

Endorsed by
World Stroke
Organization

Supported by
angelz

THE **FAST!** HEROES STORYBOOK

FACE ARMS SPEECH TIME

★ 995 ★



INTRODUCTION

HELLO



PAGE 4

CHAPTER 1

FRANK THE FACE



PAGE 10

CHAPTER 2

ARMAN THE ARMS



PAGE 15

CHAPTER 3

SOPHIA THE SINGER



PAGE 21

CHAPTER 4

TIMMY ON TIME



PAGE 27

CHAPTER 5

TIMMY THE FAST HERO



PAGE 34



SAY A BIG
"HELLO!"
TO 8-YEAR-OLD
TIMMY



He's just like any other 8-year-old in every way, except Timmy is the grandchild of

THREE SUPERHEROES.

They might be retired now but they're still superheroes in Timmy's eyes.

They used to be called the FAST Heroes, but as they are now retired Timmy calls them his

GRANDHEROES.



DO YOU ALSO SEE
YOUR GRANDPARENTS AS
GRANDHEROES?

THE FIRST
OF TIMMY'S
GRANDHEROES
IS **FRANK
THE
FACE,**



THE SECOND
IS CALLED **ARMAN
THE ARMS**



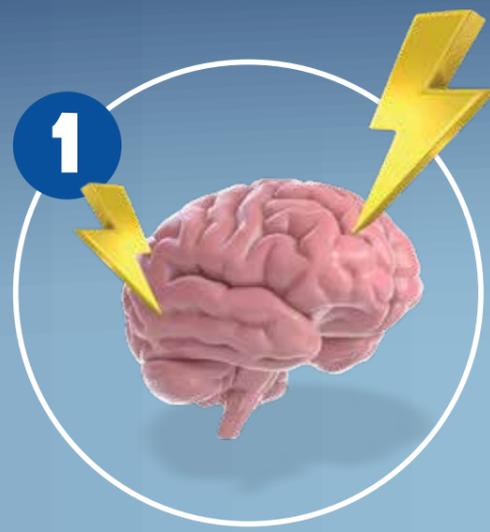
AND LAST BUT
CERTAINLY
NOT LEAST IS
**SOPHIA
THE SINGER.**



WHEN THEY WERE WORKING AS FAST HEROES, THEY USED TO FIGHT AGAINST AN ENEMY CALLED THE

EVIL CLOT

The Evil Clot is a baddie that attacks the brain and causes damage.



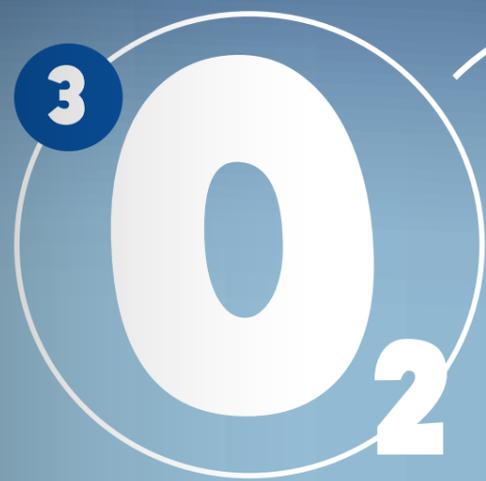
1

He strikes by blocking the flow of blood to the brain.



2

This starves the brain of oxygen and nutrients.



3

Causing the person to show one of the stroke symptoms.



4

It's a bit like a heart attack, but it's in your brain.

The key to beating the Evil Clot is getting help as quickly as possible.

The trio were brave and super-fast, **AND TIMMY WISHES HE COULD BE A FAST HERO JUST LIKE THEM.**



CHAPTER 1

FRANK THE FACE

HAVE YOU SEEN THIS FUNNY
VIDEO ON OUR WEBSITE? BE
SURE TO GO AND HAVE A LOOK
AT WWW.FASTHEROES.COM

The problem with Timmy is that he's **SO SLOW**
and always late for everything. Just last week Timmy
was in trouble for being late for his gym class.

**"A SNAIL COULD GET HERE
QUICKER THAN YOU TIMMY!"** his teacher had said.

But Timmy's Grandheroes love him just the way he is!

**FRANK THE FACE WHOSE SUPERPOWER IS
MAKING FUNNY FACES,**

always shares a joke and has the ability to make Timmy
laugh so much that his tummy aches!

A while ago, the two of them were taking selfies and making
foolish faces when Timmy stepped backward onto his
hoverboard, lost his balance and fell to the ground. As he
fell backwards, he took Frank the Face down to the ground
with him and they both landed in a heap on the floor.

“Hey, Timmy, want to hear a joke?” Frank the Face asks.

“Sure, Grandpa Frank!” Timmy replies.

“WHAT’S FASTER, HOT OR COLD?”

“DUNNO, WHAT’S FASTER HOT OR COLD?”

“HOT, BECAUSE YOU CAN CATCH A COLD!”

Frank the Face giggles.

“How did you use your face when you fought the Evil Clot Grandpa Frank?” Timmy asks.

“I’d disguise my face so the Evil Clot wouldn’t know me Timmy. By the way, has my face drooped on one side?”

Frank the Face always asks Timmy the same question.

Timmy looks at Frank and sees that his face looks normal.

“Nope Grandpa Frank, your face looks as handsome as always!”

Frank comes closer to tickle Timmy and then says,

“ Making faces is great fun but always remember if

SOMEONE’S FACE SUDDENLY DROOPS ON ONE SIDE,

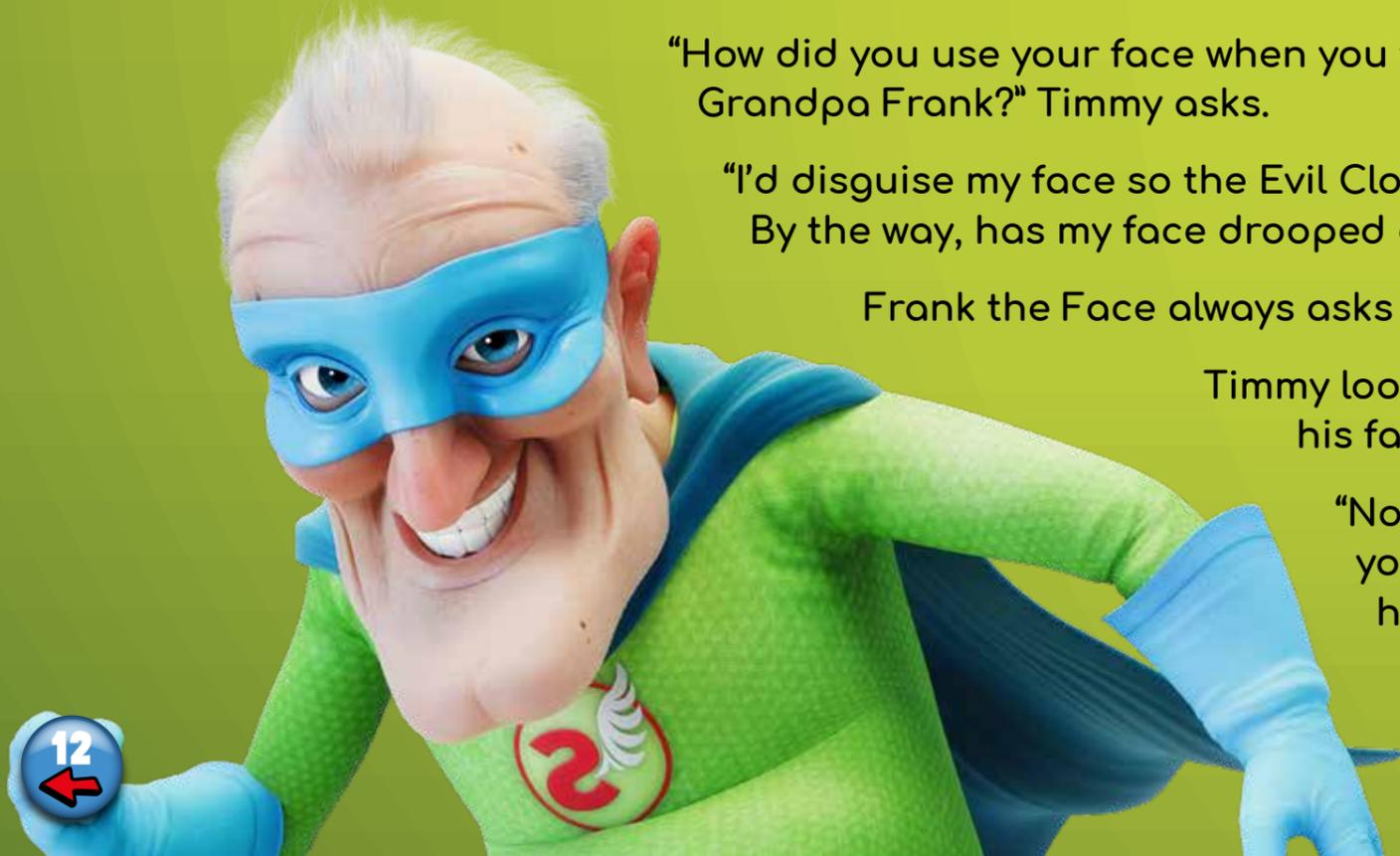
you should suspect that the **EVIL CLOT** is causing a stroke and call the

MAGIC NUMBER

995 IMMEDIATELY.

The ambulance will come and help.

“Since the FAST Heroes are retired now, we need others like you to help us fight the Evil Clot.”



“But how will I ever **REMEMBER** how to spot a stroke caused by the Evil Clot?” asked Timmy concerned.

“Simply remember the **MAGIC NUMBER 995** and then think of me” answered Grandpa Frank. Timmy frowned and seemed confused.

“How will thinking about you and the magic number help me remember” asked Timmy.

“**IT’S SIMPLE REALLY,**” said Frank the Face with a grin, “my superpower is my face, correct?”

So just link my face to the first 9 in the Magic Number 995. If someone’s face suddenly starts drooping like a number 9, you should suspect stroke and call 995 immediately.”

“That’s really clever” thought Timmy as he put his hand on one side of his own face.



CHAPTER 2

ARMAN THE ARMS

Timmy always has so much fun with his Grandheroes. Just yesterday he was with Arman the Arms.

Arman is so strong that he can put Timmy in the palm of his big hand and lift him up.



He often does this when he's doing his lifting exercises.

Timmy goes up, down, up, down while shrieking with laughter.

He knows that not only does his Grandpa Arman lift him up physically he also often lifts him up emotionally and makes him feel better, as he loves Timmy so much.



But yesterday Timmy wasn't shrieking with laughter when his ball ended up in the driveway, at the same time as Arman was driving in to park his car.

Timmy shouted.

"BALL!"



and raised his hands up to stop Arman driving over it but it was too late.

So, what awesome thing do you think Arman the Arms did?

**HE JUMPED OUT OF HIS CAR
AND LIFTED IT WITH JUST ONE ARM
SO TIMMY'S BALL
ROLLED OUT!**



**HAVE YOU SEEN THIS HILARIOUS VIDEO ON OUR WEBSITE? WATCH OUT FOR THE 'SCARY' CATERPILLAR!
WWW.FASTHEROES.COM**



The problem was that also hiding under his car next to the ball was

A LITTLE GREEN CATERPILLAR.

Now Arman is big and strong but he's super scared of bugs, so when he saw the little caterpillar, he got such a big fright that he jumped and threw his car in the air.

HIS CAR FLEW

THROUGH THE AIR AND LANDED ON TOP OF A PARKED CAR ACROSS THE STREET.



As Arman's car crushed the parked car the car alarm went off causing even more chaos!



The noise made the little caterpillar 'play dead' and collapse on the floor.

"You're so strong Grandpa Arman!"

Timmy says later that day when he sees his Grandhero again. "Did your super strength help a lot when you fought the Evil Clot?"

"Yes, it sure did, but I always worried about the Evil Clot stealing the strength from one of my arms and making it weak. I wouldn't even be able to keep my arm up for nine seconds."

"The Evil Clot is a real nasty baddie, isn't he?" Timmy asks, with worry in his voice.

“He sure is, which is why it is important for us to be on the lookout for signs of his evil doing.

YOU KNOW THAT IF SOMEONE SUDDENLY CAN'T KEEP ONE OF THEIR ARMS UP FOR

NINE SECONDS,

YOU SHOULD CALL THE

MAGIC NUMBER 995

AND THE AMBULANCE WILL COME AND HELP”



"I KNOW HOW I'M GOING TO REMEMBER THIS",

shouted Timmy excitedly.

"I'm going to think about the Magic Number 995 and link the second number 9 in the number 995 to your superpower, Grandpa Arman.

This way I can remember that if someone suddenly keep one of their arms up for nine seconds, I should suspect the Evil Clot is causing a stroke and call 995 immediately."

"That's super smart" said Grandpa Arman as he lifted Timmy into his arms for a great big bear hug.



CHAPTER 3

SOPHIA THE SINGER



Timmy's third Grandhero is Sophia the Singer.

Sophia has an amazing voice and this is her superpower.

HOW CAN A VOICE BE A SUPERPOWER?

Well, Sophia's voice is so incredibly beautiful and high-pitched that she can literally break glass!

Timmy and Sophia were sitting in Sophia's car the other day eating ice-cream and listening to the radio when Sophia's favorite song started playing.

At first, she started singing softly, but as she got more into it, she sang

LOUDER AND LOUDER.

The next thing they knew the windscreen on the car

SHATTERED

into a million little pieces.

Luckily, they were both okay and Timmy couldn't help but laugh about it.

**DID YOU KNOW SOMEONE
COULD BREAK A GLASS
WITH THEIR VOICE?**

HAVE A LOOK AT THE VIDEO TO HEAR GRANDMA SOPHIA'S SMASHING VOICE
WWW.FASTHEROES.COM





“GRANDMA SOPHIA, CAN THE EVIL CLOT AFFECT YOUR BEAUTIFUL VOICE?”

Later, Timmy asks,

“Yes, that horrid baddie can make my speech go funny and I won’t be able to read your bedtime stories so well.”

Timmy replies, “but you read me the best bedtime stories Grandma Sophia because you form the words so well. You really do have the voice of an angel.

Is that why they call you Sophia the Singer?”

“It sure is my dearest Timmy.”

“ I will help you when the Evil Clot strikes Grandma Sophia.

Grandpa Franc told me a clever way to remember how to spot the Evil Clot.

I will link the number 5 in the Magic Number 995 to Speech and think of you Grandma.

THIS WAY...

IF PROBLEMS WITH SPEECH MAKE IT HARD FOR SOMEONE TO COUNT TO FIVE ,

I WILL REMEMBER TO CALL 995 IMMEDIATELY.”



Timmy knows that when Grandpa Frank pushes him on the swing he lets him go so high that he can nearly touch the sky.

After a little while Frank says, "Right that's me out of breath! Let's find something calmer to do Timmy."

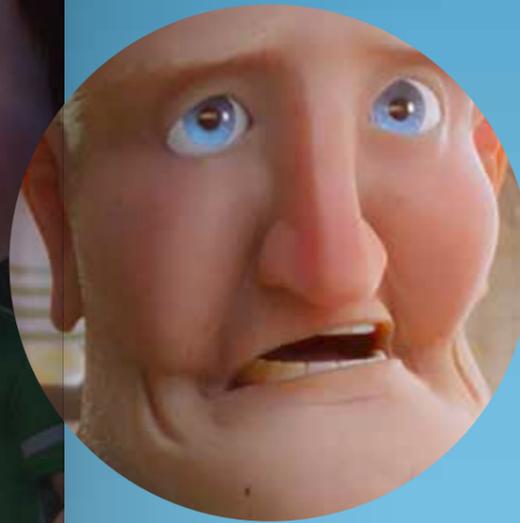
Timmy shouts at the top of his voice,

"LET'S LOOK IN YOUR MEMORY BOX!"



They head inside and Timmy sits beside his Grandpa Frank on the arm of Frank's armchair.

Frank holds a photo that shows the trio of FAST Heroes together. Timmy enjoys all their superhero stories.



SUDDENLY, IN THE MIDDLE OF A SENTENCE TIMMY NOTICES THAT SOMETHING IS NOT RIGHT.

TIMMY LOOKS AT FRANK'S FACE AND SEES THAT IT'S DROOPED ON ONE SIDE.

Without warning Frank drops the photo as his one arm suddenly goes weak and he falls to his knees.

The memory box crashes to the floor.

"Grandpa Frank! What's wrong?" Timmy shouts, as he tries not to panic.

Grandpa Frank is unable to tell Timmy what to do as his lips suddenly can't form any understandable speech.

All of a sudden the **MAGIC NUMBER 995** comes up in Timmy's mind.

He remembers that Grandpa Frank told him to link the first 9 to him and to look if his

FACE DROOPED LIKE A NUMBER 9

He thought about Grandpa Arman and the second number 9 as he saw Frank

COULD SUDDENLY NOT KEEP HIS ARM UP FOR 9 SECONDS,

and he thought about Grandma Sophia as he realized that it's the

PROBLEMS WITH HIS SPEECH THAT MAKE IT HARD

FOR HIM TO COUNT TO 5





HE STAYS BESIDE FRANK AND DIALS **995**,

TIMMY STAYS CALM BUT MOVES QUICKLY.

Timmy grabs the pillow from the armchair and places it on the floor.

“Lie down Grandpa Frank, rest your head on the pillow.”

Timmy gently makes sure that Frank’s head is on the soft pillow and then he grabs his phone.

He tells the person on the phone that his

NAME

is Timmy, that he thinks his Grandpa is having a

STROKE

and that the

ADDRESS

is number 22 Main street so that they can send the ambulance immediately.

When the ambulance arrives, Timmy shows them where his Grandpa Frank is, and they take him to the hospital.

Grandma Sophia turns up to make sure Timmy is okay.



CHAPTER 5

TIMMY THE FAST HERO



“GRANDPA! GRANDPA!”

**TIMMY SHOUTS,
AS HE RUNS INTO
HIS GRANDPA’S ARMS.**

A week later, Timmy is at Frank’s house wandering around aimlessly.

Timmy thinks, how will Grandpa Frank be?

I wonder if I did something wrong?
Maybe I should’ve moved quicker when I helped him.

He hears a car pull up in the driveway and peeps out from around the wall.
Frank’s home!

Frank hugs him tight and smiles.

“Come on I want you to have something Timmy.”



Frank takes Timmy's hand and leads him into the lounge. He lifts his memory box up and rummages through it.



Timmy looks down and sees Frank the Face's FAST Hero mask in his Grandpa's hands.

"For me? I'm not a FAST hero!"

Frank places the mask on Timmy and says,

**"YES, YOU ARE.
YOU SAVED MY LIFE
BY REMEMBERING
THE MAGIC NUMBER 995,"**

and you correctly spotted all the signs of the Evil Clot that caused my stroke.

"YOU'RE A FAST HERO NOW."

Timmy is so happy, as he snuggles back in the armchair with his beloved Grandpa.



**"AH, THAT'S WHAT I WAS
LOOKING FOR, HE SAYS."**

**"THIS IS WHAT I WANT
YOU TO HAVE TIMMY."**

Do you know what? Since then Timmy also has a superpower of his own.

He has lightning fast speed, he's never late as he is no longer slow.

Even his teacher now calls him

TIMMY ON TIME!



The Evil Clot now has a new FAST Hero to contend with.

WILL YOU ALSO BECOME A FAST HERO?

ALL YOU HAVE TO DO IS REMEMBER THE MAGIC NUMBER **995**

and link each number to the superpower of each of Timmy's Grandheroes. Who knows, you may one day save your Grandhero's life, just like Timmy did.

BE SURE TO WATCH THE VIDEO OF HOW TIMMY HAS FUN WITH HIS GRANDHEROES BECAUSE HE'S SO MUCH FASTER THAN THEY ARE.
WWW.FASTHEROES.COM





**DON'T LET STROKES AFFECT
THE ONES YOU LOVE.
JOIN THE SQUAD AND
BECOME A HERO.**

WWW.FASTHEROES.COM