



Welcome to another issue of your monthly Stroke Foundation newsletter! This month, you'll learn about returning to work after stroke: why it's important, the support available for stroke survivors, and the experience of someone who used the Stroke Foundation's Return to Work service.

Lisa's Story

Shortly after celebrating her 40th birthday, Lisa experienced a life-changing stroke. With the support of a Stroke Foundation Return to Work Advisor, Lisa was able to return to the workforce. Watch Lisa's inspirational story by clicking the video below:



Why is it important to return to work after a stroke?



Being in paid work is important to us. As well as giving financial independence it has many other benefits. Work builds our confidence and self-esteem and improves our sense of wellbeing. It gives us social contact and structure in our daily lives. If you have a stroke while you are of working age,

it's good to start preparing to return to work early in your rehabilitation and recovery.

[Read more about the benefits of returning to work](#)

Can the Stroke Foundation help me return to work?

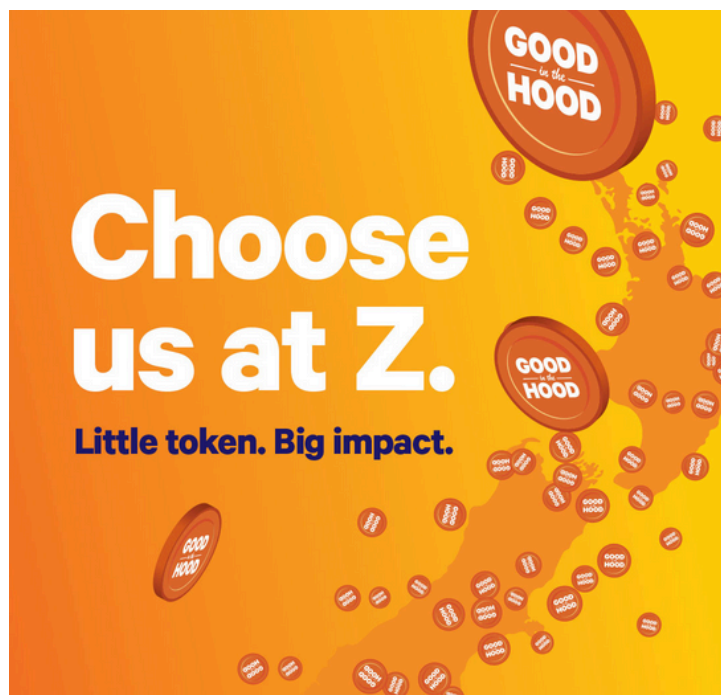


The Stroke Foundation Return to Work Service is specially designed to support stroke survivors back into the workplace. We can work with you to identify your return-to-work goals, generate a return-to-work plan, support you and your employer to implement the plan in your workplace and

then monitor your progress offering support every step of the way.

[Find out more about the Return to Work Service](#)

Your challenge: vote for us for Good in the Hood!



We're delighted to announce that we've been selected for 5 Z stations around Aotearoa for this year's "Good in the Hood" promotion!

By choosing SFNZ as your preferred charity, you can help us get a share of the \$1m Z is donating to community groups

across Aotearoa. Fill up your car and use your token to support us in taking steps to reduce the number of strokes each year, improve outcomes for stroke survivors and their whānau, and save lives.

Head to these Z Petrol Stations from 26th August – 22nd September and support the Stroke Foundation:

- Z Quay Street (Auckland Central)
- Z Moorhouse (Canterbury Central)
- Z Redwood (Marlborough)
- Z Waiouru (Waiouru)
- Z Dublin Street (Whanganui)

[Learn more about Good in the Hood](#)

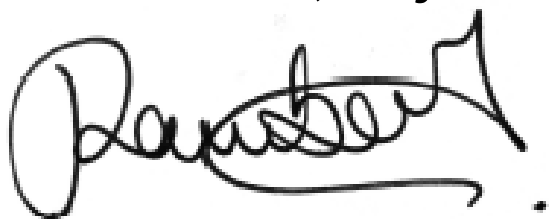
Thank you ❤️

Every dollar counts in the fight against stroke. We would like to acknowledge the following funders who supported us between February 2024 and May 2024:

- Bay Trust
- Tauranga Energy Consumer Trust
- ONE Foundation
- Higgins Bequest Trust
- PA Blackmore (Perpetual Guardian)
- Kiwi Gaming Foundation
- Rata Foundation
- Eva and Harold Wilson Charitable Trust (Perpetual Guardian)
- Stewart Family Trust (Perpetual Guardian)
- The Trusts Community Foundation
- Oxfords Sports Trust
- Milestone Foundation
- Guy Anson Waddel Charitable Trust (Perpetual Guardian)
- Four Winds Foundation
- Southland Care and Welfare Trust (Perpetual Guardian)
- South Canterbury Trust (Perpetual Guardian)
- David Ellison Charitable Trust (Public Trust)
- Christchurch Casino Charitable Community Trust
- We Care Community Trust
- Rano Community Trust
- Healthcare Otago Charitable Trust

[Donate today](#)

Noho ora mai, stay well



Jo Lambert

Chief Executive Officer | The Stroke Foundation of New Zealand