

StrokeNews



SUMMER 2016

For everyone affected by stroke

Abandoned after stroke

We're calling for a New Era
for Stroke. Join us.

Successful holidays

Tips for travel after a stroke

Money matters

Planning your finances for the future

Research

Pioneering new treatment for ischaemic stroke

stroke.org.uk

Stroke
association

Welcome...

As *Stroke News* Editor I've met some remarkable stroke survivors. But one thing's struck me; why do some people get brilliant support after hospital while others feel abandoned?

On page eight we share Tony's story of moving to a nursing home at 47. Like 45% of stroke survivors, he felt abandoned when his rehab stopped. He's signed our petition to stop lives and recoveries being put at risk. Join him on page 11.

On page 25 you'll find a reader survey to help us make *Stroke News* right for you. It takes just five minutes to fill in and gives you the chance to win £100! Pop it in the post along with your signed petition to save on envelopes.

Finally, thank you from me. This is my last edition as Editor. Thanks to all the readers and inspirational people I've interviewed.

I hope you enjoy this edition.

Alex Bolton
Editor



11

We want to hear from you!
Pop your reader survey and signed petition in an envelope together to send back.



25

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



Stroke Helpline
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of stroke. See **stroke.org.uk/
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Contact us on 01604 687 721 or visit stroke.org.uk/strokenews to:

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- Change your preferences to online to help save the charity money
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Guidance

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Your views

Over to you

Readers' tips



I had my stroke in 2004 at 42. I am almost paralysed now. What's left is very weak and I have no speech. I am very independent; I live and go out on my own. I find writing about my daily life is very therapeutic and to share my life with others can only be a positive thing. So I have my own blogsite: timsstroke.co.uk It may inspire you.



Tim Mason

I had my stroke in 2014 just before my 80th birthday. Recovery took a long time with help from stroke nurses and my daughters. My goal was to walk again with my two old friends, which I made eventually! I try to walk every day but still have to use a stick. I found doing jigsaw puzzles helped. Although picking up the pieces was frustrating at first, I managed to finish in the end.



Barbara Sheppard

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

Correction



Thank you to Diane Wordsworth for highlighting a mistake in *Money Matters*, spring 2016. To be eligible for Carer's Allowance you must not be earning above £110/week (net), not £102/week (net) as stated. The person you care for must be receiving one of a number of benefits. Personal Independence Payment should have been on this list.

Apologies for this error.

Editor.



Welcome to our new Chief Executive

I was keen to get to know what makes our new Chief Executive, Juliet Bouverie, tick. Here, Juliet tells me what drives her, her plans for the charity and why Nicholas Parsons strikes a chord.

Q Editor: Why did you want to join the Stroke Association?

A Juliet: After eight years as a Director at Macmillan Cancer Support, becoming Chief Executive of the Stroke Association is a dream come true. This is a charity I've long admired. My long-term partner, John, lived with an advanced brain tumour for five years and sadly died in 2010. Like many stroke survivors, he struggled with fatigue, balance and speech, and needed to build a new identity for himself when he could no longer work.

Q Editor: What are your top three priorities for the charity?

A Juliet: Firstly, if we're going to realise our strategic ambitions, we need

to dramatically increase our fundraised income. My second priority is to increase profile. This means raising public understanding about stroke and its impacts, pushing governments to prioritise stroke, and encouraging people to contact the Stroke Association. My third priority is to make sure our services and research have maximum reach and impact and are of the highest quality.

I know delivering these priorities will be tough and will cost money. We're operating in a world of increasing fundraising regulation, amongst sceptical donors and a government still making cuts. But I know that if we continue to work together we'll achieve great things. We have a duty to be ambitious for everyone affected by stroke.

Q Editor: What makes you laugh?

A Juliet: This may sound very boring, but I'm a Radio 4 addict. I've listened to *Just a Minute* for years and still find Nicholas Parsons and his guests hilariously funny. Speaking for 60 seconds without pause or repetition sounds easy – but it's so hard!

Q Editor: What's your favourite film?

A Juliet: I recently re-watched *The King's Speech*. What a moving film. The King struggles with a serious stammer but thanks to his eccentric speech therapist manages to find his voice. It hits home how challenging it is for many stroke survivors coping with even more severe speech and communication difficulties.

Juliet Bouverie became Chief Executive of the Stroke Association on 20 June.

"I know that if we continue to work together we'll achieve great things."



A New Era for Stroke

After a stroke left Tony McKevitt paralysed on one side and unable to care for himself, he was discharged into a nursing home at just 47. Tony has spent the last six years confined to a wheelchair because the therapy he needed wasn't available where he lives.

In hospital, Tony received intense physiotherapy every day and was able to walk a few steps with support. "I felt there was some hope of getting my mobility back," he remembers. "But after leaving hospital the community rehab stopped and the nursing home staff found less and less time to get me up."

"I felt abandoned and trapped in the home. Every day was the same and my morale got so low. I spent my time watching TV, smoking and putting on weight. I felt like I was existing, not living.

"Losing my dignity was one of the hardest things to accept;

I needed someone to get me up, washed and dressed, help me shower and go to the toilet."

In 2014, a nurse was horrified to see someone so young in a nursing home and put Tony in touch with the Stroke Association. Tony went to our exercise and physiotherapy programme where the physiotherapist could see the potential for Tony's mobility to improve. After just two sessions they got him standing and he managed to take two supported steps.

"I was elated! After being confined to a wheelchair for so many years, it felt incredible to take those two steps." ▶



"I felt abandoned and trapped in the home. Every day was the same and my morale got so low."

"I thought I'd been written off but I'm now determined to prove to everyone who said I wouldn't walk again that I can. I've lost weight, I'm giving up smoking and I'm determined to walk my daughter down the aisle when she gets married next year."

Tony believes if his rehab had continued after hospital, he'd be walking now. We hear stories like his too often. The Government is not listening to stroke survivors. There's unacceptable variation in the quality of care across the country; improvements in hospital care need to continue and people need access to treatments like thrombectomy to save lives and reduce disability.



Lives and recoveries are being put at risk. Stroke survivors in England told us:



More than **45%** felt abandoned when they left hospital



47% were not contacted by a healthcare professional when they left hospital



More than a third didn't receive a six-month assessment of their health and social care needs.



The national stroke strategy in England will end in 2017. The Government has no plans to renew it. You can help. With 100,000 signatures our petition will be considered for a debate in Parliament. Please sign and return our petition below. Your friends and family can sign it at stroke.org.uk/petition

A new era for stroke

Sign this petition to get better support for stroke survivors.

The petition of residents of the UK declares that there is a need for a new national strategy for stroke; further that a new strategy will ensure that stroke survivors and their carers receive the support they need; further that it will

drive improvements in hospital care; further that it will drive the roll out of a new treatment, thrombectomy; and further that a new strategy will save lives. The petitioners therefore request that the House of Commons urges the Government to commit to writing a new national stroke strategy. And the petitioners remain, etc.

First name: _____

Surname: _____

Signature: _____

Full address: _____

Postcode: _____

Email: _____

Send your completed petition back to us in an envelope labelled: **FREEPOST STROKE ASSOCIATION** by 30 September. No stamp is needed.

To save on envelopes and postage costs for us, why not send your *Stroke News* survey (page 25) along with it?



Successful

Holidays can be an important part of life but if you've had a stroke, they may seem daunting. When Christine Wells had a serious stroke which caused right-sided weakness at 67 in 2013, she and her husband Chris weren't going to let it get in the way of their love of travel. Chris shares what they've learnt about travelling after stroke.

Before you go

- Take out comprehensive insurance. Always declare all health conditions and shop around.
- Call or email the hotel before booking to describe your condition and ask 'Is the hotel wheelchair accessible? Do you have a special disabled/accessible room with grab rails? A wet room? Raised beds? A low-sided bath?'
- When booking a train, plane or ferry, call or email and explain your accessibility needs. As long as you do this 48 hours or more before travelling, they'll assign someone to help you through security and on board. Ask them to confirm it's arranged in writing before you travel.

What to take

- Travelling by car is simplest. You can load everything you need. Perhaps including bath/shower boards, a bed pan, suction grab rails, bath mats, a raised toilet seat and spare walking stick. A wheelchair powerpack is useful if you like long walks or you're going somewhere hilly. Having everything in the car that you might need gives peace of mind that you can cope with any accommodation.
- A medication list and extra medication. It's good to keep it on you. So, if you're flying, ask your airline what you can take as hand luggage.
- Wheelchairs can go into airplane holds for free and won't count towards your weight allowance.

holidays

Once you're there

- Ask for the hotel's evacuation procedure for wheelchair users.
- Relax and have a great time!



"Holidays are difficult as you're away from familiar facilities and routines. Planning ahead is vital. Help's available if you know the questions to ask."

Everyone has different requirements. Our factsheet *Holidays after stroke* can offer some further tips. See **stroke.org.uk/holiday**

If you or your loved one needs a greater level of support, you might want to consider a respite break. See page 16 for more.

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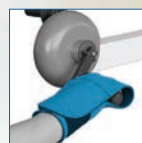
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The largest model accommodates any category A or B wheelchair and the smallest is a seated option, ideal for non-wheelchair users with restricted mobility. Features include low ramps and easy to reach, user friendly buttons, LED lighting, grab handles and joystick controls.

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Stannah

Feeling like me again

Roger Bass had a stroke in 2012 at the age of 39 which caused severe aphasia. His wife, Gill, became his carer, while looking after their two young children. The idea of a holiday seemed a distant dream.

But earlier this year, the couple took their first trip away since the stroke. Thanks to a partnership between the Stroke Association and Revitalise, they joined 34 other people affected by aphasia in the first ever respite break tailored for people with the disability.

As a carer, respite is a chance to recharge the batteries. But accessing respite can be difficult and costly and many facilities aren't geared to properly support someone with aphasia – a communication disability which affects a third of stroke survivors.

"I'd thought about respite before but I was scared to go away and worried it wouldn't be suitable for Roger," said Gill.

"It was really nice to stop and get away."

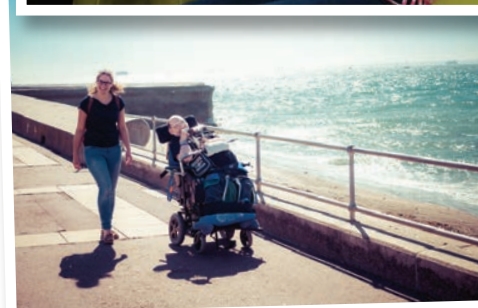
But the pilot project trained staff and volunteers to understand the needs of people with aphasia. It meant Gill didn't need to worry about a thing.

"It was really nice to stop, get away from the stress of everyday life and feel like me again," she said.

And Gill saw a change in Roger too: "His speech improved and he joined in more as he wasn't so self-conscious. Seeing how others are recovering gave him confidence."

Gill and Roger spent a week at Revitalise's Netley Waterside centre. They visited local attractions, took part in activities and evening entertainment.

The respite break gave Roger and Gill the chance to relax, enjoy activities and meet others.



Stroke Association Coordinator, Peggy Johns, shares some advice about respite care.

"Respite is 'temporary' care. It could be a week away together with qualified people to take on care. Or a stroke survivor may visit a care home for a few days to allow their carer time away. But it can also be shorter term; someone may visit your home for a few hours a week to give a carer time out.

You may be offered free respite care through the social services department of your local authority. Carers must have a Carer's Assessment and those needing care must have a Community Care Assessment. The local authority will use these to decide what help you need and which services can help you."

If you have questions about respite care, call the Stroke Helpline on **0303 3033 100**.



Finding friendship through Stroke Clubs

For the many people who aren't getting the support they need after a stroke, especially those without friends or family nearby, Stroke Clubs and groups provide a lifeline. Sy Richardson tells us what it's meant for him.

The isolation of stroke

"I used to be active and sociable," remembers Sy. "I loved surfing, snowboarding and had great friends. I worked as a cable engineer and was brilliant at maths and English. But that all changed when I was 36 and had the first of four strokes.

"The strokes left me with right sided weakness so I struggle to walk and do everyday things like cooking. I have depression, aphasia and vision problems so I've had to stop working.

"When I left hospital I felt very isolated. I lived on my own in an upstairs flat and I couldn't get up and down the stairs. I couldn't do

the things I loved like taking my dog, Sadie, on long walks. Some days I didn't want to get out of bed. My family live more than 100 miles away and can only visit a couple of times a year and my friends didn't understand what had happened and gradually drifted away. I was very lonely."

Finding my Stroke Club

When Sy's Stroke Association Coordinator, Kim, told him about his local Stroke Club, he turned a corner.

"It changed my life," said Sy. "Getting out of the house for a few hours a week gave me purpose again. We'd do fortnightly exercises and try new things, like



painting and woodwork. I began to feel more positive and motivated.

"Three years on I still look forward to the weekly sessions. The best

thing is the brilliant friends I've made. They know what I've been through and we can support each other. I've got a social life and I no longer feel so isolated."

Do you help run a Stroke Club or group?

Represent your club or group at the UK Stroke Club Conference on 30 September and 1 October 2016 in Nottingham.

Network with like-minded people, learn about support available for your group and share ideas to take back. Places are limited. Book yours by mid-August.

For more information, see stroke.org.uk/UKSCC or call 01527 903 917.

Finding a care home



More than a third of stroke survivors in the UK are dependent on others. For some, this means going into a care home. Finding the right care home can feel overwhelming but getting advice can help.



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

Q Who decides if I need to go into a care home?

Before leaving hospital you'll have an assessment of your health and social care needs. Your preferences should be considered but it may recommend that you're discharged to a care home where you can live with support 24 hours a day. If you're at home and feel you can't cope you can contact your local authority yourself.

Q Do I have an alternative?

As long as you have mental capacity, nobody can force you to go into a care home if you don't want to.

A popular choice if you don't need overnight care or have someone

at home who can help is to stay at home with support from social services. They'll send carers several times a day to help with personal care and preparing meals. Most councils will expect a contribution towards the cost of this and you'll have to undergo a financial assessment. Social services can also arrange adaptations to your home but you may have to pay for some of these and you may have to wait some time for them.

A supported housing scheme might be an option for those able to live independently but who require occasional support.



Q How much does it cost?

Typically around £29,000/year. If you need nursing care, this can rise to around £39,000/year. Social services will carry out a financial assessment to decide how much you'll have to pay towards this. If you have less than £14,250 in capital or assets you won't need to contribute. The value of your home won't be taken into account in a number of circumstances, for example, if your partner is living there.



Q How do I choose a care home?

If your local authority is funding it they'll give you a list of homes suitable for your needs that they're willing to pay for. If you wish to move somewhere which costs more, a friend or relative will need to pay the difference.

**The Stroke Helpline
is here for you. Call
on 0303 3033 100.**



You can check the independent regulator inspection reports to make sure care homes are meeting set standards. Our *Accommodation after stroke* factsheet (stroke.org.uk/accommodation) explains where to find these in your area.

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Congratulations

to our 2016 Christmas Card Competition winner

When Ken Tooby had two strokes at the age of 63 he could no longer walk, swallow or speak. His confidence was broken.

But Ken discovered art as a form of rehabilitation when he was referred to the Stroke Association's Communication Support Service. Having never painted before, Ken was surprised by how much he enjoyed it.

Ken used painting to express himself and found it gave him a sense of control. His self-esteem gradually increased and his confidence started to return. It's gone from strength to strength and Ken is now volunteering at a stroke support group, helping other people with aphasia.

Now an avid painter, Ken entered our annual Christmas

Card Competition and his new found skills were recognised when he won.



His winning design – *Driving Home for Christmas* – is available to buy alongside our full range of cards and stocking fillers in the Christmas Catalogue enclosed with this edition of *Stroke News* and at stroke.org.uk/christmas

You'll also see how to enter your design for the 2017 Christmas Card Competition.

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Or visit **stroke.org.uk/SNsurvey**
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Terms and conditions

- 1) Completed surveys must be received by 30 September 2016.
- 2) Responses will be stored on the Stroke Association's secure files and analysed to improve *Stroke News*. Where you provide personal

information, responses will not be anonymous but will be treated confidentially. Your information will not be passed on to any third parties.

- 3) We'll pick one entry at random to win the voucher. The winner will be contacted by post by 10 October 2016.

Do you need a large print version?

Print one at **stroke.org.uk/summer2016** or
call 01604 687 721 and we'll post you one.



1. About you

1a. Which age group do you fall into?

- ☐ Under 16 ☐ 16-24 ☐ 25-34 ☐ 35-44
☐ 45-54 ☐ 55-64 ☐ 65-74 ☐ 75-84
☐ 85+ ☐ Prefer not to say

1b. Are you;

- ☐ Male ☐ Female ☐ Prefer not to say

1c. Do you consider yourself to have a disability?

- ☐ Yes ☐ No ☐ Prefer not to say

1d. How would describe your ethnic background?

1e. What do you like to do in your spare time?

2. Your experience of stroke (Please tick all that apply).

Which of the following best describes your experience of stroke?

- ☐ I've had a stroke/TIA
☐ A family member had a stroke/TIA
☐ A friend or work colleague had a stroke/TIA
☐ I care for someone who had a stroke/TIA
☐ I attend or run a Stroke Club/group
☐ I'm a health or social care professional
☐ I work in stroke research
☐ I have little/no experience of stroke
☐ Other (please specify): _____

3. Your experience of the Stroke Association and Stroke News

3a. Have you ever done any of the following with the Stroke Association? (Please tick all that apply)

- ☐ Used the help of a Stroke Association Coordinator
☐ Visited our website, stroke.org.uk
☐ Contacted the Stroke Helpline
☐ Visited us on Facebook, Twitter or LinkedIn
☐ Donated to the Stroke Association
☐ Held or taken part in a fundraising event for us
☐ Campaigned/signed a petition to raise awareness of stroke
☐ Volunteered with us ☐ Taken part in one of our raffles
☐ Downloaded or ordered a factsheet
☐ Joined a Stroke Club
☐ Responded to an advert in *Stroke News*

3b. What would you like to read in *Stroke News*?

- ☐ Real life stories about people's recovery after stroke
☐ Lifestyle guidance (e.g. finances, holidays after stroke)
☐ Information about how to prevent a stroke (e.g. exercise, diet advice)
☐ Advice on stroke treatments
☐ The latest stroke research and developments in social care
☐ Updates on events and ways to support us
☐ Readers' letters ☐ Puzzle pages
☐ Recipes ☐ All of the above
☐ Other (please specify): _____

3c. How long have you been reading *Stroke News*?

- ☐ Less than 2 years ☐ More than 2 years

3d. In what situations do you read *Stroke News*?

(Please tick all that apply).

- ☐ I get it by post ☐ I get it by email
- ☐ I read someone else's copy
- ☐ I get it at my local Stroke Club/group
- ☐ I read it in a medical setting (e.g. hospital, GP's surgery, community centre).

3e. How do you want to receive *Stroke News* in the future?

(If this is different to how you currently get it, we'll change your subscription preferences).

- ☐ By post ☐ By email (Please add your email address below)
- ☐ I no longer want to receive *Stroke News*.

3f. If you'd like to be considered for the prize draw or change the way you receive *Stroke News* please include your details:

Your name: _____

Address: _____

Postcode: _____

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3. Lastly, do you have any final comments you would like to make about *Stroke News*, positive or negative?

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Royal Mail delivers!

Since September 2014, Royal Mail staff have been there for thousands of stroke survivors through their partnership with the Stroke Association.

From quizzes, raffles, bake sales and skydives to football matches and hair shaves, they've already raised enough to fund 6,250 Life After Stroke Recovery and Activity Grants and hope to raise enough to fund a total of 10,000 by the end of the partnership.

They've made a massive difference to people's recovery after stroke, funding specialist kitchen appliances and adapted wheelchairs to help make daily life manageable. And they've helped people back into their communities, funding respite breaks and training courses to get back to work.



To find out if a Life After Stroke Grant could help you or a family member contact grants.external@stroke.org.uk or call the Stroke Helpline on **0303 3033 100**.



When Kate Gorman suffered three strokes in one year aged just 20, she thought her life was over. Her confidence suffered and her aspiring plan to study Engineering Management at university was put on hold.

As well as affecting her mobility, Kate got exhausted easily after the stroke and her memory suffered. She struggled to concentrate on tasks like navigating journeys. Driving made her anxious and worn-out which crushed her independence.

Now 30, Kate is positive about the future thanks to a Life After Stroke Grant funded by money

raised by Royal Mail. Kate's grant paid for a satellite navigation system for her car. It's given her back her independence and a feeling of normality.

"It's made such a difference," said Kate. "I no longer have to work out directions when I'm feeling tired or confused – it's saved me hours."

Being confident behind the wheel has helped Kate get out easily and fulfil her passion of raising awareness of stroke. Her efforts were recognised when she won the Volunteer of the Year Award at our Life After Stroke Awards in Northern Ireland.

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STRK08/16



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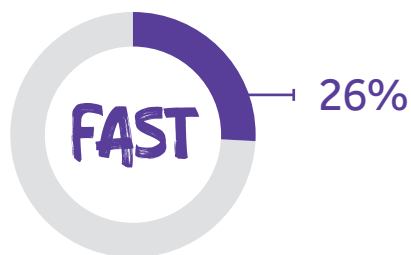
SKE0816

Driving up standards in stroke care



Many stroke survivors rely on the care of a professional to help in their daily lives. It's estimated that between 25 and 40% of people in care homes are stroke survivors but there's an alarming lack of stroke awareness among many care home staff.

A recent study found that of 250 care home staff asked to name the acronym for recognising the signs of stroke, just 26% could remember the FAST test. And only 28% of care homes give a stroke-specific assessment by a specialist stroke team within 72 hours of residents' arrivals.



We believe everyone has the right to the best care after stroke to make the best possible recovery and reduce the risk of further strokes. So, we've launched the Stroke Association Care Award.

This award evaluates care providers against five core standards. It will help stroke survivors and their families make informed choices when choosing a care provider, with the knowledge that levels of stroke awareness and training have been assessed by the Stroke Association and are annually reviewed.

The standards include:

- 1. Training** – Staff receive training to build empathy and recognise and react appropriately to stroke.
- 2. Information** about stroke and its effects is available to staff, those they care for and their families.
- 3. Policy and signposting** – A policy is in place on how staff respond to stroke and where to go to for further help.
- 4. Prevention** – Staff have an understanding that stroke is preventable and have resources to help residents reduce their stroke risk.
- 5. Person-centred care** – Staff are trained on how to adapt care to the needs of those they care for.



To launch the award, we piloted it at five care homes in the UK. We provided training to each home to take steps to increase stroke awareness and helped implement new systems to improve the lives of residents who've had a stroke.

One piloted home has received an Outstanding Care Quality Commission report, attributing the success to the completion of the award.

Over the next three years we're planning to run a further pilot and fully externally evaluate the award so we can extend the award across the UK and make the results available to all stroke survivors and carers.

Fighting back and

When she lost control of her body one evening and couldn't speak, a stroke was the last thing healthy and active 19-year-old Jemimah Waddington expected.

"I remember wanting to scream but every time I tried, nothing came out. I was losing control of my body and couldn't do anything about it. I've never felt so scared," said Jemimah.

"Nothing prepared me for leaving hospital feeling like a different person – back home just a week later, but now disabled and completely reliant on others.

"It made me appreciate how much we take everyday things like brushing our hair and going to the toilet for granted. I'm lucky to have supportive family and friends and the Stroke Association helped me come to terms with what had happened."

Gradually Jemimah began regaining control of her speech. "After four weeks I could say 'yes', 'no' and 'mum' but my confidence went and I often felt it was easier

not to talk. It took a year to say a lot more and for my mobility to improve.

"But I stayed focused on getting better so I could achieve everything I wanted in life. And I wanted to do something to prevent other people going through what I did."

Eighteen months after her stroke Jemimah gave birth to her first child, Edward. Accompanied by him, she took part in the Stroke Association's Give a Hand week in 2015 to raise awareness of stroke and its impacts.

"With my mum and sisters I held a coffee morning. We baked cakes and arranged games for people to play using their weaker hand to see how hard it is if a stroke leaves you with limited movement on one side. We raised more than £330. It was a fun way to spread a very serious message."

giving back

"Nothing prepared me for leaving hospital feeling like a different person."



Give a Hand Week 2016 is coming

We're calling on supporters to Give a Hand to the Stroke Association between 24-30 October and get together over some cake.

Whether you have a tea break at work or make a showstopper for friends at home, a simple donation in return for a slice of cake means we can help more people struck down by stroke. Sign up at stroke.org.uk/GAH or call 0207 566 1511.



The power of research

Sign our petition on page 11 to drive forward access to new treatments.

A remarkable recovery

When a severe stroke struck Jacqueline Keeley at 65, she was suddenly paralysed and unable to talk. She was rushed to hospital and given a pioneering new treatment, thrombectomy. Within two hours she was walking and talking again.

Thrombectomy is a mechanical clot removal technique for people who've had an ischaemic stroke caused by a blockage cutting off the blood supply to the brain. It involves inserting a 'stent retriever' into a blocked artery within six hours of a stroke to remove or break down the clot to restore blood flow to the brain.

Every year in the UK there are around 152,000 strokes. Eighty-five percent of these are ischaemic. One in four strokes is fatal within a year and for people who do survive, half are left with a disability.



Photo @Birmingham Mail

Grateful Jacqueline said "I thought I'd be unable to speak or move for the rest of my life but I was back to normal just a few hours later."

Life-saving research

Now, research funded by the Stroke Association has helped to pave the way towards this new treatment being made available on a wider scale.

The Stroke Association-funded PISTE trial compared the outcomes of two groups of severe ischaemic stroke patients – 32 who received the standard treatment, thrombolysis, and 33 who received thrombectomy as well as thrombolysis.

Three months after their stroke, 20% more patients who received thrombectomy had made a full recovery, compared to the group who received standard treatment alone. It also found thrombectomy can be safely delivered within the NHS.

Currently, thrombectomy treatment is not widespread. But thanks to research, including

the PISTE trial, new national guidelines now recommend the treatment for wider use, setting the stage for thrombectomy to be used on the NHS.

But thrombectomy is a highly skilled operation and stroke services need to be set up to deliver it. A new national stroke strategy is needed to ensure this breakthrough procedure is made widely available to save lives and reduce the effects of stroke.

A stent is a tiny piece of wire mesh a few millimetres long



A clot can be removed or broken down within a blocked artery to restore blood flow



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Classifieds

Please contact Alex Monteith at alex.monteith@redactive.co.uk or call 020 7880 7613 to book

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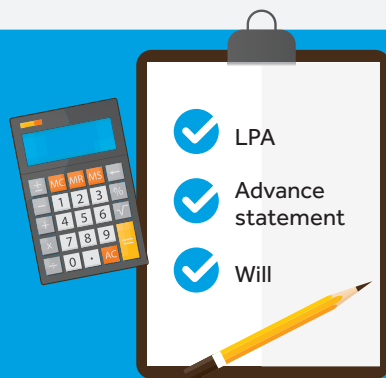
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Money matters



Planning your finances is easy to ignore but if you could no longer sign your name or recall your PIN number or you couldn't make decisions anymore, how would you access and manage your money? Making plans now can save a lot of worry later.

What should I consider when planning finances for the future?

1 A Lasting Power of Attorney (LPA) lets you legally appoint someone to help you make decisions or to make decisions on your behalf, even if you lose mental capacity. You must be 18 or over and have mental capacity to make an LPA. It costs £110 to register an Attorney. If you have a low income or you're receiving certain means-tested benefits, this may be less.

To arrange an LPA see gov.uk/power-of-attorney/make-lasting-power or call the Office of Public Guardian on **0300 456 0300**.

2 An advance statement lets everyone involved in your care know about your wishes if you're not able to communicate them. It's not legally binding but if you lose capacity to make or communicate your wishes, it must be taken into account by anyone making decisions about your care.

3 Making and registering a will is the safest way to look after your loved ones long into the future. If you die without a will, the law decides what happens to your money.



Sophia Lewis, Free Will Scheme Manager at the Stroke Association, tells us how the Free Will Scheme can help you plan ahead and make a difference.

Q Can the Stroke Association help with my will? If you're 60 or over, or a stroke survivor of any age, you can take up our free will offer. We'll put you in touch with a solicitor in your local area who will help you make your will for free.

Q Do I have to remember the Stroke Association in my will? No, but we'd be extremely grateful if you did consider leaving a gift. Whatever the size, gifts in wills play a crucial role if we're to conquer stroke for good.

Q What should I do now? Call us on **020 7566 1505** or email legacy@stroke.org.uk and we'll pop your free will pack in the post.



Financial planning information differs across the UK. If you need advice, call the Stroke Helpline on **0303 3033 100**.

Puzzles

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

Word search

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

CARE	HOLIDAY
ERA	RESEARCH
PUZZLES	DRIVING
WILL	PETITION
CLUB	RESPIRE

Across

- 1 Passport endorsement (4)
8 Hard Italian cheese (8)
9 Represent in drawing (6)
10 Sikh headdress (6)
11 Capital of Italy (4)
12 Direct, command (8)
15 Something that may be found on a beach (8)
17 Go up in flames; stream (4)
18 Arousing strong emotion (6)
21 Root vegetable (6)
22 Eg, VHF (8)
23 Round cheese (4)

Lottery

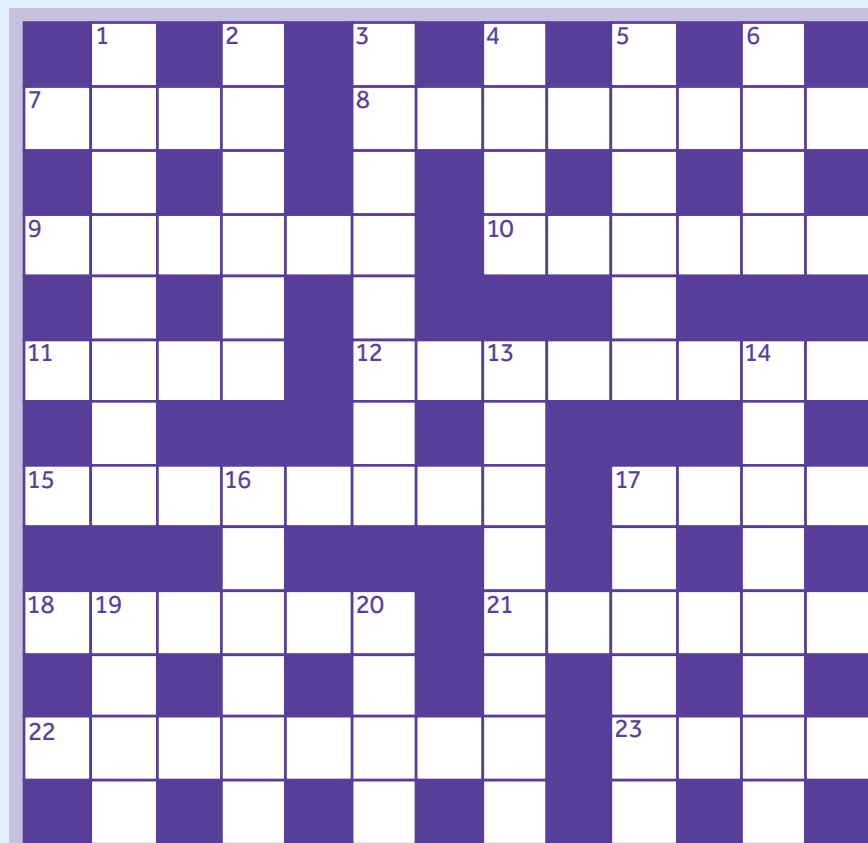
For your chance to win £25,000 every week, play the Stroke Association Charity Lottery. Find out more at stroke.org.uk/lottery



Down

- 1 Conifer fruit (4,4)
2 Local inhabitant (6)
3 WW2 fighter aircraft (8)
4 Legal document (4)
5 Extreme fear (6)
6 Molten rock (4)
13 Isolation (8)
14 Public celebration with processions, music, etc (8)
16 Arachnid (6)
17 Line between countries (6)
19 Egg-shaped (4)
20 Score at football (4)

Solutions
See page
50



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

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.

Thank you to close to 200 of you who wrote to 834 candidates calling on them to take action to prevent stroke if elected in the Welsh, Northern Irish and Scottish elections. More than 96 candidates supported our campaign and now 37 have been elected and will drive forward stroke prevention.



From Plymouth to Dundee and Antrim to St Helier, around 4,000 of you took part in a whopping 53 Step out for Stroke events this spring, helping to raise vital funds to conquer 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 stroke with crucial factsheets.

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

£50 could help us continue investing in research to prevent stroke and improve lives.



Thank you to nearly 2,000 of you for signing up to Make May Purple. More than 20 buildings were lit up purple too including Gateshead Millennium Bridge and Edinburgh Castle.



Hundreds of you volunteered at 473 Know Your Blood Pressure events this spring, checking around 50,000 people's blood pressures to help prevent strokes.

Volunteer spotlight

When a stroke happens, there's a huge amount to take in, both emotionally and practically. Many people feel isolated and overwhelmed. The Stroke Helpline provides information, guidance and support so that nobody has to go through a stroke alone.

Peter gives up his time to sort all of the emails that are sent to the helpline, sending each on to the team member best placed to help. He says "There's a real sense of being part of a team. The helpline team are fun and professional and the care they show is inspiring."

If you need support with stroke get in touch on **0303 30 33 100 / info@stroke.org.uk**



Dates for your diary

Stroke News reader survey deadline 30 September

Send your views back to help improve *Stroke News* and you could win £100 M&S vouchers. See page 25.

New Era for Stroke petition 30 September

Call on the Government to support stroke survivors with a national stroke strategy in England. See page 11.

World Stroke Day, 29 October 2016

Give a Hand to the Stroke Association between 24-30 October to help mark World Stroke Day. See page 36.

GIVE A HAND TO CONQUER STROKE

December 2016

It may only be summer but our Christmas shop is now open! Don't miss out on getting your hands on Ken's card in aid of the Stroke Association. See stroke.org.uk/Christmas or your catalogue with this edition.



Sending them together will save you an envelope and us money on postage!

For more events and ways to get involved in our work, see stroke.org.uk

Crossword

Across: 7 VISA, 8 PARMESAN, 9 DEPICT, 10 TURBAN, 11 ROME, 12 INSTRUCT, 15 SEASHELL, 17 BURN, 18 MOVING, 21 TURNIP, 22 WAVEBAND, 23 EDAM

Down: 1 PINE CONE, 2 NATIVE, 3 SPITFIRE, 4 WRIT, 5 TERROR, 6 LAVA, 13 SOLITUDE, 14 CARNIVAL, 16 SPIDER, 17 BORDER, 19 OVAL, 20 GOAL

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

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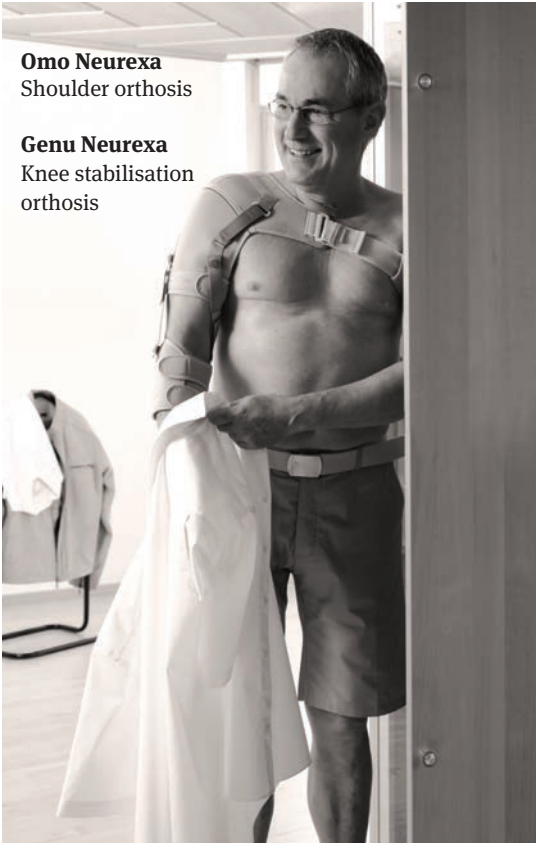
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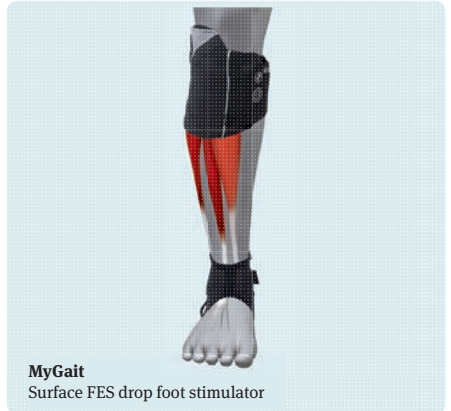
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