**Stroke F.A.S.T. Message – Waka Ama Voices**

The F.A.S.T. campaign encourages everyone to learn the key signs of stroke and to think F.A.S.T., act fast and look out for each other by calling 111 if they suspect a stroke. Prompt action can save lives - as well as improve recovery.

A stroke happens when a blockage, such as a clot, blocks the blood flow to the brain, or when a blood vessel burst in the brain.

By learning to recognise the symptoms of a stroke you could save a life or brain damage can be reduced and a better outcome achieved!

**F**ACE                      Is their face drooping on one side? Can they smile?  
**A**RM                       Is one arm weak? Can they raise both arms?  
**S**PEECH                   Is their speech jumbled or slurred? Can they speak at all?  
**T**AKE ACTION        Call 111 immediately.

If any of the signs of stroke are recognised, don’t wait, call 111

Even if the symptoms go away quickly or don’t cause pain you should call 111 immediately.

A collage of a person playing pool

Description automatically generated with low confidence

Ko Whakapunake te Maunga

Ko Te Wairoa Hōpūpū Hōngenge Matangirau te Awa

Ko Takitimu te Waka

Ko Ngāti Kurupakiaka te hapū

Ko Ngāti Kahungunu ki te Wairoa te Iwi

Ko Ariana Gordon Glassford toku ingoa

A picture containing tree, outdoor, grass, person

Description automatically generated

Ariana shares her experience by where both parents have had a ‘stroke’.

The importance of TIME, to receive medical treatment after having a ‘stroke’ and the effect it has on recovery can be seen in this story.

<https://youtu.be/p1_U9eLvSZw>

Ko Tokatoka Maunga

Ko Kaipara te Awa

Ko Māhuhu ki te rangi te Waka

Te Uri ō Hau Te Hapu

Ko Ngāti Whātua o Kaipara te Iwi

Ko Whitiora Haku toku ingoa

A person sitting on a grassy hill by a body of water

Description automatically generated with low confidence

Paul (Whitiora) is a very competitive waka ama paddler with a passion for life, motivated by whanaungatanga and aroha.

Last year Paul experienced a stroke while working out in a gym with his 14- and 15-year-old sons. The quick action of gym members calling for emergency help, he was able to recover almost immediately. The memory of the ‘stroke’ is still emotional for Paul, as he bears the memory of the grief in the eyes of his two sons.

<https://youtu.be/xNd4lpPqz1A>