

Annual Review

2023

strokefoundation.org.au



Chief Executive Officer's message

As I reflect on 2023 at Stroke Foundation, I'd like to acknowledge how proud I am of Team Stroke and our incredible community.

When I started as Chief Executive Officer at the beginning of 2023 Stroke Foundation was in a strong position. The Courage, Excellence, Compassion, Integrity and Leadership shown by the team has equated to a step change for our organisation. It has been a wonderful year with many highlights as we've continued to work towards our mission and support our community when they've been at their most vulnerable.

We've talked to the decision makers in federal and state governments and secured \$300,000 from the Federal Budget to continue delivering critical community stroke education programs.

This means we can continue our hard work of arming Australians with the critical knowledge that we know saves lives and improves outcomes for the tens of thousands of Australians who have a stroke every year.

We have also raised our impact through partnerships with the Stroke Trials Centre of Research Excellence, The Heart Foundation, the National Hypertension Taskforce and the Australian Stroke Alliance. These partnerships are critical to advancing our cause and ensuring our work has real-life impact on our stroke community.

Our stroke community is at the centre of everything we do at Stroke Foundation, so it was exciting to see people with lived experience come together with researchers and clinicians to provide insights into codesigning research at the first ever lived experience day at the Stroke 2023 conference in Melbourne. This was an invaluable experience for all involved and I look forward to this being a permanent fixture at future stroke conferences.

This year saw major steps towards improving treatment and outcomes for survivors, as we joined other leaders in stroke to agree to the 30/60/90 National Stroke Targets, that will ensure Australians have access to world-leading acute stroke care. The Targets complement the ongoing work of Stroke Unit Certification and the need for these targets goes hand-in-hand with Stroke Foundation's National Stroke Audit which identified areas of improvement across our hospital system. We commend hospitals for their tireless work in stroke care and are committed to supporting hospitals across Australia to continuously improve care and treatment delivery.

In May we held the Stroke Awards which is always an inspiring event during which we recognise and celebrate our wonderful community. It was an honour to meet the brave survivors, families, carers, volunteers and fundraisers whose actions and stories have a profound impact on the work we do.



I was particularly humbled and inspired by the courage and tenacity of the young survivors in the Stroke Warrior category.

2023 wasn't without its economic challenges but, despite this, we saw some record-breaking fundraising and awareness activities driven by our incredible community. This included Tommy Quick's 4Points 9000km ride across Australia, raising more than \$125,000 and Dan Maitland's Stride4Stroke event which raised more than \$68,000. These events go a long way in supporting the work we do and play an important role in raising awareness and educating Australians about stroke.

As we look ahead to 2024, I'm excited to continue building on the success of 2023 through a strong strategy. We have lots of work to do and I know, together, we will achieve great things.

Dr Lisa Murphy
Chief Executive Officer
Stroke Foundation

President's message

2023 was a big year for Stroke Foundation as the Board supported and transitioned in a new CEO and leadership team to meet the future needs of the organisation and delivery on our strategy.

Our mission – to prevent stroke, improve access to treatment, and enable people to recover well – anchors our efforts. To achieve our mission, we know that we must empower, support, and connect our community of survivors, researchers, clinicians, and families. Indeed, it is the power of our community that allows us to achieve all that we do.

We had meaningful impact in driving improvements and advocacy around the quality of stroke treatment with the release of the 2023 National Acute Stroke Audit that highlighted significant gaps in care provided to those in regional Australia compared with those living in metropolitan areas.

We were at the forefront of improving the quality of treatment with the launch of new National Targets '30/60/90' that will be a game-changer for preventing disability and death caused by stroke in Australia. We celebrated five years of the Living Guidelines, a world-leading initiative driven by Stroke Foundation.

Our services were needed more than ever before with 2,500 calls to StrokeLine. Our team provided vital support to survivors, carers, and their

families at the most critical time, filling a gap that is widening in our health care system for survivors as they are discharged from hospital. The team is at the frontline and working tirelessly to deliver on our mission and dealing with more complex cases than before with cost of living, mental ill health, and a struggling health system pressures.

None of this can be achieved without you, our incredible community, generous donors, and partners. We thank you for the contribution you're making to prevent, treat and beat stroke. We have made serious progress this year as an organisation in prevention, treatment, and enhanced recovery, but without your generous and valuable support we couldn't have. On behalf of the Board, I express our heartfelt gratitude.

We look forward to your ongoing support as we continue to deliver on our strategic focus, knowing 2024 will be a year of energetic investment in our purpose and delivery of Strategy 2024 – Empowering, Supporting, Connecting – to be at the forefront of stroke prevention, treatment and recovery.

Emeritus Professor Linda Kristjanson AO
President
Stroke Foundation



“

Indeed, it is the power of our community that allows us to achieve all that we do.

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Stroke Strategy 2024 – Empowering, Supporting, Connecting

In the second year of Stroke Strategy 2024, the programs and services delivered by Stroke Foundation have ensured that:

- › We are empowering more Australians to recognise the risks of stroke which can be changed, and in doing so increase their chances of preventing stroke.
- › We are supporting hospitals and health care providers across Australia to strengthen their capabilities in stroke care and rehabilitation services.
- › We are reaching out to those impacted by stroke to ensure more Australians can connect with and access trustworthy information, resources, and post-stroke support.

Our vision of a world free from the disability and suffering caused by stroke will be achieved through our three mission pillars; prevent stroke, save lives, and enhance recovery.

Our Mission Pillars

Prevent stroke

We will ensure

65%

of adult Australians have the knowledge and support to **reduce their risk of preventable stroke**

Save lives

We will help

93%

of **acute services** and

86%

of **rehab stroke service** providers meet best practice requirements

Enhance recovery

We will connect

85%

of **survivors and families** with appropriate support services

Empowering, Supporting, Connecting

To support our **three mission pillars**, we have developed three Enabling Goals (below).



Improve our people capability and performance



Align our research for greatest impact



Grow our profile and funding for mission activities

As part of Stroke Strategy 2024, we are continuing to grow our impact and manage our charity effectively and efficiently, attracting the right people and supporting them with the systems they need to drive organisational performance.

We are also continuing to put the lived experience of our stroke community at the centre of everything we do and collaborate effectively with health professionals and governments.

We will build on the significant advances made in prevention, treatment, recovery and research which Stroke Foundation has championed and driven over the past 25 years.

Together we can change the state of stroke in Australia for generations to come.

Guiding Principles



Voice of lived experience



Always improving



Inclusive



Collaborative



Evidence-based



National

Prevent stroke

We empower a greater proportion of adult Australians to recognise the risks of stroke which can be changed, and in doing so increase their chances of preventing stroke.



Goal

By 2024 65% of adult Australians will recognise the stroke risks that they can change

Prevention

Stroke Foundation's goal is to help a greater proportion of the community recognise the stroke risks that they can change. Through this pillar of our strategy, we will encourage and support Australian federal, state, and territory governments to invest in evidence-based approaches to reduce the number of preventable strokes in the community.

Stroke Prevention Advisory Committee

The Stroke Prevention Advisory Committee provided expert advice on several policy submissions to government consultations, including on added sugar labelling, proposed reforms to the regulation of nicotine vaping products, and proposed next generation tobacco control legislation. The Committee also provided critical input into the development of Stroke Foundation resources, and resources for external organisations, including Quit, the Royal Australian College of General Practitioners (RACGP) and National Aboriginal Community Controlled Health Organisation (NACCHO).



Living Well After Stroke

Living Well After Stroke is a group-based health behaviour change program designed to provide survivors of stroke with a toolkit of skills and strategies for making positive, healthy changes that can reduce the chance of another stroke.

In 2023, the *Living Well After Stroke* program was piloted with 62 Australians. The program demonstrated significant gains in the improvement of participant wellbeing after the program with 94% indicating that the program met or exceeded their expectations.

Stroke Foundation is committed to supporting all Australians to live healthier lives which will result in a reduced number of strokes.

Australia's Biggest Blood Pressure Check (ABBPC)

ABBPC empowers Australians to know their stroke risk and understand how to manage it, by raising awareness of the link between high blood pressure and stroke. Australians were urged to get a blood pressure check at their local pharmacy or doctor during May (coinciding with World Hypertension Day) to help reduce their risk of stroke.

The 2023 advertising campaign resulted in almost 500,000 digital video views on Facebook and YouTube whilst the publicity campaign generated media across television, radio, print and online channels with news stories available to 240,000 people.

StrokeSafe Speaker Program

The StrokeSafe Speaker Program delivered 606 presentations to community groups, events, and workplaces in 2023, a 54% increase compared with 2022. We reached more than 21,000 Australians with lifesaving F.A.S.T. (Face, Arms, Speech, and Time) signs of stroke awareness and stroke prevention messages, an increased reach of 76% from the previous year. Around 25% of talks were conducted within regional areas and 10% in culturally and linguistically diverse (CALD) populations.

My health for life

The My health for life initiative helps Queensland adults to understand their risk of developing chronic conditions including Type 2 diabetes, heart disease and stroke. Support is provided for those at high risk through a free six-session healthy lifestyle change program. In 2023, the program worked to increase support for at-risk groups including First Nations people, culturally and linguistically diverse populations, males and those living in rural, remote and disadvantaged socio-economic areas.



606 StrokeSafe talks reached



21,000
people



6,631

people completed the online **blood pressure awareness** quiz



Living Well After Stroke program was piloted with

62
Australians

Prevent stroke case studies

National Hypertension Taskforce

Stroke Foundation has joined a new national taskforce of leading health experts, assembled to tackle the leading risk factor for death in Australia.

The National Hypertension Taskforce will see organisations from across the nation uniting on the issue of managing high blood pressure in Australia.

Hypertension, also known as high blood pressure, affects one in three Australian adults and only 32% of Australian adults with hypertension have it under control.

This is a figure the Taskforce is aiming to change. Its goal is to more than double Australia's blood pressure control rates from 32% to 70% by 2030.

Stroke Foundation's report, No Postcode Untouched, found that if high blood pressure alone was eliminated, the number of strokes would be practically cut in half (48%).

Not only is high blood pressure a leading risk factor for stroke, it is a leading risk factor for Australia's other top killers: coronary heart disease and dementia.

“

This is a significant step in the fight against hypertension. We know that high blood pressure is the biggest modifiable risk factor of stroke so anything we can do to reduce that risk and improve health outcomes for Australians is welcome. ”

Dr Lisa Murphy, Stroke Foundation
Chief Executive Officer



Ben MacDonald

A Drouin dad turned his stroke story into one of success after losing 11 kilograms, overhauling his lifestyle and writing a cookbook.

Ben MacDonald says he knew very little about stroke before he was told he'd had one in May 2022. He says his left wrist started aching, as if he was overusing it. He then lost balance and coordination.

Ben says he was the perfect candidate for stroke, living a sedentary lifestyle, spending most of his days sitting as part of his office job.

As part of Ben's recovery, he got into the kitchen and began experimenting with food. He started exercising regularly and seeing a dietician to improve his diet.



“

I plan on continuing to change the way I live because I want to be there for my kids, I want to reduce the risk of a secondary stroke. My advice to others is to get off your butt, see your doctor for a general health check and watch what you're putting into your body.

”

Save lives

We support hospitals and health care providers across Australia to strengthen their capabilities in stroke care and rehabilitation services.



Goal

By 2024 93% of acute services and 86% of rehabilitation services will meet best practice requirements

Treatment

We aim to collaborate, empower and advocate for a world-leading health care system for stroke. To do this we coordinate the Living Guidelines for Stroke Management which outlines what best-practice stroke care should be. We promote adherence to recommended care by monitoring hospital stroke care through the National Stroke Audit, continuing our support of the Australian Stroke Clinical Registry (AuSCR), and promoting use of its data to drive quality improvement. We partner with state governments in Queensland and Tasmania to deliver quality improvement workshops and activities. We also continue to support health professional education via our national webinar program and online learning modules, freely available on informme.org.au.

Australian Stroke Alliance

Stroke Foundation continued to partner with the Australian Stroke Alliance, a \$40 million research program to improve emergency stroke diagnosis and care.

Living Stroke Guidelines

In 2023, we celebrated five years of the Living Stroke Guidelines, the first truly living guideline in Australia. With the help of more than 150 clinical experts and more than 20 lived experience experts across Australia, 4,936 new publications were screened, 700 new studies were reviewed and five topic areas were updated. Our team continues to be very involved in living guidelines methods and four articles about the Living Stroke Guidelines methods were published.



New National Targets for stroke care

Despite progress in treatment options, assessment, and access to specialist care, Australia has consistently lagged behind other developed countries in the timely delivery of acute stroke reperfusion and stroke unit access. The stroke community, including Stroke Foundation, have endorsed new national targets for acute stroke care. The '30/60/90 National Stroke Targets' sets goals to reach by 2030 for timely access to thrombolysis and endovascular clot retrieval. There is also a target to improve access to certified stroke unit care. Further work under the Australian Stroke Coalition will see plans developed to meet these targets.

Telestroke

After many years of advocacy, in 2023 we welcomed the announcement that Queensland Government had funded a Telestroke service. This is the last state to commit to this life saving service which extends the benefits of acute stroke therapy from metropolitan services across regional and rural Queensland. South Australian Telestroke service also extended its support across the Northern Territory meaning all states and territories will now have access to telestroke services.

Audits

The 9th National Acute Stroke Audit Report provided an important snapshot of acute stroke care across Australia.

Staff at 107 hospitals participated, with 4,714 stroke cases audited – the largest ever cohort. These hospitals reported treating 33,229 acute stroke episodes in 2022/23. Overall stroke care was found to have remained largely similar to previous audits with little improvement across most areas of care. Importantly the audit found 94% of participating hospitals met 50% or more of the recommended requirements for acute stroke services.

Mobile Stroke Unit

We are proud to continue to see the great impact of the first Melbourne Mobile Stroke Unit (Stroke Ambulance), now in its sixth year of operation with more than 3,000 patients helped over this time. Stroke Foundation was an integral funding partner in the establishment of this world-class service and we are excited about plans to have a second unit in Melbourne.

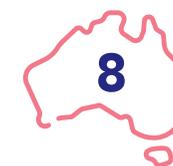


107
hospitals
participated in the **National
Acute Stroke Audit Report**



Living Stroke Guidelines
reviewed over
700
new stroke studies

Telestroke
is now available in all



states and territories

Save Lives case studies

Dr Anna Holwell

Every year, we shine a light on the wonderful professionals who demonstrate excellence in stroke care through the Stroke Care Champion Award. In 2023, the honour was given to Head of Department of Medicine and Stroke Lead at Alice Springs Hospital, Dr Anna Holwell.

Dr Holwell has been a champion for stroke care in Central Australia for a decade and is responsible for establishing a stroke and heart high dependency unit which provides critical care to patients in the region.

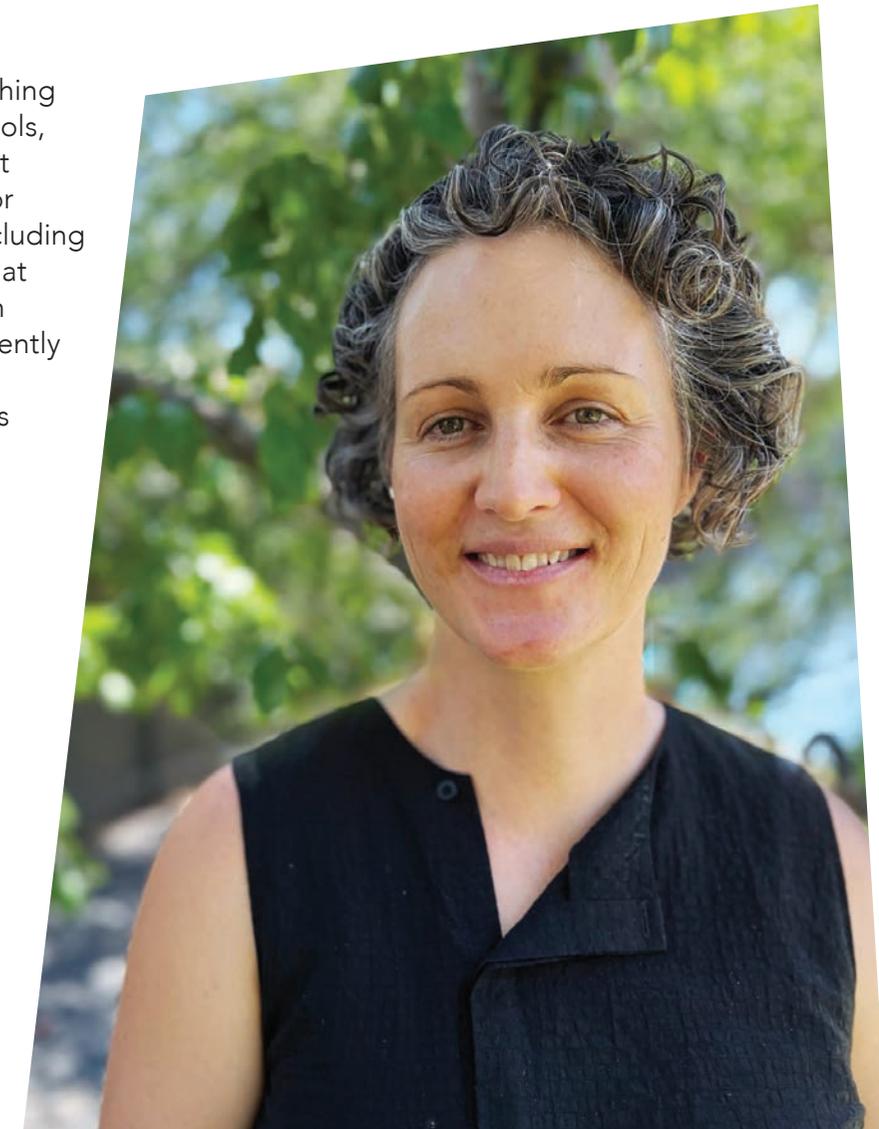
Dr Holwell's achievements include establishing thrombolysis, Telestroke and stroke protocols, developing a position for the hospital's first dedicated Stroke Nurse and assisting junior doctors in undertaking stroke research, including developing a prospective stroke database at Alice Springs Hospital in collaboration with local Aboriginal stakeholders. She also recently led her hospital to become one of the first Stroke Capable Regional General Hospitals certified nationally.

Dr Holwell is also a recipient of the 2024 Stroke Foundation Research Grants.

“

Winning this award is evidence that excellent health care can and is being provided in rural and remote areas.

”



Stroke Foundation Quality Improvement Prize

In 2023, Stroke Foundation established a Quality Improvement (QI) Prize, awarded for a project that has used data to improve care at a local level, adherence to guidelines or frameworks, and/or patient outcomes.

The inaugural winner of the QI Prize was Aleysha Martin, an occupational therapist and PhD student at the Mater Hospital in Brisbane.

Aleysha took out the top spot with her innovative submission, 'Transdisciplinary stroke assessment: improving allied health efficiency and care on the Mater Hospital Brisbane acute stroke unit.' She also went on to win an award for her presentation on this topic at the 2023 Joint Annual Scientific Meeting of the Stroke Society of Australasia and SmartStrokes.

The implementation of the transdisciplinary stroke assessment led to efficient and quality stroke services, with 99% of participants mobilised within 48 hours of admission, and 21% more patients screened for communication deficits, in line with clinical guidelines. In addition, patients reported improved quality of life three months after admission, and adverse events such as falls did not increase.

Members of the adjudication panel agreed that the quality of entrants to the competition was high, and the projects were an impressive demonstration of clinical innovation, excellence, and the commitment to improving patient experience and outcomes by health professionals across the country.



“

I am very proud of what we have been able to achieve, as we know that our efforts are improving the stroke care we provide to our patients. I am also very grateful for my team, who have embraced transdisciplinary practice and fully supported the initiative.

”



Enhance recovery

We reach out to people impacted by stroke, connecting them with trustworthy information, resources, and post-stroke support.



Goal

By 2024, 85% of Australians impacted by stroke will be offered a connection to Stroke Foundation and can access trustworthy information, resources, and post-stroke support

StrokeLine

StrokeLine's health professionals provide practical, free and confidential advice on stroke prevention, treatment and recovery.

StrokeLine provided information and support to 2,462 survivors of stroke, families, carers and friends in 2023. Surveys show 89% of clients would recommend the service.

In 2023, there was a 34% increase in people calling StrokeLine for advice on signs of stroke before calling an ambulance.

StrokeLine Navigator

StrokeLine Navigator is an outreach service delivered by the StrokeLine team.

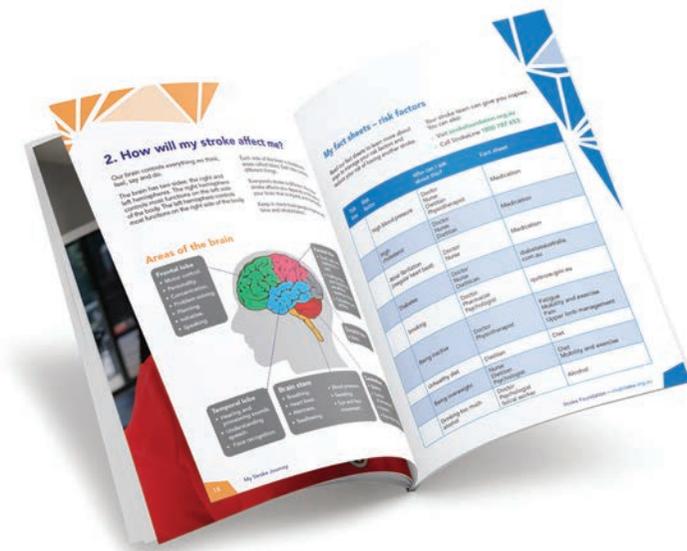
Navigator is delivered in Tasmania and the Australian Capital Territory (ACT), funded by the Tasmanian and ACT Governments. In 2023, Navigator supported 584 clients.

Survivors, family members and carers are referred by hospital stroke teams to the Navigator service after discharge. StrokeLine Navigators talk with clients about how they're going at home, answer questions, sort out problems and connect them with services in the community. 94% of StrokeLine Navigator clients say they would recommend the service to someone else.

Stroke Journey resources

2023 celebrates not only 10 years since the launch of My Stroke Journey, but also achieving 80% of Australian stroke patients having received a My Stroke Journey resource while they were in hospital. With 25,702 copies delivered in 2023, more people than ever before have the information they need at the start of their stroke journey.

In 2023, My Stroke Journey became available in eight community languages, making translated information available for the first time. A three-minute animated video made it easier for people to access and share the information most needed at the start of the journey.



Childhood Stroke Project

About 600 Australian children experience stroke every year. The Childhood Stroke Project delivered vital resources to help survivors and their families navigate the journey. These included the 'All brains are beautiful' primary school aged resource, signs of stroke in children poster and brochure and the Childhood Stroke Podcast.

StrokeLine enquiries relating to childhood stroke increased 64% from 2022 and 67 new families joined the Little Stroke Warriors online support group.

Education for health and medical professionals was delivered with a National Webinar and Grand Round presentation.

Our work in childhood stroke is generously supported by the Barr Family Foundation.

Young Stroke Project

The Young Stroke Project delivers better information and support for survivors of stroke aged 18 to 65, and their families, carers and friends.

In 2023, the project delivered content created by survivors and support crew, with topics ranging from employment, finances, parenting and post-traumatic growth after stroke. 11,409 people accessed 61,240 pages of information on young.strokefoundation.org.au

The Young Stroke Project was funded by the Australian Government Department of Social Services.

EnableMe

Our stroke recovery website, enableme.org.au, connects survivors, families and carers to information and support instantly, wherever they are and whenever they need it. In 2023, 69,858 people accessed 261,924 pages of information on EnableMe.



11,409

people have visited the **Young Stroke website**



Our free helpline, **StrokeLine**, has answered more than

2,462 calls

My Stroke Journey was translated into



8 languages

Enhance recovery case studies

StrokeLine

Following his stroke, New South Wales survivor of stroke Peter had major depression, was having trouble managing his emotions, and was isolated with not much support.

Peter had been trying to access the NDIS but faced many pushbacks. He contacted Physical Disability Council of New South Wales Peer Facilitator and Mentor, Adrian O'Malley, for help.

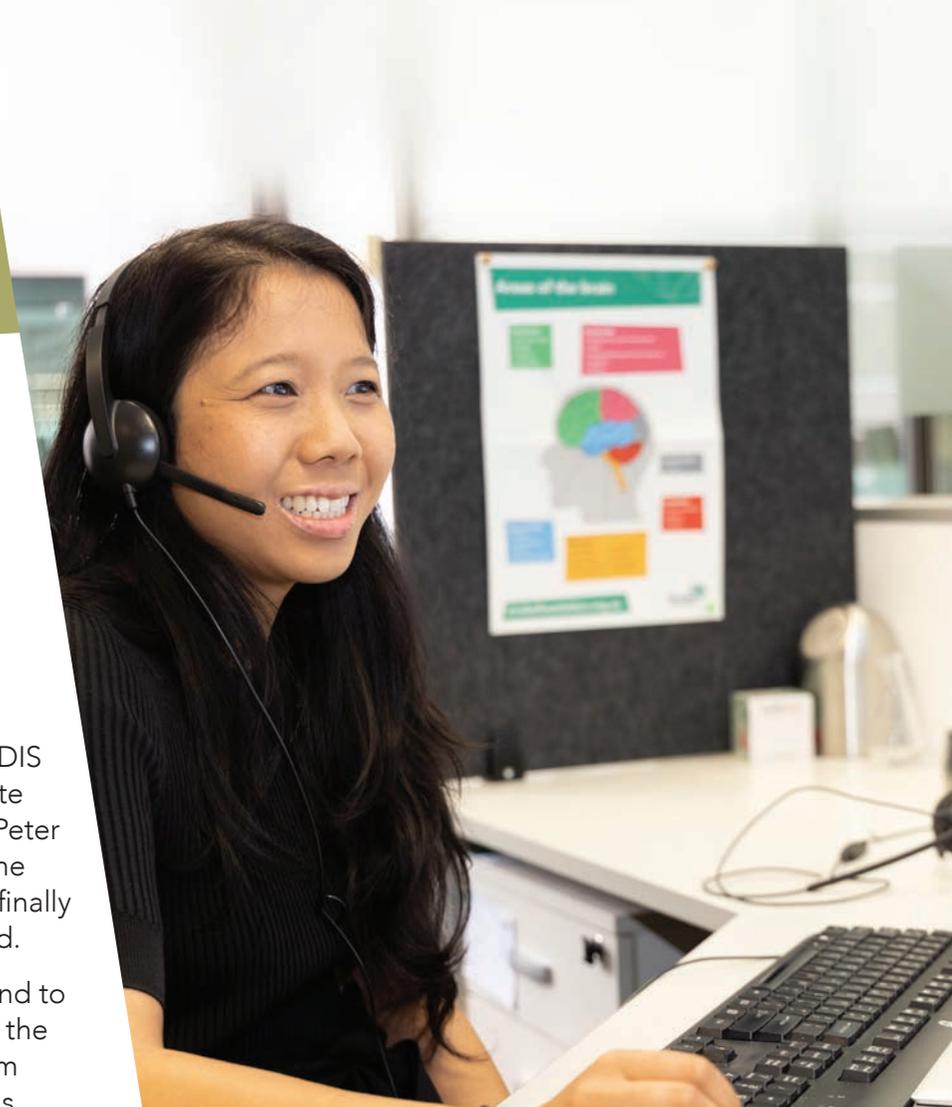
Adrian began working with Peter, and after a while, he reached out to Stroke Foundation's StrokeLine Service. As a former Stroke Foundation Consumer Council member, Adrian knew StrokeLine's knowledge and expertise would be invaluable. Working together, Adrian and the StrokeLine team supported Peter, and got him the outcome he needed.

The team liaised with NDIS Local Area Coordinators, the National Disability Insurance Agency and the Minister for the NDIS and, as a result, Peter now has access to the NDIS.

Stroke Recovery Support Manager, Kath Yong, says the team showed compassion, creativity and resilience, supporting Peter throughout his journey.

"A StrokeLine member sat in on his NDIS planning meeting to ensure a complete handover was provided. She noticed Peter was physically relaxed by the end of the meeting. He had hope that he would finally get the support he needed," Kath said.

StrokeLine is here to be a safety net and to prevent survivors from falling through the cracks. Adrian and the StrokeLine team worked for many months to turn things around. There were many times when Peter wanted to give up, yet his team never did.



Bertha Girling

Bertha was 72 when she had a stroke.

After spending two weeks in inpatient rehabilitation following her stroke treatment, Bertha returned home and was contacted by Stroke Foundation's StrokeLine Navigator Service in Tasmania.

During the first phone call, Bertha told the Navigator health professional that she was finding it incredibly difficult to find services to support her with the ongoing impact of her stroke. The Navigator listened to Bertha's concerns and provided her with stroke recovery information and support. Bertha was encouraged to follow up with services she was waiting to hear from.

Once the initial call was complete, her Navigator followed up the issues covered in the call. She tracked down supports and services in Bertha's local area.

The Navigator health professional contacted Bertha again the following week. They talked about the concerns Bertha raised in the first call. Bertha confirmed that she had success in accessing some of the supports and services she needed.

After the call, the Navigator emailed Bertha with more information and encouraged Bertha to contact StrokeLine at any time for information, advice and support.



“

The Stroke Foundation StrokeLine Navigator Service was amazing, and pointed me in the right direction, providing critical information and connecting me with the services I needed.

”

Reconciliation Action Plan

Stroke Foundation completed its first Reflect Reconciliation Action Plan (RAP) at the end of September 2023.

The Reflect RAP focused on building strong relationships with First Nations peoples to support self-determination, respect and recognition, whilst developing a culturally aware and inclusive workplace. Stroke Foundation continued to partner with a First Nations organisation to deliver cultural awareness training to all employees and volunteers. In addition, our team attended online yarning circles with Red Dust for National Reconciliation Week, NAIDOC Week and the Voice to Parliament.

Stroke Foundation commenced yarning with four First Nations communities across Australia to better understand their stroke needs. The Yarning project identified clear needs for community-led and owned, culturally appropriate stroke information, education, and support to foster self-determination and self-health ownership.

Communities involved in the Yarning project are highly aware of the impact of stroke and passionate about creating change.

In recognition of our work to support Indigenous Voice, Knowledge and Leadership, the Australian Stroke Alliance awarded Stroke Foundation the Darak 2023, 'Ally of the Year – Walking the Talk' award. To further demonstrate our commitment to reconciliation and health equity Stroke Foundation will embark on an Innovate RAP in 2024.

Carissa Paglino. 'Deep Connections, Strong Community' 2022, Digital Illustration



From Left: Sarah Meredith, Simone Russell, Emeritus Professor Linda Kristjanson AO and Dr Lisa Murphy.



Teaching more Australians the F.A.S.T. signs of stroke

The F.A.S.T. message highlights the three most common ways to recognise a stroke (Face, Arms, and Speech), and reminds us that Time is critical when seeking treatment, as stroke is always a medical emergency. Stroke Foundation shares this message widely to encourage all Australians to learn it and share it with others.

Federal Government grant for F.A.S.T. education

Now in its fourth and final year, the Federal Government funded F.A.S.T. project (\$800,000 across 2020-2023) reached more than 1.5 million regional and culturally and linguistically diverse (CALD) Australians in 2023 with signs of stroke awareness messages. A multichannel advertising campaign, supported by 86 StrokeSafe community education talks and distribution of translated resources (bookmarks, wallet cards, magnets) in eight languages, targeted the priority populations of 10 regional and eight CALD communities with the highest prevalence of stroke in the 40+ age bracket for the project.

F.A.S.T. Awareness Survey

Stroke Foundation's 2023 population health awareness survey found that only 31 per cent of Australians recognised two or more of the F.A.S.T. signs of stroke, which is a two per cent decline on the year prior. Notably unprompted awareness of two F.A.S.T. signs of stroke for Australians who speak a Language Other than English (LOTE) is 11% (down 4% from 2022), while for CALD Australians it is down 4%, and English speakers down by 2%.

State Government funders

Stroke Foundation continues to deliver the F.A.S.T. (Face, Arms, Speech and Time) Community Education initiatives across metropolitan and regional Australia with the support of the New South Wales, Australian Capital Territory, Western Australian, and Tasmanian Governments.

Learn the F.A.S.T. signs of STROKE

-  **F**ACE *drooped?*
-  **A** RMS *can't be raised?*
-  **S**PEECH *slurred or confused?*
-  **T**IME *is critical! Call 000.*

If you see any of these signs
Act FAST call 000 (triple zero)



Stroke Awards

Stroke Foundation's annual Stroke Awards acknowledges and celebrates people who contribute to the stroke community, and everyday go above and beyond to make things better for Australians impacted by stroke.

The 2023 Stroke Awards was an exciting event at Melbourne Town Hall, with a live online audience for the first time.



Volunteer of the Year Award
Tony Finneran (NSW)

2023 Winners



President's Achievement Award
Professor Geoff Donnan AO &
Professor Stephen Davis AO, (VIC)



Courage Award
Nicole Gallacher (VIC)



Creative Award
Douglas Hemming (QLD)



Fundraiser of the Year Award
Dan Maitland (VIC)



Stroke Warrior Award
Noah Barlow (VIC), Jackson King (QLD)
& Elena Lu (NSW)



Improving Life After Stroke Award
Priya Sharma (NSW)

National Stroke Week 2023

The 21st annual National Stroke Week, held in August, encouraged the community to fight stroke together by sharing the F.A.S.T. signs of stroke message with family and friends. Through education, advocacy and community support, Fighting Stroke Together aimed to make a positive impact on the lives of survivors of stroke and their families.



Digital advertising reached more than 1.1 million people and 678 National Stroke Week news stories were featured in radio, TV, print, online and magazine and available to more than 8.5 million Australians.

Research

In 2023 we championed Australia's researchers helping fight stroke, with greater investment made possible by our supporters. 11 researchers have set out on new projects and endeavours to address real-world challenges faced by survivors of stroke (recipients publicly announced in early 2024).

Tim Glendinning Memorial Fund for Young Adult Stroke Grant (up to \$80,000, proudly supported by Yieldbroker)

› Associate Professor Dana Wong, La Trobe University 'Co-designing a psychoeducation package to enhance psychosocial wellbeing for young adults living with stroke.'

Seed Grants recipients (up to \$80,000)

- › Dr Jade Dignam, The University of Queensland 'Codesign of an interdisciplinary intervention to support text-messaging for adults with post-stroke aphasia: The SMS study.'
- › Dr Stephanie Harrison, South Australian Health and Medical Research Institute 'The Equitable Access to Support for Everyone after Stroke (EASE-Stroke) study: Investigating access to long-term community support for older Australians post-stroke.'
- › Dr Anna Holwell, The University of Melbourne 'Our story – the On Country journey of remote stroke.'

- › Dr Laura Jolliffe, Monash University 'Establishing the quality of Early Supported Discharge (At-Home) Services on Stroke Survivor Outcomes and Quality of Life.'
- › Dr Sharon Kramer, Monash University 'Exercise in Stroke Rehabilitation (EXIST-Rehab) Developing an implementation strategy for aerobic exercise interventions in stroke rehabilitation.'
- › Dr Muideen Olaiya, Monash University 'Optimising a primary care digital platform to improve the long-term management of people with stroke in the community.'

Future Leader Grants recipients (up to \$15,000)

- Future leader funding aims to strengthen leadership skills for emerging researchers seeking to further their stroke research specialty and develop collaborative networks.
- › Dr Katharine Brown (McBride), South Australian Health and Medical Research Institute
 - › Dr Brendan Major, Monash University
 - › Dr Margaret Moore, The University of Queensland
 - › Dr John Pierce, La Trobe University

Supporting Stroke Foundation

Volunteers

Stroke Foundation's volunteer workforce is key to achieving our reach and impact. Our volunteers contributed 6,666 hours in 2023, with 193 volunteers working across 23 roles in various activities including: Board, committees, councils, advocacy, marketing, corporate services, and StrokeSafe Speakers who deliver vital prevention and awareness talks in the community. Many of our volunteers have been contributing for a long time to support our mission and vision, and we are appreciative for their continued connection.

Fundraise4Stroke

Our wonderful community fundraisers took up the challenge to raise much needed funds for Stroke Foundation in 2023. Many were raising funds and awareness in memory of loved ones.

Through fundraising events such as fun runs, luncheons and bike rides, more than 600 fundraisers raised over \$365,000.

Stride4Stroke

Stride4Stroke is Stroke Foundation's largest community fundraising event, where we encourage the community to get active during the month of November. In 2023, Stride4Stroke brought together 1,667 individuals and 267 teams of Striders who engaged in various activities, from walking and running to cycling, swimming, and even stroke rehabilitation. Throughout the month, Australians logged an impressive total of more than one million Moving Minutes, showcasing a shared dedication to physical activity and wellbeing. These Moving Minutes represent not only the steps taken or the laps swum but also a collective stride towards a healthier, stroke-free future.

In addition to the extraordinary physical efforts, the Stride4Stroke community demonstrated an unwavering commitment to Stroke Foundation by raising over \$394,000. These funds are a testament to the generosity and support of individuals, teams, and the broader community, enabling us to continue our vital work in preventing stroke, saving lives and enhancing recovery for survivors of stroke.

Counterstroke Golf Classic

A much anticipated and loved annual event on the fundraising calendar, the Counterstroke Golf Classic was held across three days in both the Mornington and Bellarine Peninsulas with 362 players raising \$114,000.



David Brownbill Bequest Society

In 2023, we introduced the David Brownbill Bequest Society, named after our co-founder, retired neurosurgeon Mr David Brownbill to honour those leaving a lasting legacy to Stroke Foundation.



Membership into the David Brownbill Bequest Society is complimentary to all supporters who generously commit to fighting stroke through the inclusion of a gift to Stroke Foundation in their Will. Our sincere thanks to those embracing recognition on our website, confirming their commitment to supporting us in their Will, with special appreciation for those choosing to remain anonymous.



Governance

Since incorporation in 1996, Stroke Foundation has been governed by an independent Board of Directors. The Board is supported by the expertise of leading health professionals and researchers in stroke, and is informed by survivors of stroke, carers, and their families. Stroke Foundation's corporate performance is overseen by the Audit, Finance, Investment and Risk Committee and the Governance and Nominations Committee. The Philanthropy Committee provides advice to achieve the organisation's philanthropic endeavors.

Advocacy

Stroke Foundation is an apolitical organisation, meaning we engage, advocate and partner with all Australian governments to influence public policy, system design and strategic investment for programs and initiatives which advance our mission to achieve equitable stroke health outcomes for all Australians.

We encourage our community of survivors of stroke and their allies to engage and work with us, so we can amplify their voice of lived experience with government and other decision makers, to achieve the policy, service delivery and system changes urgently needed to improve stroke prevention, treatment and recovery in Australia, and reduce the burden of stroke.



At Victorian Parliament House with the Hon. Steve McGhie MP Member for Melton, the Hon. Heidi Victoria Stroke Foundation Government Relations Adviser, the Hon. Mary-Anne Thomas MP Victorian Minister for Health, Dr Lisa Murphy CEO of Stroke Foundation, and survivor of stroke Michael Maher.

Sharing our message

In the news

Media is a powerful tool through which Stroke Foundation shares its message, informing Australians on stroke awareness and prevention, breakthroughs in treatment and research, as well as highlighting stories of courage and hope. Stroke Foundation featured in 3,001 individual news articles, radio broadcasts, and television news bulletins, giving us the opportunity to reach more than 80 million Australians over the 12 months.

Digital performance

Stroke Foundation's website performed strongly in 2023, recording approximately 1.3 million page views, with 645,000 of those views by first time visitors. The most popular page was 'Signs of Stroke' with 96,000 views followed by the 'Diet after Stroke' factsheet with 71,000 views. This increase in demand for dietary information is complemented by the development of our i-Rebound site focused on healthy eating and active living.

Campaign reach

To reach our diverse community we used several digital platforms to drive awareness, encourage behaviour change and promote action.

- › To drive donations we used Facebook, Google Ads and Microsoft Ads, we drove **5.5 million impressions**
- › National Stroke Week: Using Facebook and YouTube we drove **3 million impressions**
- › Australia's Biggest Blood Pressure Check: Using Facebook and YouTube we drove **2.1 million impressions**
- › Stride4Stroke: Using Facebook, YouTube, Google Ads and Display ads we drove **5.7 million impressions**
- › F.A.S.T. Regional and Sydney: Using Facebook and YouTube we drove **13.4 million impressions.**

During 2023
Stroke Foundation
had more than
20.8 million Google
search impressions.



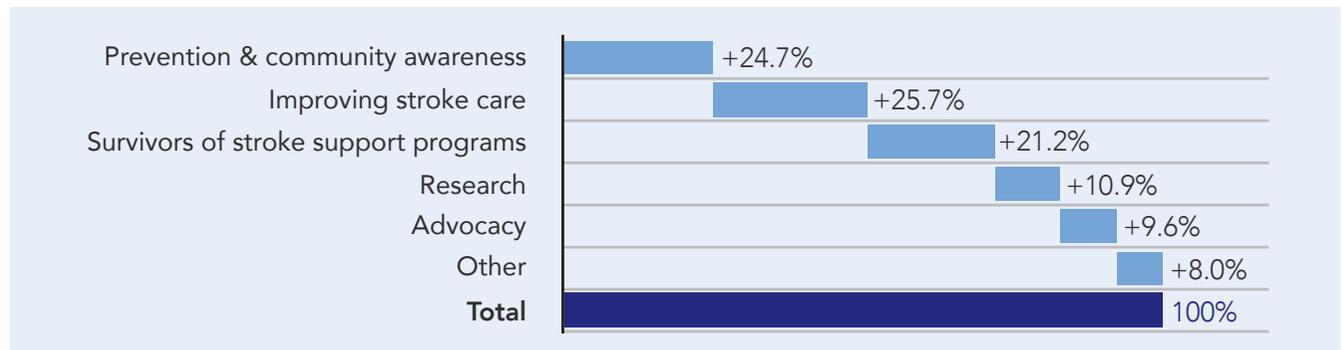
Financials

The operating result for the 2023 year was a net deficit of \$657,000. Budgeted deficits are not anticipated to be a long-term strategy – the Foundation intends to return to budgeted surpluses in 2025.

The main factors contributing to net deficit in 2023 are higher costs of goods and services due to the economic impact of the cost-of-living crisis, combined with lower than anticipated bequest revenue received by the Foundation in 2023 of \$2,602,000, which is similar to 2022 bequests of \$2,533,000 but materially less than prior years. Encouragingly, realised and unrealised gains from investments were \$738,000 which is a material improvement on the prior year's losses of \$909,000, although it is noted that the economic outlook remains volatile with uncertainty around interest rates and economic growth. However, previously high inflationary pressures have somewhat eased.

During the year, the Foundation continued to deal effectively with difficult economic conditions. Fundraising programs were able to maintain growth in regular giving donors, which is now the largest income stream, that provides a reliable, consistent source of ongoing revenue.

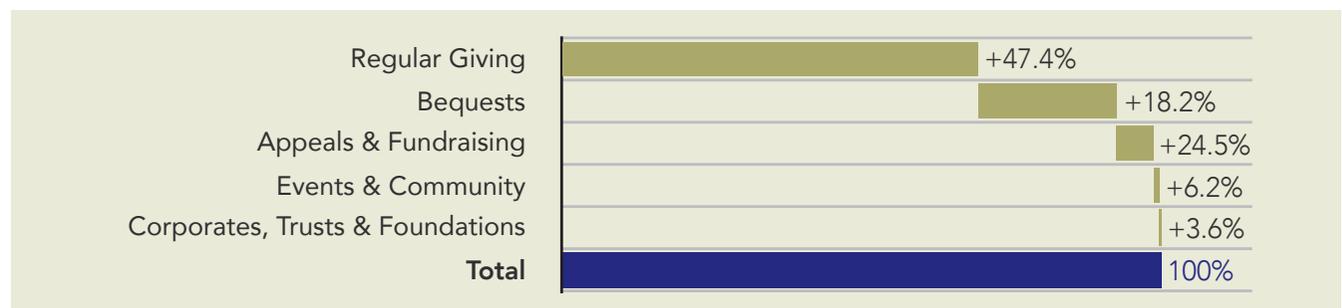
Program Support



Sources of Income: \$20.6m



Donations & Bequests: \$14.3m



Those who stand beside us

As Australia's only national charity dedicated to stroke, we are privileged to have many talented, passionate, and generous supporters standing alongside us. We are the trusted voice of stroke in Australia, but without this incredible team and community, that role would be so much harder to fulfil.

We thank all those who inspire us and champion our work:

- › Patrons.
- › Ambassadors.
- › Our Board.
- › Our Clinical Council.
- › Our Consumer Council.
- › Our Audit, Finance, Investment and Risk Committee.
- › Our Research Advisory Committee.
- › Our Philanthropy Committee.
- › Our Stroke Prevention Advisory Committee.
- › Our Childhood Stroke Lived Experience Advisory Group.
- › Our Young Stroke Lived Experience Advisory Group.
- › Our Reconciliation Action Plan Working Group.
- › Governments, health services and health professionals, right across the country.
- › Team Stroke, our amazing volunteers, and our supporters.
- › And to all those who are personally impacted by stroke – you are our inspiration.

We express our heartfelt thanks to you all.

Our board

President

- › Emeritus Professor Linda Kristjanson AO

Vice President

- › Mr Christopher Nunn

Directors

- › Ms Sally Bateman
- › Professor Coralie English
- › Ms Lisa Cook Kleeman (*appointed 5 May 2023*)
- › Ms Janice Thomas
- › Mr Peter Nikoletatos
- › Mr Robert Campbell
- › Mr Phillip Vernon (*appointed 5 May 2023*)
- › Ms Victoria Hepburn (*appointed 5 May 2023*)
- › Professor Helen Dewey (*appointed 5 May 2023*)
- › Ms Jennifer Muller PSM (*resigned 5 May 2023*)
- › Ms Karen Vernon (*resigned 5 May 2023*)
- › Professor Bruce Campbell (*resigned 5 May 2023*)

Company Secretary

- › Mr Matthew Oakley

Patrons, Ambassadors and Councils



Patron-in-Chief
His Excellency General
the Honourable David
Hurley AC DSC (Retd)



Patron
Mr David Brownbill AM



Patron
Sir Gustav Nossal
AC CBE



Patron
Lady Marigold
Southey AC



Ambassador
General the Honourable
Sir Peter Cosgrove
AK CVO MC (Retd)

Clinical Council

- › Professor Helen Dewey,
Chair (appointed Nov 2022)
- › Professor Bruce Campbell,
(Chair – retired May 2023)
- › Ms Skye Coote
(retired – Aug 2023)
- › Dr Timothy Ang
(retired – Oct 2023)
- › Professor Natasha Lannin,
Deputy Chair
- › Professor Steven Faux
- › Associate Professor
Seana Gall
- › Associate Professor
Mark Mackay
- › Associate Professor Martin
Jude OAM

- › Dr Carlos Garcia-Esperon
- › Ms Annabelle Vaughan
- › Dr Tamina Levy
(appointed 3 Nov 2022)
- › Associate Professor
Ronil Chandra
(appointed July 2023)
- › Ms Lauren Pesavento
(appointed 4 Nov 2023)

Stroke Prevention Advisory Committee

- › Associate Professor
Seana Gall, Chair
- › Dr Siobhan Hickling
- › Professor David Thomas
- › Professor Mark Harris
- › Professor Simone
Pettigrew

- › Dr Nicholas Gilson

- › Ms Kim Beesley

Consumer Council

- › Mr Robert Campbell, Chair
(appointed 4 Nov 2022)
- › Ms Jennifer Muller PSM,
(Chair – retired May 2023)
- › Mr Kevin English
(retired Dec 2023)
- › Mr Tony Finneran
(retired Dec 2023)
- › Mr Tony Rolfe, Deputy
Chair (retired Dec 2023)
- › Ms Kim Beesley
- › Ms Elisha Deegan
- › Ms Tala Olins-Miller
(appointed 5 Apr 2022)

- › Dr Luckmika Perera
(appointed 1 Dec 2022)

- › Ms Dee Banks
(appointed Apr 2023)

- › Ms Antonia 'Toni' Arfaras
(appointed May 2023)

- › Ms Amy Jennings
(appointed May 2023)

Audit, Finance, Investment and Risk Committee

- › Mr Christopher Nunn,
Chair
- › Mr Phillip Vernon, Deputy
Chair (appointed 25 Jan
2022)
- › Mr Alan Lahiff
(retired 4 Aug 2023)
- › Mr Narayan Prasad

- › Mr Peter Nikolettatos
(appointed 4 May 2022)

- › Mr Robert Campbell
(appointed 4 Nov 2022)

- › Ms Jes Stone Herbert
(appointed 2 Nov 2023)

Governance and Nominations Committee

- › Ms Lisa Cook Kleeman,
Chair (appointed 5 May
2023)
- › Ms Karen Vernon
(retired 20 April 2023)
- › Ms Sally Bateman
- › Professor Linda Kristjanson
AO
- › Mr Christopher Nunn

Research Advisory Committee

- › Professor Coralie English, Chair
- › Dr Alyna Turner (*appointed 29 May 2023*)
- › Dr Eleanor Horton
- › Dr Felix Ng (*appointed on 29 May 2023*)

Continued over page

- › Dr Katharine Brown
- › Professor Mark Nelson
- › Associate Professor Monique Kilkenny
- › Dr Samantha Siyambalapitiya
- › Ms Saran Chamberlain
- › Ms Brenda Booth OAM (*retired 24 February 2023*)
- › Professor Ian Kneebone (*retired 9 June 2023*)
- › Associate Professor Nadine Andrew (*retired 9 June 2023*)
- › Associate Professor Ronil Chandra (*retired 9 June 2023*)

Philanthropy Committee

- › Ms Sally Bateman, Chair
- › Professor Linda Kristjanson AO
- › Ms Janice Thomas

- › Mr Tony Hume
- › Mr Phillip Vernon (*resigned 10 July 2023*)

Patron-in-Chief

- › His Excellency General the Honourable David Hurley AC DSC (Retd)

Patrons

- › Mr David Brownbill AM
- › Sir Gustav Nossal AC CBE
- › Lady Marigold Southey AC

Ambassador

- › General the Honourable Sir Peter Cosgrove AK CVO MC (Retd)

Auditors

- › Pitcher Partners

Investment Advisors

- › Evans & Partners (until 30 June 2023)
- › JB Were (from 1 July 2023)

Honorary Life Members

- › Mr Paul Leeds
- › Mr Michael Hill
- › Mr David Brownbill AM
- › Sir Gustav Nossal AC CBE
- › Lady Marigold Southey AC
- › Professor Christopher Bladin

- › Professor Christopher Levi
- › Dr John Lill OAM
- › Professor Stephen Davis AO
- › Mr William Forrest AM
- › Mr Andrew Buckle OAM
- › Professor Richard Lindley
- › Professor Richard Larkins AO
- › The late Mr Peter Mitchell AM
- › Professor Julie Bernhardt AM
- › Dr Erin Lalor AM
- › Professor Geoffrey Donnan AO
- › Professor James Angus AO
- › Professor Amanda Thrift



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- › Australian Physiotherapy Association
- › Boehringer Ingelheim
- › Ipsen
- › NAB Community
- › Nicolab
- › Wisewould Mahony
- › Silverline Medical

Businesses

- › Arnold Bloch Leibler
- › Corrs Chambers Westgarth
- › Bunnings
- › J.J Waste & Recycling
- › OneHarvest
- › Ritchies Stores
- › Silverline Medical
- › Yieldbroker
- › McCullough Roberston

Trusts & Foundations

- › Barr Family Foundation
- › CommBank Staff Foundation
- › Bellberry Limited
- › St Margarets Rehabilitation Hospital Trust
- › The Elizabeth & Barry Davies Charitable Foundation
- › The Lionel & Yvonne Spencer Trust
- › The William Angliss Charitable Fund

Government

Australian Government

- › Department of Health and Aged Care
- › Department of Social Services Information, Linkages and Capacity Building (ILC) - (Previously National Disability Insurance Agency)
- › Department of Industry, Innovation and Science – Medical Research Future Fund (MRFF) Emerging Priorities and Consumer Driven Research (EPCDR) Initiative
- › MRFF Cardiovascular Health Mission

State/Territory Governments

- › Australian Capital Territory Health Directorate
- › New South Wales Ministry of Health
- › Queensland Health
- › Tasmanian Department of Health
- › Western Australia Department of Health

Local Government

- › Maroondah City Council

Health and Charity Partners

- › Ambulance Victoria
- › Cancer Council Victoria
- › Cochrane Australia
- › Diabetes Australia (Queensland)

- › Melbourne Health
- › Monash University
- › Murdoch Children's Research Institute
- › National Heart Foundation
- › Royal Adelaide Hospital
- › The Florey
- › University of Melbourne
- › University of Sydney, Westmead Applied Research Centre, The Centre for Research Excellence to Accelerate Stroke Trial Innovation and Translation (Stroke Trials CRE)
- › University of Tasmania
- › Australian Cardiovascular Alliance (ACvA)

Key Alliances

- › Australian Chronic Disease Prevention Alliance (ACDPA)
- › Australian and New Zealand Stroke Organisation (ANZSO)
- › Australian Stroke Alliance (ASA)
- › Australian Stroke Clinical Registry (AuSCR)
- › Australian Living Evidence Collaboration (ALEC)
- › Australian Stroke Coalition (ASC)
- › National Hypertension Taskforce
- › World Stroke Organization

Gifts in Wills Supporters

We are honored to receive the generous legacies from supporters who passed away and left a gift in their Will to ensure better stroke prevention, treatment and recovery for our generation, and generations to come. Gifts were received from the following Estates in 2023.

- › Ainsley Wilfred Jansz
- › Allan William Nott
- › Alma Mary Bower
- › Ann Hilda Gray
- › Aubrey Royal Pritchard
- › Audrey Evelyn Lawson
- › Barbara Joan Featherston Williams
- › Betty Marshall Storrs
- › Centenary Foundation - Matheson Bequest
- › Christopher John Moore
- › Colin Robert Messer
- › Denis Klein
- › Donald Alan McAdam
- › Edward Neil Hawting
- › Elizabeth Therese Collard
- › Frances Ann Mears
- › Gloria Rubina Baird
- › Harlinah Helen Rosemary Evelyn Longcroft
- › Hildegard Else Snaith
- › J O Fairfax
- › James Frederick Hills
- › John James Donnell
- › Joyce Brockway

- › Joyce Mead
- › Len John Grasso
- › Leslie Allan Maurer
- › Lola Coralie Lindley
- › Lolkje Ytje Wiersma
- › Margaret Dawn Wham
- › Margaret Evelyn Shaw
- › Margaret Flexmore Fraser
- › Mary Elizabeth Mills
- › Maureen Phillips
- › Mavis Jephcott
- › Michael John Davis
- › Mildred Daryl Laphorne
- › Muriel Gauder
- › Nancy Louise Curtis
- › Natasha Magda Rosner
- › Noel Desmond Vagg
- › Noela Adele Bebbington
- › Nola Therese Bren
- › Patricia Annette Reynolds
- › Patricia Mary Tripp
- › Patricia Rossely
- › Patrick John McDermott
- › Patrick Pidgeon
- › Pauline Esme Licciardi
- › Peter John Fegan
- › Peter Randall Siminton
- › Raylene Margaret Anderson
- › Richard Michael Dickinson
- › Robert Donnan
- › Robert Raymond George
- › Tanya Dianne Roddan
- › Valerie May Stockwell
- › Valma Mary Cox
- › Wilma May Henriksen

Major Donors

With sincere gratitude to the individuals and families playing a leading role in supporting game-changing advances in stroke for survivors, their carers and families, health professionals and researchers.

- › The Jack and Hedy Brent Foundation
- › Carpenter Family
- › The Ronald Alan Curry Trust
- › Ms Edith Dyett
- › Elin Family Gift
- › The Halifax Foundation
- › J & E King Family Foundation Ltd
- › Kingfam Foundation
- › Mrs Sylvia Miller
- › Mutual Trust Foundation
- › Ms Linda Neeson
- › Graham and Pam Nock Foundation
- › Mr & Mrs David and Glenys Overton
- › Annie & John Paterson Foundation
- › The Henry Pollack Foundation
- › Potts Foundation
- › Mr Morton Rolfe KC
- › Mrs Di Shakespeare
- › Lady Marigold Southey AC
- › Ms Jenny Tatchell
- › Colleen Bandy on behalf of Harold and Pamela Vernon
- › Ms Julia Walker
- › Wood Family Foundation

- › The Wood Foundation

Counterstroke Golf Classic Committee

- › Elizabeth Cotton (Co-Chair)
- › Caroline Ennels (Co-Chair)
- › Gail Long
- › Hilary Yencken
- › Ross Eddy
- › Paula Barton
- › Alison Doherty

Major Community Fundraisers

City2Surf

- › James Sheerin
- › Damian Muldoon
- › Cassandra Patterson
- › Lisa Kozlowski
- › Sara Ryman
- › Stephen Kung
- › Peter Meleady
- › Rebecca Cardy
- › Linda Mortimer
- › Marta Teresa Pin
- › Sara Ryman
- › Sophie Roberts
- › Katrina Valciukas

Nike Melbourne Marathon Festival

- › Josh Ward
- › Felicity Gaylard
- › Darcy White

Gold Coast Marathon

- › Melanie Van Dalen
- › Linda Lehmann
- › Jane Watson

HBF Run for a Reason

- › Nicole Manganaro
- › Ellie Harris
- › Gabrielle Friday

Run Melbourne

- › Shae Martello
- › Lisa Murphy
- › Belinda Walker
- › Leanne MCGaw
- › Jason Juan
- › Brooke Zukanovic
- › Kerri Schwarze
- › Martin Cowling
- › Travis Hunter

Runaway Sydney Half Marathon

- › Deepak Bhonagiri

Sandy Point Half Marathon

- › Sara Draper

Stadium Stomp MCG

- › Lisa Clarke
- › Simone Hoare

Sunshine Coast Marathon

- › Mardi Hamilton

Sydney Marathon

- › Brooke Ullrich

The Canberra Times Marathon Festival

- › Maddison Wray

Fundraise4Stroke

- › Tommy Quick (The 4 Points Australia)
- › Jane Cuming
- › Jessica Watson
- › Tamara Isterling (ANZ Level Up)

- › Tim Tsiang (In Loving Memory of Thomas)

- › Jesse Turnbull (Hamilton Bowls Club PLQ Charity Round)

- › Troy Brown (Troys_30_in-30)

- › Heidi Victoria (Heidi's Polar Plunge)

- › Sonia Carnevale (Rocchina Ciampa)

- › Tom Holt (MGS Fundraise For Stroke)

- › Maree Wills

- › (Rotary Club of Warrnambool Boutique Fundraiser)

- › Michael Karisson (Celebrating Michael –Paint a Pot – Stroke for Stroke)

- › Amy Bottrell (Walking for a Cause)

- › Nicky Parsons (In loving memory of David Parsons)

- › Sam Kobelt

- › Helen Morgan

- › (Moorabbin Ladies Social Golf Club Fundraising Event)

- › Leroy Gesslen (Leroy's Squat for Stroke)

- › Marilyn Di Bella (For the love of Roger)

Stride4Stroke (Individuals)

- › Trenton Pitt

- › Marilyn Di Bella

- › Tracey Laverick

- › Mikaela Pratt

- › Amy Southwood

- › Annabel Boyers

- › Leanne Hughes

- › Sebastian Gangemi

- › Glenn Browne

- › Jessica & Glenn Barton

- › Tracy Ward

- › Joel Daniels

- › Bec Swanbrough

- › Naomi Mallin

- › Peter Crabb

- › Judy Tucker

- › Maddison Mccamley

- › Jazz de Witte

- › Leah Pett

- › James Knight

- › Rod Avery

- › Joel Patterson

- › Tara Adams

- › Stephen Batchelor

- › Brooke McPhee

- › Stephen Harrington

- › Bree McDonald

- › Liam Clothier

- › Melanie & Joel Bisschops

- › Isaac Berghan Smith

- › Sophie Smyth

- › Alyshea Houngee

- › Tim Pezet

- › Daniel Pezet

- › Alicia Jordan

- › Sandra Wood

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- › Kathleen White

- › Jacinta Raquel

- › Louise Travaille

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- › Jessica Degaris

- › Ashley Cunningham

- › Jessica Goldenberg

- › Rachel Burke

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- › Karla Mckenzie

- › Sonia Musolino

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- › Tori Cripps

- › Jack Roper

- › Elly Debritt

- › Tracey Keating

- › Jennifer Lloyd

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- › Maddy Campbell

- › Charmaine Manu

- › Michael Sabidussi

- › Catherine Kriesch

- › Maranne McQuade

- › Tim Tavalea

- › Marcus Burgess

- › Dylan Cowan

- › Alvaro Cervera

- › Ronil Chandra

- › Sophie Ward

- › Angie Passeretto

- › Jen Smoothy

- › Sherree Morgan

Stride4Stroke (Teams)

- › TWM STRIDE4STROKE 2023

- › Paragon Squad

- › Little Stroke Warriors 2023

- › Lavo's Stride

- › Team Tuck

- › William Siegel's Bitumen Bashers '23

- › Doing it for Debs

- › Mornington Yacht Club

- › Kathys Power walkers

- › The Striding Swans

- › Grabber248

- › Team Ward

- › Mr & Mrs Smith

- › Barton's

- › Trifecta

- › SW Accountants & Advisors

- › PISCES

- › STARS4Stroke

- › Stride4Ness

- › Team E.Baillie!

- › Nikki's cheer squad

- › Team Johnstone

- › Simmonds Crew

- › Kezza

- › Rockets Squad



Stroke Foundation would like to thank the many thousands of people who have generously donated their time and money to ensure we are here to support all Australians whose lives have been changed by stroke.

Cover image: Survivor of stroke Kris Vanston and his companion dog Beau.

Contact us

-  1300 194 196
-  strokefoundation.org.au
-  [/strokefoundation](https://www.facebook.com/strokefoundation)
-  [@strokefdn](https://twitter.com/strokefdn)
-  [@strokefdn](https://www.instagram.com/strokefdn)

How to get more involved

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