



STROKES
STROKE **4**



Strokes4Stroke Guide For Parents

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

Quick guide for Parents

Help your child turn their art into a fundraising masterpiece for Stroke Foundation! Here's a quick guide to get started:

Step 1: Register

Go to strokes4stroke.org.au and sign up under Parent. During registration, you can join your child's school team or have them participate independently.

Step 2: Artwork creation

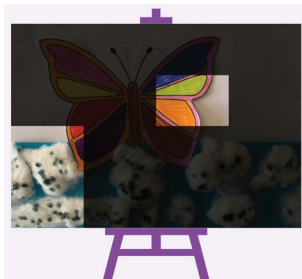
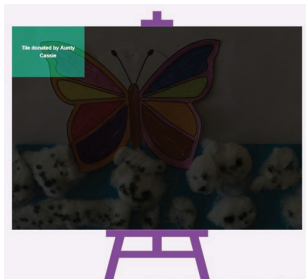
Encourage your child to get creative! They can paint, draw, sculpt, sew, or craft. Art of all kinds is welcome, so let their imagination run wild!

Step 3: Upload and share

Once the artwork is finished:

- 1.) Take a photo of it (make sure it's landscape!).
- 2.) Upload it to their fundraising page.

The artwork will appear blurred at first, but each donation reveals a piece. The more donations, the more of the masterpiece people will see!



Step 4: Spread the word

Share your child's fundraising page with friends, family, and your community. Let everyone know that their support will help Stroke Foundation continue providing vital programs and resources such as:

Preventing Stroke

StrokeSafe Talks

Australia's
Biggest Blood
Pressure Check

Information
Resources

Saving Lives

F.A.S.T. (Face,
Arms, Speech,
Time) Signs of
Stroke
Awareness

Living Guidelines
for Stroke
Management

InformMe Website
for Health
Professionals

Enhancing Recovery

StrokeLine

My Stroke
Journey

EnableMe
Website for
Survivors of
Stroke



Fundraising ideas to get you started

Not sure where to begin? Here are some easy ideas on who to ask for donations and creative ways to boost your fundraising efforts!

Who to ask for donations

Reach out to the people you know best first – every donation counts!

- › Mum and Dad
- › Aunt and Uncle
- › Grandma and Grandpa
- › Family friends
- › Sports coach and teammates


Make a list of others you could ask and start ticking them off as they donate. You'll be surprised how quickly it adds up!

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

7. _____ 8. _____



Extra fundraising ideas

Get creative and try these fun ways to raise more funds:

- › Sell your original artwork 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 or do extra chores for donations

Thank supporters

Encourage your child to thank everyone who donates. A simple "thank you" message can go a long way!

Every dollar raised will help prevent stroke, save lives, and enhance recovery for survivors of stroke! Start small, think big, and don't forget to share your fundraising page with your network.



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

 [@strokefoundation](https://www.facebook.com/strokefoundation)

 [@strokefdn](https://www.instagram.com/strokefdn)

#STROKES4STROKE