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YOUR LOCAL **ROTARY ROUNDUP**

April 2020

Basingstoke Sports Awards

Basingstoke Deane Rotary is proud to have been one of the sponsors of the Basingstoke Sports Awards. Our President Alf McCarthy was pleased to be able to attend. Basingstoke has a wealth of sporting talent over a wide range of sports with world class gold, silver and bronze medal winners amongst them.

North Hampshire Hospital Trust WOW! Awards

The compassion, dedication and skill of staff from across Hampshire Hospitals NHS Foundation Trust were celebrated during a special WOW! Awards ceremony. Hundreds of nominations come from hospital users or their families and also from their fellow staff. Our Club is very pleased to be one of the sponsors for the WOW awards and President Alf McCarthy attended to present a well-deserved award. The WOW awards are a brilliant way to say thank you to the staff from the Trusts hospitals in Basingstoke, Winchester and Andover for their outstanding work

Stroke Prevention Day 16th May 2020

For every 10 people diagnosed with high blood pressure, seven remain undiagnosed and untreated – that is more than 5.5 million people in England alone. **Knowing Your Blood Pressure** helps people to understand the link between high blood pressure and stroke, as well as other risk factors and, crucially, what they can do to reduce their risk of having a stroke. Stroke Prevention is one of several health and wellbeing campaigns that Rotary clubs across Great Britain and Ireland are involved in. We will be holding our Stroke prevention day on May 16th when we could be taking your blood pressure and giving advice.

Look out in next month's Rotary Round Up and Facebook for announcements on venue and times

Symptoms of stroke

Signs of stroke - FAST

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.

The **FAST** test helps to spot the three most common symptoms of stroke. But there are other signs that you should always take seriously. These 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.

If you spot any of these signs of a stroke, don't wait. Call 999 straight away.

Ambulance paramedics are trained in stroke, and will take the person to the best hospital for specialist treatment.



'Happy Easter

Basingstoke Deane Rotary is a group of 35 men & women from a wide variety of backgrounds. All live locally in the borough but some commute to work outside Basingstoke. Most joined Rotary to help others less fortunate, and they find Basingstoke Deane Rotary adds another extremely enjoyable dimension to their lives.

If you would like to find out more about how we enjoy ourselves, just tune in to www.rcbd.org.uk to see what we have coming up, or contact Helen or Paul above to find out more. We think you'll be pleasantly surprised.

Facebook: @RotaryBasingstokeDeane

Twitter: @RBstokeDeane