

HOW CAN YOU HELP?

- Volunteer at our support groups - supervision at the art table, playing bridge, other games, transport or helping the "Tea team"
- Assist with fund-raising activities:
 - Book sales
 - Christmas card sales
 - Collecting cans
- Donate books and magazines
- Become a member contact: 011- 728 2292 or info@strokeaid.org.za



WHAT IS A STROKE?

A Stroke is the result of a bleed or clot in a blood vessel in the brain. As a result the brain is deprived of oxygen, leading to symptoms that vary depending on which area of the brain is affected. Sudden numbness, paralysis in parts of the body, a sudden loss of vision, impairment of speech and loss of memory may be experienced.

IN SOUTH AFRICA?

- Strokes are common over the age of 50 and occur equally among all races.
- However, it is not only an old person's disease, as research shows that up to 30% of Strokes are occurring more often in younger people.

FURTHER INFORMATION:

Stroke Aid (PBO 930018543)
Tel: 011 728 2292 Fax: 086 666 8154
info@strokeaid.org.za • www.strokeaid.org.za
P O Box 51283, Raedene 2124

DON'T QUIT

*When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't quit.*

*Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight
When you are hardest hit,
It's when things seem worse,
That you must not quit.*

Author unknown

supplied by Stroke Aid Support Group

There is hope after stroke



INTRODUCING

STROKE AID



Information

REHABILITATION

SUPPORT GROUPS

Community

Stroke Aid (PBO 930018543)
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I WANT TO SUPPORT STROKE AID (PBO 930018543)

Name: _____

Address: _____

_____ Code: _____

Telephone: _____

R20 R30 R40 R50 or R

• Cheques payable to: Stroke Aid.

Direct deposits or transfers - Name: Stroke Aid , Bank: First National Bank , Branch: President Street West, Type: Current Account, A/c No: 50420026996 Branch No: 250705

• Debit Orders - please fill out the form below and fax to Fax: 086 666 8154 or post to P O Box 51283, Raedene 2124

Please debit my account for R_____ on the _____ day of each month commencing on the _____ . Year / Month / Day

Bank: _____

Account Number: _____

Branch: _____ Branch code: _____

Type of Account: (Current/Savings etc.) _____

I/We understand that the withdrawals hereby authorised will be processed by computer through a system known as ACB magnetic tape services. This authority may be cancelled by me/us by giving 30 days notice in writing. But I/We understand that I/We shall not be entitled to any refunds of amounts which were withdrawn while the authority was in force. Receipt of this instruction by you shall be regarded as a receipt thereof by me/our bank whichever it is or will be.

Signature: _____ Date: _____



STROKE AID

A Stroke can change a person quite suddenly from being healthy and active, to someone paralysed down one side, unable to walk and possibly to talk. We all think it will not happen to us - but statistics show that it could. Stroke Aid is here to help.

Stroke Aid was founded in 1986 and is a multiracial self-help organisation for the support and the rehabilitation of Stroke patients.

SUPPORT GROUPS

There are regular meetings of support groups held at Paterson Park, South Rand Hospital and Soweto. These groups encourage social interaction and promote independence and self-confidence in Stroke patients and their families. There are a variety of therapies and activities available, as well as qualified people to give advice.

Paterson Park - Norwood

The group meets every Tuesday from 9.30 to 12.00 at the Paterson Park Recreation Centre, 7th Street (off 6th Avenue), Orange Grove. For further information contact 011- 782 2292 or info@strokeaid.org.za

Soweto

The Soweto Group was started in 1991 by Katherine Mononyane at the Soweto Old Age Home. Katherine used to come to Paterson Park from Soweto for rehabilitation following a stroke. Still partially paralysed, Katherine went on to organise people with

left and right disabilities at the Soweto Home for the Aged, to work together on sewing machines producing items to raise funds.

The close-knit group meets on Thursday mornings when they can encourage and socialise with each other while doing various activities



including exercises. For further information contact 011- 728 2292.

South Rand Hospital - The Hill

This support group meets in the Occupational Therapy Department, South Rand Hospital, Friars Hill Road, The Hill, on Thursdays between 9.30 and 11.30. As this is a small group, outings are organised when possible. Otherwise the time is divided into half an hour for tea and socialising, an hour of Occupational or Speech Therapy and half an hour of exercises. For further information contact 011- 728 2292.

INFORMATION 011- 728 2292

- Pamphlets. Written in simple, everyday language.
- A book and booklet published in South Africa can be purchased directly from Stroke Aid.
Stroke: Caring & coping
Stroke: a self-help guide towards Independent Living
- List of therapists.
- Suppliers of aids and appliances.
- www.strokeaid.org.za or info@strokeaid.org.za
- List of medical facilities.

WORKSHOPS

Workshops for caregivers and their families have been very successful in the past. Anyone interested in helping to put such an event together, please contact: 011 782 2292 or info@strokeaid.org.za

FINANCING & FUNDRAISING

Stroke Aid relies completely on membership and public donation. Contributions would be very valuable for the running of the support groups and continued development of facilities.

Projects that need financing:

- Purchasing and running of a second vehicle for transporting members to support groups.
- Hiring a second vehicle for the Soweto support group.
- Upgrading equipment & materials.
- Day Care Centre providing additional days for Stroke Patients.