



strokefoundation

National Stroke Foundation

Annual Review 2011



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Our role is to:

- help more Australians to understand that stroke is a leading cause of disease burden.
- get stroke recognised as a top five health issue.
- improve education in primary care so that effective prevention programs are in place.
- monitor hospital stroke services and support health professionals to improve quality of care.
- develop more community-based services for survivors.
- increase research funding and support more stroke research.
- gain the financial resources needed to achieve these goals.
- manage our organisation so we can deliver our key programs nationally.



From the President and Chief Executive

Sprinkled throughout this year's Annual Review are stories about just a few of the many hundreds of people we interact with during the year.

There are so many people whose lives have been shattered by stroke – one in six of us will suffer a stroke; that reflects 60,000 strokes a year. This was brought home to one of our StrokeSafe Ambassadors, Jeffrey Ryan, when he was addressing students. Jeff found that ten or more had been touched by stroke.

The spirit of those who we quote in these pages is inspiring. Stroke survivor Elisha Deegan from Tasmania, and 12 other National Stroke Foundation supporters of various ages and fitness levels raised \$16,000 walking 60kms over three days from Apollo Bay to the Twelve Apostles along Victoria's Great Ocean Road.

The medical advances being made: Professor Sandy Middleton's protocols to manage fever, sugar and swallowing in acute stroke patients who are 16 percent more likely to be alive and independent three months later. Researchers led by Dr. Maarten Immink found that stroke survivors practising yoga were less depressed, and that concentration and alertness were dramatically improved.

The stories of lives saved: Linda Bell from Melbourne, "I know National Stroke Foundation saved my life." Examples of suffering reduced: Garry Preston from Sydney, "I have been able to return to normal life again because my lovely wife, Debbie, remembered the FAST message."

Inspiring too is the funding commitment from our loyal community of donors, volunteers, foundations, companies and private benefactors – thank you.

There are others who should be mentioned but please accept this Annual Review as our recognition of the many Australians who are committed to working with us to save lives, stop stroke and end suffering.

Professor Richard G. Larkins AO
President

Dr Erin Lalor
Chief Executive

Australia's second biggest killer

Stroke is Australia's second biggest killer after coronary heart disease and is a leading cause of disability. The National Stroke Foundation is the only national not-for-profit organisation that works with stroke survivors, carers, health professionals, governments and the public to reduce the impact of stroke on the Australian community.

Studies have shown that stroke can be prevented. Outcomes are improved with fast treatment, early access to a dedicated stroke care unit and a coordinated community care program. Ongoing research into stroke will assist with eliminating the unknowns.

Facts

- In Australia there are 60,000 strokes each year.
- 1 in 6 people will suffer a stroke in their lifetime.
- Stroke kills more women than breast cancer and more men than prostate cancer.
- About 20 percent of all strokes occur to people under 55 years of age.

Join us on our mission

To stop stroke, save lives and end suffering, we rely mainly on the community, with support from governments and philanthropic and corporate organisations.

You can help by:

- making a tax deductible donation online or by post.
- leaving a bequest in your Will.
- becoming a corporate partner or sponsor.
- volunteering.
- holding your own fundraising event.
- taking part in fundraising events.
- spreading the word about stroke.

Telling Australians about stroke

National Stroke Week

A new theme emphasising that 1 in 6 people will have a stroke in their lifetime highlighted National Stroke Week 2011 from 12-18 September.

- 3966 Stroke Week activity packs were sent to community groups, hospitals and workplaces around Australia.
- 119 community volunteer activities promoted the 1 in 6 message, warning signs and risk factors for stroke in displays, at morning and afternoon teas, blood pressure checking stations and community talks across Australia.
- 307,100 golf club and 168,100 bowls clubs members received a stroke risk factor checklist.
- There were 352 media reports on National Stroke Week, an increase from 244 reports in 2010.

FAST

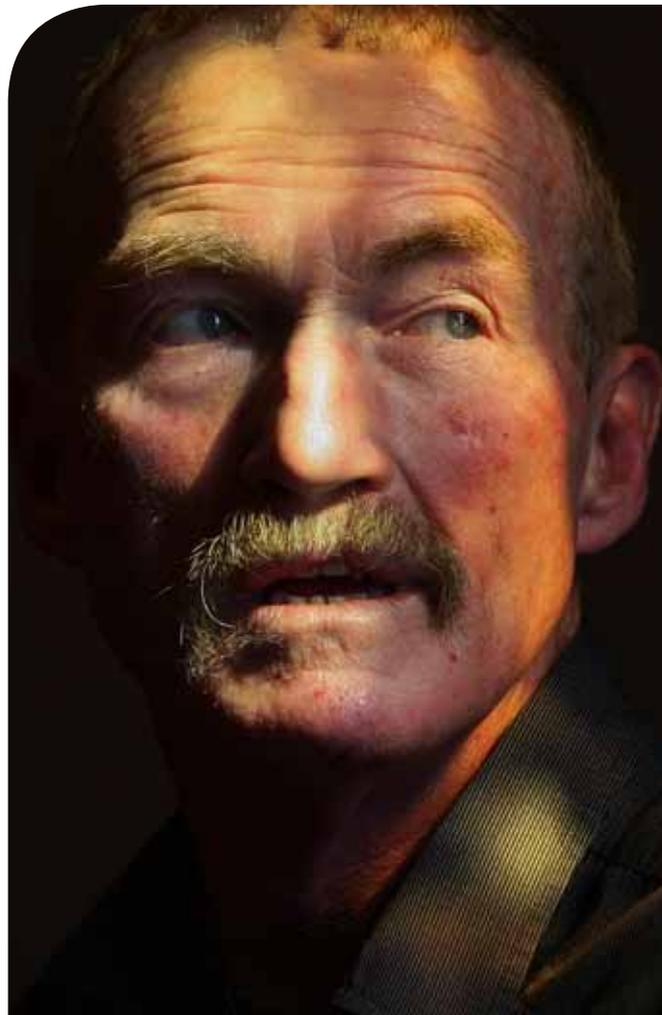
FAST now operates as a year-round campaign rather than for one week a year. The FAST message was reinforced with a new television advertisement that uses the image of a fire in the brain to describe the impact of stroke.

In Victoria, the only jurisdiction for which government funding of the FAST campaign is granted to the National Stroke Foundation, the 2011 Annual FAST Survey showed that 91 percent of respondents could recall at least one of the signs of stroke. More than 800,000 additional people were able to identify the signs of stroke since the FAST campaign began in 2007.

In 2006, 64 percent of Victorian survey respondents correctly identified stroke without prompting. In 2011 this had risen to 69 percent but this indicates that almost a third of adult Victorians cannot correctly define stroke.

However there is good evidence that:

- continued and increased exposure to the FAST message will further improve knowledge of stroke warning signs in the Victorian adult population, and
- the observed increase in knowledge of stroke warning signs in Victoria is translating into changes in actual behaviour when a stroke happens.



"I did not have any of the normal risk factors. I had low cholesterol, I was not overweight, had normal blood pressure, low pulse rate, I was a non-smoker and only a moderate drinker. I had been a marathon runner and a tri-athlete for 30 years and was still fit. The only risk factor I had was that granddad had a stroke at about the same age as me.

"I rode down to Ashfield station, parked my bike but I could not do up the bike lock. I began walking over the road and limbs on my right side gave out and I fell. I got over to the bus stop seat and, knowing something was wrong, phoned my wife who arrived in the car about 10 minutes later.

"She remembered F.A.S.T. – Face, Arms, Speech, Time to phone triple 0 for an ambulance. I can remember her words: 'I think my husband is having a stroke.'

"The ambulance had me at the Royal Prince Alfred hospital 45 minutes after my stroke where I had a CT scan. My wife and I were told that as I had made it to hospital within three hours of the onset of symptoms I could get the 'clot buster drug' and I should have a full recovery.

"I returned to work part time three months after my stroke. I finished the City to Surf fun run as part of Team Stroke Survivor and I am now back at work full time.

"I wonder what I would be like now if I had not made it to hospital FAST. I could be disabled and have to use a walking stick, or be in a wheelchair and my speech could be much worse. I have been able to return to normal life again because my lovely wife, Debbie, remembered FAST."

Garry Preston, construction worker, Ashfield, Sydney.

Know your numbers

Know your numbers was simultaneously launched in May in Queensland, New South Wales and Victoria. Free blood pressure and stroke risk checks are provided in pharmacies, local health centres and other locations.



Linda Bell, 57, a non-drinker, non-smoker Melbourne CBD worker.

Linda was confident her blood pressure was, as always, in the low to normal range but she stopped to check when Stroke Foundation staff and volunteers were offering free blood pressure checks to commuters at Southern Cross

station on the first day of National Stroke Week.

Linda was shocked that the reading was dangerously high and went to her doctor to “prove the Stroke Foundation wrong”. But her reading was again high and even higher when she had a third reading.

Linda was prescribed medication, started an exercise routine and changed her diet. Her blood pressure readings are now back in the healthy range.

“I know the National Stroke Foundation (NSF) saved my life. I am so grateful to the staff and volunteers who took my blood pressure. I was in disbelief but I was a walking time bomb. I know that because of NSF I will be around for a long time.”

StrokeSafe

StrokeSafe Ambassadors tell community organisations about stroke, prevention and the need to get immediate treatment. By November 2011 there were 25 StrokeSafe Ambassadors in Victoria, 11 in Western Australia and one in New South Wales, with Stroke Foundation staff filling the gaps in Tasmania and NSW.

Just over 7000 people attended 242 StrokeSafe talks in Victoria, WA, NSW and Tasmania. About 87 percent were over 50 years – the primary target audience.

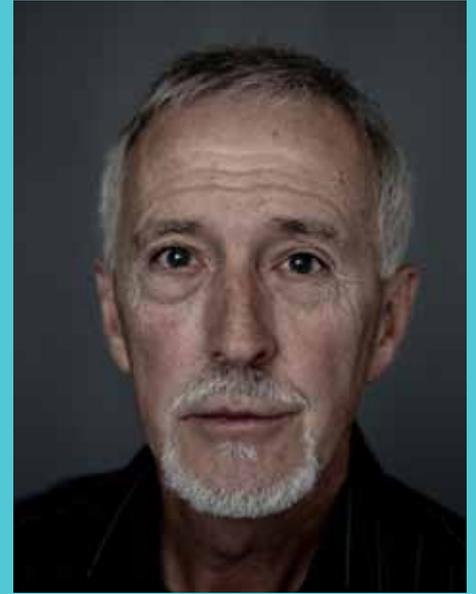
As a result of the talks:

- 39 percent said they would talk about stroke to others.
- 34 percent would make changes to their lifestyle.
- 27 percent would see their doctor.
- 24 percent would support the National Stroke Foundation.

Those who said they would make lifestyle changes talked about checking blood pressure and cholesterol, exercising more, eating healthier, losing weight and quitting smoking.

StrokeSafe Ambassadors

StrokeSafe Ambassador Jeffrey Ryan from Eltham, Victoria.



Jeff retired as a bank manager in 2004 after he suffered a major stroke. In one of his presentations, he talked to 125 students from the Wesley College Glen Waverley Campus and discovered that more than 10 students had been touched by stroke, mainly through family members and relatives.

“I am keen to raise awareness of the signs of stroke and to promote the benefits of a healthy lifestyle to people in my community.” Jeff Ryan

StrokeSafe Ambassador Helen Glare from Lara in Victoria.



Helen spreads the FAST message at presentations – and among her family and friends. This paid off when her daughter Kate noticed a co-worker struggling to get out a sentence. She said she was okay but Kate got someone to call an ambulance.

On her way home Kate went to the hospital and found out that her colleague had indeed had a stroke. Because Kate had acted FAST, her co-worker received appropriate medical treatment and returned to work after making a full recovery.

Enabling best care for stroke patients

In 2011 across Australia, assistance was provided to improve patient access to evidence-based acute stroke care and to support delivery of the best possible stroke services with:

- 3500 cases in the National Audit of Acute Services.
- 188 hospitals taking part in NSF's organisational audit.
- 108 hospitals participating in NSF's clinical audit.
- 70,137 Clinical Guidelines downloaded from the Stroke Foundation website.
- 35 Queensland hospitals participating in StrokeLink.
- 500 health care professionals directly participating in activities focused on improving stroke care.

Extensive consultation and partnering work was initiated through our participation on the Australian Stroke Coalition, the National Vascular Disease Prevention Alliance and Australian Chronic Disease Prevention Alliance as well as stroke clinical networks in Queensland, Victoria and South Australia.

Clinical protocols improve stroke patient outcomes



Professor Sandy Middleton, left, is a Clinical Council member of the National Stroke Foundation.

Professor Middleton is Director of the Nursing Research Institute at the Australian Catholic University and St Vincents & Mater Health Sydney.

Professor Middleton and her collaborators have found that acute stroke patients who are treated under protocols to manage fever, sugar and swallowing (the FeSS protocols) are 16 percent more likely to be alive and independent three months later.

"These results are better than any current drug or treatment for stroke including clot busting therapy, and can be universally applied in acute stroke units."

A trial developed, implemented and evaluated the effectiveness of team-building workshops and education to introduce the FeSS protocols following an acute stroke. The National Stroke Foundation is encouraging hospital stroke units to support the use of the protocols.

The trial was funded by the National Health and Medical Research Council. It was a collaboration between the Australian Catholic University, the University of Newcastle, the University of Ottawa, the University of Western Sydney, the University of Sydney and the University of Melbourne, and a team of clinicians from New South Wales Health with support from the state's Agency for Clinical Innovation.



2011 Stroke Care Champion Award winner

Patrick Groot from Warrnambool in Victoria.

Patrick is a registered nurse, stroke liaison and clinical nurse consultant with South West Healthcare. He is also Regional Stroke Coordinator with the Victorian Stroke Clinical Network.

"I have found that with stroke you have a wonderful opportunity to make a difference to people's lives. There is a lot you can achieve and I like striving towards the goal of better services."

Patrick sees all stroke admissions at Warrnambool Base Hospital. He works with survivors, carers and families to ensure seamless transition from hospital to rehabilitation and then home. He is also a leading community educator, raising public awareness of stroke.

The award is made by the National Stroke Foundation with the Stroke Society of Australasia.

Supporting stroke survivors

Sharing experiences and knowledge in-person, by phone or on-line with a stroke survivor or carer who has travelled the stroke recovery journey, or a health professional who knows the challenges you face, provides the reassurance of practical advice and good information.

In 2011:

- 2115 calls to StrokeLine were received.
- 34 hospitals participated in StrokeConnect.
- 1123 members were recruited to StrokeConnect.
- Vision Australia praised the new look StrokeConnect Online for its design and accessibility for the vision impaired.



Tamsin Mathers is on the staff of the National Stroke Foundation national office based in Melbourne.

Tamsin has been taking calls for nearly a year on StrokeLine **1800 STROKE** (787 653).

Questions cover prevention of stroke, stroke signs and symptoms, treatment, rehabilitation and recovery,

and support services. Around 30 percent of calls relate to prevention – questions about blood pressure, risk factors for stroke and signs of stroke.

Between 20 and 30 percent of calls relate to treatment when in hospital. More than half the calls concern recovery, with stroke survivors, carers and their families wanting to know if there is a stroke support group nearby, how to find a physiotherapist or what will be discussed when a relative is being discharged.

Questions can be tough: “Mum isn’t coping and dad is crying all the time. What can I do?”

Tamsin has a Bachelor of Occupational Therapy and Graduate Diploma in Neurosciences. She has worked in acute hospitals, stroke care units and rehabilitation in regional and metropolitan areas.

“There are many sad and happy questions but it is very rewarding to try and help people navigate the medical and health system, which can be very overwhelming. I do like it when people call back to thank me.” Tamsin Mathers



Carlie Preece from Rapid Creek, Northern Territory, is a 50-year-old mother of four and a registered nurse.

Carlie had her stroke in April 2011 when she was in the shower. With the help of her husband she was at hospital within 15 minutes and then treated on a stroke unit. She spent eight weeks in hospital and is continuing with rehabilitation to regain full movement on her right side and her speech. She is back at work now as a rehabilitation nurse but before she returned she made contact with the National Stroke Foundation.

Carlie has used the Stroke Foundations’s StrokeLine for advice and support but first she turned to StrokeConnect Online, a forum for stroke survivors, their families and carers to chat with other stroke survivors and carers about their issues and experiences.

Through the forum a speech therapist encouraged Carlie to tell her own story online and now she blogs about her stroke journey. Carlie recommends online communication.

“It is a ready-made way to realise you’re not alone, that other people are going through the same thing, and to also help a bit where you can.

“It’s easy to feel isolated and alone and when your confidence is shaken. Reaching out from your own home is a first step to getting on with your life again.

“It makes you feel more connected. The things that go on in your life can be difficult sometimes but you realise that there’s a lot going on in other people’s lives as well and sometimes you get the chance to support them.”

Learning more about stroke

The National Stroke Foundation is committed to funding high quality research to address gaps in knowledge and meet priority needs for stroke care.

Yoga Trial

Dr. Maarten Immink, Program Director for Human Movement, School of Health Sciences, University of South Australia

Dr Immink's examination of the effects of yoga on stroke survivors grew from his enthusiasm for yoga and a stroke suffered by his mother. As part of his mother's rehabilitation, he encouraged her to attend yoga classes with him.

"It had wonderful outcomes for her. Her mental and emotional health, her quality of life and acceptance of the stroke and its effects were increased to the point where she stopped antidepressant medication and hasn't returned to them. It has 'opened up her sky,' she told me."

Dr Immink applied for a National Stroke Foundation research grant for a pilot study that was completed last year.

"We were looking at improved physical function. While there was a small improvement in most participants, the overwhelming benefit was emotional and mental.

"Participants responded that they were less depressed, that concentration and alertness were dramatically improved and that 'limb neglect' – ignoring a weak or less functioning part of the body – was reduced.

"A lot of people get benefits from yoga. In stroke survivors it appears to have a particular benefit in teaching body awareness, focus and a general sense of well-being."

Two strokes in Nadia's teens, in the 1970s, left her with what is described as a moderate – severe brain injury. Nadia has paralysis on her left side and after many surgeries, eight aneurysm clips on her brain.

She had tried a mix of traditional and mainstream therapies to improve mind and body function including massage and acupuncture but had never tried yoga.

"It has been amazing. Amazing. There is no way I could have anticipated the benefits. Being a part of Maarten's study relaxed me to begin with but the ongoing effects have been sharper focus and a mental clarity that I haven't had for years."

Nadia, who works full-time, says work colleagues and her husband have noticed that she thinks more clearly, responds with more accuracy and is calmer.

Dr Immink and his team have produced a DVD that is available for stroke survivors who were not part of the study and to those that finished the 10-week trial and want to continue.

Nadia Moffatt, pictured here with Dr Immink, took part in Dr Immink's initial 10-week yoga study



Thank you for your support

The National Stroke Foundation receives limited funding from governments and relies on the generosity of the Australian community to provide our vital services. We appreciate the support of our very loyal community of donors, volunteers, foundations, companies and private benefactors who generously contribute to our cause.

Food for Thought

Food for Thought raised over \$200,000 bringing together fine food, photography and personal stories reminding guests of the impact of stroke on the lives of many people.

Fifteen chefs prepared their specialities at events in Melbourne, Sydney and Hobart and a photographic exhibition challenged perceptions of stroke, showing that it can affect anybody at any age. Auctions of premium items also raised funds.

Imaginative fund-raising projects provide a valuable side-effect – creating awareness of stroke.

And they are fun!

For more details visit www.doit4stroke.com.au

Do It 4 Stroke

A new community fundraising program was introduced this year that enables supporters to get involved online by offering a range of diverse fundraising options and events that can be shared with friends and colleagues over the web.

There are now more ways for supporters to help the stroke cause including participating in the many fun runs held across the community, asking friends to celebrate a special occasion by donating in lieu of gifts or even undertaking an exciting fundraising and physical adventure for the National Stroke Foundation.

Please turn to the back page where we recognise our partners and supporters.



Stroke survivor Elisha Deegan from Tasmania.

Walk 4 Stroke

Elisha and 12 other Stroke Foundation supporters of various ages and fitness levels from around Australia raised \$16,000 when they covered 60kms over three days in their Walk 4 Stroke from Apollo Bay to the Twelve Apostles along the Great Ocean Road.

Elisha was almost 30, healthy and pregnant when she had a stroke in 2009. It hospitalised her for three weeks but her daughter, Willow, was born perfectly healthy five months later. Elisha continues to have therapy for her left arm and suffers from chronic fatigue.

Talking about stroke

Media

Reaching the minds and hearts of Australians through the media is competitive and we thank journalists and editors who value our general and specialist news and feature print, radio and television material. There are many new opportunities to disseminate the messages of stroke and the National Stroke Foundation, and we appreciate the growing army of social media professionals and amateurs who pass on our information or add value with their responses and views.

In 2011:

- Print, radio and television stories recorded: 1212 compared with 450 in 2010.
- Number of unique visits to NSF Website: 139,636 – 111,826 in 2010.
- Facebook friends: 1416 – 800 in 2010.
- Twitter followers: 1299 – 650 in 2010.

Working with governments

The National Stroke Foundation is growing its relationships with governments, Ministers and their Opposition counterparts, other parliamentarians, advisors and departmental officials. This also involves individual briefings and establishing parliamentary friends' groups.

We are increasing the number of submissions to departments and organisations such as the Productivity Commission and parliamentary inquiries. At the same time we are leveraging our strategic alliances with like-minded organisations.



Managing issues and opportunities

Review of financial operations

The National Stroke Foundation engaged an independent consultant to review our internal operations, particularly financial systems and donations processing. Mr. Bill Day, a highly experienced professional, conducted a pro bono review that identified no significant concerns. His recommendations focused on strategies to further strengthen our sound financial systems.

Financial software review

Upgrading our financial software was identified in 2010 because it is no longer able to manage the volume of transactions. In 2011, in consultation with the Board and with the assistance of an independent consultant, a process was undertaken to select financial software that will meet current and future requirements. New financial software will be installed during 2012.

Information technology

A 2010 review of operational requirements identified the need to improve our information technology to cope with our growth, particularly with additional staff around Australia. We upgraded our IT platform, which has significantly improved IT performance for staff in all offices. The improvements help staff to be as productive as possible.

Staff health and wellness initiative

A new health and wellness program for staff was introduced in 2011. It focuses on maximising physical and mental health as well as social connectedness to promote a healthy and productive workplace. Staff across the organisation have enthusiastically supported the initiative which will continue through 2012.

Financial performance

Revenue	2011 (\$,000s)	2010 (\$,000s)	2009 (\$,000s)	2008 (\$,000s)
Community Support - Non-Bequests	8,557	8,398	7,063	6,621
Community Support - Bequests	477	896	1,972	91
Corporate Support	42	215	338	352
Government Support	2,451	2,117	1,475	915
Product Merchandise	37	52	73	131
Interest Income	83	100	56	90
Total Revenue	11,648	11,778	10,977	8,200
Expenses				
Priority Area 1 - Prevention & awareness	2,814	2,228	1,619	1,333
Priority Area 2 - Stroke services	1,074	1,169	1,042	847
Priority Area 3 - Life after stroke	1,045	991	879	751
Priority Area 4 - Research	409	312	254	40
Priority Area 5 - Fundraising*	4,391	4,877	3,988	4,348
Priority Area 6 - Governance & Accountability	1,291	1,127	924	838
Total Expenses	11,024	10,704	8,706	8,157
Surplus From Ordinary Operations:	624	1,074	2,271	43
Other Investment Income	356	128	103	39
Restatement of Investments to Fair Value	(527)	145	353	(178)
Total Other	170	273	456	(139)
OVERALL RESULT	454	1,347	2,727	(96)
Financial Position				
Assets				
Cash (inc. Deposits)	3,393	2,866	2,495	1,498
Receivables	266	296	347	207
Inventory	6	8	7	9
Other Financial Assets at Fair Value**	3,365	4,023	2,602	719
Fixed Assets	269	259	252	255
Total Assets	7,300	7,452	5,703	2,688
Liabilities				
Payables	727	719	396	594
Provisions	763	1,331	1,211	684
Lease Liability	18	63	105	147
Total Liabilities	1,508	2,114	1,713	1,425
ACCUMULATED FUNDS	5,792	5,338	3,991	1,264

Ratios and Expenditure Notes:

Direct fundraising expenses to income ***
Administration expenditure to income

21.2% 23%
10.4% 9.3%

* Includes major developmental investment into a donor acquisition program.

** Increase in 2009 represented in part by "Australian Listed Shares" from a Bequest received.

*** Does not include income and expenses associated with major developmental investment.

Thank you

The National Stroke Foundation is fortunate to receive support from a wide range of individuals and many companies and foundations who provide funding through donations and in-kind services. The Foundation would like to thank the following companies and organisations for their continued support of our vital work in stroke.

Allergan Australia
ANZ Staff Foundation
Bayer Australia Ltd
Collier Charitable Trust
Coreprint
Count Financial Limited
Corrs Chambers Westgarth
DraftFCB
Herald Sun
J J Richards & Sons Pty Ltd
Lynne Qualye Charitable Trust
Nancy and Vic Allen Trust
Omron Healthcare
Shave Human Resources
Starcom MediaVest Group
The Gandel Charitable Trust
The Trust Company
Veolia Environmental Services

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StrokeLine: 1800 STROKE (787 653)
www.strokefoundation.com.au

List of Bequests received in 2011

Gifts left to the Stroke Foundation in our supporters' Wills, can have a profound effect on our mission and go a long way to helping us meet our future needs in the fight against stroke. Bequests also leave a legacy for the donor, their family and their friends by directly supporting the National Stroke Foundation's work. We sincerely thank the following individuals and their families for providing their significant support through a gift in their Wills.

Estate of Theresa Ashley
Estate of Henry Baldwin
Estate of Laurence Geoffrey Bowes
Estate of Margaret Anne Button
Estate of Graeme Stanley Carter
Estate of Walter Donald Couper
Estate of Patricia Cox
Estate of Alan Patrick Dwyer
Estate of Timothy Albert Fitch
Estate of Leonard Alfred Harris
Estate of Lesley Jessie Harrison
Estate of Eileen Hayes
Estate of William Charles John Hill
Estate of Nathalie Jahn
Estate of David Geoffrey Levers
Estate of Margaret McKenzie
Estate of Sadie Olive Parsell
Estate of Trixie Prowse
Estate of Gladys Lillian Ross
Estate of Sarah Eleanor Winwick

The National Stroke Foundation receives support from:

The Australian Government
The Government of Victoria
The Government of Queensland
The Government of Tasmania

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