



“think
twice”

**African and Caribbean communities are
twice at risk of having a stroke.**

**High blood pressure is a “silent killer” and is the single biggest risk factor
for stroke. Find out if you have high blood pressure by visiting your GP.**

It's quick and painless and could save your life.

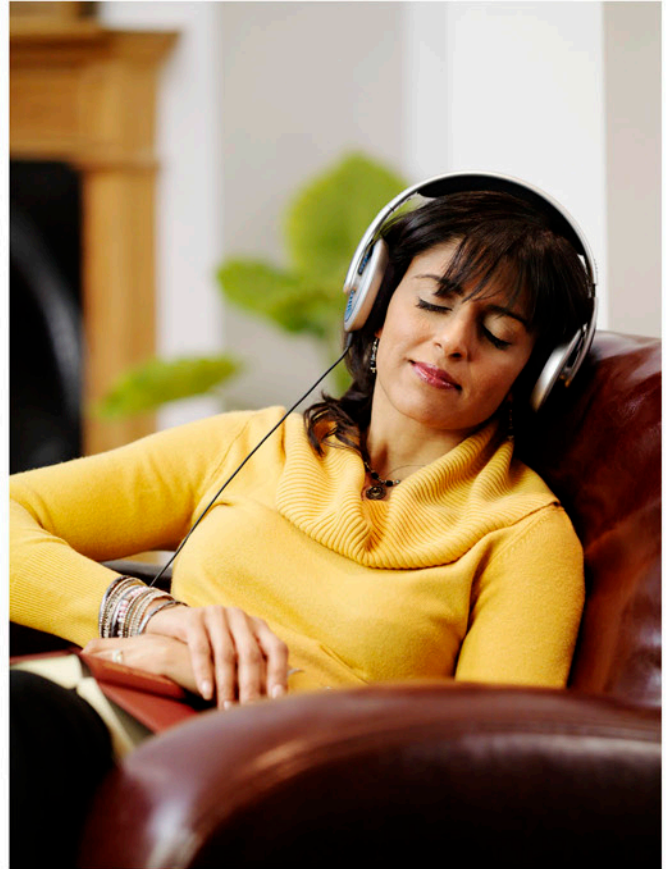
www.stroke.org.uk Stroke Helpline 0845 3033 100

The Stroke Association is registered as a Charity in England and Wales (No 211015) and in Scotland (SC037789).
Also registered in Isle of Man (No 945) Jersey (NPO 369) and in Northern Ireland.

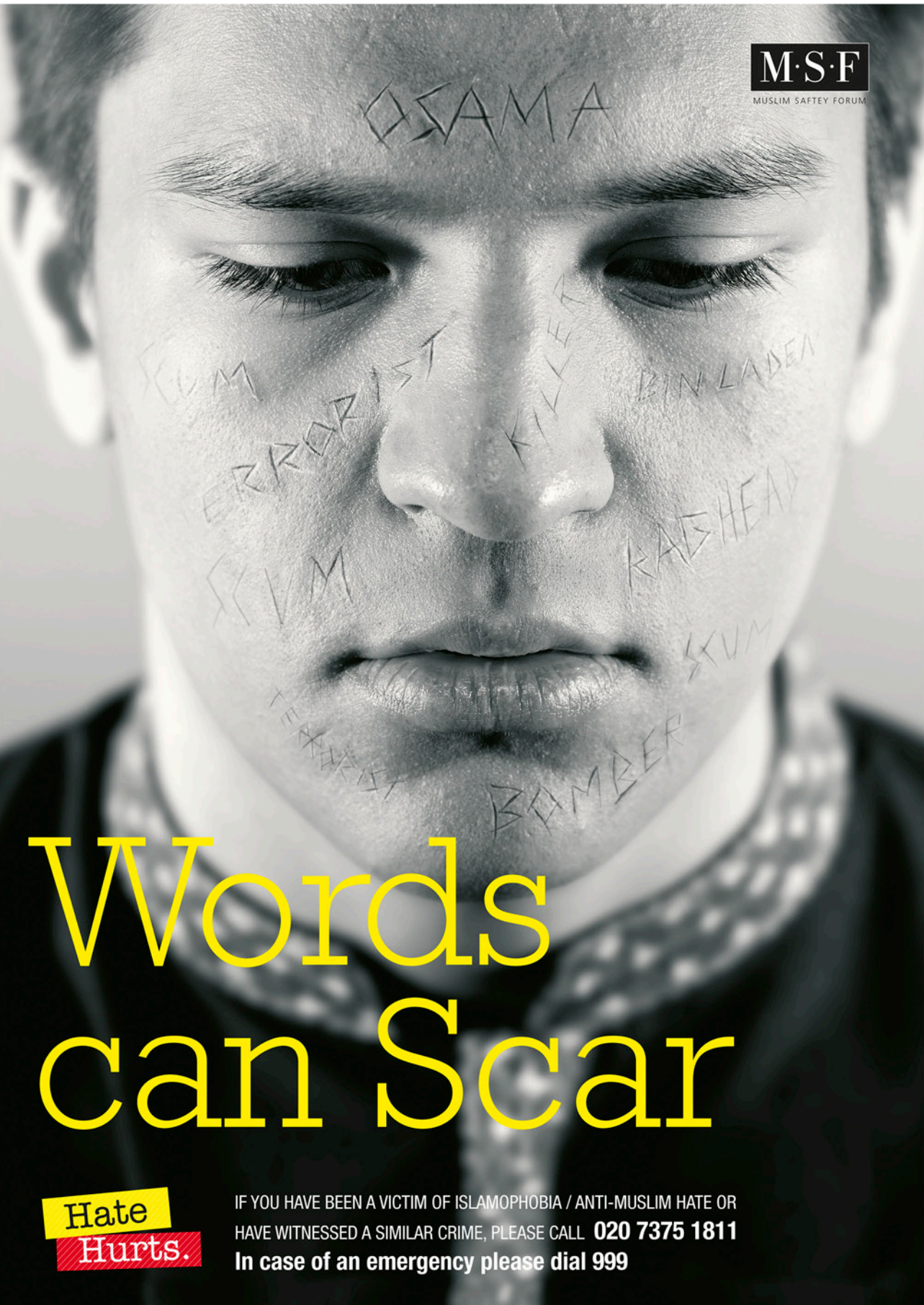
The
STROKE
Association











M.S.F.
MUSLIM SAFETY FORUM

Words can Scar

**Hate
Hurts.**

IF YOU HAVE BEEN A VICTIM OF ISLAMOPHOBIA / ANTI-MUSLIM HATE OR
HAVE WITNESSED A SIMILAR CRIME, PLEASE CALL **020 7375 1811**
In case of an emergency please dial 999



My Day

8am Had breakfast

9am Dropped kids at school

11am Went shopping

3pm **Was spat on by stranger**

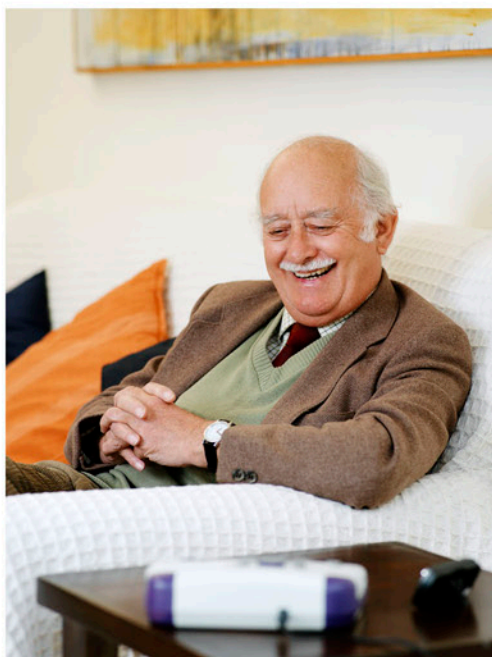
9pm Upset, went to bed early

**Hate
Hurts**

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A woman has been spat on in public at a local mosque







I'm taking care of
MEE!


Reduce your risk of stroke and take care of your health by following the simple 'MEE' steps:

- M** **Monitor your blood pressure**
- E** **Eat healthily**
- E** **Exercise regularly**

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