EVERY AUSTRALIAN CAN JOIN THE F.A.S.T. RESPONSE TEAM

JUST BY RECOGNISING THE SIGNS OF STROKE:

FACE ARMS SPEECH TIME

ACT FAST CALL 000

NATIONAL STROKE WEEK 4 – 10 SEPTEMBER 2017

#fightstroke

Your 2017 National Stroke Week guide
THANK YOU

Thanks for signing up to be a part of National Stroke Week 2017.

You’re now a part of our biggest annual stroke awareness campaign and a vital supporter helping to prevent, treat and beat stroke.

Taking part in this awareness week is a great chance to engage in a fun way with your workplace, friends, sporting team or community while making Australians aware of stroke and the need to act FAST.

This guide is here to help you plan, run and share your own National Stroke Week event.

This year’s campaign is supported by Nestle’ Health Science and a Medtronic International grant focussed on raising stroke awareness in regional and rural communities.

NEED HELP?

Contact our Stroke Week team
 strokefoundation.org.au/strokeweek
 strokeweek@strokefoundation.org.au
JOIN THE FAST RESPONSE TEAM

This year, Stroke Foundation is asking Australians to join the F.A.S.T. Response Team by knowing and sharing the signs of stroke – F.A.S.T.

When it comes to stroke, every minute counts. Time saved = brain saved. The earlier appropriate treatment is delivered, the better the outcomes can be for patients.

But our paramedics, nurses and doctors can only help if you join the F.A.S.T. Response Team and dial 000 at the first sign of stroke. Stroke is always a medical emergency.

Ensuring every Australian household has someone who knows the signs of stroke and to call 000 is a key priority of the Stroke Foundation. Think F.A.S.T. and act FAST.

You can join the F.A.S.T. Response Team by hosting an event to raise awareness of stroke and the F.A.S.T. symptoms. How? It’s simple. Morning teas, office competitions, fundraisers, information stalls and public displays. There are lots of ways to get the F.A.S.T. message out into your community.

DID YOU KNOW?

F.A.S.T. is the internationally recognised test to identify the signs of stroke.

80 percent of strokes will show at least one of the FAST signs.
PLANNING

This is where the fun begins! Be as creative as you like with these simple ideas to get you started:

› Host a morning/afternoon tea
› Set up an information stall or display
› Organise a healthy event for your office (e.g. social walk around the park or a healthy bake sale)
› Book a StrokeSafe Speaker to talk to your work colleagues or club members
› Run a health check event

Why not brainstorm ideas with friends, colleagues or family to see what would work best for your group?

The next step is getting into the nuts and bolts of the planning and confirming the following:

› WHAT activity are you going to do?
› WHERE will it take place?
› WHEN will it occur?
› WHO do I invite?

Use your free promotional kit and downloadable resources available online at strokefoundation.org.au/strokeweek to start planning and promoting your event.

Having an event open to the public? Let us know and we will help to promote it on the Stroke Week website.

✉️ strokeweek@strokefoundation.org.au
PROMOTION

Your event is locked in and plans are well underway...so what’s next? It’s time to let everyone know you are hosting a Stroke Week event by tweeting, posting, putting up posters, videoing, emailing, messaging, snap chatting, blogging, calling, snail mailing...the opportunities are endless.

Social media is a great channel for reaching a big audience and making sure all your friends become part of the FAST Response Team. Let your social network know how they can get involved in Stroke Week too. The more people who know the FAST signs of stroke the more lives that could be saved through thinking F.A.S.T. and acting FAST.

For Facebook, Twitter and Instagram posts use the hashtags #strokeweek and #fightstroke. Don’t forget to follow Stroke Foundation on Facebook, Instagram, Twitter and LinkedIn so you can stay up to date with Stroke Week news.

A social media kit will be emailed to all registrants and available online closer to Stroke Week.

GET PEOPLE TALKING

Volunteer StrokeSafe Speakers are a great way to educate people on stroke. Many Speakers have been affected personally by stroke and are able to draw on their own experiences. They convey a powerful message and are a great way to actively engage people. However, this is not a government funded program so we rely on the generosity of our fundraisers and donor community to support the ongoing running costs of the program.

To enquire about having a StrokeSafe Speaker at your event visit

MEDIA

The Stroke Foundation’s Media and Public Relations team is available to help make your event a success. If you have any questions about media, or if members of the media would like to know more about stroke and the Stroke Foundation, you can reach us on 03 9670 1000 or

/strokefoundation
@strokefdn
@strokefdn

media@strokefoundation.org.au
FUNDRAISE TO FIGHT STROKE

Stroke Week is a great opportunity to raise funds to support the work of the Stroke Foundation.

WHY FUNDRAISE FOR THE STROKE FOUNDATION?

As soon as a stroke attacks your brain, parts of it start to die – at a rate of up to 1.9 million brain cells a minute. Survival and recovery depends on recognising the signs of stroke FAST and calling 000 to access emergency stroke care.

An overwhelming majority of our funds to fight stroke (71 percent in fact) come directly from the community – everyday Australians and corporate supporters who commit to prevent, treat and beat stroke.

We also have some great online tools to make fundraising simple and allow you to easily share with your friends on social media.

Go to strokefoundation.org.au/donate/community-fundraising for:

› #fightstroke fundraising toolkit.
› Set up your own online fundraising page.
› A to Z of fundraising ideas.
› How to bank your money (reference SW17).

WE ARE HERE TO HELP

Speak with our Community Fundraising team

📞 1300 194 196
✉️ fundraising@strokefoundation.org.au
ORGANISE A HEALTH CHECK

A Stroke Foundation health check is a simple and easy way for people to understand their stroke risk. The health check is non-invasive (no blood or fluid tests) and many people describe it as a ‘wake-up call’ that encouraged them to make changes in their life.

Our quick and easy health check helps you understand your risk of stroke with:

› A short health questionnaire – stroke, type 2 diabetes and heart disease
› A blood pressure check
› An interpretation of the results by a qualified health professional who will provide lifestyle advice and/or referral to a doctor for a comprehensive assessment if required.

DO I NEED TO USE A HEALTH PROFESSIONAL?

Yes. A qualified health professional is needed. See our How to run a health check guide for definitions. They will conduct the risk assessment. People found to be at risk are referred to their doctor for a full assessment.

Download the guide at strokefoundation.org.au/strokeweek

WHAT IF I DON’T HAVE A HEALTH PROFESSIONAL?

There are a number of options, from hiring a health professional to securing one in your local community. See the How to run a health check guide for what is best for your group.

WILL THE HEALTH PROFESSIONAL NEED EXTRA RESOURCES?

Yes – and we provide them all. Simply register your health check event online at strokefoundation.org.au/strokeweek or email us to discuss further strokeweek@strokefoundation.org.au
THANKS FOR HELPING FIGHT STROKE

ABOUT STROKE FOUNDATION

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 and innovative treatments. We support survivors on their journey to live the best possible life after stroke. We are the voice of stroke in Australia and we work to:

› Raise awareness of the risk factors, signs of stroke and promote healthy lifestyles.
› Improve treatment for stroke to save lives and reduce disability.
› Improve life after stroke for survivors.
› Encourage and facilitate stroke research.
› Advocate for initiatives to prevent, treat and beat stroke.
› Raise funds from the community, corporate sector and government to continue our mission.

How to get more involved

نك Give time – become a volunteer.
نك Raise funds – donate or hold a fundraising event.
نك Speak up – join our advocacy team.
نك Leave a lasting legacy – include a gift in your Will.
نك Know your numbers – check your health regularly.
نك Stay informed – keep up-to-date and share our message.

Contact us
نك 1300 194 196
نك strokefoundation.org.au
نك @strokefdn
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