



## WORLD STROKE DAY - 29th October 2019

A stroke can happen to anyone, at anytime and anywhere. Today stroke is the leading cause of disability worldwide and the second leading cause of death, but almost all strokes could be prevented.

Stroke happens when the blood supply to part of the brain is cut off. Without blood, brain cells can be damaged or die.

### Stroke strikes every 5 minutes in the UK.

It's vital to know how to spot the warning signs of a stroke in yourself or someone else. Using the **FAST test** is the best way to do this:

- **Face:** Can the person smile? Has their face fallen on one side?
- **Arms:** Can the person raise both arms and keep them there?
- **Speech problems:** Can the person speak clearly and understand what you say? Is their speech slurred?
- **Time:** If you see any of these three signs, it's time to **call 999**.

**Other signs** that you should always take seriously include:

- Sudden weakness or numbness on one side of the body, including legs, hands or feet.
- Difficulty finding words or speaking in clear sentences.
- Sudden blurred vision or loss of sight in one or both eyes.
- Sudden memory loss or confusion, and dizziness or a sudden fall.
- A sudden, severe headache.

There is no way of knowing if symptoms will pass or get better when they first start, so you need to seek immediate medical help. A stroke is a medical emergency. Always dial **999**. The quicker the person arrives at a specialist stroke unit, the quicker they will receive appropriate treatment.



## Support our Festive Fashion Fun Day – Friday 13th December

On Friday 13th December why not get your workmates, school chums, team members, college crew, families and friends to put on their wackiest Festive Fashions to raise funds and show support for HEADWAY BLACK COUNTRY ?



Just ask them to wear their best Festive Fashion creations – jumpers, socks, scarves, and HATS – as a brain injury charity we LOVE HATS and HEADGEAR - and make donation to Headway Black Country !!

<https://www.headwayblackcountry.co.uk/festive-fashion-fun-day-friday-13th-december/>

## Our 2020 Calendar is Now On Sale

Featuring 12 unique images by clients attending our art sessions, our 2020 Calendar is now on sale.

The calendar is an A4 booklet which opens up to feature an individual artwork on one leaf and the days of the month on the other leaf.

The calendars cost £5 each (plus postage) and can be ordered by calling 01384 869961 or by emailing [admin@headwayblackcountry.co.uk](mailto:admin@headwayblackcountry.co.uk)

All proceeds will support our work with those affected by acquired brain injury.

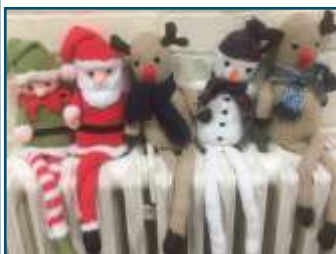


## Jackie Nominated for Carer Award

We are delighted that Jackie Flavell has been nominated for the Carer of the Year Award at Headway UK's annual ceremony. She is just one of three people from across the UK to have been nominated for the title. The nomination is richly deserved not only as full time carer for her son Luke but also for the many ways she supports the work of Headway Black Country, especially through the Heads Up group. Well done Jackie and thank you.



## Festive Fellows



These festive shelf sitters are being produced to order by Judy for a donation of £10 each to Headway Black Country.

Judy attends our Willenhall Centre and activities like this are great ways to develop cognitive and fine motor skills. Please call 01384 869961 or email [admin@headwayblackcountry.co.uk](mailto:admin@headwayblackcountry.co.uk) to place your order.

## Family Fun Walk, Stroll or Roll—West Park, Wolverhampton

A huge thank you to all those who took part in this really enjoyable event. We had nearly 30 walkers, strollers and rollers taking part who in total raised just over an amazing £2,000 for us. Just as important, we had really positive feedback on the day, so look out for a repeat event in 2020!

## Mayor of Dudley's Charity Appeal

We are delighted to have received a donation of £9,579 from the charity appeal of former Dudley Mayor Cllr Alan Taylor. The presentation took place in the Mayor's Parlour with Headway Black Country's Chorus providing an excellent musical accompaniment. Thank you Councillor Taylor.