

# Stroke News



Spring 2018

For everyone affected by stroke

## A step in the right direction

How Alastair took his first steps towards recovery and regaining his independence

**Making May Purple**  
With Merseyside Stroke Group

**Our Helpline Q&A**  
Advice on returning to work after a stroke

**Have your say**  
Take part in our survey and help to shape our future

[stroke.org.uk](http://stroke.org.uk)

**Stroke**  
association

Have you or a loved one ever suffered from pressure sores?



## You could be entitled to compensation for the pain and suffering caused

For anyone in hospital or nursing care, pressure sores are an ever-present danger.

If you or a loved one have suffered from pressure sores, the memories will be lasting. But there could have been no need for you to undergo such anguish.

### Just one of those things?

The sad fact is that, in a huge number of cases, the quality of assessment and care is far below what it should be.

### Your right to proper care

If you have developed sores and suffered as a result of a substandard level of care, you are perfectly entitled to compensation for your unnecessary pain and suffering. And that is where we can help.

### Your right to consider compensation

Significant awards of damages have already been made to pressure sore victims. Those awards have even extended to the families of loved ones who have died, and suffered pressure sores in the very late stages of life.

### Contact us for FREE help and advice

If you or a loved one – an elderly relative, perhaps – have suffered from pressure sores in the last 30 months, we urge you to seek legal advice as soon as possible.

We are specialists in this field, and we're happy to chat through your experience and your concerns. There is no obligation, and your discussion will be absolutely free.

## Examples of our settlements:

We obtained £42,400 compensation for a lady who developed a pressure sore having been given an epidural during childbirth. She had been unable to move for a few hours as a result of the injection and developed a pressure sore to her sacrum.

£55,000 compensation for an elderly lady who developed a pressure sore to her leg whilst in hospital.

£9,000 for a gentleman who developed a pressure sore to his heel whilst recuperating in hospital from heart bypass surgery.



Call our Pressure Sores team:

**0800 214 216**

[enquiries@curtislegal.co.uk](mailto:enquiries@curtislegal.co.uk)

[www.claimforpressuresores.co.uk](http://www.claimforpressuresores.co.uk)

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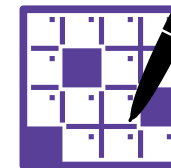
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# Welcome...

Stroke can turn your life upside down. Every recovery is different, but with help, many stroke survivors find ways to regain their independence.

In our spring issue, we speak to stroke survivors about how they're rebuilding their lives after stroke.

Ian tells us how the friendship and encouragement of the Merseyside Life After Stroke Group changed his outlook on life for the better (page 8). And with Make May Purple approaching, he reveals how the group are supporting others by going purple for pounds.

Find out how training for Step Out for Stroke helped Alastair get back on his feet (page 14), and how a Life After Stroke Grant helped Kevin recover his confidence (page 24).

You can also read our guidance on planning accessible days out, and getting back to work.

It's great to hear your recovery tips, so please get in touch if you have something you'd like to share.

**Christine Webster**  
Editor



Suspect a stroke? Act FAST and call 999.

# FAST

Facial weakness   Arm weakness   Speech problems   Time to call 999

## Would you know how to do the FAST test?

Every second counts when you're having a stroke. Learn how to act FAST.

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



### Stroke Helpline

Call confidentially on **0303 3033 100**



### Life After Stroke Services

Find support near you at **stroke.org.uk/local-support**



### Clubs and groups

provide a lifeline.

See **stroke.org.uk/strokeclubs**



### Free guides

provide information on all aspects of stroke. See **stroke.org.uk/shop**



### Financial help

through Life After Stroke Grants.

See **stroke.org.uk/grantshelp**

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## Your views

# Over to you



After my stroke, I thought I'd lost the ability to create personalised greetings cards.

I thought 'nothing tried, nothing conquered', so I created and sent Her Majesty The Queen and HRH Prince Philip a personalised 70th wedding anniversary card. And, guess what? I've just received a beautiful thank you card from her! It's definitely going to be framed.

I'm now going to try and get my knitting skills back. Never say never, just try a little at a time.



**Barbie Carson**

I had a stroke in 2013. After hospital, I got into a bit of a funk thinking my life was over. I made an appointment with my GP to come up with a plan to get me on the road to recovery, and started following a strict routine of treatment, including physiotherapy and the gym!

In 2014, I started volunteering for the Stroke Association and as I improved I started looking for work. In 2017, I found a full time position. It's a slow road but worth the effort.



**Mamakoh**  
via My Stroke Guide

## 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**

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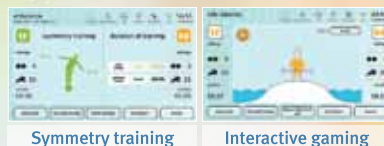
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## Welcome

# From our Chief Executive

Stroke strikes every five minutes in the UK, leaving thousands of survivors with life-changing physical, cognitive and emotional difficulties. As many of you know, rebuilding your life after a stroke can be challenging for stroke survivors, family and friends. But with the right support, stroke survivors can begin to regain independence and find new ways to live their lives.

That's where we come in. As a charity, we provide emotional, practical and peer support through our services, grants and stroke groups. We also offer information and advice through our telephone helpline and My Stroke Guide, our new online stroke recovery tool (page 29).

Many of these services are only possible thanks to your generosity and support. So, whether you're dressing up to raise money during Make May Purple, or challenging yourself to walk a few steps or miles for sponsorship at

your local Step Out for Stroke, you'll be enabling us to help more people with their recovery.

Supporting stroke survivors and their loved ones is at the heart of everything we do, so we want your help to ensure we're doing it in the best way possible. We've started to develop our strategy for 2019 onwards and want your views. Please complete our online survey via the link on page 19, and with your help, we can make even more of a difference for people affected by stroke.

**Juliet Bouverie**



**Juliet with actor and Make May  
Purple supporter Victoria Yeates**



# Going purple for peer support

In 2003, Ian Collins woke up to discover he couldn't walk or use the right side of his body. He'd suffered a haemorrhagic stroke in his sleep. To help him come to terms with the impact of his stroke, he was encouraged to attend the Merseyside Life After Stroke Group.

"I went to get out of bed and my legs just gave way," said the father of two from Liverpool. "I couldn't believe it when the paramedics said I'd had a stroke - I was only 42."

Ian spent three months in hospital learning to walk and use his right arm and hand again, but he was unable to return to his job as a joiner. "All of a sudden I was taken out of my normal life and thought 'What do I do now?'. I was depressed and felt like a shadow of myself, so the Stroke Association referred me to the group. It was a real saviour for me: they helped me to get my sense of humour back and made me realise I could also help others in the same situation."



Ian with Danny Cipriani and Mark Cueto at the regional Life After Stroke Awards in 2014

Supported by the group, Ian's confidence grew. Together with three other volunteers, he took the opportunity to run the group, and, as Chairman, has helped to develop it into the Merseyside Life After Stroke Group as it is today. ▶

"Our aim is to show people that anything is possible, and a stroke shouldn't stop you from enjoying life."





Over 50 regular members meet weekly for peer support and creative arts sessions. They also have a monthly meeting for younger stroke survivors and host workshops to help them to develop new skills and increase their independence.

"It's a relaxed group, with a great sense of humour," said Ian. "Our aim is to show people that a stroke shouldn't stop you from enjoying life. Our meetings are only two and a half hours, but it makes a lot of difference, and helps people to know they're not on their own. Their carer can go and have a cuppa in the next room, so they're getting respite too."

"We also arrange days out and everyone's included. Recently, we went canoeing at Crosby Lakeside, which is disabled friendly. We're going to Jodrell Bank Observatory in a couple of months, which everyone's made up about."

The group are self-funded and find inventive ways to raise money, including producing a calendar, organising art exhibitions and even abseiling off Liverpool Anglican Cathedral.

During Make May Purple, they go all out to raise money and awareness, from putting on a purple photo shoot (right), to hosting a stand-up comedy night. This May, they're planning to take on a different activity each week, from purple painting to a purple picnic. "We're always coming up with ideas, but one of the things we'll definitely be doing is getting everyone to wear purple. It brings us all together and we have a laugh."



In 2015, the group received a national Life After Stroke Award, in recognition of their work. "The group helped me get back to my old self," said Ian. "You feel like you're part of something; you help people and they help you. We're all there for each other."



## Make May Purple for Stroke

Our stroke clubs and groups are just one of the ways in which we support those affected by stroke to regain their independence. But we're not reaching everyone.

For Make May Purple this year, we're asking everyone to Go Purple for Pounds. It's a really simple idea: wear purple and raise funds. Hold a purple dress-up day at your work or school, plan a purple party, or take on a purple challenge. Whatever you do, you'll be helping us to support more people around the UK.

Sign up for our free Make May Purple fundraising pack at [stroke.org.uk/purple](https://stroke.org.uk/purple) or call 020 7566 1500. Share your purple pictures with us on social media using [#MakeMayPurple](https://twitter.com/MakeMayPurple).



Find your local stroke club or group at [stroke.org.uk/strokeclubs](https://stroke.org.uk/strokeclubs).

To nominate someone for a Life After Stroke Award 2018, go to [stroke.org.uk/lasa2018](https://stroke.org.uk/lasa2018).





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# A step in the right direction

When a stroke at 57 left Alastair Edwards with mobility problems, he challenged himself to get back on his feet by taking part in his local Step Out for Stroke in Antrim.

Alastair had only just retired when he had a brain haemorrhage in April 2016. "He lost all power in his left side, then became unable to talk and was violently sick," recalled his wife, Hazel. "I knew he was having a stroke thanks to the FAST campaign and phoned 999."

Alastair spent 10 months in hospital. "We were told that it was unlikely that he'd ever walk again. This made us both determined to prove everyone wrong. He worked hard at his physio and by the time he was discharged, he was able to pivot transfer from his wheelchair to his bed."

Alastair and Hazel, who is a primary school principal, first participated in Step Out for Stroke



in 2015. "Richard Shields, a parent at my school, had a stroke and we took part to support him. After Alastair's stroke, we were touched when Richard and my colleagues took part with Alastair's name on their T-shirts. We were determined that we would be there the next year."

"Step Out for Stroke 2017 was an exhilarating experience. Alastair's goal was to walk over the finish line. It gave us the greatest thrill



**"We would encourage everyone to give it a go. Without trying you'll never know what you can achieve."**

when he did it and was cheered by friends who walked with us.

"For me, it was an opportunity to talk to others affected by stroke and to fundraise for the Stroke Association, as their staff and volunteers spent many hours with Alastair in hospital."

Alastair continues to make a good recovery and has a new target for this year. "Alastair's goal is to complete the whole route on foot. 'Training' for Step Out has helped build his strength and stamina. Importantly, it's helped him to stay positive as he has something to work towards."

Step Out for Stroke this spring and help us make a real difference to people affected by stroke in your community. Our routes are wheelchair friendly and suitable for all ages and abilities.

Visit [stroke.org.uk/step](http://stroke.org.uk/step), email [stepout@stroke.org.uk](mailto:stepout@stroke.org.uk) or call 0300 330 0740 to find a walk near you.



# Accessible days out

Getting out and about is an important part of life after stroke. Visiting new places can be daunting if you have a disability. However, lots of visitor attractions are equipped to support people with access needs, so there's no need to miss out.

**Here are some ideas to help you to get out and about this spring:**

## Accessible walks

National Parks UK's (**[nationalparks.gov.uk](http://nationalparks.gov.uk)**) Miles Without Stiles and easy access routes are suitable for wheelchair users and people with mobility issues. You can also find recommendations on **[walkswithwheelchairs.com](http://walkswithwheelchairs.com)** and **[thebimblers.com](http://thebimblers.com)**. Disability friendly walking groups, such as Disabled Ramblers, also organise walking events around the UK.

## Theatres

Lots of theatres now offer audio-described, captioned, signed and dementia-friendly performances. Contact your local theatre's box office for details.

## Museums and galleries

Some cultural institutions host guided 'touch tours' and object-

handling sessions for people with visual problems to give you the opportunity to experience the exhibits in a different way.

Many also have wheelchair hire, information in braille and large print, or offer self-guided audio tours to enable you to look around at your own speed. Visit **[euansguide.com](http://euansguide.com)** for disabled access reviews of attractions in the UK and beyond.

## Sports and leisure

Lots of organisations around the UK provide accessible sporting opportunities, from fishing and golf, to skiing and skydiving. Get in touch with your local leisure centre, or see our *Exercise and stroke* guide (**[stroke.org.uk/exercise](http://stroke.org.uk/exercise)**) for a list of helpful contacts.

## Top tips:

➔ **Get inspired** – The Rough Guide to Accessible Britain contains lots of information about the UK's top accessible attractions. Download it for free from **[accessibleguide.co.uk](http://accessibleguide.co.uk)**.

➔ **Plan ahead** – Check your venue's website or contact them directly to find out about accessible facilities and any concessions you or your carer may be able to receive.

➔ **Get a Radar key** – These cost £4.50 (**[disabilityrightsuk.org/shop](http://disabilityrightsuk.org/shop)**) and give you access to over 9,000 accessible toilets throughout the UK.

➔ **Organise your journey** – Most bus and train companies offer discounts for people with disabilities. You can often pre-book assistance too, especially if travelling by train. Many areas also operate community door-to-door transport schemes for people with disabilities. Check with your local council for details.

For more suggestions, visit **[stroke.org.uk/leisure](http://stroke.org.uk/leisure)**.



# Help to shape our future

Our charity's aim is to improve the lives of stroke survivors and their families – and there are many ways we can do this.

To guide us in achieving our goals, we've started to create a bold new strategy. It will explain the change we want to see, and the work we'll do to make this change happen across the UK.

We want your thoughts on how we do this and how we ensure stroke survivors get the best treatment and support. Please share your views with us by completing our online survey.

Your ideas will be pulled together, along with ideas from the other people and groups that we work with, including our staff, volunteers, clinicians and supporters. We'll read every

response. We may not be able to act on everything, but we can make sure your voices are heard.

We'll keep you updated as we develop our new strategy, and will share the final version with you next year.



To take part in our survey, visit  
[stroke.org.uk/strokesurvey](https://stroke.org.uk/strokesurvey).





# Forging a new era

We are thrilled to share some more good news about our A New Era for Stroke campaign: the government have now publicly committed to a new national plan for stroke in England.

Responding to a question in the House of Lords in December 2017, Health Minister, Lord O'Shaughnessy, said: "On the stroke strategy, there is a follow-on plan being developed by NHS England and partners, including the Stroke Association and others. It's an integrated service approach, so it's including ambulance, community as well as secondary care."

At the UK Stroke Forum in November, the former National Medical Director at NHS England, Sir Bruce Keogh, also publicly stated his support for a new national plan for stroke. "Stroke remains the fourth most common cause of death

in the UK and the most common cause of adult disability," he said. "We need to do work on prevention, improve the quality of care and focus on rehabilitation and support for people who've had strokes.

"NHS England is working very closely with the Stroke Association and it's my anticipation that we can develop something that outlines a very clear plan for improving stroke services across the country."

At the start of 2018, we also attended a very successful meeting with Public Health and Primary Care Minister, Steve Brine MP, during which he expressed



his enthusiasm to be involved with the launch of the new national stroke plan.

The government's commitment, together with ongoing support from ministers and NHS England, is a great campaign victory and a direct result of your involvement. From signing petitions, to contacting local politicians and sharing your experiences, you have been with us every step of the way. Thank you, we couldn't have done it without you.

We continue to work with NHS England to write the plan. We hope it will bring key organisations together to improve stroke care and treatment and that it will be published soon.

We will update you again as the details of the plan are refined and put into action. And we will let you know how you can help with the next stage of our A New Era for Stroke campaign soon.

For campaign updates, join our Campaigns Network: [stroke.org.uk/campaigners](https://stroke.org.uk/campaigners). See page 22 for a reminder of why we need a new plan.

## Why do we need a national plan for stroke?



There are over **1.2 million** stroke survivors in the UK.

Almost **two thirds** of stroke survivors leave hospital with a disability.



**45%** of all stroke survivors feel abandoned when they leave hospital.

Only **3 out of 10** stroke survivors who need a six month assessment receive one.



**A new national plan is needed** to help stroke survivors to get the treatment, care and support they need, wherever they live.

## Hearing aids have transformed my life

**W**hen retired surgeon Richard Bradbrook struggled to pick up the questions at the weekly quiz night, he knew it was time to do something about his hearing. The 75-year-old had suffered hearing loss related to Meniere's disease, which causes tinnitus and vertigo, for 30 years. But when the condition began to affect his social life with wife Jenny, he was keen to find a solution.

"My hearing loss had become more marked and the thing that triggered me into action was when I realised I couldn't hear the questions at the weekly quiz night," he says. "My wife had noticed the TV volume was increasing gradually and when we were at big family gatherings I couldn't always catch conversations, which became frustrating."

After a hearing test elsewhere proved less than satisfactory, a friend recommended Amplifon, a global hearing specialist. Richard says the difference was amazing.

**"The difference in my hearing has been remarkable, my hearing aids have really transformed my life."**

"The testing process was absolutely superb. My audiologist did a very thorough investigation and assessment and then gave me

a set of trial hearing aids, which I tried there and then. The effect was quite remarkable."

Following his appointment, Richard was able to continue wearing the trial hearing aids for several weeks before making his order. He found huge benefits. "The first sound where the difference really came home to me was hearing the tranquility of the countryside," he says. "We live in a rural environment and we have a favourite walk we like to do. For the first time I could hear the sounds of the countryside and the birdsong, which surprised me."

There was also a major improvement in noisy environments, which he had previously struggled with. With 12 grandchildren ranging in age from 4 to 20, Richard is now also able to play an active part in conversations again when the whole family meets up.

And he no longer fears missing out on a quiz night question any more: "With my hearing aids it's as if the quiz master is right next to our table," he laughs.

Thanks to Amplifon, Richard can now hear much more clearly and his social life is back on track. "I'd recommend Amplifon without question, they offer a superb, highly professional service in every respect, from the branch coordinators on the front desk to the audiologist, who is absolutely outstanding," he says. **"The difference in my hearing has been remarkable, my hearing aids really have transformed my life."** ■



Richard Bradbrook

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# Getting my confidence back

After a TIA and a stroke in June 2017, Kevin Leighton lost his confidence. But with the support of his coordinator and a Life After Stroke Grant, he's been able to concentrate on his recovery and is starting to feel more like himself again.

Kevin, 58, from Chesterfield, was in his kitchen one evening, when he suddenly lost his balance and fell. He felt disorientated, but it soon passed, so he didn't think much of it.

However, the following day he started to feel unwell again. "My speech was garbled and I couldn't communicate," said Kevin. "I phoned my daughter who realised something was wrong and called 999. The paramedics arrived quickly and took me to hospital."

Kevin was diagnosed as having had a TIA (transient ischaemic attack or mini-stroke), then a full stroke, caused by blocked blood vessel in his brain. "My speech was affected, and my leg and arm were affected on the right-hand side. I was in hospital for three weeks."



When Kevin first returned home, he found it difficult to communicate, which made him feel self-conscious and very low. He'd lost his confidence and was finding it difficult to cope with everyday tasks. On top of this, his oven had broken, preventing him from preparing healthy meals for himself, and adding to his anxieties about his recovery.

**He'd lost his confidence and was finding it difficult to cope with everyday tasks.**

Stroke Association Support Coordinator Maria Keay recognised the impact this was having on Kevin's recovery, so she suggested he apply for a Life After Stroke Grant for a new cooker.

"The oven I had was old, the rubber seal was leaking and it was also smoking, which I found quite stressful because I was still coming to terms with my stroke," said Kevin. "The new oven has made my life a lot easier and is a lot safer. I'm getting stronger, so can now carry things in and out of the oven and I'm more confident with making my own meals."



It's motivated me and improved my independence, so I look forward to being able to have my family round in the future."



For more information, visit [stroke.org.uk/grantshelp](https://stroke.org.uk/grantshelp), email [Grants.External@stroke.org.uk](mailto:Grants.External@stroke.org.uk) or call our Helpline on 0303 3033 100. Please note that our grants are for goods and support – we're unable to offer cash grants.

# Getting back to work after stroke

Around a quarter of strokes happen to people of working age. For many, their main worry is whether they'll be able to return to work, and what to do if they can't.



Hope Chester from our Stroke Helpline answers some commonly asked questions.

## Q Will I be able to return to work?

With the right care, help and advice, many people return to work after their stroke. Whether you can go back to work will depend on the effects of your stroke, your job, and the support your employer can offer. If you aren't able to do the same role, your employer should help you to explore your options.

## Q When can I go back to work?

Every stroke is different, so the amount of time you need off work will depend on your recovery. It's important that you only return to work when you feel well enough. Your GP may also be able to advise

you on a suitable time frame. Speaking with your employer regularly and updating them on your recovery helps to keep everyone informed.

## Q Who can support me?

Your employer should help you to create a return to work plan. This will look at the effects of your stroke and what support you need to return to the workplace. Your GP can provide you with some support and can speak to your employer about stroke in general. An occupational therapist can also advise on aids or adaptations that can be put in place to help you to return to work.



**Call our Stroke Helpline  
on 0303 3033 100.**

## Q What if I can no longer do the same job I did before my stroke?

Your employer has a responsibility to do all they can to support your return to work. If you have a disability after your stroke, they may be able to make reasonable adjustments to your current job, or offer you a different job that is more suitable.

## Q What if I can't return to work?

Sometimes returning to work isn't possible after stroke, and this can be difficult to come to terms with. It's important to remember that not working will allow you to focus on your own health and wellbeing. There may also be other options available to you such as retraining for a different job, trying new hobbies or volunteering.

Visit [stroke.org.uk/work](https://stroke.org.uk/work) to access our online Back to work resources including our *Complete guide to work and stroke*. You can also find help and advice on [mystrokeguide.com](https://mystrokeguide.com).





No Plateau in Sight

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## Leaders in Stroke Rehabilitation

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Email **ukinfo@saebo.com**  
or visit **www.saebo.com**  
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Stroke  
association

# My Stroke Guide

## Online stroke support

Stroke can change your life in an instant. Whether it's happened to you or someone close to you, My Stroke Guide can connect you with others through our online community and help with:

- ✓ advice
- ✓ information
- ✓ videos
- ✓ support

Join hundreds of stroke survivors and carers. Log on to **mystrokeguide.com** today!

**"A tool like My Stroke Guide is a great way to put stroke survivors in control."**  
**Stroke survivor**



If you don't feel confident with technology or need help getting started, our dedicated Enquiry Line is on hand to support you.  
Call: **0300 222 5707**. Lines are open Monday to Friday, 9am - 1pm.

# Effective goal setting



Goal setting is an important part of stroke rehabilitation. Stroke survivors often have personal hopes for the future and goals they'd like to achieve to help them to recover.

But sometimes stroke survivors don't get the support they need to identify and achieve the goals that are important to them, particularly when they have setbacks. This can affect their recovery.

In 2016, the Stroke Association began funding research into more effective goal setting in community rehabilitation, led by Dr Lesley Scobbie. As an occupational therapist, Dr Scobbie recognised the importance of goal setting to recovery. However, she felt there wasn't enough guidance or research evidence to inform health professionals on how best to support stroke survivors with their goals.

"Research shows that stroke survivors often feel that their rehabilitation goals don't reflect their priorities," explained

Dr Scobbie. "Our work explores how we can better engage stroke survivors in the goal setting process. Our aim is to help health professionals in community rehabilitation teams, stroke survivors and their families to work together on the big things that are important to the stroke survivor."

Dr Scobbie's team are also trying to build a better understanding of when and how stroke survivors can be supported to adjust or change goals they're struggling to achieve.

"Rehab isn't easy. Stroke causes complex disabilities that can make it really hard for people to recover. While you need to celebrate what you can do and the achievements you make, it's also important to understand what you find difficult. Adjusting the goals

**"Our research explores how we can better engage stroke survivors and their families in the goal setting process."**

that are proving unachievable and reinvesting in other goals that are attainable is really important for long-term recovery.

"I hope my research will enable every stroke survivor to tell their community rehabilitation

teams what they want to work on, and for this to directly inform the rehabilitation they receive. Then, if they have goals they're finding too difficult, they are supported to make the necessary adjustments to help their ongoing recovery."



**You can help to support stroke research by donating what you can at [stroke.org.uk/donating](https://stroke.org.uk/donating) or calling 0300 330 0740.**



# Acting FAST

**Stroke strikes every five minutes in the UK. It can happen to anyone, of any age, at any time.**

Every second counts when you are having a stroke. Recognising the signs and calling 999 for an ambulance is crucial. The quicker a person arrives at a specialist stroke unit, the quicker they will receive appropriate treatment.

Beth acted quickly when her mum, Phillipa, had a stroke. "As soon as I found Mum on the bed, I knew she was having a stroke," said Beth. "I remembered seeing the FAST advert on TV, and how the woman's face drooped to one side." She called for an ambulance to get Phillipa to hospital as quickly as possible.

Thanks to her actions, Phillipa has made a good recovery, and now works for the Stroke Association as a Volunteering and Community Officer in London. Phillipa said: "I think this goes to show just how powerful the FAST advert is – especially for a teenager to recognise the signs and react so quickly."

**Do you know how to do the FAST test?**

We want more people like Beth to learn the FAST test and share it with their friends and family, to help others to save lives and improve the chance of a better recovery for those who experience stroke.

The FAST test identifies the three most common signs of stroke:

**Face:** Look at the person's face and ask them to smile. Has their face fallen on one side?

**Arms:** Ask the person to raise both of their arms and keep them there. Are they unable to raise one arm?

**Speech:** Ask the person to tell you their name, or say 'hello'. Is their speech slurred?

**Time:** to call **999** if you spot any of the above signs.

Do the FAST test. Don't wait and always call **999** if you see any one of these signs.

Learn it. Share it. You could save a life.

Find out more about the FAST test and other signs of stroke at [stroke.org.uk/actFAST](https://stroke.org.uk/actFAST).





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## Guidance

# Physiotherapy after stroke

If a stroke causes damage to the part of your brain that controls movement, you may experience weakness or paralysis on one side of your body.

Physiotherapy can help you to use your arms and legs again and get back as much strength and movement as possible. Keeping going with the exercises your physiotherapist has set you can be hard work, so here are some top tips to help you towards recovery:

- Make practising your therapy exercises part of your routine by doing them at a regular time each day.

- Record your progress in a notebook or on a tablet or mobile phone.
- Remember to move your affected side as much as possible.
- Be patient with yourself. You are aiming for long-term rather than immediate results.
- There's strength in numbers – so why not join an exercise group or local stroke club to help you stay motivated?

For more information about physiotherapy, visit [stroke.org.uk/physiotherapy](http://stroke.org.uk/physiotherapy) or call 0303 3033 100.



# Careful planning and a positive attitude

In 2014, Janice Boswell MBE had a stroke that affected her balance and mobility.

With a bit of planning, help from friends and laughs along the way, Janice attended the UK Stroke Assembly North in 2017.

"We were told about the event at my stroke group in Bromsgrove, and I was encouraged to go along," said Janice.



"I'd not travelled that far on my own since I had my stroke, so was unsure about going. Together with volunteers and my friend Carol, we planned the journey and booked help from staff at the train station to assist us."

UK Stroke Assemblies are a great opportunity to:

- meet and gain encouragement from others affected by stroke
- understand more about stroke and its effects
- find out how you can get involved in helping us reduce stroke through campaigns and research
- have your say on stroke care and meet organisations that can help with recovery.

"I really appreciated being able to give my views and meet key staff from the Stroke Association. It was good to learn about research, and then share this information with others. I thoroughly enjoyed it and met so many inspiring people. I'm going to be encouraging others from my group to come this year. There's so much to gain from this event."



**"I really appreciated being able to give my own views and meet key staff from the Stroke Association."**

Like Janice, many stroke survivors, carers, family and friends who attend the UK Stroke Assemblies regard the experience as a great personal

achievement. It can help you to build your confidence by meeting others, getting out and about, and trying new things you wouldn't previously have considered.

**Why not join us this year at a UK Stroke Assembly near you:**



**North: 4–5 June**  
Radisson Blu Hotel,  
Manchester Airport



**South: 9–10 July**  
Radisson Blu Hotel,  
Stansted Airport

Book online at [stroke.org.uk/UKSA18](https://stroke.org.uk/UKSA18) or call **01527 903 917**.

# A legacy of kindness

Elizabeth Mary Manhire – known as Mary – understood only too well the devastation stroke causes families. After losing her father to stroke in 1970, and then her brother in 1993, Mary decided to do what she could to support others affected by the disease, becoming a loyal supporter of the Stroke Association for many years.

Her long and distinguished career in healthcare also gave her an affinity for our work. Mary trained as a radiographer at King's College, London, and worked at a children's hospital in Hampshire. She also ran the radiography department for many years at Stanmore Orthopaedic Hospital.

In later life, she worked at Axminster Hospital, while caring for her mother. She was always active in her community, and is fondly remembered for the time she spent supporting others, including helping to organise day care transport for a local club for blind people in Ottery St Mary.



A maxim of Mary's was, 'To whom much is given, much is expected'. With her legacy now helping to fund our vital Life After Stroke services, we are ensuring that stroke survivors across the UK can benefit from her generosity to make the best possible recovery and increase their independence.



**Mary's generous legacy is now helping us to fund our vital Life After Stroke services**



## Did you know?

If you are 60 or over, or a stroke survivor of any age, you can arrange to have a simple Will made through our Free Will Scheme. We can put you in touch with a solicitor in your local area who will help you to put together a Will free of charge.

If you'd like more information about our Free Will Scheme or general help and advice about leaving a legacy, please contact our Legacy Giving team on **020 7566 1505** or email **legacy@stroke.org.uk**.



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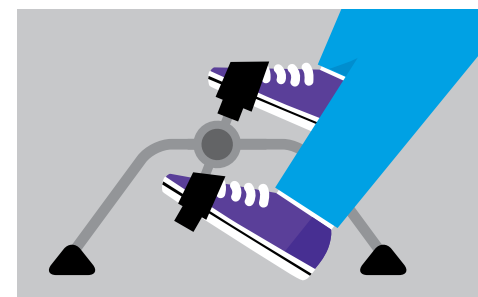
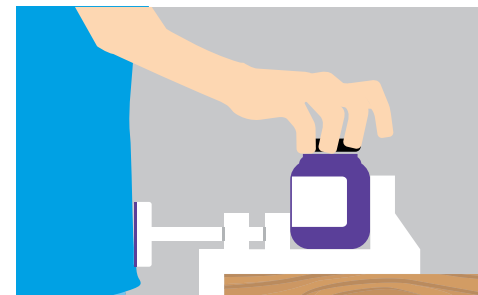
# Daily living aids

After a stroke, you might find you need assistance with everyday tasks, such as getting dressed, preparing a meal or taking a bath.

That's where our shopping partner, Essential Aids, can help.

Essential Aids have a large range of products designed to make daily life easier. These include mobility equipment, like grab rails and walking aids; household accessories to help with gripping, turning or doing tasks one-handed; and exercise and rehab products to build muscle strength and coordination.

For more information, visit [essentialaids.com/stroke-association](http://essentialaids.com/stroke-association) or call **01273 719 889**.



If you're a stroke survivor, or buying on behalf of a stroke survivor, tick the box at the checkout and Essential Aids will donate 5% of the item price to the Stroke Association.

# Money matters

Following a stroke, you may find that you are spending more on household bills. This could be because you're off work and having to heat your home for longer periods of time, or perhaps you now need to use more water for medical reasons. If you are struggling to pay your bills, you may be able to get some help.



## Gas and electricity

The British Gas Energy Trust and E.ON Energy Fund can give grants to people living in England, Scotland or Wales to help clear gas and electricity debts. You don't have to be a British Gas or E.ON customer to apply. Find out more, or apply by visiting: **[britishgasenergytrust.org.uk](http://britishgasenergytrust.org.uk)** or **[eonenergyfund.com](http://eonenergyfund.com)**.



Other energy companies also have trusts or funds for their customers who are struggling. Contact your own supplier to find out what they can do for you.

Seeking debt advice from the Money Advice Service (**0800 138 7777**) before applying can help to increase the chance of your claim being successful.

## Warm home discount scheme

This government scheme offers a one-off discount of £140 on electricity bills for customers in England, Scotland and Wales. If your gas and electricity are from the same provider, you may be able to get the discount on your gas bill instead.

To qualify, you must either be receiving the Guarantee Credit element of Pension Credit, be on a low income, or in receipt of certain benefits. Find out more at **[gov.uk/the-warm-home-discount-scheme](http://gov.uk/the-warm-home-discount-scheme)**.

If you live in Northern Ireland, you might be eligible for an energy saving grant to help you to improve the energy efficiency of your home and save money on your future heating bills. Visit **[nidirect.gov.uk/campaigns/energy-wise](http://nidirect.gov.uk/campaigns/energy-wise)** for details.

## Metered water bills

If you have a water meter, and need to use a lot of water, for example, because of a medical condition, but are struggling with your bills, you could be eligible to have your bills capped under the WaterSure scheme. You can apply for this through your water company.

If you're struggling with water bills, but don't qualify for WaterSure, visit **[water.org.uk](http://water.org.uk)** for details of other schemes which may be able to help.



For further advice, contact our Stroke Helpline on **0303 3033 100** or email **[info@stroke.org.uk](mailto:info@stroke.org.uk)**. Our *Benefits and financial assistance* guide is also available via **[stroke.org.uk/benefits](http://stroke.org.uk/benefits)**.



# Puzzles

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

## Word search

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

ACHIEVE GOALS  
ADAPTING MAY  
COMMUNITY PROGRESS  
ENJOY PURPLE  
EVERYONE SUPPORT

### Across

- 1 Confident (7)
- 5 Steep rock face (5)
- 8 Bad-tempered expression (5)
- 9 Spanish wine punch (7)
- 10 Of shore regions (8)
- 11 Light kiss (4)
- 13 German WW2 aircraft (13)
- 16 Unite (4)
- 17 (Of letters) with no stamp required (4-4)
- 20 Egg-laying mammal (7)
- 21 Sign in to computer (O not I) (3,2)
- 22 Material for jeans (5)
- 23 Particular numbers (7)

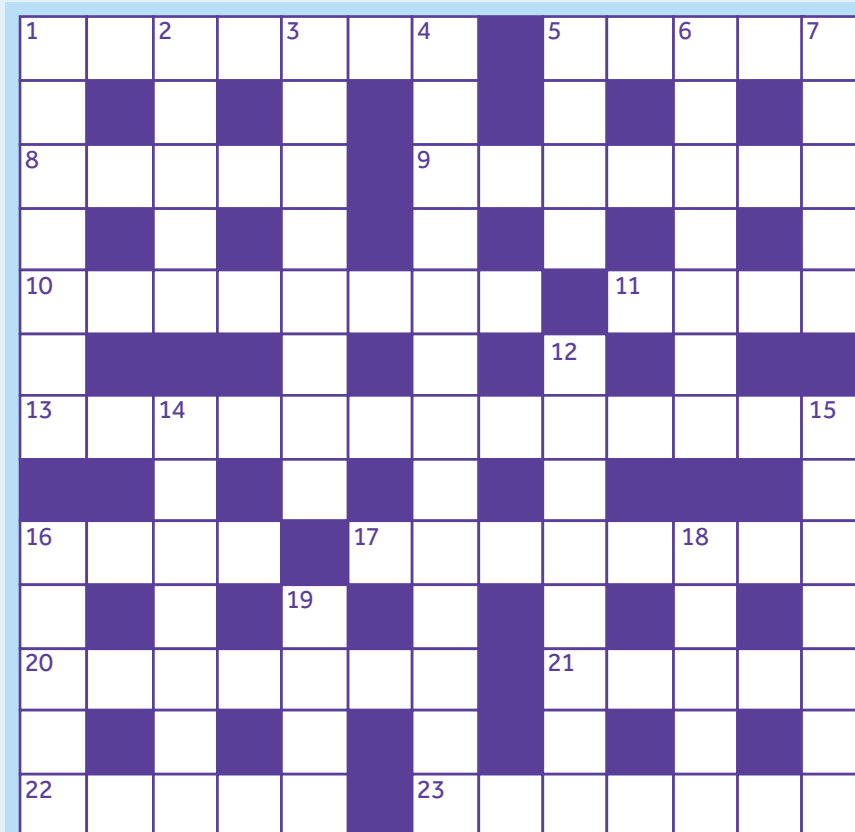
### Lottery

For your chance to win £25,000 every week, play the Stroke Association Charity Lottery. Find out more at [stroke.zaffo.com](http://stroke.zaffo.com).



### Down

- 1 Son of King David (OT) (7)
- 2 Rather fat (5)
- 3 A carrying on of a lottery prize to the next draw (8)
- 4 Rational, impartial (13)
- 5 Punish; woody stem (4)
- 6 Tel Aviv native (7)
- 7 Glass container (5)
- 12 Harmless untruth (5,3)
- 14 Saint associated with weather (I not U) (7)
- 15 News (7)
- 16 Work (dough) (5)
- 18 Heatedly disagree (5)
- 19 Eve's partner (4)



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

**Solutions**  
See page  
50

## Classifieds

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# 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.

Inspired by our Resolution Runs, stroke survivor and volunteer Stewart Anderson organised his own fun run in the remote area of Dumfries and Galloway where he lives. Stewart received fantastic support from his community, attracting 160 entries and raising nearly £4,000.



We were delighted to be chosen to bucket collect at the Royal Albert Hall during their festive series in December. With the help of more than 100 wonderful volunteers, we raised nearly £10,000 and everyone had so much fun on the day.



Find out what events we've got coming up on page 50 or make a donation at [stroke.org.uk/donating](https://stroke.org.uk/donating).

How does your donation help?



£5 could help 15 people begin to come to terms with stroke with crucial information guides.

£20 could support our Stroke Helpline in giving advice.

£50 could help us to invest in life-saving stroke research.



Thank you to the brave Nadine Johnson, who recently bungee jumped off of the top of the Stratosphere Hotel in Las Vegas. She was aiming to raise £250, but has so far raised an incredible £1,260.

## Volunteer spotlight

Josie started volunteering in 2017 following her own stroke in 2015.

She decided to train to become a telephone befriender, as part of the Young Stroke Network, after being supported by a befriender herself during her own recovery.

"After my stroke it felt like my world had ended," remembered Josie. "But every week, when the befriender called me, they showed me that there was light at the end of the tunnel. As a telephone befriender myself, I hope I can make the same difference to someone else."



To find out more about the volunteering opportunities that are available, visit [stroke.org.uk/volunteers](https://stroke.org.uk/volunteers).

# Dates for your diary



## Ultra Challenge series May – September 2018

Join #TeamStroke and challenge yourself to walk, run or jog 25, 55 or 100km at one of seven scenic endurance events across the UK: [stroke.org.uk/walks](http://stroke.org.uk/walks).

## Know Your Blood Pressure Day 14 April 2018

Get your blood pressure checked at an event near you: [stroke.org.uk/KYBP18](http://stroke.org.uk/KYBP18).

## UK Stroke Assembly: Last chance to book North 14 May 2018 South 11 June 2018

Book online to attend: [stroke.org.uk/UKSA18](http://stroke.org.uk/UKSA18).

## Life After Stroke Awards nomination closing date 31 May

Visit [stroke.org.uk/lasa2018](http://stroke.org.uk/lasa2018) to nominate someone for the 2018 Life After Stroke Awards.

## Prudential Ride London – Surrey 100 29 July 2018

Take on this 100-mile cycling challenge for #TeamStroke: [stroke.org.uk/ridelondon](http://stroke.org.uk/ridelondon).

➔ For more events and ways to get involved in our work, see [stroke.org.uk](http://stroke.org.uk)

### Crossword

**Across:** 1 ASSURED, 5 CLIFF, 8 SCOWL, 9 SANGRIA, 10 LITTORAL, 11 PECK, 13 MESSERSCHMITT, 16 KNIT, 17 POST PAID, 20 ECHIDNA, 21 LOG ON, 22 DENIM, 23 ELEVENS

**Down:** 1 ABSALOM, 2 STOUT, 3 ROLLOVER, 4 DISPASSIONATE, 5 CANE, 6 ISRAELI, 7 FLASK, 12 WHITE LIE, 14 SWITHIN, 15 TIDINGS, 16 KNEAD, 18 ARGUE, 19 ADAM

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

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