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STROKE FOUNDATION HAMILTON

Hamilton Stroke Club Newsletter - 22nd November 2023

Thanks to our loyal team of volunteers

Stroke Foundation Hamilton has been extremely fortunate to have over its 41 year operating stroke peer support groups in Hamilton city a team of long serving volunteers and committee governance volunteers. We are one of the very few community groups operating in Hamilton City who operate totally with a team of dedicated and committed loyal volunteers and over our 41 years operating stroke peer support groups in Hamilton have never had any paid staff.

We don't all thank our dedicated and loyal volunteers enough. Some such as Annette Coombes in the photo above who has been supplying raffle prizes for the monthly raffle draws totally at her own cost for a number of years, which has ensured that we had been making a 100% profit for our raffles. Annette did this mostly unknown to the members until 2023 when her shopping expeditions and bargain hunting had to stop due to her health complications. So our heartfelt thanks to Annette for her enormous contribution in this way over many years and her contributions over a number of years as a governance committee member also.

We also unfortunately lost a number of long serving previous volunteers who are listed on page three in our roll call. Five long serving volunteers died over the last twelve months.

Joy Irwin was a long serving kitchen volunteer and committee member who got involved when her husband Ron suffered a stroke.

Graham Thomson got involved many years ago as a St John Volunteer who used to bring the community ambulance along to Stroke Club meetings and when St John stopped this

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Special points of interest

- **Volunteers**
- **Good Bitches Baking**

service Graham Thomson came along in his own right as a volunteer and first aid officer at Stroke Club meetings for many years and later served as a governance committee volunteer until his health issues with dementia ended his volunteer service.

Johanna Spanbroek became a long time volunteer after hearing a Stroke Foundation Hamilton speaker talk to a community meeting at the Dutch Netherville Retirement Village in Flagstaff in Hamilton about Stroke Foundation Hamilton and its work with the stroke community in Hamilton and following the talk Johanna decided to become a volunteer and did so over many years until her health issues meant she had to end her volunteer service.

Steve Smith became a volunteer after being introduced to Stroke Foundation Hamilton by medical alarm representative Wayne Cording and Steve served as a volunteer and governance committee member over a number of years until his health issues put an end to his volunteer service as well.

So you can see that Stroke Foundation Hamilton has been very fortunate to have recruited a strong team of dedicated and loyal volunteers over its 41 years of serving the stroke community and caregivers in Hamilton City.

Over many years our volunteers have come from varies Hamilton community service groups like the Pakeke Lions Club the Hamilton East Lionesses Club the Woman's Division of

the Hamilton RSA and family members and wives and husbands of former stroke survivors such as current members of our volunteer team Bev Depree, Lyn Harrè, Jill Kurtich and Rita Eva.

Retirement villages such as Summerset Down the Lane in Glenview have also contributed to our team of volunteers with current governance volunteers Pam Mason and Prue Armstrong and volunteer Joan Phillips and our current auditor Kath Farrell also being resident at the Summerset Down the Lane Retirement Village.

Stroke survivors themselves have also over many years made up the ranks of our volunteers such as Annette Coombes, and our previous Treasurer Paul Kurtich who died in 2021 and current committee members Lilian Lane and Paul Burroughs,

Without the team of dedicated volunteers in the kitchen and at stroke club meetings and the Neurotones Choir and Social Lunch Group meetings and the Caregivers Support Group, Under 65 stroke Support Group Coordinator Frances Foote these group activities would come to a grinding halt.

So please treat our volunteer team with respect for their valuable volunteer service to the stroke community and caregivers in Hamilton City over the last 41 years

Education is the most powerful weapon which you can use to change the world.

Nelson Mandela

~~~~~

**You're braver than you believe, stronger than you seem, and smarter than you think.**

**A.A. Milne**

~~~~~

Attitude is the 'little' thing that makes a big difference.

Winston Churchill

~~~~~

**We will fail when we fail to try.**

**Rosa Parks**

~~~~~

The people who are crazy enough to think they can change the world are the ones who do.

Steve Jobs

~~~~~

**A dead end street is a good place to turn around.**

**Naomi Judd**

# Roll Call

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

**Moses Cherrington**  
18th December 2022  
Volunteer & Committee Member

**Graham Thomson**  
23rd January 2023  
Stroke Club Volunteer St John  
Volunteer & Committee Member

**Joy Irwin**  
5th of March 2023  
Stroke Club volunteer &  
Committee Member

**Johanna Spanbroek**  
12th of May 2023  
Long time volunteer

**Rita Schinkel**  
13th of May 2023

**Steve Smith**  
30th June 2023  
Stroke Club volunteer &  
Committee Member

**Avasa Ah Tune**  
18th of August 2023

**Paul Spadoni**  
2nd of November 2023

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



Stroke Foundation Hamilton member & Entertainer Wayne Wright entertaining at the Stroke Club meeting on the 22nd of March 2023.

## BBQ & Easter Meeting

At the 22nd of March 2023 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, 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 overcast day and the threatening rain stayed away until after the BBQ to top it all off.



Jill Kurtich's 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 22nd of March 2023 many thanks to them both for giving up their time to come along to the stroke club meeting for our annual Easter BBQ





*The Following is the text of the Presidents report presented to the 41st AGM on the 26th of July 2023 Bev Depree read the report as the incumbent President.*

## **PRESIDENTS ANNUAL REPORT FOR 2023 A.G.M**

I am again privileged to be able to present my annual report to the 41st Annual General Meeting of the STROKE FOUNDATION HAMILTON held 11.00am, on 26<sup>th</sup> July 2023 at the Hamilton Marist Rugby Club rooms, Hamilton for the 2022/2023 year.

FIRSTLY, we must remember all members, volunteers and committee 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 managed by volunteers.

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

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

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

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

COGS GRANT  
GRASSROOTS TRUST  
WAYNE CORDING ADT  
MOBILE MEDICAL ALARMS

2022 - 2023 we were able to have a full year with no disruptions that had been experienced country wide with COVID alert levels.

There still appears to be a level of apprehension among members about having regular attendance at some of the support groups.

2022/2023 was not such a busy year for other meetings and public displays, however we were able to do some, namely the following:

1<sup>st</sup> Sept 2022 Paul and I

spoke to Good News Community Group, Nawton, with overview of Stroke Foundation Hamilton.

16<sup>th</sup> Sept 2022 Kaumatua Olympics held at The Peak, Rototuna High Schools, with the Blood Pressure testing van also on site.

9<sup>th</sup> Feb 2023 Paul and I spoke to Chartwell Probus Group with overview of Stroke Foundation Hamilton.

27<sup>th</sup> March 2023 Paul and I spoke to Te Awamutu Garden Club with overview of Stroke Foundation Hamilton.

Over and above all of these meetings Paul Burroughs attends as our representative on the Disabled Persons Assembly (DPA Waikato), CCS Disability Action Access for all committee and DHB Community Health Forum meetings held regularly throughout the year. Several of these meetings have been held on ZOOM.

I attend Volunteering Waikato volunteer Co-ordinator Network meetings throughout the year.

Paul and I have been attending MOMENTUM WAIKATO meetings on a proposal to create a BRAINTREE COMMUNITY HUB in Hamilton, similar to what has been set up in Christchurch.

Rita Smith and I both do TOTAL MOBILITY ASSESSMENTS for Waikato Regional Council on request.

All of these events and meet-

ings give Stroke Foundation Hamilton opportunities to get the Stroke Risk factor FAST message out in the community and highlight all the support groups that we run here in Hamilton.

#### OUTINGS:

15<sup>th</sup> Nov 2022, Caregivers Support Group enjoyed lunch at Smith & McKenzie, Chartwell with 10 attending.

14<sup>th</sup> Dec 2022, Stroke Foundation Hamilton Christmas lunch at Hamilton Workingmen's Club, was enjoyed by those who were able to attend. 48 attended.

22<sup>nd</sup> June 2023, Volunteer lunch was held at Smith & McKenzie, Chartwell to recognize and thank them for the work they do. This was done in conjunction with National Volunteer Awareness week, 19-25 June 2023. 16 attended.

#### ACKNOWLEDGEMENTS:

Thank you to Community Stroke Advisor Danielle Greer for new referrals over the past year.

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

From October 2022 we were welcomed on board as a recipient of GBB Hamilton Chapter (Good Bitches Baking) We now receive beautiful home baking goodies each Stroke Club Day for

our morning tea. The Neurotones Waikato choir is also on board receiving GBB baking each week.

#### CAREGIVERS SUPPORT GROUP:

These monthly meetings are appreciated by those who are able to attend at the Hamilton Workingmen's Club.

#### NEUROTONES WAIKATO CHOIR, UNDER 65 GROUP & DROP-IN LUNCH MEETINGS.

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

Lyn Harrè & Joan Phillips assist at the Neurotones Waikato Choir.

Frances Foote co-ordinates the U65 group.

Both Rita's for assisting at drop-in lunch meetings.

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

#### PHYSIOTHERAPY:

Thanks to Desirea Rodrigues from TBI Health for Physiotherapy sessions each club day.

#### MARIST RUGBY CLUB ROOMS:

Thanks to Nick Blundell, Manager, Marist Rugby Club for setting up the tables, chairs etc., for Stroke Club days and Committee meetings.

#### TRANSPORT PROVIDORS:

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

#### RED CABS TRIKISO BUSES DRIVING MISS DAISY WESTSIDE AND EASTSIDE

#### CLUB DAY ACTIVITIES:

We have all enjoyed a variety of musical entertainment over the past year at Stroke Club thanks to Rita Eva, our entertainment co-ordinator.

Special extras and effort were put into our March 2023 Easter theme club day, with BBQ lunch, thanks to chef Brent Shepard, and Jonty Ganley on the custom mobile BBQ with easter eggs and hot cross buns.

A big thank you 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 Coombes, Stuart Bayes and Judy Pearce for their home baking goodies, jams, pickles and knitting brought in most months for the sales table.

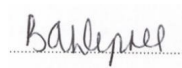
The membership draw has been a positive incentive to be a financial member of Stroke Foundation Hamilton, with 97 members over the past year.

Our new financial year started 1<sup>st</sup> July 2023.

I have indicated to the committee that I intend to stand down at next year's AGM.

In the meantime, trust Stroke Foundation Hamilton will enjoy a good year ahead for all of us.

**Bev Depree**  
**President.**



# Volunteer Team



On the 22nd of June 2023 during volunteer awareness week we took a group of our dedicated hard working volunteers see the photo above who were able to attend out to lunch at the Smith & McKenzie Restaurant in Chartwell as small token of our thanks for their volunteer service over the last twelve months.

We did this during the National Volunteer Awareness Week to recognise their very much valued volunteer service to our community organisation over the previous twelve months.

Without our dedicated and hard working team of 26 volunteers we would not be able to continue to operate our different monthly stroke peer support groups U65 stroke support groups or caregivers Support groups and our weekly NeuroTones Combined Neurological choir sessions.

Stroke Foundation Hamilton is one of the only community support groups in Hamilton that operates with no paid staff but purely with a team of volunteers.

## Quote

Cooking done with care is an act of love.”

Craig Claiborne

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#ActFast



## 2023 Kaumatua Olympics 15th September



**Rauawaawa**  
Kaumatua Charitable Trust



Rauawaawa Kaumatua Charitable Trust held the 2023 Kaumātua Olympics at; Te Pūmanawa – The Peak at Rototuna High Schools at 1 Kimbrae Drive Rototuna North, Hamilton on Friday, 15th September 2023 from 9:15am – 3:00pm Stroke Foundation Hamilton had an information stand and the SFONZ Northern Blood Pressure Van staff were here for the day. Stroke Foundation Hamilton Volunteers Bev Depree, Rita Smith, Heather Varley and Paul Burroughs manned the information stand and assisted getting Kaumatua Olympics Participant's along to the Blood Pressure staff table to have their Blood pressure checked. The BP Van staff were inside this year as due to construction going on at the school the BP Van was not able to get close enough to the auditorium to get the Kaumātua out to the van, it did not stop a large number of blood pressure readings being taken on the day.

**SERVING THE STROKE COMMUNITY AND CAREGIVERS**

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

Charities Services Registration N° CC20069

## 2023 Kaumātua Health , Housing and Technology Expo



Stroke Foundation Hamilton Volunteer Jan Thompson, President Bev Depree & Secretary Paul Burroughs staffing the stroke information stall at the 2023 Kaumātua Health, Housing and Technology Expo at the University of Waikato, Gallagher Academy of Performing Arts on Tuesday the 14th of November 2023 along with a number of other community groups at the Expo organised and run by the Rauawaawa Kaumātua Charitable Trust

On Tuesday the 14th of November 2023 the Rauawaawa Kaumātua Charitable Trust organised and ran a Kaumātua Health, Housing and Technology Expo at the University of Waikato, Gallagher Academy of Performing Arts.

A number of community groups such as ourselves the K'ātu Pasifica Trust, Epilepsy Waikato Charitable Trust, had information stalls

along with the other groups from Wintec Te Pūkenga such as the Nursing faculty and the Biokinetic Centre and provided information relevant to Kaumātua along with a small clinic providing covid booster vaccines and flu vaccines.

The program had a number of sessions including using modern technology to convey Mātauranga and Kaumātua life experiences using

artificial Intelligence to produce beautiful images telling Kaumātua stories accompanied by five narrators telling the true stories behind each image.

There was also information about Kaumātua housing initiatives in Hamilton all broken up by Kumba sessions the Kaumātua version of Zumba a very well organised Expo with something for everyone.



# Strokes Set to take a heavier toll

The following article was published in the Health section of the Waikato Times Newspaper on the 21st of October 2023 originally published in the Washington Post:

Worldwide stroke deaths could increase by 50% by 2050, killing as many as 9.7 million people per year, an international group of stroke researches predicts in a report in Lancet Neurology.

Young people and those in low and middle-income countries face even higher increases, the report says.

The document, produced by dozens of researches writing as the World Stroke Organisation-Lancet Neurology Commission Stroke Collaboration Group, forecasts an ongoing "huge" global burden because of stroke, and calls for "pragmatic solutions" to reduce the medical condition worldwide.

Today, stroke is the second-leading cause of death worldwide, and causes disability, dementia and other health problems in millions each year.

Although strokes are common, deaths are unequally distributed, with 86% occurring in low and middle-income nations, and a growing number affecting people under 55.

The researchers blame unequally distributed healthcare resources, a lack of prevention

programmes, pollution, lifestyle factors and other issues for the high number of stroke deaths.

The world ignores stroke's public health burden at its own peril, they suggest, projecting that costs of stroke treatments and lost income will rise to US\$2.31 trillion (NZ\$3.96 trillion) by 2050.

"Stroke exerts an enormous toll on the world's population, leading to the death and permanent disability of millions of people each year, and costing billions of dollars," said committee co-chair Valery L Feigin, of Auckland University of Technology.

"These estimates are indicative of the ever-increasing burden we will see in the years ahead unless urgent, effective action is taken,"

Despite the crisis, the researchers note that stroke "is highly preventable and treatable". lifestyle factors such as a healthy diet, regular physical activity and stopping smoking can reduce stroke risk, as can regular monitoring of conditions such as high blood pressure.

## Quote

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

## Stroke Foundation Hamilton membership Draw

Just a reminder that there are benefits of being a financial member of Stroke Foundation Hamilton for the 2023 - 2024 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 2022/2023 are:

November 2022  
Stan Pearce N° 8

January 2023  
Jean Paul Tapoki N° 17

February 2023  
Bev Depree N° 26

March 2023  
Joy Freason N° 24

April 2023  
Mia Ooman N° 36

May 2023  
Maurice Young N° 97

June 2023  
Alistair Crocket N° 48

July 2023  
David Gunn N° 28

August 2023  
Ewert Bennett N° 52

September 2023  
Yvonne Paetai N° 34

October 2023  
Prue Armstrong N° 23

## GBB - Good Bitches Baking - Hamilton Chapter

Stroke Foundation Hamilton monthly stroke club meetings and the NeuroTones combined neurological Choir sessions have been the grateful recipients over the last twelve months of a delicious baking provided by the members of the Hamilton Chapter of Good Bitches Baking. See the photos on page eleven which shows a small selection of the baking received

Good Bitches Baking is a network of people who want to show kindness to those in their communities who are having a tough time. We do this by baking them a delicious treat.

There are too many people out there having a tough time: families with children in hospital; those using food banks and soup kitchens; residents in hospice and their loved ones; women and children fleeing domestic violence. GBB hope to give them just a moment of sweetness in their time of crisis.

People tell GBB that knowing someone cared enough to make them a treat helped them through the toughest of days.

We know that kindness

matters. GBB came about when founders Nic and Marie were talking about the problems of the world over a glass, or two, of bubbles. Feeling helpless, they came up with the idea to let those going through a hard time know that people in their community cared.

How it works - Volunteers in 29 chapters around the country donate their time and baking to those going through a tough time.

GBB chapters build a roster, matching volunteer bakers, drivers and recipient organisations - charities working with those having a tough time. It's up to the recipient organisations to use the baking in the way that best meets the needs of their clients and community.

Volunteers bake what suits them, except where recipient organisations have specific requirements, such as nut-free or halal.

For them, baking is a vehicle for talking about kindness.

GBB hear their volunteers use baking as a way to talk to their kids about the problems faced by others in their community and we see the impact of Prison Bake on participants in prisons and recipients who receive their baking.

Recipients tell us the baking gives them the knowledge that they're not alone, that they are a valued member

of the community - and that their community cares about the hardship they're going through.

That's powerful stuff, and it all fits inside a 10" box.

What's with the name? GBB get it. their name isn't the usual run-of-the-mill moniker you'd expect for a charitable organisation. GBB did that on purpose – they are not run-of-the-mill people. And neither is what they set out to achieve: making the world a little less shitty for people having a tough time.

So we called our charity Good Bitches Baking. Most people love it, but we understand it strikes a nerve for others, and here's why we're not backing down from it.

Stroke Foundation Hamilton and its members want to give our grateful thanks to the members and bakers of the Hamilton Chapter of Good Bitches Baking for the delicious baking supplied to our stroke peer support group meeting the stroke club and especially want to thank them for delivering the baking to our meeting venues each month we greatly appreciate the support of our community organisation in this way





# GBB - Good Bitches Baking - Hamilton Chapter





**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 financial 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](mailto:hamiltonstroke@gmail.com)

**Bev Depree**

Phone: 07 847 9354

Mobile: 027 284 0611

Email: [bevdepree@gmail.com](mailto:bevdepree@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](mailto: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 Thursday each month from 10.30 am till midday 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](mailto:francesfoote@hotmail.com)

**Quote**

*"The greatest glory in living lies not in never falling, but in rising every time we fall"*

*Nelson Mandela*

# 10 min quiz

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DROOPING



ARM  
WEAKNESS



SPEECH  
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1. The Titanic was built in which city? A. Cardiff, b. Edinburgh, c. Belfast.
2. Which cocktail, made using vodka, Cointreau, cranberry juice and lime juice, shares its name with an American magazine?
3. Which author wrote For Whom The Bell Tolls, based on his own experiences as a reporter during the Spanish civil war?
4. A brief History of Time: From the Big Bang to Black Holes is a 1988 book by which English physicist?
5. Established in 2002, what is New Zealand's newest national park?
6. When the Polynesian Panthers were founded in 1971, they established their headquarters in which Auckland suburb?
7. Pene rākau is the Māori word for which item?
8. The first Franco-Mexican War is most commonly known as what? A. The Pig War, b. The Pastry War, C. The Six Day War.
9. Italo Ferreira and Carissa Moore won gold in which sport when it debuted at the 2020 summer Olympics?
10. Who is the most recent US President with alternative first and last names?
11. Which film won the Academy Award for best picture in 1965? A. My Fair Lady, b. To Kill a Mockingbird, c. Guess Who's Coming to Dinner.
12. Which insect is the strongest animal on the planet compared to body weight?
13. Which naturalist visited the Bay of Islands in 1835 for four days and reported that New Zealand was unattractive?
14. I Got You is a 1980 song by which New Zealand Band?
15. In Scrabble, the letters B, C, M and P are each worth how many points?
16. What is the outermost layer of the skin? A. Epidermis, b. hypodermis, c. dermis.
17. What shape goes with a crescent moon to form the symbol seen on the national flags of Malaysia, Pakistan and many other countries?
18. Sofia is the capital of which country?
19. Epistaxis affects which part of the body?
20. The idea that a small change to something can result in major differences in a later state is known as the .....effect

## ANSWERS

1. Belfast; 2. Cosmopolitan; 3. Ernest Hemingway; 4. Stephen Hawking; 5. Rakiura National Park; 6. Ponsonby  
7. Pencil; 8. b. The Pastry War; 9. Surfing; 10. Ronald Reagan; 11. My Fair Lady;  
12. Dung Beetle; 13. Charles Darwin; 14. Split Enz; 15. Three; 16. s. Epidermis;  
17. Star; 18. Bulgaria; 19. Nose; 20. Butterfly;



## 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, Pak 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. Tommos Bakery Techsoup, Fine Homes Tour 2019. Hamilton Chapter of Good Bitches Baking

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

Charities Services Registration N° CC20069