



STROKES
STROKE **4**



Your Strokes4Stroke Guide For Parents & Students

Unleash your creativity and raise
funds to prevent stroke, save
lives and enhance recovery.

Welcome to Strokes4Stroke!

Thank you for your interest in Strokes4Stroke. We're so excited you are looking to unleash your creativity and put it to the test!

In this guide you'll find information to help you take part and fundraise. Our team is here for you every stroke of the way, so if you have any questions, please email:

strokes4stroke@strokefoundation.org.au

We are so excited to have you join Strokes4Stroke and together, we can change the state of stroke in Australia.

What is Strokes4Stroke?

Strokes4Stroke is a fundraising event for art enthusiasts. Schools, students and artists from all over Australia are coming together to create amazing pieces of art and fundraise for Stroke Foundation.

Every dollar you raise directly supports Stroke Foundation's mission to prevent stroke, save lives, and help the 445,000 Australians living with the impact of stroke.

Thank you for joining Strokes4Stroke and raising vital funds to support Stroke Foundation's work.

Why support Strokes4Stroke?

Stroke is one of Australia's biggest killers, with one stroke occurring every 19 minutes. Stroke doesn't discriminate; it affects anyone, anytime, even unborn babies. It claims more lives than breast cancer in women and prostate cancer in men. And incredibly, around 600 Australian children experience stroke each year.

We know what an amazing artist you are. Now showcasing your talent and using it for good has never been easier.

By participating in Strokes4Stroke, not only are you expressing yourself artistically and raising vital funds for Stroke Foundation, you are also learning about the F.A.S.T. signs of stroke and childhood stroke.

Your support can help prevent stroke, save lives and enhance recovery.

Fun Fact: Art also has many of the same benefits for children as they do survivors of stroke, including:

- Boosting problem solving skills.
- Improving fine and gross motor skills.
- Helping with literacy and comprehension.
- Improving concentration.
- Building social skills, confidence and connection.



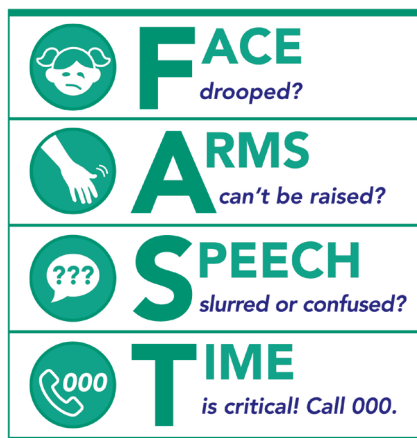
Education is essential and could save a life

As one of our awesome artists, you will learn about stroke, what they are and how to recognise them.

Stroke affects so many people, so it's important that you, your parents and teachers all learn about the impact of stroke on children and how to promote inclusion.

Our resource kit contains easy to understand information on stroke, including childhood stroke, and the F.A.S.T. signs of stroke, empowering students, teachers, and the entire school community to become ambassadors for stroke awareness.

Learn the F.A.S.T. signs and other signs of stroke in children.



- › Weakness or numbness in the face, arm or leg, especially on one side.
- › Trouble seeing or vision loss.
- › Dizziness, loss of balance or poor coordination.
- › Severe, sudden headache, especially with nausea and vomiting.
- › Seizures with weakness that doesn't improve.
- › Loss of consciousness.
- › Trouble swallowing, including drooling.

If you see any of these signs act F.A.S.T. – call triple zero (000).

Taking part & fundraising for Strokes4Stroke

We're so excited that you're joining Strokes4Stroke and raising money for Stroke Foundation through your artistic talents. Here are our top tips to help with both creating your masterpiece and fundraising.

- **Sign Up to Your School's Team:** Have your parent/guardian sign you up to your school's Strokes4Stroke team. You can sign up at strokes4stroke.org.au
- **Personalise Your Fundraising Page:** Make a big impact on your fundraising by personalising your fundraising page. Share why you are fundraising for Stroke Foundation to inspire more donations.

Create Your Artwork:

- Check with your parent/guardian if you are creating your artwork at home or at school.
- When your artwork is complete, have your parent/guardian take a landscape photo of it and upload it to your fundraising page.
- When you upload your artwork, the image will be blurred out. Every time you receive a donation, a square will be unveiled, revealing a part of your art.
- Once you've raised 100% of your fundraising goal, your masterpiece will be fully revealed. Ta da!

Start Fundraising: Now it's time to share your amazing artwork with everyone and let them know you are fundraising for Stroke Foundation!

- Ask your parents/guardians to email and text everyone they know and share your fundraising page on their social media.
- Stuck for ideas? Check out our **How to Raise \$100** tips on the following page for more ideas on who to ask for donations.

How to raise \$100

\$100 might seem a lot, but it can be very easy to raise and won't take long. We've given you a list of people to ask to get started!

Ask everyone you know below for a \$10 donation and tick them off once they donate:

Mum	<input type="checkbox"/>	Dad	<input type="checkbox"/>
Aunt	<input type="checkbox"/>	Uncle	<input type="checkbox"/>
Grandma	<input type="checkbox"/>	Grandpa	<input type="checkbox"/>
Mum's boss	<input type="checkbox"/>	Dad's boss	<input type="checkbox"/>

Ask everyone you know below for a \$5 donation and tick them off once they donate:

Sports Coach	<input type="checkbox"/>	Sporting teammates	<input type="checkbox"/>
Family Friend 1	<input type="checkbox"/>	Family Friend 2	<input type="checkbox"/>

Asking these 12 people can raise you \$100. How cool is that!

Now that you're on a roll, who else do you know? Add them below:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |

For extra donations, you could also:

- › Sell your original art piece and donate the money received
- › Donate some of your pocket money
- › Hold your own Lemonade stand or bake sale
- › Wash mum and dad's cars
- › Mow the lawn
- › Give a family member a foot massage

If you've received cash donations, ask your parent/guardian to deposit it to your page and watch your artwork continue to be revealed.

Love rewards? Well, we've got some great gifts for you!

Raise **\$50** and receive a
F.A.S.T. badge



Raise **\$75** and receive
a F.A.S.T. Ambulance
model and spinner



Raise **\$100** and make some noise
with bang bang sticks!



With help from supporters like you, in 2022 Stroke Foundation was able to help prevent stroke, save lives and enhance recovery.



The **Mobile Stroke Ambulance** celebrated its 5th year in operation and was dispatched

1,500 times

Telestroke

is now available in



states and territories



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

2,500 calls



49 Stroke and Recovery Webinars reached more than

4,600
people

393 StrokeSafe talks reached



12,027
people



13,787

people have visited the **Young Stroke website** since it launched in August 2022



6,843

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

My Stroke Journey is being translated into



8 languages



Share your Strokes4Stroke journey to help inspire others and to celebrate your achievements.

 **@strokefoundation**

 **@strokefdn**

#STROKES4STROKE

Supporting Sponsor:

