



# Your Stride4Stroke Workplace Guide

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No matter why you are  
moving, make moves  
that matter.





# Welcome to Stride4Stroke!

**We're excited to invite you and your colleagues to join us to help drive real change through crucial stroke prevention, life-saving initiatives, and stroke recovery efforts.**

In this guide you'll find information to help you get a workplace team together, raise funds and have fun!

## About Stride4Stroke?

Stride4Stroke is a community fitness and fundraising challenge for Stroke Foundation, from 1-30 November.

Thousands of Australians come together each November to get moving and raise funds to prevent stroke, save lives and enhance recovery.

Simply set your moving minute and fundraising goals, gather your workmates, and Stride4Stroke!

Log your moving minutes by walking, running, cycling, swimming, dancing or during your stroke recovery sessions.

Everyone of all ages and abilities (even your furry friends) can join in the fun!

By participating in Stride4Stroke, you're helping Stroke Foundation continue to provide vital programs and resources, and to fund researchers to find the next game-changer in stroke.

# Why we Stride4Stroke

Every 19 minutes, one Australian will experience a stroke for the first time. With 80% of strokes being preventable, Stride4Stroke encourages participants to get active, have conversations about stroke prevention and reduce their own risks of stroke.

## Why your workplace should Stride4Stroke

**Health and wellness focus:** Stride4Stroke promotes physical activity, which is vital for maintaining good health and reducing the risk of stroke. By encouraging employees to get active, you're supporting their overall wellness and productivity.

**Team building and engagement:** Engaging in Stride4Stroke as a team fosters camaraderie and teamwork. It's an opportunity for employees to come together, support each other, and strengthen workplace relationships.

**Community support:** Participating in Stride4Stroke demonstrates your workplace's commitment to giving back to the community. Funds raised through your participation support Stroke Foundation's vital programs and resources, contributing to stroke prevention and support for survivors of stroke nationwide.

**Promoting awareness:** By participating, your workplace can help raise awareness about stroke prevention and the importance of early intervention. This awareness can lead to healthier lifestyle choices among employees and their families.

**Fun and motivation:** Stride4Stroke is not just about fundraising and physical activity—it's also about having fun! Engage your employees with friendly competitions, encourage creativity in fundraising efforts, and celebrate achievements together.

**Support and resources:** The Stride4Stroke team provides resources, tools, and support to help your workplace set goals, organise activities, and maximise fundraising efforts. Whether it's fundraising tips, promotional materials, or event planning advice, we're here to help every step of the way.





## How to get involved

### 1. Sign up your workplace

Choose a team captain to lead the charge in organising fundraising efforts and motivating team members.

### 2. Set your fundraising and moving minute goals

Encourage friendly competition among teams to see who can raise the most funds. Don't forget to set your moving minute goals for both individuals and teams. Teams that move together stay together!

### 3. Invite employees to join your workplace team

Engage your leaders – their involvement can be a powerful way to engage employees. Encourage employees to become workplace champions to drive and promote Stride4Stroke.

### 4. Stride4Stroke

Encourage everyone to be active this November and to reach fundraising and moving minutes goals together.

# Workplace fundraising tips:



## Mini competitions:

Create some friendly rivalry between teams and departments. Incentives and prizes can go a long way to help reach moving minutes and fundraising goals, so think about what could motivate your teams.



## Dollar matching:

Many workplaces offer to match employee fundraising. Check if dollar matching is available and encourage team members to take advantage of this opportunity to double their impact.



## Corporate support:

Engage suppliers and clients in supporting your team's fundraising efforts through donations or by joining your team.





## Other fundraising ideas:

Get creative with your workplace fundraising! Have your Stride4Stroke workplace champions help share the load. Here's some ideas to get you going:



### Morning tea:

Host a morning tea at work and charge a donation for entry.



### Casual/theme dress day:

Charge a fee for employees to dress casually or in a theme for a day.



### Raffle:

Ask suppliers for donations of goods and put together a raffle.



### Money board:

Create a board with 50 or 100 boxes and sell each box for \$2 or \$5. Split the proceeds, with half going to the winner and half to your team's fundraising efforts.

## Fundraising rewards

Team members will be kitted out with the coolest Stride4Stroke gear around. When team members reach fundraising milestones on their individual fundraising pages, these exclusive merchandise rewards are theirs.

Raise **\$95** and receive your exclusive singlet designed to add to your Stride4Stroke experience.



When you raise **\$350** a Stride4Stroke gym towel, cap and drink bottle will make it's way to you - perfect for your active endeavours.



Raise **\$1,000** and a Stride4Stroke yoga mat will be yours - a fantastic reward to enhance your fitness and well-being.





# Workplace resources

When you sign up as a team for Stride4Stroke, a variety of resources are available on your fundraising dashboard to ensure a smooth and successful experience. These tools are designed to help you with your fundraising efforts, promote stroke awareness, and engage your team effectively.

## Posters:



Stroke FOUNDATION > STRIDE 4 STROKE

Join and sponsor our team:

Fundraising Goal: \_\_\_\_\_

Moving Minute Goal: \_\_\_\_\_

Every dollar we raise and every moving minute we log will take Stroke Foundation one stride closer to preventing stroke, saving lives and enhancing recovery.

<b>\$25</b>  Provides a stroke recovery pack to one survivor of stroke.	<b>\$50</b>  Provides initial advice and support from a health professional on StrokeLine.	<b>\$137</b>  Trains a volunteer to deliver StrokeSafe community talks teaching the F.A.S.T. signs of stroke.	<b>\$500</b>  Helps stroke researchers with the funding they need to find the next game-changer in stroke.
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**Join and sponsor our team:**  
promote your team's efforts and attract sponsors.



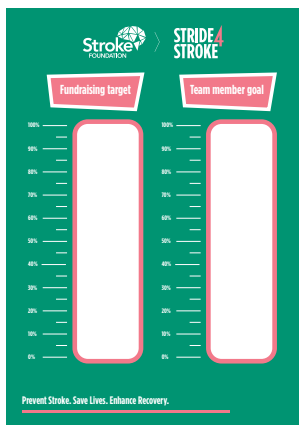
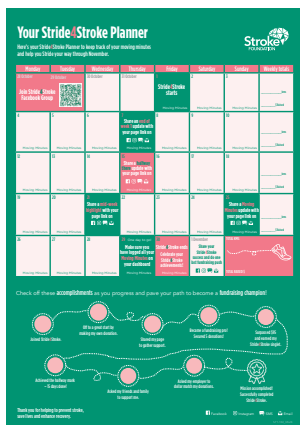
Stroke FOUNDATION > STRIDE 4 STROKE

is raising to:

- Prevent Stroke
- Save Lives
- Enhance Recovery

stride4stroke.org.au Sponsor me today!

**Sponsor me:**  
personal posters for individual fundraising efforts.



## Stride4Stroke planner:

A calendar to track your fundraising and moving minutes during November.

## Fundraising and team member tracking thermometer:

visual tool to track progress and motivate your team.

## Mobile wallpaper:

Personalised wallpaper to help attract donations.

## Logo:



### Raising funds for Stride4Stroke Logo:

If you would like to use the Raising funds for Stride4Stroke logo on your own material, please contact us so we can chat through the guidelines and any do's and don'ts.

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

# Stroke awareness materials:

**About stroke**

**What is a stroke?**  
Stroke attacks the brain, which controls the human body. The brain needs oxygen and nutrients carried in blood. A stroke happens when the brain does not get the blood it needs. Brain cells die quickly when they do not get enough blood. Up to 1.9 million brain cells may die every minute.

**There are two types of stroke:**

- Ischaemic stroke** (most common): Blood clot or plaque blocks artery.
- Haemorrhagic stroke** (less common): Blood vessel in brain bleeds.

**Every stroke is different.** How a stroke affects someone depends on where it happens in the brain, and on how big the stroke is. Stroke can affect a person's body, their emotions, and the way they think. It can cause muscle weakness and problems with speaking, memory, hearing or vision.

**Stroke is always a medical emergency. Call triple zero (000) at the first sign of stroke.**

For a complete list of fact sheets visit [strokefoundation.org.au](http://strokefoundation.org.au)

**Learn the F.A.S.T. signs of STROKE**

- F** **FACE** *drooped?*
- A** **ARMS** *can't be raised?*
- S** **SPEECH** *slurred or confused?*
- T** **TIME** *is critical! Call 000.*

**Signs of a stroke:**  
Face - check that face. Has their mouth drooped?  
Arms - can they both reach?  
Speech - is their speech slurred? Do they understand?  
Time - time is critical. Call triple zero (000) now if you see any of these signs.  
Share the F.A.S.T. message with your family and friends.

If you see any of these signs **Act FAST call 000 (triple zero)**

**About Stroke Fact Sheet:** Essential information about stroke, its impact, and prevention.

**F.A.S.T. (Face, Arms, Speech, Time) Signs of Stroke Poster:** Informative poster to educate your team and community about recognising the signs of stroke.

**Understand and prevent stroke**

- › What is a stroke?
- › How to recognise a stroke
- › Lower your risk of stroke

[strokefoundation.org.au/prevent](http://strokefoundation.org.au/prevent)

**Understand and Prevent Stroke brochure:** Detailed brochure on stroke prevention and management.

By using these resources, your workplace can effectively engage in Stride4Stroke, boosting both your fundraising efforts and awareness of stroke prevention and recovery. Your team's participation not only contributes to a healthier workplace but also supports Stroke Foundation to provide vital programs and resources.

## Workplace motivation

**Team spirit:** Encourage each team member to raise \$95 on their individual fundraising page so everyone can wear matching Stride4Stroke singlets, showcasing team unity.

**Generate excitement:** Share wins, fundraising progress, and stories of survivors of stroke, through your internal communication channels such as emails, newsletters, intranet.

**Be StrokeSafe:** Book a StrokeSafe speaker (where available) to share their experience of stroke and to highlight the importance of awareness and prevention.

**Have fun:** Host a launch event, reward your team along the way, and celebrate milestones. Shout out your fundraising efforts and the positive impact you're making to help prevent stroke, save lives and enhance recovery for survivors of stroke.



# Workplace impact

By participating in Stride4Stroke, your workplace is not only promoting health and wellness among employees but also making a profound impact on the wider community. Your efforts are helping to prevent stroke, save lives, and enhance the recovery journey for countless survivors of stroke.

**\$500**



**Every \$500 raised:** This amount could send two StrokeSafe speakers out into their communities to teach the F.A.S.T. (Face. Arms. Speech. Time.) signs of stroke. Early recognition of stroke symptoms can save lives and improve recovery outcomes.

**\$750**



**Every \$750 raised:** These funds could support stroke researchers with the funding they need to find the next game-changer in stroke prevention, treatment, or recovery. Your fundraising helps pave the way for innovative solutions and advancements in stroke care.

**\$1,000**



**Every \$1000 raised:** This could fund services like StrokeLine, which provides practical and confidential advice to thousands of survivors of stroke, carers and family members. StrokeLine offers support, guidance, and information to help people navigate the challenges following a stroke.

Together we can change the state of stroke in Australia for generations to come.

# Be part of our Stride4Stroke Facebook community!

Scan the QR code to join the official Stride4Stroke Facebook group. See what others are doing and share in the fun, excitement and achievements as you smash your moving minutes and fundraising goals. Everyone can join so make sure all team members are invited.



## Taking your participation further

Partnering with Stroke Foundation brings many organisational benefits and doesn't have to stop with Stride4Stroke. If you'd like to know more about what a corporate partnership can involve, reach out to the partnerships team at [partnerships@strokefoundation.org.au](mailto:partnerships@strokefoundation.org.au)

For more information or to register your team, visit [www.stride4stroke.org.au](http://www.stride4stroke.org.au)





# Make moves that matter

Share your Stride4Stroke journey to help inspire others and to celebrate your achievements.

 @strokefoundation

 @strokefdn

**#STRIDE4STROKE**

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Supporting Sponsors

