



Your Strokes4Stroke Guide For Schools

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

Welcome to Strokes4Stroke!

We're so excited you are looking to unleash your students' creativity, spread awareness and make a meaningful impact.

In this guide you'll find information to help your school take part and reach your fundraising goal. Our team is here for you every stroke of the way, so if you have any questions, please email: **strokes4stroke@strokefoundation.org.au**

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.

By supporting Strokes4Stroke, you play a crucial role in raising vital funds to prevent stroke, save lives, and enhance recovery. But that's not all – you're also fostering a love for creativity. Art has numerous benefits for children and survivors of stroke alike, including:

- › Boosting problem-solving skills.
- › Improving fine and gross motor skills.
- › Aiding in literacy and comprehension.
- › Enhancing concentration.
- › Building social skills, confidence, and connections.

Together, we can create positive change and transform the lives of those impacted by stroke.





Education is essential and could save a life

As one of our awesome school teams, you'll learn more about strokes, what they are and how to recognise them.

Stroke affects so many people, so it's important that students, teachers and the wider school community 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.

 FACE <i>drooped?</i>	<ul style="list-style-type: none"> › 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.
 ARMS <i>can't be raised?</i>	
 SPEECH <i>slurred or confused?</i>	
 TIME <i>is critical! Call 000.</i>	

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

Taking part & fundraising for Strokes4Stroke

Now that you're joining Strokes4Stroke and are raising funds for Stroke Foundation, here are some top tips to help with taking part in this creative fundraising event.

Sign Up Your School's Team: Sign up your school's Strokes4Stroke team at strokes4stroke.org.au and set your school fundraising target.

Here's how your school community can change the impact of stroke in Australia:



➤ **\$500** could send two StrokeSafe speakers out into their communities to teach the F.A.S.T. (Face. Arms. Speech. Time.) signs of stroke.



➤ **\$750** could help stroke researchers with the funding they need to find the next game-changer in stroke.



➤ **\$1,000** could help fund services like StrokeLine which provides practical advice to thousands of stroke survivors, carers and family members.

Personalise Your School's Fundraising Page: Make a big impact on your school's fundraising by personalising your fundraising page. Share why you are fundraising for Stroke Foundation to inspire more donations.

Invite Your Students to Join Your School Team

- Encourage teachers to invite students to join your team by sharing the parent's information flyer in their regular updates to parents. Teachers can also put up a Join our Team poster at the entrance of their classroom. You will find these on your resources page in your fundraising dashboard. The more students you have getting arty, the more money you will raise and the more people you will support.
- Include articles in your school newsletter. Here's some simple wording you can use: "School name" is participating in Strokes4Stroke, an artist fundraiser for Stroke Foundation. We'd love our students to join our team and take part. Here's a link to our team page to register. We look forward to your child being part of our team.
- Make posts on your school's social media. Here's some simple wording you can use: "School name" is taking part in Strokes4Stroke, an artist fundraiser for Stroke Foundation. We'd love our students to join our team and take part. Here's a link to our team page to register. We look forward to your child being part of our team.

It's always a good idea to share the information more than once.

People get busy, and a reminder is often welcome.



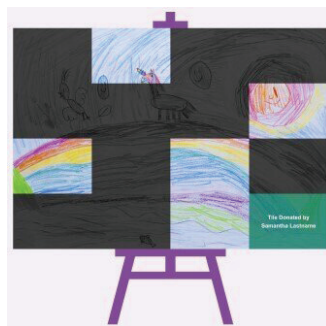
Students create their artwork

Decide if students will create their artwork at school or at home. Inform students and parents where they will be creating their artwork.

When students complete their artwork, their parents/guardians will take a landscape photo of it and upload it to the student's fundraising page.

When the artwork is uploaded, the image will be blurred out. Every time the student receives a donation, a square will be unveiled, revealing a part of their art.

Once students have raised 100% of their fundraising goal, their masterpiece will be fully revealed. To help with their fundraising motivation, we also have some great rewards for students:



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



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



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



Educate and Empower

Once your school has registered for Strokes4Stroke, you will gain access to a range of information and resources designed to inform and raise awareness about the F.A.S.T. signs of stroke and childhood stroke.

Share these resources with the school faculty to engage students in discussions and educational activities that promote inclusion and raise stroke awareness.

Elevate your school's fundraising!

The students have been working hard to create their masterpieces. Why not hold an art exhibition fundraiser to celebrate their achievements? Choose a date in May to showcase all their amazing art and invite the wider school community to come along.

As part of your event, don't forget to:

- › Charge a gold coin entry at the door.
- › Hold a raffle, sausage sizzle and/or bake sale.

This could really boost your school's fundraising result so don't forget to add this money to your school's fundraising page. It could go a long way to smashing your target!



Strokes4Stroke Resources

Check out your fundraising dashboard for a range of resources to help raise awareness and build excitement for your school's participation in Strokes4Stroke.

Taking Part:

- › Parent Information flyer
- › Join our Team Poster
- › Event Poster
- › Art Exhibition invitations
- › Social Tiles
- › Art Exhibition cards
- › Thank You poster
- › Digital Bunting

Stroke Awareness:

- › F.A.S.T. Signs of Stroke poster
- › About Stroke flyer
- › Understand and Prevent Stroke booklet
- › Childhood Stroke signs poster
- › All Brains are Beautiful fact sheet
- › Your Family and Stroke book

If you would like to create your own promotional materials, please ensure that you make it clear you are raising funds for Stroke Foundation. Suggested phrases to use include: "proudly supporting Stroke Foundation" or "funds raised will support the work of Stroke Foundation".

All promotional material created must be approved by Stroke Foundation prior to distribution.

Thanks again for joining Strokes4Stroke. Your support could prevent stroke, save lives and enhance recovery.

Need help or have a question? Contact our dedicated team at strokes4stroke.org.au

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:

