

Stroke Awareness Week 17 Nov to the 12th November 2007
By Rachel Peake Stroke Care Coordinator Tamworth

Stroke awareness week was incredible introduction for me to the world of stroke. I was invited to be a part of the stroke support group's organised activities. It was such a privilege to spend time with these people.

The group had two display stands in central busy locations, Shopping World and K Mart. These stands created much public interest. The displays were eye catching and professional. The people manning the stand were well informed and approachable using their great humour to engage people.

The information packages were very popular, and as a result there have been several inquiries. Primary Prevention was of interest to the public, encouraging some people to touch base with their General Practitioner for a check up.

I attended a lunch with the Armidale and Tamworth Support Groups which gave me great insight into the journeys of different stroke survivors and their families. Their courage, achievements, humour and sadness are remarkable. What was amazing was the "**can do attitude**" of the members.

The Tamworth Branch of the Stroke Support Group is very enthusiastic and well organised group. They are warm and welcoming, nothing is too much effort. They are fantastic fund raisers and have made major contributions to the Rehabilitation Unit at Tamworth Rural Referral Hospital.

One of their main objectives is providing support to new members and those who are struggling with their situation. They have extensive knowledge of support networks and services available for stroke survivors and their loved ones. The Stroke Support Group has a high profile in the community and is keen to increase the public awareness of all aspects of stroke. They are such an asset to stroke services.



The Stand at Shopping World Tamworth