

StrokeNews

SPRING 2016

For everyone affected by stroke

Sue's 50 step challenge

Could setting a goal this spring
be just the thing for you too?

Getting active

Our tips to get you started

Money matters

Financial support if you're a carer

Behaviour changes after stroke

Changing lives through research

stroke.org.uk

Stroke
association

Welcome...

Getting active isn't always easy but it can play a huge part in reducing our risk of stroke. And with spring upon us, it feels like the perfect excuse to get out and about.

Knowing where to start can often be the hardest thing. But, as we find in this edition, setting yourself a goal can be the first step. Read 78 year-old Sue's 50 step challenge after a stroke left her unable to walk on page 12. For Donna (page 32), walking down the aisle on her wedding day was her target and Bruce set his sights on the Thames Bridges Bike Ride (page 24).

Their stories are truly inspirational. If you know someone who's shown amazing courage after a stroke, nominate them today for a Life After Stroke Award. The deadline is fast-approaching.

And if you need a goal to aim for, find out about our spring events on page 50.

I hope you enjoy this edition.

Alex Bolton
Editor



Nominate
before
30 April

Give someone amazing the recognition they deserve. Nominate before 30 April at stroke.org.uk/lasa or call **01527 903 927** for a paper nomination form.

We're the leading stroke charity in the UK. We're here for you:



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Clubs and groups provide a lifeline. See stroke.org.uk/clubs



Free factsheets guide you through all aspects of stroke. See stroke.org.uk/shop



Financial help through Life After Stroke Grants. See stroke.org.uk/grants

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I am Mike and hearing properly is now second nature



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Your views

Over to you



Readers' tips



I've found one of the best ways to aid recovery is to play chess – not with a face-to-face opponent (I find that too stressful) but online. I can take as long as I need; I usually select up to three days per move and I can specify the ability of my opponent from complete beginner upwards. I use chess.com but there are many sites out there. Give it a go even if you've never played before – you might be surprised at how it helps!

Thank you for sending **Stroke News**; I found the article 'Adapting for success' (Winter 2015, page 22) enormously encouraging.



David Oakley

Writing poetry seems to have awakened any and all of my artistic abilities. I feel that if people give me an object, a person, or an occasion to set a verse, I am confident I am up to the challenge.

I hope writing poetry will help other stroke victims realise that all is not lost.



Jean Hucstepp

Do you have something to share?



Write to us at **Stroke News**, Stroke Association House, 240 City Road, London, EC1V 2PR or email strokenews@stroke.org.uk

Can you help improve Stroke News?

If you have any feedback on what you would like to see in **Stroke News**, please get in touch.

Farewell and Thank you

Over the last 12 years Jon Barrick has helped transform the lives of thousands of people affected by stroke. This summer, we say farewell as he retires as Chief Executive from the charity.

As Chairman of the Stroke Association for the last three years, I've worked closely with Jon providing strategic direction to the charity. I've found Jon to be one of the most passionate people I've ever worked with – unfailing in his efforts to drive forward initiatives to improve the lives of stroke survivors.

One of the many things that Jon is passionate about is funding life-saving stroke research. Research funded by the Stroke Association prompted the development of the Act FAST campaign which has dramatically increased awareness of the main signs of stroke. Since its launch in 2009, more than 40,000 people have reached hospital within the vital three-hour window after a stroke. And as a result, more

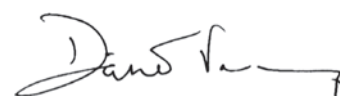
than 4,000 fewer people have become disabled.

Under Jon's leadership, the Stroke Association led the fight for and implementation of the first ever National Stroke Strategy in 2007. It has revolutionised acute care so we now see more stroke professionals involved in stroke unit teams, more people are treated on specialised stroke units and fewer people are dying from stroke.

Jon has grown and transformed the Stroke Association from a small England-only charity to one now working across the four UK nations. He has tripled our charity's income, dramatically increasing our reach and impact

on the lives affected by stroke. Our stroke coordinators now help close to 70,000 people a year – twice as many as 12 years ago. But Jon has also championed the cause abroad. As board member and President of the Stroke Alliance for Europe (SAFE) and a member of the World Stroke Organisation Board of Directors and Finance Committee, he's nurtured a global stroke community so that more stroke survivors benefit from our progress.

Jon's achievements are many and significant. This is just a snapshot of his efforts and the strides he's taken in conquering stroke. He has been a professional and inspiring leader and whilst we shall miss him, his incredible legacy will remain. Thank you Jon.



Sir David Varney
Chair of the Board of Trustees
The Stroke Association



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STRK04/16q

Make May Purple for Stroke

Stroke is the second biggest killer in the world and the fourth biggest killer in the UK.

We need your help to change the way people think about stroke. Join us this May to Make May Purple for stroke to help get this devastating condition the attention it deserves and raise vital funds to conquer stroke.



In 2015, you did everything in purple, from fancy dress to face painting and gardening to baking. Join us this May to make 2016 bigger and better.



» » »
Check out
pages 10 and
11 for more
ideas

Sign up today

Get your action pack today at
stroke.org.uk/makemaypurple
or call 020 7566 1500.

Wear it purple

Paula Smejka had been engaged only three months when her fiancé John had a stroke on Christmas day in 2011.

The stroke left him with communication difficulties and weakness on one side. He could no longer work and Paula became his carer.

John's stroke has changed their lives completely but Paula has thrown herself into raising awareness of and funds for stroke.

Last May, she came up with the brilliant idea to 'wear it purple' by donning a different purple outfit every day for the whole month including a feather boa, an apron to work and even a cheerleading outfit which she shared on social media.



Wear it purple and help conquer stroke



- Dressing up is a fun and easy way to Make May Purple.
- Why not hold a purple dress up day in your office or at your local stroke club? Encourage everyone to make a small donation to take part.

Sign up today at stroke.org.uk/makemaypurple

Bake it purple

Charlotte Clowes had a devastating stroke in 2009, aged only 44. The mum of two collapsed at home after complaining of a migraine for three days.

The doctors said she would almost certainly have died if they hadn't operated by using a stent to unblock an artery in her brain.

"Without the doctors at Kings College Hospital the day of my stroke, I wouldn't be here," said Charlotte. "I've worked really hard on getting my speech and mobility back to how it was before my stroke. Now I hope that by spreading the word about stroke, more people will spot the signs of stroke."

Last May Charlotte and her daughters 'baked it purple'. Their purple goodies were a triumph.



Bake it purple and help conquer stroke



- Cooking can be very therapeutic and a great way to help you relax.
- You could host a purple bake sale in your office or local school or church.

Sign up today at stroke.org.uk/makemaypurple

Sue's 50 step challenge

After Sue Roberts had a stroke at 75 she couldn't walk, talk or swallow. Her independence disappeared in an instant. But, determined to get back on her feet, she set herself a target to walk 50 steps and, two years after her stroke, reached it at a *Step out for Stroke* event.

Sue's stroke happened after an operation to remove a brain tumour. She underwent five brain operations and was in intensive care for two weeks. It was 11 months before she left hospital and when she came out she was paralysed down her left side and unable to speak. Her daughter Gill gave up work to become her full-time carer.

"Mum had difficulty with basic everyday things like eating and communicating," said Gill. "We weren't sure if she would ever walk again. It was terrifying to see her this way.

"But mum was determined to recover. It was at a Stroke Association communication support group that we heard about *Step out for Stroke*. It seemed the perfect focus for mum to get back on her feet. The whole group signed up together which made a huge difference to mum's motivation.

Gill continued, "Mum set herself a target to walk 50 steps. It was daunting for her to be outdoors without her wheelchair but to find her feet we went to our local park twice a week and walked with her crutch from one bench to the next, ten steps away. ▶



"Mum fought all the way through her recovery and she's still fighting today."

Find your local walk at stroke.org.uk/stepout or call us on 0300 330 07 40.

The logo for 'Step Out for Stroke' features the words 'Step Out' in a large, bold, blue, hand-painted font. The word 'for' is in a smaller, red, hand-painted font, and 'Stroke' is in a medium-sized, bold, blue, hand-painted font. A registered trademark symbol (®) is located at the end of 'Stroke'. The background is a solid light blue.

There's a walk near you -
find out where and sign up at
stroke.org.uk/stepout

For more information
Telephone: 0300 330 07 40
Email: stepout@stroke.org.uk

Together we can conquer stroke

 #StepOut

Getting active

Making simple lifestyle changes can prevent your risk of stroke and secondary stroke. Getting active can play a big part in prevention - just 30 minutes of exercise five days a week can reduce your stroke risk by a quarter.

How does it help?

- Being active lowers your blood pressure
- It reduces your cholesterol levels
- Exercise can also help improve your mood, help you sleep better and improve self-esteem.

Getting active after a stroke can be daunting and challenging, especially if you've not exercised for some time or you have reduced mobility. But, it's never too late to start.



Top tips



- 1** You don't have to take on a triathlon; just do enough to increase your heart rate and make you feel a little bit warm and out of breath.
- 2** Set yourself a goal. Why not support the Stroke Association at the same time? For inspiration, see Sue's 50 step challenge (page 12) and Bruce's Thames Bridges Bike Ride (page 24).
- 3** Start slowly and build it up in your own time.
- 4** You don't have to do all 30 minutes in one go. Break it down into 10 or 15 minute chunks.
- 5** If your mobility has been affected by stroke, try chair-based exercises. These involve doing a series of seated stretches and movements to increase your heart rate and exercise your muscles and joints.
- 6** Find something that interests you. Dance, gardening or getting out for a stroll.
- 7** Encourage a friend or family member to join you so you're not doing it alone.
- 8** Get some help. The ARNI Institute Charity for Stroke Rehabilitation can help set a programme designed for you.
- 9** Build it into your day - walk to the shops instead of driving or getting the bus.
- 10** Get advice from your doctor. Some medication can reduce your ability to exercise. Beta-blockers slow your heart rate and sedatives can cause drowsiness.

Many leisure centres and Stroke Clubs have group sessions you can join.

For advice on preventing your risk of stroke, through exercise, diet and stopping smoking, see our guide at: stroke.org.uk/prevent or call the Stroke Helpline on 0303 3033 100.



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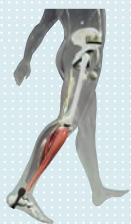
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Guidance

Is your family at risk of high blood pressure?

If you've had a stroke or high blood pressure, your family may also be at risk.

Over half of all strokes can be caused by high blood pressure – something we can easily control to prevent a stroke or another stroke.

It's estimated that around 6.8 million people in the UK are unaware they have high blood pressure.

Take a moment to encourage your family to get their blood pressure checked today.

For tips on how to maintain a healthy blood pressure and how and where to get it checked, order a free information pack today at stroke.org.uk/tam

Order your free pack today



Blood pressure information pack

Together we can conquer stroke
stroke.org.uk/tam

Stroke
association



Blood pressure is the force exerted on the artery walls by blood as it's pumped around the body.



High blood pressure has no symptoms so it's important to have your blood pressure checked regularly.



High blood pressure can be controlled - your doctor may give you medication, but simple lifestyle changes like stopping smoking, exercising regularly, and improving diet can make a big difference.



Now's the time to ask your candidates to commit to action if they are elected. You can make a real difference to health policy and help to get preventable strokes on the agenda.



+1 million

- AF often has no symptoms so people can be unaware they have it.
- AF increases your risk of stroke fivefold and AF-related strokes tend to be more devastating.
- AF is when the heart beats irregularly. Blood can't move around the body quickly or smoothly. Blood clots can form which can cause stroke.
- More than 1 million people in the UK have AF but only 4 in 10 are on appropriate treatment when they leave hospital.

2



6.8 million

- High blood pressure contributes to more than half of strokes.
- It has no symptoms and an estimated 6.8 million people in the UK have undiagnosed high blood pressure.

3



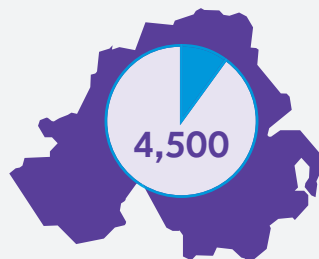
46,000

- A TIA is the same as a stroke but the symptoms last less than 24 hours.
- Across the UK, 46,000 people have a TIA for the first time each year.
- Around 10,000 strokes can be prevented every year in the UK if TIAs are treated in time.

Turn over to find out how you can help » » » » » » » » » » » »

Northern Ireland

- Close to 4,500 strokes per year happen in Northern Ireland. Many could be avoided if AF, high blood pressure and TIA were spotted and treated appropriately.
- More than 30,700 people are registered with AF.
- 13.1% of the population is known to have high blood pressure.

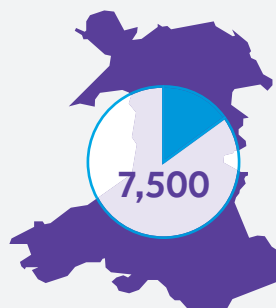


Scotland

- Close to 15,000 strokes happen in Scotland every year. The majority could be avoided if AF, high blood pressure and TIA were diagnosed and treated appropriately.
- More than 1 in 7 Scots are registered with high blood pressure.
- More than 92,000 people are registered with AF.

Wales

- 7,500 strokes happen every year in Wales. A large proportion could be avoided if AF, high blood pressure and TIA were diagnosed and treated appropriately.
- 15.6% of people in Wales are known to have high blood pressure.
- 62,595 are registered with AF.



How you can help?

Fill in our simple online form today and an email will be sent to your local candidates asking them to take action to reduce preventable strokes where you live.

See stroke.org.uk/action and follow the very simple steps.



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Pedal power

Getting active after a stroke can be frightening and challenging. But it can give you focus, be rewarding and reduce your risk of another stroke. Bruce Taylor shares his story of getting back on his bike.

Keen cyclist Bruce was 45 when he had a stroke in 2011 which left him paralysed on one side. He couldn't balance or sit upright and was dependent on hospital staff to hoist him out of bed and push him in a wheelchair. But four years later, he took part in the Stroke Association's Thames Bridges Bike Ride.

"Getting active after my stroke was scary. I'd gone from cycling 100 miles a week to being completely reliant on others," said Bruce. "I started by setting small, achievable targets towards my end goal. With help from staff at the Donald Wilson House rehabilitation centre I took my first steps three months after my stroke. When I was ready, they supported me to go to

my local gym. It was daunting being out in the 'real world,' but working with an instructor gave me confidence. With support from the ARNI Institute Charity for Stroke Rehabilitation I also developed an exercise programme to do at home. Steadily I got quicker on my feet.

"But I longed to get back on my bike. When I heard about the Thames Bridges Bike Ride, I saw it as a goal and a chance to give something back to everyone who'd helped in my recovery, including NHS staff and my friends and family."

Because he still couldn't use his left arm or hand or bend his left knee or move his ankle, he bought an adapted recumbent tricycle.



This year's Thames Bridges Bike Ride is on 26 June. Take on one of three routes (8-miles, along cycle paths, 34-miles and 50-miles), all starting in the Olympic Park and taking in London's best sights.

Book today at stroke.org.uk/TBBR or call 0207 940 1344.

"The ride was a massive sense of achievement. It goes to show there's hope of being active again despite mobility problems. It felt

brilliant coming together with thousands of others to raise money to help the Stroke Association fund research to conquer stroke."

"The ride was a massive sense of achievement. It goes to show there's hope of being active again despite mobility problems."



Find out more about the benefits of getting active on page 16

Bruce got his tricycle from London Recumbents (0208 299 6636).

Behaviour changes after stroke

Behaviour changes after stroke can be common. Some people become aggressive, others become apathetic and withdraw from their social life and some lose their inhibitions and display inappropriate behaviour. Often, people are unaware their behaviour has changed which can be distressing for family and friends.



Genevieve Marseglia from our Stroke Helpline answers some common questions the helpline receives.

Q Is it normal for behaviour or personality changes to happen after a stroke?

Behaviour change is common after a stroke. Sometimes it's caused by damage to the part of the brain that controls how we think and react. But sometimes it's a reaction to dealing with a sudden and life-changing event. You may feel anxious about the future or frustrated at relying on other people. Many stroke survivors also have to cope with pain or fatigue which can affect mood and behaviour.

Q Will it get better?

You may find your behaviour returns to normal as recovery progresses. Some changes can be long-term but you can learn to manage changes so they have less impact on your daily life.

Q Is treatment available?

Your GP may refer you to a counsellor or psychotherapist and in some circumstances may recommend medication. A lot of stroke survivors find talking to people who've had similar experiences really helpful so you might want to join a Stroke Club.

Q How can family, friends and carers help?

It's important to remember that although a stroke survivor's behaviour might have changed, they are still the same person inside. Your loved one may not realise their behaviour has changed so let them know your concerns. Be clear that it's their behaviour you dislike, not them as a person.

Always stay calm. Remember that it's okay to walk away if your loved one is acting abusively or aggressively towards you. It can be helpful to identify any triggers for aggressive behaviour to help avoid those situations. Many family members say their loved one is abusive towards them in private but is perfectly normal in public. They feel that they won't be believed if they ask for help. But it's important to look after yourself as well. If you're worried, speak to your doctor.

We offer a listening ear and can help you get support. Call us on 0303 3033 100.

Call the Stroke Helpline on 0303 3033 100.



Two of us

Frustrated, emotional, worthless... that's how David's felt since his stroke. He was only 49 when it happened. He later found out he has small vessel disease – a disorder that causes nearly a quarter of strokes and is linked to depression and feelings of disconnection.

This lack in motivation, loss of interest in life and social withdrawal is known as post-stroke apathy. It can severely affect quality of life and be distressing to family and carers. Although it's common after stroke, it's poorly understood and few treatments have been shown to work.

David and Janice Raisbury share how it's impacted their lives.

**"It makes me feel worthless.
Like I'm no good to anyone."**

David

"Before my stroke I was very active. I was a farmhand and worked outdoors all day. On weekends, I'd take my family out or be busy in the garden. Now I can't do those things and it makes me feel like I'm no use to anyone."

"I don't recognise who I've become. I'm more emotional and get upset and angry easily. I feel like crying over things that never used to worry me."

"If there was a treatment available, I'd take it. I feel like there's no light at the end of the tunnel."



Janice

"David doesn't seem the same person he was before the stroke. He used to be active. He was a real family man. We used to go out a lot and we were a loving couple."

"Nowadays, he won't talk to me – he won't talk to anyone. I feel I've lost my husband. I'm more of a mother to him now than a wife."

"I miss the person David used to be. He doesn't cuddle me anymore and he doesn't want to hold my hand – unless I take hold of his. All I can say is it's a very lonely life."

"When the grandchildren come round, I'm on edge in case he shouts at one of them. They're only young, so they don't understand what's happened to him."

"We've had to become more patient with each other and we found getting a dog has helped bring a focus and happiness back into our lives. But what we really need is a treatment."

If you or your loved one is struggling with post-stroke apathy or other changes in behaviour after stroke, see our Helpline Q&A on page 26.

**"He doesn't want to
cuddle me anymore.
I miss it so much."**



Find out what we're doing to reduce post-stroke apathy »

Post-stroke apathy is often misunderstood as laziness or boredom. But it's more than just feelings, it is a physiological reaction caused by damage in the brain. It's particularly common in patients, like David, with small vessel disease (SVD).



The Stroke Association is funding a major research project into post-stroke apathy. Leading the study is Hugh Markus, a professor of stroke medicine and an expert in SVD. His study aims to increase understanding of post-stroke apathy in SVD and how it interferes with recovery so that we can intervene as soon as these devastating symptoms take hold.

Professor Markus' team also aims to find treatments to improve patients' recovery and quality of life.

This research is only possible thanks to voluntary donations.

**By supporting stroke research
you could help make an
important breakthrough that
has the potential to improve
thousands of lives.**

**If you can, please donate at
stroke.org.uk/apathy or call
0300 3300 740.**

30 Stroke News Spring 2016

2 in 1

**“I can’t believe it’s
a hearing aid!”**



Can't quite hear your wife or husband, the TV, colleagues at work, or the loving words of your grandchildren?

Then these spectacle hearing aids could be the answer if you have a hearing problem.

Stylish frames that cleverly contain and disguise a digital hearing aid in the spectacle arms slip easily into your pocket, purse or handbag. They are a remarkable invention that overcomes two problems at once.

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Realising dreams

Most of us dream of marrying the person we love. For many women, walking down the aisle is a very special part of the big day. When Donna King had a stroke, she feared her chance was shattered. But she battled to make her dream come true.

Donna was only 26 when she had a massive stroke in 2013. It was five months after giving birth to her first baby, Millie. The doctors said it was probably caused by the contraceptive pill or pregnancy.

Her life changed completely. "I was paralysed down my right side and had to use a wheelchair. I couldn't swallow and my speech, hearing and vision were severely affected. It was terrifying," said Donna.

"I didn't know how I'd cope as a first time mum and I was devastated I wouldn't walk down the aisle at the wedding we'd planned. I was desperate to get back on my feet for Millie and my partner Nicky."

Donna focused on her rehabilitation and didn't give up hope. Defying expectations,

three months later, she walked out of hospital with a walking stick. And she didn't give up there.

"Once I was home Nicky walked with me every day and helped with my exercises. We used a local *Step out for Stroke* event as a goal. Eight months on, I walked a mile. It took an hour and a half. Seven months later, I managed it again in just half an hour. It felt amazing."

In July 2015, two years after her stroke, Donna had her dream wedding.

"I walked down the aisle unaided and I stood on the jetty for photographs where, two years before, I'd sat in my wheelchair. It was the perfect day. I was carefree for the first time in ages."

Donna is now volunteering to help other young stroke survivors.



"I walked down the aisle unaided and I stood on the jetty for photographs where, two years before, I'd sat in my wheelchair."

To find out more about how contraceptives and pregnancy can be linked to stroke, see our fact sheet at stroke.org.uk/women-and-stroke

If you'd like to become a volunteer befriender, find out more at stroke.org.uk/volunteer

Is your loved one getting the right stroke care?

A stroke strikes in an instant. With no training, qualifications or confidence, people can find themselves in a caring role. Stroke is complex and, often, even healthcare professionals don't recognise that the hidden effects, like depression or fatigue, are due to stroke. We provide training so stroke survivors get the right care.

Stroke survivors have been involved in the design and delivery of our training so you can trust it will meet their needs. We have a number of face-to-face and online courses to help you understand what has happened to your friend or relative who has had a stroke and to help you support them with their recovery. One in five dependent stroke survivors in the UK is cared for by family and friends. Up to 72% feel ill-prepared to take on the role of carer.

Rosemary has been a carer for 10 years and volunteers at our Life After Stroke Centre in Bromsgrove. She completed the

online 'Stroke Awareness and Acquired Brain Injury' training and received a Stroke Awareness qualification.

Although she had no experience of computers, one of our stroke trainers, James, supported her. Rosemary found the information essential to her role as a carer.

Rosemary said: "Despite the fact that I've been a carer and volunteer for so long, the course really helped me. It gave me different ideas about how to speak to stroke survivors and a better understanding of their problems and ways I can help."



How can our training help you?

- 1 Understand stroke** – you can provide much more effective care by understanding how stroke can affect people.
- 2 Understand the timescales** – stroke can be devastating and the effects wide-reaching. People need time to adjust to what has happened.
- 3 Understand recovery** – it takes a long time and good support goes a long way. Recovery can be a life-long process.
- 4 Be aware of complications** – this can prevent hospital admission and even death.
- 5 Know when and how to ask for help** – support is available to help with the complex needs of stroke.



Up to 72% feel ill-prepared to take on the role of carer.

If you have questions about Stroke Training, call us on **01527 903911** or see stroke.org.uk/training

If you're a health or social care professional, we offer quality assured training for you too. Find out more at stroke.org.uk/training

Money matters



One in five dependent stroke survivors is cared for by family and friends, so carers as well as stroke survivors can find their finances affected. But, if you care for someone who's had a stroke, there is support available.

Who is a carer?

A carer is someone who provides unpaid support to family or friends who couldn't manage without this support.

Where to start?

The benefits system is complicated and changes regularly. Navigating it alone can be difficult so a good place to start is an online benefits calculator. Try turn2us.org.uk

To talk to someone face-to-face or over the phone about your circumstances, contact your local Citizen's Advice for confidential and impartial advice.

→ In England call **03444 111 444** or visit citizensadvice.org.uk

→ In Northern Ireland call **0300 1 233 233** or visit citizensadvice.co.uk

→ In Scotland call **0808 800 9060** or visit cas.org.uk

→ In Wales call **03444 77 20 20** or visit citizensadvice.org.uk/wales

Carer's Allowance

Carer's Allowance is the main state benefit that some carers can claim. It is currently set at £62.10 a week.

To qualify you must:

- Regularly spend at least 35 hours a week caring for someone with a disability who receives Disability Living Allowance or Attendance Allowance. (You don't have to be related to, or live with, them).
- Not be in full-time education or earning above £102/week (net).

Be aware:

- ! this benefit is subject to tax
- ! it can affect other benefits, including benefits of the person you care for. Find out exactly what they're claiming and get some personal advice before applying.

How do I claim?

If you live in England, Wales or Scotland, call the Carer's Allowance Unit on **0345 608 4321** or visit www.gov.uk/carers-allowance In Northern Ireland call **0800 22 06 74** or visit www.nidirect.gov.uk/carers-allowance-how-to-claim

Whether you're a carer or you've had a stroke yourself, there's lots of support available. See our factsheet at stroke.org.uk/financial

Have you had a carer's assessment?

If you're a carer you have the right to an assessment of your needs. It's your chance to find out what can be done to help you.

Contact your local council to request an assessment at any stage. Find yours at www.gov.uk/find-your-local-council or call the Stroke Helpline on **0303 3033 100**.

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The Stroke Association is registered as a Charity in England and Wales (No 211015) and in Scotland (SC037789).
Also registered in Northern Ireland (XT33805) Isle of Man (No 945) and Jersey (NPO 369).

Classifieds

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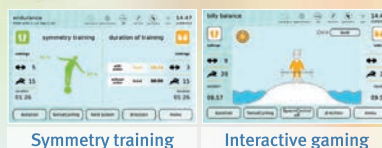
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- Monitor muscle tone

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Offer ends 30/06/16

SKE0416

The UK Stroke Assembly

Sharing what matters most to you

Daniel Nwosu is only 18 but he's suffered six strokes and several mini-strokes. His mum and carer Carol struggled to access the advice and support they needed. But through the UK Stroke Assembly they've reached out to others to offer, and find, advice on the things that matter most to them.

"After Daniel's first stroke at the age of six, I contacted a number of organisations for support but no-one had information about childhood stroke. Daniel had left-sided weakness and slurred speech. I was desperately worried," remembers Carol.

"Our experience led me to form a support group with other parents and from there set up the Sickle Cell and Young Stroke Survivors Charity," said Carol. "It's a relief that there are now events like the UK Stroke Assembly where you can meet people who really understand what you're talking about. The Assembly has allowed

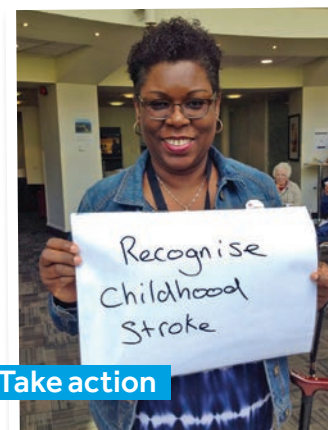
us to share our story and support others to navigate life after stroke.

"It was brilliant watching Daniel and the other young guys at the assembly. I felt really happy that he could be free and be himself. It was a really good experience and we'll definitely be back next year."

Daniel said "I met people who are similar to me at the UK Stroke Assembly and I was able to talk to other young people who've had a stroke and realise we don't need to let our condition limit us. I now push myself to do things I could otherwise have given up on."



The UK Stroke Assembly events give everyone affected by stroke the chance to meet people with similar experiences and share their story, hear developments in stroke and take action.



Take action

Try new products and services



Hear the latest in stroke research and campaigns



Share your concerns



Book before 6 May

Book your place now to be at one of two inspirational UK Stroke Assembly events this year:

Nottingham on 13 and 14 June | Swindon on 7 and 8 July

For full details of the talks, workshops and practical sessions see strokeassembly.org.uk or call **01527 903 917**.

Together we can conquer stroke

As a charity, we rely on your support to prevent stroke and change lives. A huge thank you to everyone who's gone the extra mile to fundraise, volunteer and campaign with us.

Royal Mail festive fundraisers joined thousands of others in 5 and 10km Santa dashes to raise money for the Stroke Association. The Royal Mail teams from Wales and London raised more than £4,640.



Hundreds of you ditched the winter gloom to host Bring Me Sunshine parties this February, including a fabulous flash mob on Bournemouth beach to draw attention to stroke.



Find out what events we've got coming up on page 50 or make a donation at stroke.org.uk/donation

How does your donation help?

£5 could help 15 people begin to come to terms with the effects of stroke with crucial factsheets.

£20 could support our Stroke Helpline to give life-changing advice to people struggling to cope.

£50 could help us continue to invest in research which prevents stroke and improves the lives of stroke survivors.



The amazing Stroud Ukulele Group held a Bring Me Sunshine party with Hawaiian shirts and sunny songs, raising more than £100 for the Stroke Association.

#StrokeAwards

Do you know someone who has done amazing fundraising for the Stroke Association? Nominate them before 30 April for the Fundraiser of the Year award in our Life After Stroke Awards.

Stroke star

Eight-year-old Mason White was a day old when he started having seizures. His desperately worried parents rushed him back to hospital. They discovered he'd suffered a stroke during childbirth.

"We thought our world had fallen apart," said Mason's dad, Francis. "But he's a real fighter and despite damage to his brain, thankfully has no lasting effects."

When Francis signed up to the Thames Bridges Bike Ride to raise awareness of stroke, Mason decided to join him. "The day was fantastic. Mason cycled 10 miles with so much enthusiasm. We were so proud of him. He got a new bike for Christmas and can't wait to take part again this June."

Sign up to take part at stroke.org.uk/TBBR



Puzzles

Puzzles can be a fun way to exercise your mind and improve concentration, understanding and memory.

Word search

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

ACTIVE THAMES
EXERCISE BEHAVIOUR
ACTION SPRING
WALKING AWARD
CYCLING PURPLE

Across

- 1 Element; poison (7)
- 5 Armed services trainee (5)
- 8 Begin (5)
- 9 Succeed, flourish (7)
- 10 Large northern deer (3)
- 11 A human science (9)
- 12 Surpass (6)
- 14 Long angry speech (6)
- 17 Female popular singer (9)
- 18 Slice, chop (3)
- 19 Ghost (7)
- 20 Italian city; sail (5)
- 21 Relating to the sun (5)
- 22 Chance draw (7)

Lottery

For your chance to win £25,000 every week, play the Stroke Association Charity Lottery. Find out more at stroke.org.uk/lottery

12

9

33

48

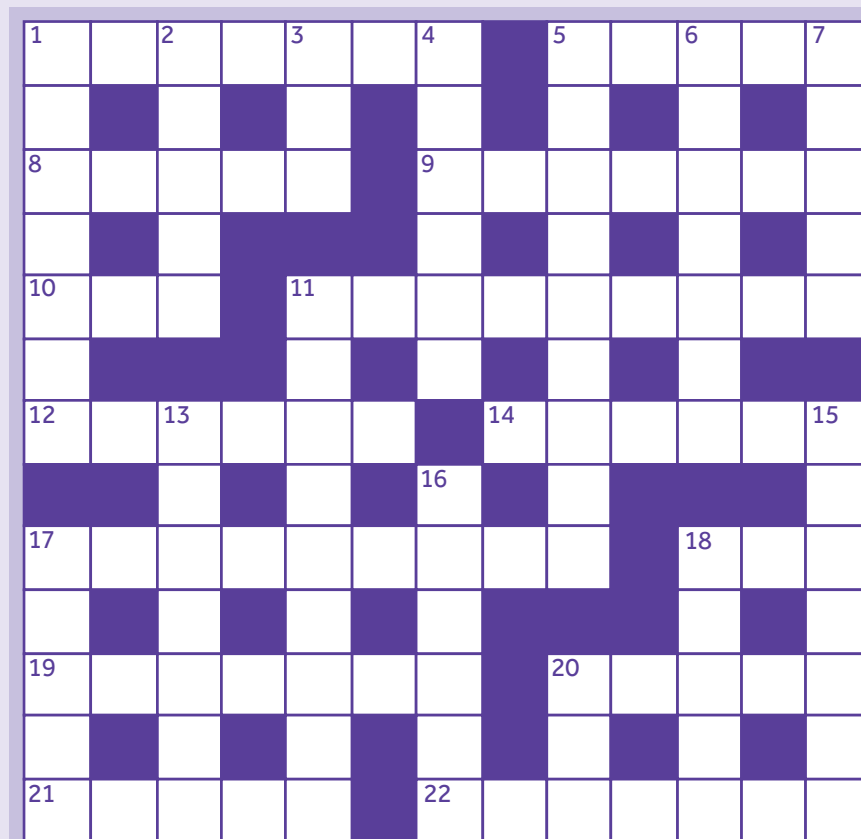
16

43

Down

- 1 Severe, strict (7)
- 2 The hunting of the ____ (Lewis Carroll) (5)
- 3 Word of negation (3)
- 4 Part of a rouble (6)
- 5 Predatory reptile (9)
- 6 Academic certificate (7)
- 7 Sluggish; late (5)
- 11 Onlooker (9)
- 13 Marc ____, C20 Russian-born French artist (7)
- 15 Tidal river mouth (7)
- 16 Strike with the fists (6)
- 17 Cloaks; headlands (5)
- 18 Simple boat (5)
- 20 Obtained (3)

Solutions
See page
50



With thanks to The Times/News Syndication who granted us rights to this crossword.

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See stroke.org.uk/lasa

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May (full month) Step Out for Stroke

Get active this spring by signing up
to your local Step Out walk. Find
out more at stroke.org.uk/stepout

6 May UK Stroke Assembly last chance to book

Find out more on page 42 and book
your place at stroke.org.uk/UKSA



26 June The Thames Bridges Bike Ride

Take on 8, 34 or 50 miles through
London's best sights. Book today
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For more events and ways to get involved in our work, see stroke.org.uk

Crossword

Across: 1 ARSENIC, 5 CADET, 8 START, 9 PROSPER, 10 ELK,
11 SOCIOLOGY, 12 EXCEED, 14 TIRADE, 17 CHANTEUSE,
18 CUT, 19 PHANTOM, 20 GENOA, 21 SOLAR, 22 LOTTERY

Down: 1 AUSTERE, 2 SNARK, 3 NOT, 4 COPECK, 5 CROCODILE,
6 DIPLOMA, 7 TARDY, 11 SPECTATOR, 13 CHAGALL,
15 ESTUARY, 16 PUMMEL, 17 CAPES, 18 CANOE, 20 GOT

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

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