

The Buzz

Lottery chat, feel-good stories and more.

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'Helping stroke survivors keeps me going with my recovery.'

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Inside your Buzz

- Meet our latest winners.
- New childhood research project.
- Keep your brain active!

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Stroke
Association



Weekly
Lottery



Welcome to your Spring issue of The Buzz.

Thank you so much for being part of our amazing Weekly Lottery community. Your ongoing support helps to make sure that the Stroke Association can be there, week after week, for stroke survivors and their loved ones.

I hope you feel proud when you read about the research you're helping to fund and how your support helped Russell recover.

Choosing to play our Weekly Lottery is a truly life-changing decision. I hope you are a winner soon!

Jacqui

Lottery Manager



Four facts about our Weekly Lottery...

- 1 £91,300 prize money won in 2025.
- 2 6,557 prize winners last year.
- 3 1 in 205 odds of winning.
- 4 126 prizes guaranteed every week!



And remember, every week you help to fund more life-changing stroke research and support!



That winning feeling is spreading!

Thousands of supporters from around the country won a prize in our Weekly Lottery last year. Winning feels great, but don't take our word for it. Here's how scooping a prize felt for just a few of our recent winners.



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'Volunteering is my medicine.'

1,150
volunteers
gave their time
last year.

A keen mountain biker, Russell's life was turned upside down when he had two strokes.

'Afterwards, I was like a newborn baby,' he says. 'When I first tried to stand, I just fell straight down.'

Russell was discharged during the Covid-19 pandemic, with little follow-up support.

Through sheer determination and the encouragement of his wife, Zuzana, Russell learned how to stand, eat and walk again.

Supported by the Stroke Association during his recovery, Russell realised he could help others. Today he is a Lived Experience Volunteer, offering weekly calls to other stroke survivors. 'Volunteering is my medicine,' he says. 'Helping

other stroke survivors keeps me going with my recovery.'

Russell hopes more people with lived experience will volunteer. 'Just have a go,' he says. 'You won't have all the answers, but you can share your own experiences and most importantly – just listen.'

For volunteering opportunities head to stroke.org.uk/get-involved or scan the QR code.



Identifying stroke-related sight loss in children.



Stroke survivors who are too young to understand or explain the effect a stroke has had on their sight often endure months of frustration before their symptoms are understood. Now exciting new research, that you are helping to fund, aims to make it easier for children to get the support they need.

Led by Professor Fiona Rowe, the Out of Sight, Out of Mind project has developed a child-friendly version of the vision screening tool VISA which is already in use for adults. The new tool works in a similar way but employs pictures and toys to engage children. Professor Rowe's team will train healthcare professionals who are not specialists in vision,

To read more about our research visit stroke.org.uk/research

like nurses, to spot when someone urgently needs further assessment or support.

'It's important to identify vision problems in children because of the significant impact to their development, education and future lives.'
Professor Fiona Rowe

Thanks to your support, this exciting project should make it easier for children to receive the support they need, sooner, reducing the impact vision loss could have on their education, friendships and futures.

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Last year, you helped us award £2.4 million in research grants.

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Puzzle corner

Sudoku

Complete the number grids so that numbers 1 – 9 appear in each row, column and box only once.

Once you've warmed up with Easy, see if you can conquer the Fiendish puzzle!

Keep your grey matter in tip-top condition with these fun teasers.

Fiendish

7		8			2	5		
	3			1	7	6		2
	2		4	9		3		
6		7	1			9		
2				7				3
		1			4	7		5
		3		5	1		9	
9		2	7	8			5	
		5	9			2		8

8		2			5			
	4		7	1		8		
	7		9		8	2	3	5
		4	2				5	
1	2		5	9		4		
5				3	6		2	
2		7				9	8	1
	5		1	7	3			
4				2	9		7	

8	3	2	9	4	6	5	7	1
9	5	1	8	7	3	2	4	6
7	6	4	1	5	2	8	9	3
5	9	7	2	4	8	1	6	3
1	3	8	6	7	9	4	5	2
4	2	6	5	3	1	7	8	9
7	1	8	6	4	9	3	2	5
2	7	3	1	6	5	8	9	4
6	4	5	2	3	9	1	8	7

3	5	7	2	9	6	4	1	8
2	4	6	1	7	8	5	3	9
1	8	9	4	5	6	7	3	2
7	2	1	6	3	4	9	8	5
8	6	9	5	3	1	7	2	4
6	5	3	1	8	2	4	7	9
5	3	5	2	8	6	1	9	7
9	6	7	1	4	8	3	5	2
4	8	2	7	1	5	9	6	3

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Sudoku solutions

Spring wordsearch

Celebrate the changing seasons by finding these 10 spring themed words in the grid below: **daffodil**, **bluebell**, **cuckoo**, **lambs**, **blossom**, **frogspawn**, **swallows**, **butterfly**, **tulip**, **bumblebee**.

D	W	F	A	U	A	I	A	T	A	G	Y	A	I	A	F
A	T	I	H	O	O	A	B	L	O	S	S	O	M	R	R
F	B	U	M	B	L	E	B	E	E	A	K	A	T	O	O
F	A	L	Y	A	R	S	W	A	L	L	O	W	S	T	G
O	U	A	U	A	S	A	J	R	D	A	O	A	A	L	S
D	G	M	G	E	A	U	S	O	A	L	K	A	T	A	P
I	A	B	A	F	B	A	Y	A	L	C	C	D	U	T	A
L	A	S	K	A	P	E	A	H	A	T	U	M	L	A	W
A	E	R	B	A	D	A	L	E	C	B	C	A	I	L	N
R	B	U	T	T	E	R	F	L	Y	D	A	G	P	L	A

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A	L	P	G	A	D	Y	L	F	R	E	T	U	T	B	R
N	L	I	C	B	C	E	A	L	A	D	B	R	B	A	V
W	L	A	M	U	A	H	A	P	E	K	A	S	L	A	L
A	T	U	C	C	A	L	C	A	Y	B	A	F	I	A	B
P	A	T	K	A	L	O	A	S	U	E	G	M	D	G	D
S	A	L	A	O	A	D	A	J	R	A	S	A	O	U	A
G	T	S	W	L	L	O	S	W	A	L	S	A	R	F	A
O	O	A	T	O	K	A	E	B	E	B	E	B	U	M	B
R	R	M	S	S	O	S	B	L	O	A	O	H	I	T	A
F	A	I	A	G	Y	A	T	A	I	A	U	A	F	W	D

1

Spring wordsearch solution

What would you do with the £1,000 weekly jackpot?

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You could be our £1,000 winner any week now! Whether you save it or spend it is entirely up to you. Here's what our Individual Giving Officer Inaya would do with an exciting win.

'I love travelling and have a long list of places I'd love to visit. Right now, I'd use the £1,000 towards a surprise trip to see my family.'



Your odds of being a winner are
1 in 205
each week!

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Terms and Conditions apply, read more here:
lottery.stroke.org.uk/lottery-terms-and-conditions

The Responsible Person of the Stroke Association Lottery and Raffle is Juliet Bouverie OBE, CEO, Stroke Association, Stroke Association House, 240 City Road, London EC1V 2PR. Please play responsibly. Registered with the Gambling Commission. www.gamblingcommission.gov.uk. Licence number: 4703

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