

STROKE ASSOCIATION



Give a hand and bake this October to change the story for stroke survivors

As a part of our campaign to change the story for stroke survivors, we'll be holding our [Give a Hand and Bake](#) event **23-29 October**.

All donations and fundraising will help to **save more lives** and help stroke survivors to make the **best recovery possible**.

It won't surprise you that many stroke survivors have to **relearn everyday tasks**, such as eating, writing and brushing their teeth, using their non-dominant hand. Recovery can be long and painful, and for many, life will never be the same again. Funding stroke research is the only way we will find more **effective treatments** and **better care**.

Give a Hand and Bake is a great opportunity to get your family and friends involved in **raising awareness** of stroke and joining thousands of like-minded **fundraisers** up and down the country – and if you can't bake, at least you can enjoy the cakes!

Download our [fundraising pack](#) and get your family and friends involved, or hold an event yourself. The pack is full of **recipes**, **fundraising tips** and all the **bits and bobs** you'll need to make your event a success. You can order some party items for free from [our shop](#), too.

By asking your family to join you to **hold a bake sale**, hosting a **street party** with your neighbours, or asking your family and friends to **sell a few cakes at work**, they'll be **supporting** us, **contributing** to our charity and helping us to **raise money** for stroke research, and we couldn't support better life after stroke without you.