



STROKES
STROKE **4**



Your Strokes4Stroke Guide For Artists

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 on participating in our online auction and other ways to take part and fundraise for Stroke Foundation. 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.

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, you're also 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.

Art has long been associated with therapy for overcoming a wide range of serious health conditions, as a relaxing past time or as a career. Art also has many benefits for 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 our wider community learn about the impact of stroke on children and adults, 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 you to become an ambassador for stroke awareness.

Learn the F.A.S.T. signs of STROKE			
 FACE <i>drooped?</i>	 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 FAST call 000 (triple zero)			

Taking part & fundraising for Strokes4Stroke

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

You can take part in two ways:

1. Join our online auction

Strokes4Stroke is hosting an online auction, offering a platform for artists like you to contribute to this annual event. Featuring both renowned and emerging artists, this auction celebrates art while raising crucial funds for Stroke Foundation.

How to take part:

1. Register your interest to become a featured artist by completing the EOI form: <https://www.fundraise4stroke.org.au/event/strokes4stroke/artist-auction-eoi>
2. Create a unique flat A5 sized artwork and submit it to Stroke Foundation. If you're considering donating a sculpture or larger artwork, please chat with us first.
3. Once your artwork is live, share the auction link on your social media and within your network to encourage bidding.

2. Fundraise Your Way for Strokes4Stroke

If you're looking to take your support further, there are various ways to fundraise for Stroke Foundation:

- › Donate a portion or all proceeds from the sale of your artwork throughout May.
- › Organise an exhibition in collaboration with a local club (or a solo exhibition), donating the proceeds to Stroke Foundation.
- › Host a paint and sip event, with entry donations going to your fundraising page.
- › Simply ask for donations by sharing your fundraising page.
- › Or you may have another way you'd like to raise funds.

How to take part:

1. Choose how you would like to raise funds as part of Strokes4Stroke
2. If you are going to fundraise your way, register at strokes4stroke.org.au and set your fundraising goal
3. Let everyone know your plans and start fundraising
 - › Email and text everyone you know and share your fundraising page on social media.
 - › Ask yourself – donate to your page and show others how serious you are about reaching your goal.
 - › Ask family and friends to sponsor you by sharing your fundraising link directly with them.
 - › Ask your boss for a company donation. Check if your workplace does dollar matching – it's a great way to double your fundraising efforts.
 - › Tag us. Don't forget to include **#strokes4stroke** on your socials.

How your art can help

Each and every day, Australians are experiencing, recovering from or living with the effects of stroke. Often the impact can have a life-long and debilitating outcome and require people to learn the basic tasks of learning to walk and talk again.

Your generosity in donating a piece of art, or fundraising as part of Strokes4Stroke, will help us make a significant contribution to our vision of a world free from the disability and suffering caused by stroke.



- **\$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 survivors of stroke, carers and family members.



Engage your wider network

Are you part of an art club, gallery or know a curator? Why not get your network on board as well. Holding a Strokes4Stroke art exhibition is a great way to have your artwork showcased right across your wider community, while supporting everyday Australians impacted by the effects of stroke.

Check out the resources page on our website strokes4stroke.org.au for downloadable event resources, including:

- › Event Poster
- › Thank you Poster
- › Art Exhibition invitations
- › Social Tiles
- › 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 clear that 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.

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:

