

TIM GLENDINNING
MEMORIAL FUND FOR
**YOUNG
ADULT
STROKE**





With heavy hearts, the Glendinning family wish to celebrate their beloved son and brother Tim, by setting up a memorial research fund in his name.

Their mission is to raise awareness of stroke and to end the stigma surrounding the disease. Through research, they want to make sure young stroke survivors don't feel out of place and alone, that support is provided to their families and the added uncertainty from undiagnosed stroke is removed.

Tim's brother Matt admires the way Tim kept reinventing himself, demonstrating a strength of will and of heart. Matt wants other young stroke survivors to know that there will be battles and setbacks, but there will be triumphs along the way. Like Tim, young adult stroke survivors can create a meaningful life.

Every stroke experience is unique and the recovery journey can be overwhelming, full of uncertainty and sometimes isolation.

All young stroke survivors need and deserve the opportunity to live and thrive after stroke.

Young adult stroke in Australia

- › Stroke is one of Australia's biggest killers and a leading cause of disability.
- › There are currently 142,500 Australian stroke survivors of working age.
- › International evidence shows increasing incidence of stroke amongst young people with many remaining undiagnosed.
- › 30 percent of young survivors are left with moderate to severe disability.
- › Two years after a stroke, most young survivors report they have a significantly reduced quality of life. Many are affected by depression and anxiety.

“He was a beautiful soul with a big heart. Someone who spent his life interested in the world around him.”

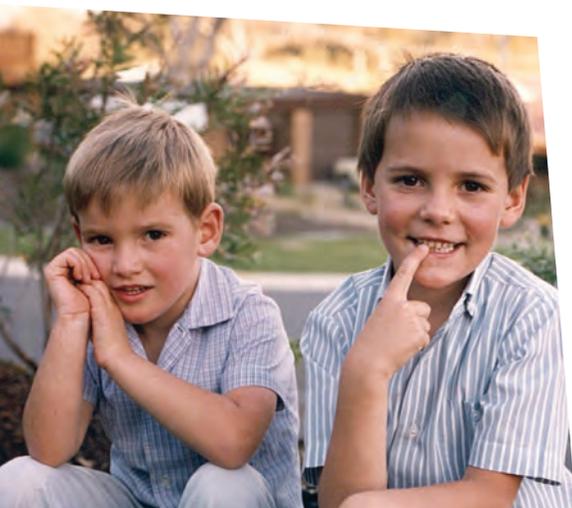


Tim's story

There are many words to describe Tim Glendinning – passionate, popular, intelligent, courageous and loyal. Tim was a gentleman from top to toe who dressed immaculately and was fond of a chat! He was bold, kind and fun and loved his close-knit family.

But behind this engaging, articulate young man was a life turned upside down by stroke. Stroke taunted him for 17 years. It crept back time and time again when it was least expected. Tim suffered seven strokes between the ages of 19 and 36. Each time Tim's life seemed back on track, stroke cruelly knocked him down again.

The majority of people in Tim's life had no idea about the war raging in his brain, and the ongoing physical and mental battle because he chose not to talk about it.



Tim Glendinning was born on 4 April 1981 to proud first time parents Bruce and Lynette. He was a happy child. Fun-loving, intelligent, courageous, caring and easy going.

Tim's little brother Matt was never far behind him. They were 21 months apart and a wide-eyed Matt looked up to Tim. The cheeky boys would muck around in the yard together, play cricket, soccer and hockey. They took a keen interest in ancient history, politics, film and world affairs and would regularly go sailing with their cousins.

At school, Tim did well academically. He then took a gap year to work in the UK and travel in Europe with his school mates. He made lifelong friends and developed a love of exploring different cultures. He returned home in the year 2000 to study economics, commerce and Spanish at university. Life was good.

It was the day before the Sydney 2000 Olympics. This is when life took an unexpected turn.

Tim went for a surf at Bateman's Bay with some mates he had known since school. He emerged from the water and collapsed on the beach. His friends rushed him straight to the local doctor who recognised stroke. However, the local hospital didn't have the right facilities to treat him, so he needed to get to Canberra, almost three hours away.



Matt and Tim lived together a number of times in their adult life. There were lots of happy memories and good meals. They had similar personalities, shared interests and the conversation never ran dry.

A large part of his brain had been affected, but no cause could be determined. This led to unimaginable frustration for Tim and those who loved him the most. How could this happen to a fit and active 19 year old man? His world stopped.

After a gruelling week in hospital, a weary Tim was discharged. Whilst the paralysis down his left-hand side started to disappear, Tim struggled to deal with what had happened. There was still no diagnosed reason for his stroke and his family were not offered any support. Tim was advised to drop economics at university and told he could not swim on his own, play sport or drink alcohol.

Just over three months later, right before Christmas, Tim suffered a second stroke. Tim was in denial. He did not want to believe it was happening again.

Following the strokes, Tim's friends initially rallied around him, but he could no longer take part in the things young men do like go to the pub or play team sports. He felt lonely, frustrated and sad.

Tim entered a dark place. Depression would plague him in various forms for the next decade. It would come and go, but Tim would put on a brave face to the outside world. You could no longer tell he had suffered a stroke. Physically, his recovery had been remarkable.

But it wasn't all rosy, Tim was also prone to mood swings, frustration, depression and anger. While Tim would appear fine outside those apartment walls, Matt admits he was tough to live with at times. But brotherly love has a way of overcoming that.

In Tim, people saw a man full of fun and engaged in his community, but beneath it all, his family saw something very different – Tim's pain and his struggle for answers about his strokes.

The one topic Tim, the conversationalist, didn't want to talk about was stroke. It was not in his vocabulary. He wanted nothing to do with it after being burnt too many times. Over the years, doors would close in both his working life and his romantic life once people learnt about his history with the disease.

Tim found hospital stroke wards grey, depressing and full of old people with whom he had nothing in common. He was young and active and didn't fit in there. He didn't want family or friends to see him in a stroke ward and view him differently. He felt the stigma of having a brain condition primarily associated with older people.

As Tim continued to have strokes about every two years, each one left him more damaged and depleted.



His intense hatred of stroke wards came to a head at one point, when he had simply had enough, discharged himself and walked four kilometres home.

The impact of stroke on Tim's close-knit family was enormous. His parents Bruce and Lynette and younger brother Matt were there to offer love and support, but rode an emotional journey of their own, watching helplessly as Tim kept saying "there is nothing anyone can do". His family lived on a knife's edge.

Given there was no known cause for his strokes, there was no indication of if – or when – stroke could strike again. There were theories it may be connected to a blood clotting disorder, but it wasn't possible for medical teams to confirm.

Bruce and Lynette would worry when the phone rang that it could be bad news, but they would also worry if it didn't ring. They felt isolated and that nobody understood what they were going through.

Tim did re-emerge out of a dark hole, starting yoga, completing a couple of gruelling fun runs and fell in love. He accepted how his condition had changed him.

Tim found his feet in his career and moved up the corporate ladder, working in the family business, a major bank and a national corporation. He was highly regarded and a natural leader, but, once again, he hid his health struggles from everyone.

Tim sadly passed away on 27 April 2017. This time his body could no longer fight the impact of stroke. His family, friends and colleagues were left devastated. Tim brought joy to people's lives. He was brave, gregarious, resilient and always carried himself with grace and dignity.

You can read more about Tim's life and the legacy his family will create in his memory at strokefoundation.org.au/TimGlendinningFund



Tim's legacy



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About the Tim Glendinning Memorial Fund

The ***Tim Glendinning Memorial Fund for Young Adult Stroke*** has been thoughtfully established by the Glendinning family to improve the lives of young adults affected by stroke. It has been created to commemorate the memory of Tim and make a positive difference to young Australian stroke survivors.

The fund will:

- › Provide support and advice to young adult stroke survivors and their families
- › Improve the environments in which young adult stroke survivors are provided care
- › Support research into undiagnosed stroke causes
- › Fight stigma that young adults feel after stroke

How will it be managed?

The Tim Glendinning Memorial Fund for Young Adult Stroke will be administered as part of the Stroke Foundation's Endowment Fund and has been established with a generous endowment from the Glendinning family. The family will be represented on the management committee of the Stroke Foundation's Endowment Fund.

The Stroke Foundation is a national charity that partners with the community to prevent, treat and beat stroke. We stand alongside stroke survivors and their families, healthcare professionals and researchers. We build community awareness and foster new thinking. We support survivors on their journey to live the best possible life after stroke.

The goal is for the fund to continue benefiting young adults affected by stroke and finding ways to prevent stroke from happening long into the future. The Glendinning family hope to continue raising funds from Tim's family, friends and the Australian public to build upon their initial endowment gift.

How your support can help young adult stroke survivors

Stroke is largely preventable, it can be treated and we believe it can be beaten. Research holds the key.

Contributions to the **Tim Glendinning Memorial Fund for Young Adult Stroke** will support research to deliver a deeper understanding of stroke in young adults.

The results of this research will, over time, lead to better diagnosis, treatment and support for young adult stroke survivors. Effective research takes time, perseverance and a great deal of funding. However, the rewards when those breakthroughs come will benefit generation after generation.

How to donate

You can help stop stroke from devastating more families. Either:

- › Complete and return the attached donation form
- › Donate online at **strokefoundation.org.au/TimGlendinningFund**
- › Alternatively, please contact the Philanthropy Team on **1300 194 196** to discuss your donation or to make a direct deposit into the Fund

Donations over \$2 to the Stroke Foundation are tax deductible. Please reference the **Tim Glendinning Memorial Fund for Young Adult Stroke** when making your donation.

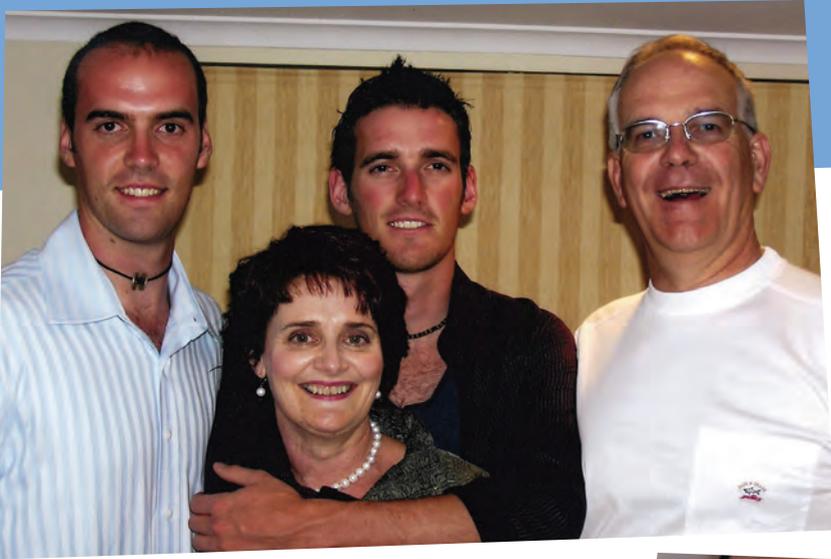


"There are two stories. Part of the legacy of the stroke was the stigma – he didn't want the stroke to define who he was. Therefore there was a kind of embargo for us as a family on being able to approach it properly, and deal with it.

The other story is what a brave person our Tim was.

He worked so hard to overcome multiple strokes and massive brain damage. And then, went on to live seventeen years of a wonderful life with multiple circles of friends and good jobs. But what we know now is that was his only way of coping, because he had nowhere else to turn.

– Bruce and Lynette Glendinning, Tim's parents



"Tim is with me every day – in my heart, my memories and this ring. I remember most his bravery in fighting this illness over such a long time. It took such strength to reinvent himself and go on to have a fulfilling and meaningful life."

– Matt Glendinning, Tim's brother



My gift to the **Tim Glendinning Memorial Fund for Young Adult Stroke**

My details

First name	Surname
Address	
State	Postcode
Phone no	
Email address	

My gift

Yes, I would like to contribute towards saving more lives and end the suffering caused by stroke amongst young adults with my gift of \$ _____

Payment enclosed (cheque made payable to the 'Stroke Foundation'.)

Please contact me to discuss my donation or to arrange a direct deposit into the Fund.

Please charge my credit card

MasterCard Visa Amex Diners

Card No.

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Signature

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Donations over \$2 to the Stroke Foundation are tax deductible. Please reference the **Tim Glendinning memorial Fund for Young Adult Stroke** when making your donation.

Stroke Foundation ABN 42 006 173 379
Level 7, 461 Bourke Street, Melbourne VIC 3000
www.strokefoundation.org.au/TimGlendinningFund

Your message

You might like to include a message to the Glendinning family or to other young stroke survivors.

I agree this message can be shared publicly



At the Stroke Foundation we take your privacy and personal information very seriously.

Our Privacy Policy is available on our website strokefoundation.org.au

Personal information is collected by us for contact purposes, to identify donors when they request information or change their details, to answer donor queries and to process donations and issue tax receipts. For these purposes your information may be shared with trusted third parties and our service providers (such as banks, mail houses, technology service providers, advertising and promotional agencies, sometimes located outside of Australia). By contacting the Stroke Foundation, you consent to your personal details being used on our database. From time to time we may use your personal information in order to send you further information on our important work or opportunities to support the Stroke Foundation in the future. You can change your communications preferences with us.

Email: supporter@strokefoundation.org.au or mail: **Level 7, 461 Bourke Street, Melbourne VIC** or telephone: **1300 194 196**



**Tim's spirit lives
on to help young
adult stroke
survivors.**

**Please join us
to deliver Tim's
legacy.**

Return the form
opposite in the
enclosed Reply Paid
envelope or call us
for more information.

Ph: 1300 194 196



“We want other young stroke survivors and their families to have someone to turn to.”

– Bruce & Lynette Glendinning



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Let's talk

For more information about the ***Tim Glendinning Memorial Fund for Young Adult Stroke*** and the work of the Stroke Foundation to prevent, treat and beat stroke, please contact:

Individual Philanthropy Team

 1300 194 196

 philanthropy@strokefoundation.org.au

 strokefoundation.org.au/TimGlendinningFund