



# Country update - Scotland

## Aberdeen landmarks light up

One of our fantastic volunteers, David Jones, contacted the Lord Provost in his home city of Aberdeen to request that the beautiful Marischal College be lit up to support Make May Purple and raise awareness of stroke. The building is the second largest granite building in the world and an icon of the "Granite City".



David said: "I am absolutely delighted to be getting involved in the work of the Stroke Association and Make May Purple. So much needs to be done to raise awareness of stroke in Aberdeen and I want to be a part of that work."

The city's other University, Robert Gordon University will also be supporting Make May Purple for the second year running. It will be lighting up one of its buildings, Riverside House to mark the month.

## Send us your Make May Purple stories

Are you doing something special to Make May Purple? Then let us know so we can celebrate your success.

Volunteer and stroke survivor, Sharon Smedley from Ripley, knitted these adorable purple chicks to raise money for the charity and we think they are fabulous.

Whatever you are doing, we would love to hear about it.

Email us your story at [makemaypurple@stroke.org.uk](mailto:makemaypurple@stroke.org.uk) or share your photos with us on Facebook and Twitter #makemaypurple.



## Newsletter updates

If you would like more copies of this newsletter to share with your group or in your community then get in touch. Call **020 7566 1500** or email [makemaypurple@stroke.org.uk](mailto:makemaypurple@stroke.org.uk)

If you would like to opt out of receiving further Make May Purple for stroke information then please email [makemaypurple@stroke.org.uk](mailto:makemaypurple@stroke.org.uk)

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# Make May Purple for stroke

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## Stars support Make May Purple

Actors Nicholas Lyndhurst, Lindsay Duncan, Sherrie Hewson and Samantha Morton have all agreed to support Make May Purple.

Sir Michael Gambon recently appeared in 'Churchill's Secret' an ITV drama about the Prime Minister's stroke.

He said: "Since taking on the role of stroke survivor Winston Churchill, I've become all too aware of the merciless way a stroke can change someone's life in an instant. There are many millions of stroke survivors and carers and the support you receive from those around you is so vital. That's why I am supporting the Stroke Association's Make May Purple campaign. Together we can conquer stroke."

Find out more about our celebrity supporters at [stroke.org.uk/makemaypurple](http://stroke.org.uk/makemaypurple)



Together we can conquer stroke

Stroke  
association



## Les Dennis lights up Blackpool Tower

Les Dennis will light the Blackpool Tower purple on 1 May to launch the start of Make May Purple.



The much loved TV star said: "Stroke is such a cruel condition, and every step on the road to recovery is something to celebrate. That's why I'm helping to Make May Purple for the Stroke Association and supporting the team as they light Blackpool Tower purple to kick start the month.

"I'd encourage everyone to take action in their local community for Make May Purple. Whether you chose to hold a purple-themed bake sale, or dress in purple for the day, it's a fantastic way to help spread the word and raise funds for charity."



## Purple megastar – Charlie Hodges

Charlie, 73, from Worcester, lost his wife Margaret to a stroke 13 years ago. He started fundraising for the Stroke Association when he asked for donations for his 70th birthday rather than presents. He then sadly lost his mother Betty to a stroke in 2013, and has supported the Stroke Association ever since. Charlie has held a number of local fundraising events, which saw him reach a staggering £10,000 target, Charlie said:

"The Stroke Association is a charity close to my heart, it helps so many stroke survivors across the UK to adjust to their life after stroke. I'd like to thank everyone who has supported my events over the last three years, with a special mention to my friends Eric Hall and Ken Crump who have worked work tirelessly to help me organise all the events. Thanks also to Startin Honda Worcester and First Page Printers who have supported my fundraising."

Claire Benfield, Regional Fundraiser for the Stroke Association, said:

"We are incredibly grateful to Charlie and all his supporters for raising such an amazing amount of money over the last three years. The money will go a long way in helping to support people who are living with the effects of stroke, as well as their families and carers."



## Know Your Blood Pressure

Did you know that high blood pressure is a key factor in more than half of strokes?

Not only that, but estimates say there could be up to seven million people in the UK with undiagnosed high blood pressure. If you have high blood pressure, it often does not present any obvious symptoms. The only way to find out if you have it is by getting tested regularly.

The Stroke Association is collaborating with Rotary International in Great Britain and Ireland to host free Know Your Blood Pressure events across the UK on Saturday 23 April.

Find out more or search for the event nearest you, visit [stroke.org.uk/kybp](http://stroke.org.uk/kybp)

