



**10 September, 2003**

Dear Head Teacher,

***Stroke Awareness Week: September 29 to October 5, 2003.***

**"Eat a Rainbow - Beat a Stroke"** is the message to teachers, pupils and their parents for this year's Stroke Awareness Week. The Stroke Association is encouraging adults and children alike to eat a healthy, balanced diet to help reduce their risk of suffering a stroke.

Stroke is one of the UK's biggest killers and also one of the single greatest causes of severe adult disability. Every year, over 300,000 adults and children in the UK are affected by stroke. In addition to the 13,000 adults under the age of 55 who suffer a first stroke each year, between 250 and 450 children under the age of 16 have strokes too, that's an average of **7 children** every week!

It is with that purpose that The Stroke Association has teamed up to involve all the schools in the Norfolk area to help everyone understand the importance of diet in regards to continued and future good health.

Olympic swimmer and World Record Holder, Mark Foster, is supporting Stroke Awareness Week and says: *"I have always loved swimming and, from a very early age, I knew that if I wanted to be really good at it I would need to eat a healthy, balanced diet. By following The Stroke Association's advice of eating a rainbow of different coloured fruit and vegetables, I not only brighten up my meals but am also reducing my risk of a stroke. At the same time, it also helps my body stay fit and strong, which is essential if I am to win my competitions!"*

To receive further information on "Eat a Rainbow" and its enjoyable range of Fundraising ideas then please contact either the Regional Fundraising Manager for East Anglia, John Munro on 01284 749650 or e-mail [munrothirlwall@aol.com](mailto:munrothirlwall@aol.com)

If you would like someone to come and speak about Stroke or healthy eating to your staff, pupils or both, then I would be more than happy to arrange this.

Yours sincerely,

***John Thirlwall Munro***