

Don't Speak

Silence for Stroke

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Imagine what it is like to have so much to say, but not be able to open your mouth to say a word. That's what it's like every day for Peter Couche, a remarkable man who is determined to make a difference for people who have suffered stroke.

Peter was a highly successful Australian stockbroker and father of three. While on a business trip to Singapore in 1992, Peter suffered an irreversible brain-stem stroke which left him a quadriplegic with 'Locked-in Syndrome'.

Over 250,000 Australians are currently living with the aftermath of stroke.

Don't Speak for one hour on the 16 September and have your friends and colleagues sponsor you. Help research find a cure for stroke and enable someone like Peter to speak again.

Get involved.

Friday 16 September
10am-11am

www.dontspeak.org.au

Don't Speak ... for one hour

and help find a cure for stroke.

Friday 16 September, 10am – 11am

Imagine what your life would be like if you couldn't speak? Couldn't express an opinion. Ask a question. Tell your children you love them. Peter Couche—and thousands of Australians like him—know.

Every 10 minutes someone in Australia has a stroke. Some are minor and do not result in lasting damage. But for most, stroke results in permanent disability, sometimes including loss of speech. It can strike anyone, of any age, at any time. Currently, there is no cure for stroke. But there is hope.

With the support of funds raised by the Peter Couche Foundation and Don't Speak, scientists at the University of Adelaide's Robinson Institute are pioneering adult stem cell research designed to regenerate and repair damage to the brain caused by stroke.

Get Involved! **Don't Speak... for one hour** on 16 September during National Stroke Week and you'll be supporting innovative research that could find a cure for stroke and enable someone like Peter to speak again.

Visit www.dontspeak.org.au to:

- **Sign up as an individual** and get sponsored not to speak.
- **Create a team of friends** and don't speak together.
- **Get your workplace involved** and enjoy peace and quiet in the office for an hour! Better yet, pitch in to **keep the boss quiet!**
- **Sponsor one of our ambassadors.** If you can't keep quiet, they will do it for you!
- **Make a direct donation.**

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