership it shows in the health sector. New Zealand is at a critical juncture, with much work required to prevent a projected increase in the number of strokes, and to increase the services needed to support the growing number of stroke survivors.”

Jo holds a Bachelor of Arts in Business Studies (Hons), majoring in marketing and market research, and a postgraduate qualification from the Chartered Institute of Marketing (UK).

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Special points of interest

- Lots of changes
- Honoring Service



Midland Region General Manager Nicky Mayne introducing herself to the members of Stroke Foundation Hamilton at the 28th of April 2021 Stroke Club meeting at the Marist Rugby Club Rooms In Old Farm Road in Hamilton.

Nicky Mayne joined the Stroke Foundation of New Zealand team as the General Manager of the Midland Region based in Tauranga in early 2021. She replaced Cee Kay who resigned to return to live in the United Kingdom at the end of 2020.

Nicky has a diverse background leading business and not for profit organisations, having recently spent the last few years as General Manager of a disability service provider in Rotorua. Nicky also regularly presents training conferences to support those in the disability sector.

Nicky aims to complete her Bachelor in Business (Management) this year and is keen to bring her knowledge and insight gained through lived experience of disability into the role, in order to help the stroke community receive better outcomes throughout recovery.

Nicky Mayne and the new Hamilton CSA Danielle Greer visited the Hamilton Stroke Club meeting on the 28th April 2021 to introduce themselves to the Stroke Foundation Hamilton members.

Roll Call

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

Toaga Sao

13th January 2021

Avis Leeson

14th January 2021

Cecil Rowland

6th March 2021

Flossie Mihinui

11th April 2021

Michael Stevens

16th June 2021

Nina Sherson

17th June 2021

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





New Hamilton Community Stroke Advisor Danielle Greer introducing herself to the members of Stroke Foundation Hamilton at the 28th of April 2021 Stroke Club meeting at the Marist Rugby Club Rooms In Old Farm Road in Hamilton.

Danielle Greer has recently joined the Stroke Foundation of New Zealand team of Community Stroke Advisers based in the Midlands Region. Danielle is based in Hamilton City and covers the Hamilton, Cambridge, Karapiro, Huntly, Raglan, Kawhia, Ngaruawahia, Whatawhata, Ohaupo and Waitoa areas as well as the OPR4 specialist stroke ward at Waikato Hospital.

Danielle lives in Hamilton with her partner and three children, three Dogs and three cats. She was previously a primary school teacher before experiencing a stroke herself in 2018.

This meant she had to give up teaching, and also reassess most aspects of her life.

Danielle said that the day she decided she was going to get back into the workforce, a job popped up for a Community Stroke Advisor in Hamilton. So she applied and got the position and is loving the job - meeting all the clients and their support people, loving the variety in each day, and loving her supportive and amazing team of CSA's in the Midland Region.

Danielle came along with the new Midland General Manager Nicky Mayne to the Hamilton Stroke Club meeting on 28th April 2021 and introduced herself to the members. Danielle replaces Jill O'Reilly who finished at the end of March 2021 to join Family members over in Australia we welcome Danielle to the Midland Region team of Community

Stroke Advisors and look forward to working with her in her work with the stroke Community in Hamilton.

Danielle works out of an office at the Life Unlimited building in Palmerston Street in Hamilton and can be contacted on email north.waikato@stroke.org.nz or on mobile 021 962 380

BBQ & Easter Meeting

At the 24th of March 2021 stroke club meeting we celebrated Easter with Hot Cross Buns from Tommo's Bakery and easter eggs along with a sausage BBQ lunch cooked on Paul and Jill Kurtich's son-in-law Brent Shepard's very flash custom made trailer mounted BBQ by Brent, Jill Kurtich and Jill's grandson Jonty. We thank them for giving up their time and for bringing the BBQ and doing the cooking all the members there on the day enjoyed the change of menu and it was a nice sunny day to top it all off.



Jill Kurtich with her grandson Jonty Ganley and son-in-law Brent Shepard cooking the sausages on Brent's custom made trailer mounted BBQ for the BBQ lunch at the stroke club meeting on the 24th of March 2021



The Following is the text of the Presidents report read out to the 39th AGM on the 28th of July 2021 Bev Depree read the report as the incumbent President.

PRESIDENTS ANNUAL REPORT FOR 2021 A.G.M

I am privileged to be able to present my annual report to the 39th Annual General Meeting of the STROKE FOUNDATION HAMILTON held 11.00am, 28th July, 2021 at the Marist Rugby Club rooms, Hamilton for the 2020/2021 year.

FIRSTLY: We must remember all members who have passed away during the past year.

I would again like to acknowledge the committed and dedicated efforts of all members of our committee, and team of volunteers with the support they have shown and given us all over the past year. Remembering our whole organisation is manned by volunteers.

The committee is made up of eleven members, and up to twenty volunteers.

Lyn Harrè was co-opted and welcomed back on to the committee during this year.

Special thanks to Paul and Jill Kurtich, Paul Burroughs and auditor Kath Farrell for the professional presentation once again of the annual financial accounts.

We will be giving Life Memberships along with a Certificate of Appreciation to Paul & Jill Kurtich today for their work as Treasurers over many years. Paul & Jill have retired as treasurers from 30th June 2021.

I would also like to acknowledge and thank Vice President, Pam Mason for her support to me over the past year.

A big thankyou and acknowledgement to all funders and sponsors we have had successful grants from over the year to keep our support groups operating.

COGS GRANT
GRASS ROOTS TRUST
HCC SMALL GRANTS FUND
ADT MEDICAL ALARMS

2020 – 2021 saw us in another year of disruptions for our support groups when Covid Alert Level 2 was put on the whole country during August and some of September 2020, and again in February 2021.

During Alert Level 2 all support groups were again cancelled.

2020 – 2021 was not such a busy year for other meetings and public displays, mainly due to covid-19 however we were able to do some, namely the following:

Stroke Awareness week 28th September 2020 to 4th of October 2020 several sites around the city during this week, give Stroke Foundation Hamilton opportunities to get the Stroke Risk factor FAST message out into the community and highlight all the support groups that we run here in Hamilton.

October 14th 2020 Paul Burroughs and I addressed the meeting of a Chartwell Church group on Stroke and the work of Stroke Foundation Hamilton.

19th March 2021, Stroke Foundation Hamilton representatives attended the COGS public meeting.

19th March 2021, invitation to attend official opening of BUPA, Foxbridge, Te Rapa. Rita Smith & Paul Kurtich attended this event.

March 23rd & 24th 2021 the Blood Pressure Testing van was based in Hamilton at Pak N Save, Clarence St,

and Mill St, over these two days. Volunteer support was given by myself and Rita Smith.

June 16th - 19th 2021, Blood Pressure Testing vans were both on site at National Fieldays at Mystery Creek, Hamilton. Both Rita Smith & myself assisted on three of these days.

Over and above all of these meetings Paul Burroughs attends as our representative on the Disabled Persons Assembly (DPA Waikato), CCS Access for All Committee, and DHB Community Health Forum meetings held regularly throughout the year.

I also attend Volunteering Waikato volunteer co-ordinator meetings throughout the year.

Rita Smith and I both do Total Mobility Assessments for Waikato Regional Council on request.

All of these events and meetings give Stroke Foundation Hamilton opportunities to get the Stroke Risk Factor FAST message out into the community and highlight all the support groups that we run here in Hamilton.

OUTINGS:

Dec 2nd 2020, the U65 group enjoyed a Christmas get together at Lonestar Rotorua.

Dec 9th 2020. We all enjoyed Christmas Lunch at the Hamilton Workingmen's Club, with 55 members

attending.

June 30th 2021: Volunteer lunch was held at Smith & McKenzie Restaurant in Chartwell to recognize and thank them for the work they do. This was done in conjunction and to mark National Volunteer Awareness week, 20th to 26th June 2021 (see photo's on page 10).

ACKNOWLEDGEMENTS

Grateful thanks to our team of volunteers whose help and support along with Committee members keeps our club days and all other support groups running smoothly.

March 2021 we farewelled Jill O'Reilly, Community Stroke Advisor, as she retired from the position and presented her with a certificate of appreciation (see photo page 7).

At the 28th of April 2021 Stroke Club Meeting we welcomed new Community Stroke Advisor, Danielle Greer and new Regional Manager, Nicky Mayne who both introduced themselves to the members. (see photos on pages 2 & 3).

Thank you to Community Stroke Advisor Danielle for new referrals.

CAREGIVERS SUPPORT GROUP:

Betty Collis and myself for our joint co-ordination of the Caregivers Support Group. These monthly meetings are appreciated by those who are able to attend. This group

is now meeting permanently at the Hamilton Workingmen's Club from May 2021.

Thanks to Betty for your creation and putting together of the raffle basket prizes over the year. Well done.

The Stroke Caregivers Support Group Christmas lunch was held again at Smith and McKenzie Restaurant in Chartwell on 17th November, 2020 with 18 attending.

NEUROTONES WAIKATO CHOIR, UNDER 65 GROUP, and DROP IN LUNCH MEETINGS:

These three groups are being well attended and enjoyed by those who choose to attend.

Lyn Harrè and I both assist at the Neurotones Waikato Choir.

Frances Foote co-ordinates the U65 group.

Thanks to you all for a job well done and much appreciated.

Both Rita Eva and Rita Smith and Steve Smith for assistance to our less able members at the monthly drop in lunch meetings at the Hamilton Workingmen's Club where we regularly have 30 to 40 members and caregivers attending.

HOME & REST HOME AND RETIREMENT VILLAGE VISITING:

Thanks to Steve Smith for his visiting over the past year.

PHYSIOTHERAPY:

Thanks to Liz Guest for Physiotherapy sessions each club day and her voluntary one-on-one visits to members.

MARIST CLUB ROOMS:

Thanks to Greg Corban, and recently Eliot Horsefield, Managers, Marist Rugby Club for setting up the tables, chairs etc for Stroke Club meeting days and Committee meetings. Greg Corban retired from the role on the 24th March 2021 and a certificate of Appreciation was presented to him from Stroke Foundation Hamilton. (see photo on page 8).

TRANSPORT PROVIDERS:

Thanks to all the transport providers we use over the year for transporting our members to and from our support groups over the past year.

RED CABS
TRIKISO BUSES
DRIVING MISS DAISY
WESTSIDE AND EASTSIDE

CLUB DAY ACTIVITIES:

We have all enjoyed a variety of musical entertainment over the year selected by our entertainment co-ordinator Rita Eva.

Special extras and effort were put into our March 2021 Easter theme club day, with BBQ lunch, thanks to chef Brent, with easter eggs and hot cross buns.

We also had a pre-Christmas

theme at club day in November 2020, with Christmas gifts given out and xmas mince pies as extras.

A big thankyou to Annette Coombes for all the lovely raffle prizes donated by her each month.

Thanks to all members for items provided for the sales table.

Thanks to Annette, Stuart, and Judy for their home baking goodies, jams and pickles brought in most months.

Koko Sugita from COGY Pedal Wheelchairs attended over the year and several members tried and successfully used this mode of mobility.

The membership draw has been a positive incentive to be a financial member of Stroke Foundation Hamilton with 118 members over the past year.

CHANGES:

ACCESSIBILITY CONCESSION PLUS ONE bus BEE CARDS introduced in February 2021 allowing users to be accompanied by carer or support person free travel with the card holder.

FUNDRAISING NEWS:

We are supporting the "BEANIE UP" fundraising campaign being promoted by the National Office. These lovely BEANIES are selling for \$10.00 each or \$20.00 for ones with pom poms on all of which we have available for purchase at most of our meetings.

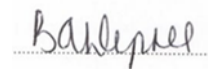
We certainly all experienced another change to our lives during Level 2, COVID 19, LOCKDOWNS, August/September 2020 and February 2021.

All support groups were cancelled during these lockdowns.

From feed back we all appeared to cope very well. All being part of the team of 5 million.

We all need to now make sure we go for COVID-19 vaccinations when your turn comes up and don't forget to have both jabs and to keep your vaccination card in a safe place as it is proof you have had your vaccine jabs.

Trust Stroke Foundation Hamilton will enjoy another successful year ahead.



Bev Depree
President.



Farewell to Jill O'Reilly



Bev Depree presenting a certificate of appreciation to Jill O'Reilly at the Hamilton Workingmen's Club at the 18th of March 2021 to thank her for her service to the stroke community in Hamilton and the Waikato while working as the Hamilton based Community Stroke Advisor

At the Stroke Foundation Hamilton Social Lunch Group meeting on the 18th of March 2021 at the Hamilton Workingmen's Club in Frankton a certificate of appreciation was presented to retiring Community Stroke Advisor Jill O'Reilly who was finishing at the end of March 2021 to go to Australia to be closer to family and grandchildren now the border restriction due to covid-19 allowed quarantine free travel across the Tasman now.

Jill has been the Community Stroke Advisor based in Hamilton twice now and slotted into the role again this time very well with all her contacts in the health sector community after returning to Hamilton after her stint with the midland region in Tauranga and her CSA role in the Bay of Plenty

We thank Jill very much for her work with the stroke community in Hamilton City and the greater Waikato and she will

be missed in her Hamilton role Stroke Foundation Hamilton wishes her well for the future and for her time with family across the Tasman.

Jill knows she is always welcome to call in and see us when she is back over this side of the ditch, we look forward to working with her successor Danielle Greer as she takes on the Hamilton CSA role

Hamilton Marist Rugby Football Club Bar Manager Leaves



Bev Depree presenting a certificate of appreciation to Greg Corban at the Hamilton Marist Rugby Football Club at the 24th of March 2021 Stroke Club meeting in the Marist Club Rooms to thank him for his service to the stroke community in Hamilton and the Waikato while working as the Hamilton Marist Rugby Club Rooms Bar Manager setting up and cleaning the rooms for or stroke club meetings and governance meetings

At the Stroke Club meeting on the 24th March 2021 a presentation of a certificate of appreciation was made to the retiring Hamilton Marist Rugby Club Rooms Manager Greg Corban by Stroke Foundation Hamilton President Bev Depree to recognise Greg's superb service to Stroke Foundation Hamilton and its members during his time as Club Bar Manager.

Greg's attention to detail setting up the club rooms for our stroke club and governance meetings has been very much appreciated by the

committee of Stroke Foundation Hamilton and its members.

His keeping the club rooms in an immaculate condition and his friendly genial manner to us has also been very much appreciated and he has been a pleasure to work with.

Stroke Foundation Hamilton wishes Greg all the best for what ever he has in store for the future and look forward to working with his successor Eliot Horsefield the new club bar Manager.

Quote

Blood Pressure is sometimes called the 'silent killer' because it shows no symptoms

Unite Against COVID-19

COVID – 19 Situation

With the Government down-grading New Zealand to Pandemic Alert Level 1 we have now restarted all our normal stroke support groups.

However the Government does encourage the following:

People should not attend if they are sick to keep the community safe.

Anyone with even a mild cold or flu like symptoms should not attend and are encouraged to contact their GP or Healthline (0800 358 5453) to be tested.

Attendees should engage in good hygiene practices such as regular handwashing and coughing or sneezing into their elbow.

When you go out if you have a smart phone that you use the QR Code app on the phone when you visit a venue or shop and snap the QR Code with your smartphone when you first arrive.

If you don't have a smart phone

we have obtained copies of the "My NZ COVID" Tracer Booklet where you can record your visits to businesses or venues in writing in a diary type booklet if you want a copy of the "My NZ COVID" tracer Booklet see President Bev Depree who has copies and can give you a copy.

In addition to the above requirements the Stroke Foundation of New Zealand Ltd recommends the following for Stroke Club meetings:

Encouraging all members to get a flu vaccination to reduce the risk of masking a corona virus infection.

Asking all attendees to use hand sanitiser on entering a venue if it is available. People should not share drinks, cups, plates, cutlery or other items.

Keeping track of where we have been is one way we can stop the spread of COVID-19 in New Zealand. We do this by keeping track of **Where we went, How we got there, When we were there, who we met there.**

If you have cold or flu symptoms, please stay home and call Healthline on 0800 358 5453 for further advice.

For more information on contract tracing, COVID-19 and alert levels visit.

www.Covid19.govt.nz

COVID-19

Stroke Foundation Hamilton membership Draw

Just a reminder that there are benefits of being a financial member of Stroke Foundation Hamilton for the 2020 - 2021 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 monthly draw, but you must be a financial member and it's only \$10 a year to be a financial member.

Members who have won the membership draw in 2020/2021 are:

July 2020

Marie Ryan N° 48

September 2020

Alan Peters N° 76

October 2020

Pam Bennett N° 71

November 2020

Jerry Clarke N° 62

January 2021

Aaron Findson U65 N° 51

February 2021

Michael Stevens N° 84

March 2021

Evelyn Boyte N° 100

April 2021

Graham Churchfield N° 104

May 2021

Ngairé Coman N° 15

June 2021

Michael Law N° 108

Thank you lunch for our team of Volunteers



On Wednesday the 30th June 2021 Stroke Foundation Hamilton took their team of volunteers out to lunch to the Smith & McKenzie Restaurant in Chartwell to thank them for their volunteer service during the last year and to celebrate National Volunteer Awareness Week those who were able to attend enjoyed the lunch. Many thanks to President Bev Depree for all the organizing

Lockdown or Lockup ?

A man in the UK who was wanted by police handed himself in so he wouldn't have to spend another moment in COVID-19 lockdown with the people he lived with. Sussex police officers said the man was wanted for recall to prison and gave himself up to get some "peace and quiet". The man told officers that he would rather go back to prison where at least he could have some time on his own.

Parallel Interests

Looking out of a restaurant window, I noticed a woman struggling to parallel park. After a good few minutes of watching her move backwards and forwards, I went outside to offer my help, which she readily accepted. After I parked her car, a man came over to thank me. "You're welcome." I said. "Are you her husband?" No, he replied. "I'm the guy parked behind her."

Wake - up Call

James received a bill for his recent surgery and was astonished to see a \$900 charge for the anaesthetist. He called the office to demand an explanation. "Is this some kind of mistake?" he asked when he got the doctor on the phone. "No, not at all." the doctor said calmly. "Well." said James, irritated, "that's awfully costly for just knocking someone out!" "Not really," replied the anaesthetist. "I knocked you out for free. The \$900 is for bringing you back."

Not Sew Young

My friend has owned a sewing machine shop for decades. Recently, a customer he hadn't seen in years came in to buy a new machine. Looking around the small shop a bit befuddled, she asked, "Whatever happened to that young man who used to work here?" My friend smiled. "I got older."

Classical Mistake

As a high school Latin Teacher, I'm used to fielding questions about my subject, which some find arcane and ancient, I was surprised when someone asked, "Do you have any native speakers in your class?" Sadly, that person was the principal

Out of Reach

A woman recently received a call from a telemarketer asking to speak with her husband. "Unfortunately, that's impossible she told him. He's in heaven." "In that case," he said "What's the best time to reach him?"

AT ANY SIGN OF
STROKE
CALL 111

F FACE DROOPING
A ARM WEAKNESS
S SPEECH DIFFICULTY
T TAKE ACTION CALL 111

STROKE FOUNDATION NZ
Support us at: stroke.org.nz
#ThinkFAST
#ActFast

Social Lunch Group:

Stroke Foundation Hamilton also operates a less formal Social Lunch Group which meets once a month on the third Thursday of each month at the Hamilton Workingmen's Club Rooms at 45 Commerce Street in Frankton.

The group meets from 11.00 am till 1.15 pm for a get together over a drink and lunch. The Hamilton Workingmen's Club have excellent facilities and a very good Café which serves very good value meals or snacks from \$8 to \$20 plus from a daily specials board or the Al-a-cart menu.

Taxi transport to any of the stroke groups can be arranged for members who are in the total mobility scheme.

You don't need to be a member of the Hamilton Workingmen's Club to attend but need to give your name to the co-ordinators below so your names can be given to reception list for the group which means you will not have to sign in.

If you would like to attend the Social Lunch Group meeting contact the co-ordinators below who will assist you.

Paul Burroughs
Phone: 07 849 - 2065
Mobile: 021 268 8793
Email: hamiltonstroke@gmail.com

Paul Kurtich
Phone: 07 846 4412
Mobile: 022 676 8514
Email: twospeed25@gmail.com

**Stroke Caregivers Support Group:**

Stroke Foundation Hamilton also operates a Stroke Caregivers Support Group which meets monthly on the third Tuesday of each month in the afternoon from 1.30 pm from February to November each year for peer support and social get together a meal or a coffee at the Hamilton Workingmen's Club in Frankton.

If you are interested in attending the Stroke Caregivers Support Group contact the co-ordinator below who will put you on the contact list and reception list for the Workingmen's Club so you don't have to sign in when you arrive.

Bev Depree Phone: 07 847- 9354
Mobile: 027 284 0611
Email: bevdepree@gmail.com

The latest Stroke Caregivers Gift basket raffle is now selling and when all the tickets are sold the raffle will be drawn so good luck to all who brought tickets.



For information about the neurological singing group and other speech language groups and a series of how to videos and list of resources see the Stroke Foundation Hamilton website listed at the bottom of this page where you can find this information and read past issues of the previous newsletters.

Under 65 Support Group:

The Under 65 Stroke Support Group is for those younger stroke people who have different issues like jobs, children and relationship issues and is held on the first Wednesday each month from 11.00 am till 1.00 pm so that members can get together for peer support and social contact in a supportive environment.

If you are interested in attending this group please contact the co-ordinator below who will put you on the contact list so you get the information flyer each month.

Frances Foote
Mobile: 0272332780
Email: francesfoote@hotmail.com

**Stroke Club Home Visitors:**

Stroke Foundation Hamilton also operates a team of volunteer home visitors who visit members and those unable to attend support groups, in their own homes, Rest Homes, Retirement Villages and in the Stroke, Rehabilitation and other wards at the Waikato Hospital if requested for companionship and support.

If you would like a home visitor to see you or to be put on the visitors list see the caregiver contacts on the left to arrange this.

10 min quiz

AT ANY SIGN OF
STROKE
CALL 111



FACE
DROOPING



ARM
WEAKNESS



SPEECH
DIFFICULTY



TAKE ACTION
CALL 111

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stroke.org.nz

#ThinkFAST
#ActFast

1. Who sat in Parliament from 1984 till 1990 and again from 1993 till 2017, thereby becoming New Zealand's longest-serving woman MP?
2. What was the profession of the characters played by Tom Cruise in *A Few Good Men*, Tom Hanks in *Philadelphia* and Reese Witherspoon in *Legally Blonde* ?
3. The Brisbane suburb of Woolloongabba is famous for what ?
4. In netball, what position do the letters GD denote ?
5. Who would use the words rubato, rallentando and ritenuto - a chef, composer or a choreographer ?
6. The Dutch company Koninklijke Luchtvaart Maatschappij NV operates what type of business ?
7. The International airport for New Orleans is named after which locally born musician: Fats Domino, Harry Connick Jr or Louis Armstrong ?
8. In the government organisation LandSAR what does the S stand for ?
9. How did the British actress Jodie Whittaker make Television history in 2017 ?
10. What public health programme has a Maori name meaning "Family Health" ?
11. What Childlike creatures first appeared in the *Despicable Me* movies and later in two films of their own ?
12. Rose De Witt Bukater was the main female character in what epic romantic movie ?
13. The Battle of the Boyne took place in what country ?
14. New Zealanders call it zucchini. What term is used in Britain ?
15. What sports ground was the venue for the so-called flour-bomb rugby test match of 1981 ?
16. What name is shared by Canada's northernmost island and a lake in Canterbury ?
17. What word meaning a riding horse is also used as a slang term for a journalist ?
18. In the Harry Potter stories, what villain murdered Harry's parents ?
19. Complete the title of a best selling satirical book published in 1982; *Real Men Don't Eat*
20. *The first Tour de France took place in what year; 1903, 1912 or 1920 ?*

ANSWERS

1. Annette King, 2. Lawyer, 3. The Gabba Cricket Ground, 4. Goal Defence, 5. Composer, 6. An Airline (KLM), 7. Louis Armstrong, 8. Search, 9. She became the first female Doctor Who, 10. Whānau Ora, 11. Minions, 12. Titanic, 13. Ireland, 14. Courgette, 15. Eden Park, 16. Ellesmere, 17. Hack, 18. Voldemort, 19. Quiche, 20. 1903



STROKE FOUNDATION HAMILTON

Mission Statement

Reducing the risks - improving the outcomes

Thanks

Without the generosity of the following Business organisations and Community Trusts, we could not operate supporting the Hamilton Stroke Community, so we thank them all most sincerely for their past & continuing support of our community Group.

COGS, Trust Waikato, Wel Energy Trust, St Joans Charitable Trust, Grass Roots Trust, Len Reynolds Trust, Sir John Logan Campbell Residuary Estate Trust, Hamilton City Council Community Grants, Te Awamutu Country Music Club, New World Te Rapa, New World Hillcrest, Pac N Save Clarence Street, Countdown Peachgrove Road, Chartwell Shopping Centre, Page Trust, ADT Mobile Medical Alarms, Wayne Cording, Hamilton Workingmen's Club, WDFF Karamu Trust, Trikiso Buses Ltd, Waikato Lyceum Charitable Trust Inc. Techsoup, Fine Homes Tour 2019.

Thanks also to those members and supporters of Stroke Foundation Hamilton who have made donations and supported raffles and the sales table at stroke club meetings by supplying items like knitting, home baking, magazines & books, fruit and vegetables, magazines, and donating raffle prizes including the Stroke Caregivers Support Group raffles



Please support the sponsors who support us

SERVING THE STROKE COMMUNITY AND CAREGIVERS

Website: www.strokefoundationhamilton.co.nz

Charities Services Registration N° CC20069