

# StrokeNews

A middle-aged man with short grey hair, wearing a grey polo shirt, is smiling and leaning forward. He is in a kitchen, with a sink and wooden cabinets visible in the background. In the foreground, there are some vegetables, including carrots and a red bell pepper, on a pink cutting board.

WINTER 2015

For everyone affected by stroke

## A wake up call

How David reduced his risk of another stroke

Food labels to alcohol units

Demystifying the advice

Winter warmers

Healthy recipe ideas

A carer's perspective

Will shares his story

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

Stroke  
association

# The Stratum homelift from Stannah

gets you between floors safely and easily.



## At Stannah, we know how to help people get on with their lives.

You probably know us for our world famous stairlifts but in fact our business in lifts started back in the 1860s. Since that time we have been helping many people at home and at work travel between floors smoothly, quietly and safely. Today, we offer the Stratum homelift in five different models, with a range of options to suit your needs.

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.

We know the finishing touches are important too. That's why the controls are wireless and we've taken great care to hide the mechanics, so the Stratum will look neat and tidy in your home.

Plus, the Stratum's innovative, self-supporting structure eliminates the need for major changes to your home, leaving you free to enjoy independent living, all at the press of a button.

### Make life easy with the Stratum homelift

- Compact, safe and simple to use
- Powered door with safety glass window
- Safety sensors and battery back-up
- Smooth, stress free installation
- UK-based call centres open 24/7
- 12 month warranty with two services

For your **FREE** brochure or to find out more about the Stratum homelift, contact us online or give us a call.

Ask us  
about our  
stairlifts

**Freephone**  
**0800 715 330**  
**stannahhomelifts.co.uk**

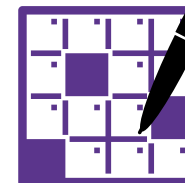
# Stannah

# Contents

## Features

- 10 On the cover** A wake up call to make lifestyle changes
- 20 Too little, too late** The importance of knowing your blood pressure
- 22 Adapting for success** How Oliver overcame one-sided weakness
- 26 Research** Improving upper limb mobility
- 32 I stepped up for stroke** Rick is campaigning with us
- 36 A carer's perspective** Will shares his advice
- 40 Living on in memory** How Michael's children are keeping his memory alive

Puzzle  
pages  
**48**



## Guidance

- 6** Cut the calories to cut stroke risk
- 15** Seasonal, healthy recipe ideas
- 29** Accessing daily living aids
- 30** Money matters
- 42** Visual problems after stroke



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

- **Subscribe to Stroke News for free (in print, online or audio)**
- **Change your preference to online to help reduce postage costs**
- **Unsubscribe.**

Editor **Alex Bolton**

Design **fullyfledgeddesign.com**

Stroke News is published by the **Stroke Association**,  
**240 City Road, London EC1V 2PR.**

**stroke.org.uk**

Helpline **0303 3033 100 / info@stroke.org.uk**

To advertise in *Stroke News*, call Redactive Media Group on **020 7880 7613**.

Volume 33.3 Winter 2015 © Stroke Association 2015

Every effort has been made to ensure that the information provided in this magazine is accurate, but we cannot guarantee accuracy and the information provided does not constitute legal or other professional advice. Opinions expressed in this magazine are not always to be taken as the opinions of the Stroke Association. Advertisements, products or services listed are not necessarily recommended by the Stroke Association.

Stroke News is printed on paper from sustainable sources.

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).

# Welcome...

Winter is one of my favourite times of year. I like wrapping up warm and enjoy hearty meals and Christmas treats.

This doesn't come without its challenges though. Knowing when to turn down another minced pie or mulled wine isn't easy. But what we eat and drink has a major impact on our stroke and secondary stroke risk. So while it's important to enjoy ourselves, it helps to know the facts to make healthier choices.

That's why in this edition we try and demystify the advice, from what five-a-day actually looks like

(page six) to what an alcohol unit is, to understanding food labels (pages seven and eight).

If you're looking for inspiration to change your lifestyle, read David Smith's story (page 10) of losing three stone after a stroke with the support of our stroke prevention services.

I hope you enjoy this edition.

**Alex Bolton**  
Editor



## 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 in your area at **stroke.org.uk/local-support**



### Clubs and groups

provide a lifeline. See **stroke.org.uk/clubs**



### Free factsheets

guide you through all aspects of stroke. See **stroke.org.uk/resources**



### TalkStroke and befriending

Talk to others affected by stroke online or in person. See **stroke.org.uk**



### Financial help

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

## Your views

# Over to you



## Readers' tips



It's 13 years since I had a stroke. I was initially unable to stand and walk and also incontinent. My advice is: Don't refer to the stroke as 'my' stroke because that way you own it, it is 'the' stroke. Don't refer to yourself as stroke 'victim' but survivor. My physio advised "set targets, but attainable ones." When you reach them they are extra special, true yippee moments.



**John M Savage**

My mother had a stroke and couldn't talk, read or write. We laminated pictures of a toilet, cup, etc. so she could show the nurses what she needed. I hope this helps others.



**Sandra Moloney**

*Thank you Sandra. We've developed something similar, available on our website at **stroke.org.uk/communication-aid***  
Editor



I am 82. I had my first stroke in 2011, second in 2012 and a TIA in 2013. Although I've had lots of therapy and exercises I find the best teacher is my great-grandson, Oliver, who leads the way and shows me what to do. This photo brings a smile to my friends and family and I hope it will to your readers too.



**Laurie Knight**

## What would you like to read about?



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



# How a healthy diet can reduce our risk of stroke

A poor diet can increase our stroke risk. Diets high in salt and saturated fat can raise blood pressure and cholesterol, narrowing arteries and increasing the chance of clots forming.

Around Christmas we're surrounded by food and drink. Understanding a balanced diet can help us make healthier choices while still enjoying ourselves.

## We often hear about it, but what does 5-a-day look like?

Eating five or more portions of fruit and veg a day can reduce stroke risk by 30% but only 15% of UK adults meet the target.



One portion = 80g, for example:

- ➔ one apple
- ➔ two plums
- ➔ a handful of berries
- ➔ three tablespoons of fruit salad
- ➔ three tablespoons of vegetables (raw, tinned or cooked)
- ➔ a dessert bowl of salad.

### Don't get caught out

**! Fruit Juice** | A 150ml glass of unsweetened, 100% fruit juice counts. But drinking more won't add extra portions.

**! Potatoes** | Potatoes don't count because they're a starchy food. But sweet potatoes do count.

## What does a balanced diet look like?

The eatwell plate shows what proportion of what you eat should come from different food types.

**12%** meat, fish, eggs, beans and other non-dairy sources of protein

**8%** foods and drinks high in fat and/or sugar

**33%** bread, rice, potatoes, pasta and other starchy foods

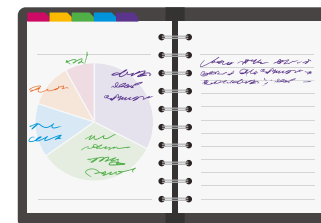


**15%** milk and dairy foods

**33%** fruit and vegetables

### Top tip: A food diary

Draw out a blank eatwell plate. Over a week, after every meal and snack, add what you've eaten to the right section. This can highlight if you're eating too much or too little of certain food types to help you adjust your diet.



## Understanding food labels

There's a lot of information on the food we buy. But if a product doesn't have a traffic light system, it can be hard to understand the numbers. NHS guidelines below help you spot if a food is high in fat, saturated fat, sugar and salt:



Some medication can be affected by what we eat. If you take warfarin or statins, speak to your GP before making big changes to your diet.



### Total fat

**High:** more than 17.5g of fat per 100g

**Low:** 3g of fat or less per 100g

### Saturated fat

**High:** more than 5g of saturated fat per 100g

**Low:** 1.5g of saturated fat or less per 100g

### Sugars

**High:** more than 22.5g of total sugars per 100g

**Low:** 5g of total sugars or less per 100g

### Salt

**High:** more than 1.5g of salt per 100g (or 0.6g sodium)

**Low:** 0.3g of salt or less per 100g (or 0.1g sodium)



Typical values	Per 100g
Energy	328kJ 78kcal
Fat	0.2g
-of which saturates	Trace
Carbohydrate	12.5g
-of which sugars	4.7g
Fibre	3.7g
Protein	4.7g
Salt	0.6g

## Understanding alcohol

Regularly drinking large amounts of alcohol contributes to a number of conditions that increase your chances of stroke including high blood pressure, type 2 diabetes and atrial fibrillation.

**How much?** Doctors recommend women shouldn't drink more than 14 units a week and men shouldn't drink more than 21 units a week.

**How often?** Women shouldn't regularly drink more than 2-3 units/day and for men 3-4 units/day.

**What's a unit?** Multiply the volume of the drink (in ml) by the ABV (alcohol by volume measured as a percentage) and divide by 1,000.

### Tips for cutting back

- 1 A drinks diary can help you see the units you're drinking.
- 2 Keep to smaller sizes – a bottle, not a pint.
- 3 Find different ways to relax like yoga.
- 4 Alternate alcoholic drinks with water or a sugar-free soft drink.



**Small wine**  
125ml, ABV 12%  
1.5 units



**Pint of higher-strength lager/beer/cider**  
568ml, ABV 5.2%  
3 units



**Single small shot of spirit (e.g. gin/rum/whisky)**  
25ml, ABV 40%  
1 unit



**Bottle of lager/beer/cider**  
330ml, ABV 4.5%  
1.7 units



Drinking alcohol when you're taking medication can be harmful, particularly if you're on blood-thinning medication, like warfarin. Always speak to your doctor.

# A wake up call

A poor diet and lifestyle can be a time-bomb for stroke. When David Smith from Durham had a stroke last year at 50 he had no idea he was at risk. But he's made huge changes to prevent another stroke so he can be there for his family.

"I sat for long hours every day in a stressful job. I ate badly as a comfort. Whatever spare time I had I wanted to spend with my wife and three-year-old daughter so exercise wasn't a priority. I had no idea my diet and lifestyle could cause a stroke," said David.

David suffered weakness down his left side, fatigue and depression. Desperate to get back on track, he returned to work three months after leaving hospital. But four months later he wasn't coping and decided to get some help to focus on his health and family.

"Natalie and Joanne from the Stroke Association came to see me at home. They checked my blood pressure, cholesterol and medication and warned me that

around one in three people go on to have another stroke or mini-stroke. It was a huge wake up call, which forced me to change.

"Natalie helped me plan long and short term goals to help me lose weight. She broke down the next steps so it didn't feel overwhelming. She got me involved in a Stroke Association prevention course and signposted me to other local services including a diabetes programme, Just Beat It, and a health trainer.

"I got educated about food labels, fats, sugar and salt. I started a food diary to pick up on bad habits and through the prevention course I met others and realised I wasn't on my own which really motivated me. ▶



**"Hearing that around one in three people go on to have another stroke or mini-stroke made me realise how precious life is."**





**"With help from the Stroke Association and my amazing family, I've lost three stone."**

"I started to enjoy cooking with my wife and daughter. Within 10 months I'd lost 1.5 stones.

"But then I hit a brick wall. When you're recovering from a stroke it can be so hard to keep going. The stroke knocked my confidence. But with the help of health trainers I began going to the gym and swimming. It was tough keeping motivated but my friends and family got involved so we could do it together.

"I've now lost three stone in weight. I feel stronger, fitter and positive about the future."

#### David's advice:

1. Don't think of it as a diet but a change in lifestyle – get the whole family into food and exercise and do it together.
2. Set small, achievable goals and be encouraged when you reach them. Keeping food and exercise diaries helps keep you focussed.
3. Meet other stroke survivors through prevention courses and stroke clubs to know you're not on your own.
4. Get support. I couldn't have done this without the help of my family and support services.

**If you need to talk to someone about reducing your stroke risk, contact our Stroke Helpline on 0303 300 100.**

**Amplifon** the world's leading hearing specialist with over 200 hearing centres nationwide



## Claim your **FREE** TV Amplifier

"I first realised I was losing my hearing when I was struggling to hear the TV. I now wear hearing aids and nobody complains about the volume on the TV anymore."

*Dr. Chris Steele MBE*

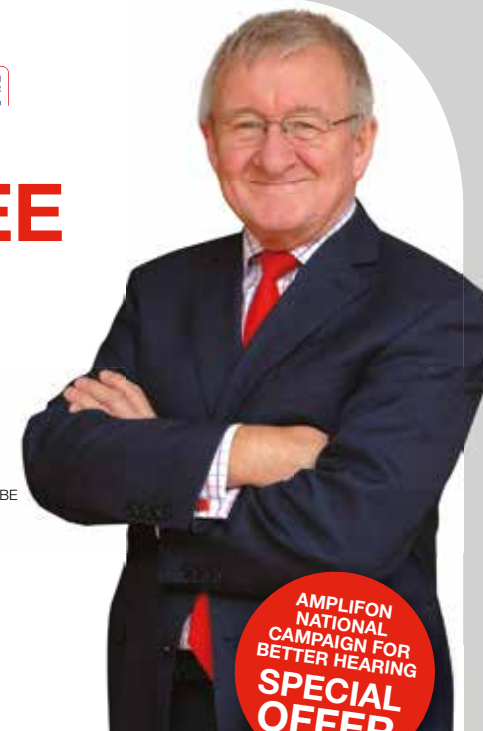
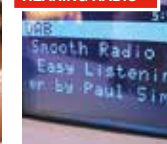
BETTER FOR HEARING THE TV



HEAR MORE CONVERSATION



BETTER FOR HEARING RADIO



**AMPLIFON NATIONAL CAMPAIGN FOR BETTER HEARING SPECIAL OFFER**

### 5000 FREE TV Amplifiers to be given away

Do you struggle to hear the TV too? Now enquirers can receive a **FREE** TV Amplifier. It can help with many everyday sounds, from TV and radio to conversation, even birdsong! Most people with hearing difficulties could benefit from this offer and find out just how much difference clearer hearing can make to their lives.

### Don't miss out – FREEPHONE Amplifon now

This TV Amplifier is **FREE** and yours to keep, with batteries included - to enjoy in the comfort of your own home and surrounding environment. There is no obligation to purchase and all genuine enquirers will be delighted with this **FREE** offer, which is part of the **Amplifon National Campaign for Better Hearing**.

Take advantage of this **Special Offer** for enquirers with hearing difficulties

For details of how to claim your **FREE TV Amplifier** call **FREEPHONE**

**0800 912 7903**

Call today and quote **SN0112**

or complete your details on the coupon opposite and address your envelope to **FREEPOST AMPLIFON** (no stamp required).

**HURRY, LIMITED STOCKS**

Your details may be used to keep you informed about exclusive offers, products and services from Amplifon by mail, phone/mobile, SMS or email. If you do not wish to receive such information, please write to Amplifon, Gateway House, Styal Road, M22 5WY. Your details will not be passed onto third parties.

**Yes!** ☒ Please tell me how I can claim my **FREE TV Amplifier**

Enquiring for Myself ☐ Friend or Relative ☐ (Please tick)

Mr ☐ Mrs ☐ Ms ☐ (Please tick) Other: .....

First name: .....

Surname: .....

Address: .....

Postcode: .....

Telephone: .....

Mobile: .....

Email: .....

(No further address details or stamp required)

SN011215REF

**Post this application now**

This offer is available until stocks of the **FREE TV Amplifier** are exhausted. Please complete and cut out this coupon today and send it to:

**FREEPOST AMPLIFON**

(No further address details or stamp required)

**amplifon** The world's leading hearing specialist

The National Campaign for Better Hearing is a trading name of Amplifon Ltd.

# Difficulty swallowing?

## Feel good about food again.



Puréed Beef & Gravy

If you need mashed or puréed food, mealtimes might not be so enjoyable. Our award winning **Softer Foods** range will help. Used in more than 250 hospitals nationwide, they are approved by hospital dietitians and recommended by speech and language therapists for people who need a softer diet. **Softer Foods** are created to look and taste like ordinary food, and quick frozen for convenience.

Delivery to your door is free. They are appetising, nutritious, easy and safe. So you can relax and begin to feel good about food again.



To order your copy of our free brochure call  
**0800 524 4987**  
**softerfoods.co.uk**

**Softer Foods**  
from  
  
Wiltshire Farm Foods  
taking care of mealtimes

### Guidance

## Cod with Tomato sauce

**Serves 2**  
Prep time 10 minutes  
Cooking time 35 minutes  
Each 441g serving contains:

KCal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions Fruit & Veg
277	20.9g	31.2g	7.1g	0.9g	16.4g	1.1g	3

The traffic light system tells you at a glance if the portion contains high (red), medium (amber) or low (green) amounts of fat, saturated fat, sugars and salt. The more greens, the better!

### Ingredients

- 1 tbsp olive oil
- 1 large onion, peeled and chopped
- 400g tin chopped tomatoes
- 1 tbsp tomato ketchup
- 1 tsp sugar
- 2 bay leaves
- 1 heaped tsp of dried parsley or 1 tbsp of fresh chopped parsley
- black pepper and salt
- 2 thick skinless cod fillets, each weighing approx 150g.

### Method

1. Heat the oil in a non-stick frying pan.
2. Add the onion and fry for 5 minutes until softened.
3. Add remaining ingredients (except the cod), season, bring to the boil, leave uncovered and simmer gently for 15 minutes.
4. Lay the cod on top of the sauce, cover, and simmer for a further 15 minutes until the fish is cooked. Remove the bay leaves.



# Chicken, butter bean and leek pie

Each 525g serving contains:

KCal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions Fruit & Veg
495	62.8g	34.5g	11.1g	5.8g	10.3g	1.2g	2

## Serves 4

Prep time 20 minutes

Cooking time 50-60 minutes

## Ingredients

- 1 tbsp oil
- 2 large boneless, skinless chicken breasts, cubed
- 2 leeks, sliced
- 2 tbsp flour
- 600ml semi-skimmed milk
- 2 tbsp fresh tarragon, chopped
- 50g mature Cheddar, grated
- 1 x 420g tin butter beans, drained and rinsed
- 750g potatoes, cooked and mashed
- knob of butter.


## Method

1. Preheat the oven to 200°C/ gas 6. Heat the oil in a saucepan, add the chicken and leeks and fry for 4-5 minutes until the chicken begins to brown.
2. Stir in the flour and 450ml of the milk, bring to the boil and stir until thickened. Stir in the tarragon, half the Cheddar and the butter beans and season. Tip into an ovenproof dish.
3. Mix together the mashed potato, remaining milk, butter and remaining Cheddar and spoon over the chicken mixture.
4. Place the pie in the oven and cook for 20-25 minutes until golden and bubbling.

# Sweet potato soup

This thick soup is good to try if you experience swallowing problems after stroke.

Each 385g serving contains:

 Suitable for vegetarians

KCal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Portions Fruit & Veg
276	55.8g	4.4g	3.0g	0.1g	17.4g	1.7g	2.5

## Serves 4

Prep time 10 minutes

Cooking time 25 minutes

## Ingredients

- 1 tsp oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 small carrot, chopped
- 450g sweet potato, peeled and chopped
- 450ml vegetable stock
- 2 tbsp fresh parsley, chopped
- salt and black pepper

## Method

1. Heat the oil in a pan, add the onion and garlic and fry for 3-4 minutes, until softened.
2. Add the carrot and the sweet potato and fry for 2-3 minutes.
3. Pour over the stock, bring to the boil and simmer for 12-15 minutes, until veg is tender.
4. Transfer to a blender or food processor and blend until smooth.
5. Return to the pan, stir through the parsley and season.

Thanks to Diabetes UK for these recipes. Enjoy Food is Diabetes UK's healthy eating resource for people with diabetes – a condition that increases stroke risk. For hundreds of recipes and tips see [diabetes.org.uk/Enjoy-Food-advice](http://diabetes.org.uk/Enjoy-Food-advice)



# Enjoy safe, relaxing bathing again...

Fitted in  
**1 HOUR**  
for FREE!

The AquaLift® will lower you easily into your bath, at the touch of a button...

- ✓ No building or plumbing required
- ✓ Fits onto your existing bath
- ✓ Fully guaranteed for total peace of mind



INDEPENDENT CUSTOMER RATING†

**feefo**  **99%**  
POSITIVE RATING

"Delighted with my AquaLift, it's so wonderful to lie back in a deep bath and have that lovely long soak, what a treat!!"



**AquaLift®**

To order your FREE brochure call

**0800 028 2802**

or visit **www.aqualift.uk.com**

†Overall Willowbrook customer product rating as of 17/05/15. STRK08/15q

## Guidance

# Reducing your stroke risk

63% of people who've had a stroke live in fear of having another one. But it's important to remember that we can all take steps to reduce our stroke risk.

### High blood pressure:

- Contributes to more than **50%** of strokes.



- It has **no symptoms** and affects people of all ages.



- It's the **biggest risk factor** we can control. Improving our diet, stopping smoking and drinking less alcohol can lower blood pressure.



- An estimated **6.8 million** people in the UK have undiagnosed high blood pressure.



There's no way to know your blood pressure unless you have it regularly checked.



**23 April 2016 is Know Your Blood Pressure day**

Throughout April, we'll be checking blood pressures all over the UK in partnership with Rotary International in Great Britain and Ireland.

Encourage your friends and family to come along or get in touch to organise an event in your local area or workplace. Find out more at **stroke.org.uk/kybp** or call **01527 908 918**.

Last year we checked 50,000 people's blood pressure. We referred 7,500 to their GP to help reduce their blood pressure and stroke risk.



# Too little too late

Curtis Edwards from Wythenshawe knows all too well the risks of high blood pressure. After suffering heart palpitations, he finally went to see his doctor. Curtis discovered his blood pressure was an alarming 193/96. He was immediately put on medication to lower it.

But, just three months later, the father of three started to feel dizzy and weak. He couldn't tie his shoelace and his speech was slurred. His wife called an ambulance and Curtis was rushed to hospital.

Curtis had had a massive stroke. A blood clot had formed as a result of high blood pressure. He lost all movement down his right hand side and could no longer work. He was just 37.

Since his stroke, Curtis has been supported by a Stroke Association coordinator, Helen, to make changes to his lifestyle to lower his blood pressure and reduce his risk of another stroke.

Curtis said: "I would encourage everyone to have regular blood pressure checks. I was too late getting mine checked and, sadly, went on to have a stroke because of it. As well as taking medication to keep my blood pressure down,



"I was too late getting my blood pressure checked and went on to have a stroke because of it."

I've now also changed my diet and cut back on salt and sugar."

Some ethnic groups, including African-Caribbean and South Asian people are more at risk of blood pressure problems.

To find out more about how to reduce your blood pressure, see our factsheet at [stroke.org.uk/BP](http://stroke.org.uk/BP) and see our diet pages on pages 6-9.



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



**120/80** The ideal blood pressure for a healthy adult is less than 120/80mmHG.



**140/90 +** You're said to have high blood pressure if it's consistently higher than 140/90mmHg on a number of different occasions.

# Adapting for success

In 2005 a devastating stroke changed Oliver Sweeney's life in an instant. He couldn't walk or talk and could no longer draw the exquisite shoe designs his world-class business were built on.

"Oliver went from being a very articulate, witty man, to only being able to say 'yes'. He couldn't read and struggled to understand what people were saying," said his partner Helen.

"He'd designed shoes for Elton John and the England rugby squad but suddenly he couldn't hold a pencil. His passion and career seemed over."

## Persistence pays off

But Oliver refused to give up. With help from the Stroke Association he got access to support and with sheer grit, he made huge progress.

He used an exercise bike to strengthen his right leg and Functional Electrical Stimulation (FES) to help with drop foot. Within a year he could get out of his wheelchair. Now, he can walk 10 miles.

With help from a speech therapist he can now make himself



Photography by Matt Austin/Devon Life

understood. He does iPad exercises and still says a new word every day.

But the most important part of Oliver's rehabilitation was getting back to designing shoes.

"He spent five hours every day learning to draw using his left hand," said Helen. "He refused to give up."

## Relaunching his career

"We were told Oliver wouldn't see any more improvements after two years," said Helen. "It was rubbish. He still makes progress every day."

Ten years on, he's relaunched his career under a new brand, Jack Moran. He's travelled from Florence to Shanghai to show everyone he's back in business.



**"Oliver spent four to five hours every day learning to draw using his left hand. He refused to give up."**



# Give a hand



More than three-quarters of people lose the use of one of their hands after a stroke. Often they require extensive rehabilitation to get the movement back or have to re-learn how to do the things they've always done, using their other hand.



In October, we set our supporters the challenge of turning passion into action by doing the activities they love but using their weaker hand. Thank you to everyone who helped us raise thousands of pounds and spread the message that it's important to Act FAST for the best chance of recovery and to prevent the need for extensive rehabilitation.



You pledged your support and took part in activities using your weaker hand from bowling to ping pong and pumpkin throwing.

It's not too late to get involved and encourage your friends and family to try something too. Find out more at [stroke.org.uk/GAH](http://stroke.org.uk/GAH)



**HSL**  
your  
chair specialists

A huge range of chairs, sofas and beds to make sitting and sleeping easier.

Family Run  
— Since 1968 —



Linton Standard Dual Motor Riser Recliner

Higher seats with back support, for easier sitting and rising from £199



Many matching sofas available



Recliner Chairs . . . sit, relax or snooze

Riser Recliners VAT-Free\*

Linton Standard Dual Motor Riser Recliner



Lift you to your feet and recline you to relax

Reclining Swivels from £398

Drop-Arm Sofas from £439

Electrically Adjustable Beds including mattress & headboard from £448\*



300 FABRICS AND LEATHERS • VAT-FREE\* • FREE DELIVERY (UK MAINLAND) • 46 YEARS OF COMFORT

See our huge range at your local HSL store

Mon-Sat 9am-5pm  
Sunday 10am-4pm

FREE PARKING at all stores

**NORTH**  
Aintree L9 5AW  
Tel. 0151 5230614  
Blackpool FY3 7AT  
Tel. 01253 305098  
Bolton BL1 2SL  
Tel. 01204 860433  
Chester CH1 4JE  
Tel. 01244 314620  
Dewsbury WF13 2DU  
Tel. 01924 464796  
Greater Manchester SK1 2BU  
Tel. 0161 4805281  
Guiseley LS20 8LZ  
Tel. 0113 8199930  
Hull HU6 7PL  
Tel. 01482 236705

Newcastle-upon-Tyne NE21 5ST  
Tel. 0191 4140089  
Rotherham S66 2TP  
Tel. 01709 546705  
Stockton-on-Tees TS18 2SP  
Tel. 01642 618433  
York YO30 4WZ  
Tel. 01904 406688  
**MIDLANDS**  
Birmingham B17 8DU  
Tel. 0121 4296566  
Henley-in-Arden B95 5BA  
Tel. 01564 795787  
Leicester LE3 2RB  
Tel. 0116 2437432

Lichfield WS13 6UY  
Tel. 01543 439772  
Lincoln LN5 8QJ  
Tel. 01522 775805  
Newcastle-under-Lyme ST5 9ED  
Tel. 01782 631953  
Nottingham NG9 3JA  
Tel. 0115 9394509  
Peterborough PE2 7BX  
Tel. 01733 860003  
Shrewsbury SY1 4NU  
Tel. 01743 21267  
**LONDON & S. EAST**  
Caterham-on-the-Hill CR3 5PE  
Tel. 01883 332998

Farnborough GU14 7PG  
Tel. 01252 856915  
Henley-on-Thames RG9 1AG  
Tel. 01491 411812  
Letchworth SG6 1LJ  
Tel. 01462 482310  
Maidstone ME15 6RQ  
Tel. 01622 828458  
Milton Keynes MK12 6HS  
Tel. 01908 711290  
Norwich NR6 6EP  
Tel. 01603 673940  
Romford RM11 1PZ  
Tel. 01708 474133

**Southeast-on-Sea** SS6 7LF  
Tel. 01702 567357  
**Tolworth** KT6 7AZ  
Tel. 020 8987 5471  
**SOUTH COAST**  
Brighton & Hove BN3 7BA  
Tel. 01273 711576  
Poole/Bournemouth BH12 1DA  
Tel. 01202 765037  
**St. Leonards-on-Sea** TN38 0DX  
Tel. 01424 460511  
**Southampton** SO30 4FN  
Tel. 01489 787851

**WALES & S. WEST**  
Bristol BS10 6PZ  
Tel. 01179 508253  
Cardiff CF11 8EF  
Tel. 02920 707287  
Cheltenham GL51 9RR  
Tel. 01242 578334  
Plymouth PL1 3FQ  
Tel. 01752 263683  
**SCOTLAND**  
Aberdeen AB24 2BQ  
Tel. 01224 660958  
Bathgate EH48 2AG  
Tel. 01506 650579  
Glasgow G13 2TG  
Tel. 0141 9540290

Request your **FREE fabric card & catalogue today!**

Your pack includes 59 real fabric and 21 real leather samples, as well as our full range of chairs

Call **01924 507050**  
or visit [www.hslchairs.com](http://www.hslchairs.com)

Quote SN53. Calls answered 24 hours a day, 7 days a week

\*Orders received before 12pm will be delivered in two working days. Restrictions apply, see in-store or online for details at [www.hslchairs.com](http://www.hslchairs.com).  
\*All riser-recliners and adjustable beds are VAT-free for eligible customers.

Please post this coupon for your FREE catalogue pack

Name

Address

Postcode

Email

HSL (Dept. SN53), Freeport LS6434,  
Bradford Road, Dewsbury WF13 2BR

NO STAMP REQUIRED

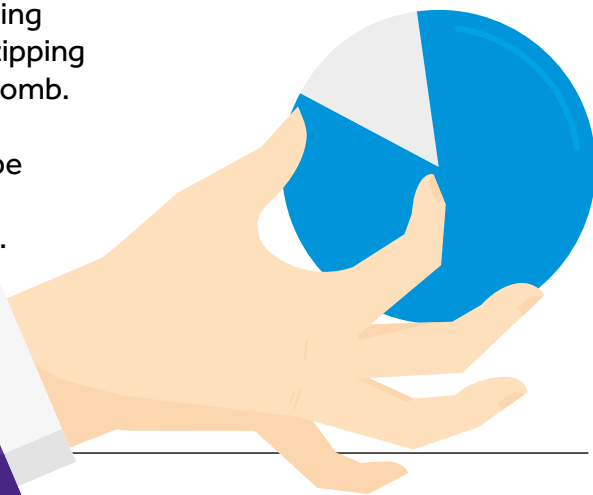
# Improving upper limb mobility after stroke

About 85% of stroke survivors experience weakness in one arm. This can affect their ability to wash, dress and eat, and seriously reduce their independence.

For people with upper limb weakness, reaching to grasp an object can be extremely hard. But it's the most common arm activity we do in everyday life. That's why we've funded research to improve upper limb rehabilitation through the 'Reach-to-Grasp' project at the University of the West of England.

The project examined the feasibility of stroke survivors with upper limb weakness repeating task-specific exercises, like zipping up a jacket and picking up a comb. The study aimed to find out whether this therapy could be done at home and whether patients found it acceptable.

Over a period of six weeks the researchers compared the training with the rehabilitation people would usually receive. They found that those who received the reach-to-grasp training were able to perform significantly more repetitions (2000 repetitions) of their rehabilitation exercises than those who had received usual care (40 repetitions), and that patients found it suitable to do at home.



Dr Ailie Turton, lead researcher on the study, said:

"Much like a sports coach, the therapist encourages lots of repetitions of various arm and hand actions to promote improved reaching and grasping performance. Most of the participants reported better use of the arm after the training, including improvements with practical tasks like putting on and taking off a wheelchair brake, putting on socks, tying shoe laces and brushing hair."

These findings pave the way for larger, definitive trials to answer how well reach-to-grasp therapy works. If successful, these studies could provide evidence for the introduction of this therapy into rehabilitation services to help people with upper limb problems after stroke, which they can carry out at home.



**85% of stroke survivors experience weakness in one arm**

## Our research

The research we fund saves lives and helps stroke survivors make their best possible recovery. We can only do this thanks to voluntary donations.

If you'd like to support stroke research, please call **0300 330 0740** to make a donation or visit **[stroke.org.uk/donation](https://stroke.org.uk/donation)**



# medimotion

GET MOVING EVERYDAY...

Take enjoyable effective exercise at home with **MOTomed's** passive, assisted & active therapy system



- Easy to use software with a range of training programmes, spasm control and analysis

- Used extensively in UK hospitals, therapy centres and private homes



**INTEREST FREE HIRE/BUY PLAN AVAILABLE**

Call now for a FREE demonstration: **01559 384097**

- Wide range of arm and leg accessories



Sole UK importer for  
**RECK MOTomed**



Childrens Model



Bed Model



Parkinsons

**able**

MAGAZINE PRODUCT AWARDS



**able**

OVERALL RATING

**tel: 01559 384097**

sales@medimotion.co.uk www.medimotion.co.uk

## Making everyday life easier

Whether you need help dressing, getting around or eating, there are aids that can help make everyday tasks easier.

Our new shopping partner, Essential Aids, may have just the thing for you.

Essential Aids has a huge range of items for mobility, leisure, the kitchen and bathroom with products as varied as adapted cutlery and non-slip plates, to gadgets to help with dressing or equipment to build muscle strength and coordination.

To find the aids and adaptations you need, go to **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% to the Stroke Association.

# Money matters

Having a stroke can have a big impact on your finances. Our research found people's income goes down but their bills go up. As we use more gas and electricity in winter, and with Christmas coming up, this time of year can be particularly hard.

Here are some things to consider in winter:

## 1. Help towards heating costs

➔ Most people born on or before 5 January 1953 are eligible for a Winter Fuel Payment to help towards fuel bills. Most people get the payment automatically. If you don't, find more information at [gov.uk/winter-fuel-payment](http://gov.uk/winter-fuel-payment)

➔ The British Gas Energy Trust gives grants to people in England, Scotland and Wales to help clear gas and electricity debts. You don't need to be a British or Scottish Gas customer to apply. See [britishgasenergytrust.org.uk](http://britishgasenergytrust.org.uk) or contact your own provider to see if they have a scheme.

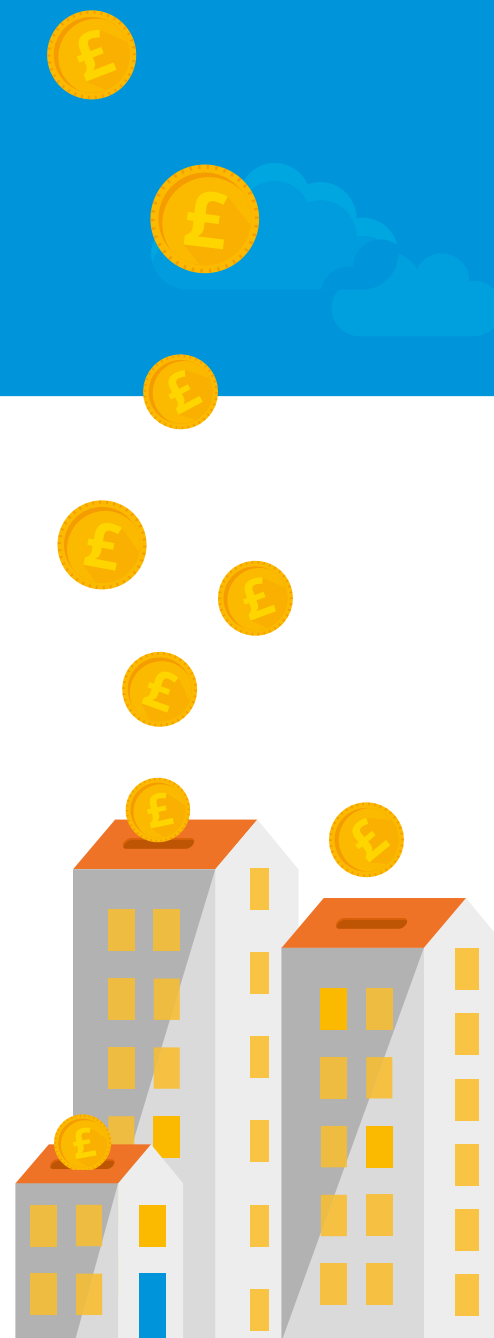
➔ Our Life After Stroke Grants can help towards critical costs such as food and fuel. Find out more at [stroke.org.uk/grants](http://stroke.org.uk/grants)

## 2. Help with healthcare costs

If you claim benefits or have a low income you may be able to get help with the cost of NHS prescriptions, dental care, fares to get to appointments, eye tests and glasses. Call **0300 330 1341** or see [www.nhsbsa.nhs.uk/1125.aspx](http://www.nhsbsa.nhs.uk/1125.aspx) for more information.

## 3. Get the right advice

If you're struggling with money worries contact the Money Advice Service, a free government-backed advice service. Call **0300 500 5000** or see [moneyadviceservice.org.uk](http://moneyadviceservice.org.uk)



## Have you had your flu jab?

If you're 65 or over or have a long-term health condition, contact your GP or pharmacist to get your free flu jab. Flu can lead to serious complications and can be deadly. If you're a carer you might also be eligible for a freebie.

Don't forget if you're 65 or over you're also entitled to the pneumococcal vaccine to protect you from pneumonia.

## Unwell over the holiday period?

If you need help when your GP surgery or pharmacy is closed, call NHS 111 to speak to an adviser who can direct you to local services that are open.



# I stepped up for stroke

Rick Hein woke up in hospital to find he had limited movement in his right arm and hand. Most frightening for Rick, he also found he couldn't speak. He'd had a stroke.



Three years on, Rick still suffers with aphasia, making communication difficult, but he's passionate about using his experience to help others.

He supports other stroke survivors with aphasia and shares his experience at events to improve understanding of stroke. But Rick also recognises that for stroke survivors to access the best possible support, action needs to be taken at a Government level. That's why he campaigns with us.

Rick met his MP to explain the positive impacts technology can have for stroke survivors. In July he joined other stroke survivors to demonstrate against the Government's plans to cut support for disabled people claiming Employment and Support Allowance in future.

"The support I've had has changed my life. I was incensed at rumours that support could be cut and I stepped up. It feels good to use my experiences and knowledge of stroke to educate and influence others," said Rick.

## Why do we campaign?

Stroke survivors and carers have helped us campaign for key changes to how people are supported after stroke. Together, we've ensured stroke is recognised as a medical emergency and shown that, with the right support, there is life after stroke.

But there's still more to be done. We need to:

- Keep stroke a priority
- Reduce the variation in the quality of stroke care
- Ensure there's support so stroke survivors can live independently, return to work and overcome the emotional impact of stroke.

## You can help us push for these changes.

- 1 Join our online Supporters' Network to take action on stroke. See: [stroke.org.uk/supporters-network](http://stroke.org.uk/supporters-network)
- 2 Tell us why stroke should be a priority for policy makers. Write to us at:  
**Freepost  
RRKR-RGLE-LGAE,  
Policy Team,  
Stroke Association House,  
240 City Road,  
London, EC1V 2PR.**

# Easy Care, Easy Wear Skirts

**Perfect For Any Occasion!**

- **Brighten Up Your Summer Wardrobe**
- **Stylish and Comfortable**
- **Fully Elasticated Waistband**
- **Five Pretty Floral Prints**
- **Fits From Size 8 to 36**

These smart, stylish floral print skirts are a wardrobe essential! Available in five versatile floral prints to complement your favourite blouses and tops. Fitted with a discrete fully elasticated waistband that ensures you are comfortable at all times.

**Also Available in These 5 Prints!**



**100%  
POLYESTER**

**44237  
Floral  
Serenade**

Skirt length  
approx  
72cm (28")



**Sizes  
8 to 36  
Inclusive**

was ~~£14.99~~  
now only  
**£9.99**

**RAPID PHONE ORDERING SERVICE**

**0871 472 4250**

Mrs/Ms/Mr \_\_\_\_\_ Initials \_\_\_\_\_ Surname \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_ Tel No \_\_\_\_\_  
Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Email \_\_\_\_\_

Style Name	Code	Sizes(s)	Quantity	Total Price
Summer Burst	13666			
Pink Confetti	16207			
Lilac Dreams	17424			
Blue Cascade	17467			
Vibrant Haze	34411			
Floral Serenade	44237			
Please Add £3.99 P&P To Your Order				Total £

**SATISFACTION GUARANTEED OR YOUR MONEY BACK  
WITH OUR LIFETIME GUARANTEE!**



**Healthy Living Direct, Wadsworth Road,  
Driffield, YO25 9DJ**

I enclose my cheque/PO for £ \_\_\_\_\_ inc. p&p (made payable to **Foot Friendly**)

OR debit my Mastercard/Visa/Maestro Card:

Card No. \_\_\_\_\_  
Start Date \_\_\_\_/\_\_\_\_/\_\_\_\_ End Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Issue No. \_\_\_\_\_  
Card Security No. \_\_\_\_\_ Last 3 Digits On \_\_\_\_\_  
Signature \_\_\_\_\_

**MEDIA CODE  
EST533**

Kingstown Associates Reg in England No. 6742414

**RAPID DESPATCH**

**Thicken  
Aid**  
The perfect choice for  
instant food thickening



info@thickenaid.co.uk



www.thickenaid.co.uk



01942 816 184

## Supporting you through Dysphagia

The instant food thickener specially designed for the dietary management of people with Dysphagia



**Blends quickly & efficiently** : Whether dinner or a snack, Thicken Aid acts with speed



**Consistency** : Thicken Aid thickens liquids hot or cold and pureed foods to *any* required consistency



**25% cost saving** : Compared to the leading prescribed brand, Thicken Aid saves the NHS money!

Call **01942 816 184** today for a free sample for testing at your next team meeting, or for further information.



**Available on  
Drug Tariff.**

Thicken Aid is available in  
225g re-sealable  
tubs & 100 x 9g  
sachets



# A carer's perspective

When Will Hyde was 19 his mum had a stroke which left her unable to walk. She suffered acute fatigue and needed round-the-clock care. Will deferred university and put competitive cycling on hold to look after his mum.

He said "I thought to myself 'I was a boy before. Now I'm going to have to be a man. Forget about everything else; if I can get mum back to how she was and she can have a good life again, I'll have done the best I can.'"



Will got up at 5.30am for work every day to manage the family's finances. After work he cooked, cleaned and did the laundry. He managed his mum's medication, daily physiotherapy exercises and went to all of her rehabilitation appointments.

Fifteen months on, Janice could walk up and down stairs. Both she and the Stroke Rehabilitation Team credit Will for her remarkable progress. Janice said, "I can do most things now because Will's helped me learn that if I push hard I can get there."

Find out more about Will's story at [stroke.org.uk/will](https://stroke.org.uk/will)



## Will's advice to carers

- 1. Find someone to talk to.**  
I bottled things up but eventually I couldn't hold it in any more. I spoke to a friend but it could be a professional.
- 2. Take time for yourself.**  
Everything was completely new to us and at first I had no time for myself. We agreed that I'd have one hour a day. I might just watch TV but I could clear my head.
- 3. Take advantage of help.**  
My sister got a lot of help from the Stroke Helpline. Mum found our coordinator, Jill, good to talk to and she helped with practical issues like the delivery of mum's wheelchair.
- 4. Set goals.** Mum wanted to walk within two years. We set short-term goals to help her get there. I kept reminding her where she wanted to get to and how far she'd come to keep her motivated.
- 5. Find their 'happy'.** I found mum was happiest when she was out of the house. If she started feeling down, we'd go to Tesco or for a coffee.

More than a **third** of stroke survivors in the UK are dependent on others.



**One in five** is cared for by family and/or friends.



## Do you need support being a carer?

Call our Stroke Helpline on **0303 3033 100** to find out how we can help.



"It's been a challenge but I'd like to think most people would do the same when someone they love is vulnerable."

# Do you know someone truly inspirational who's been affected by stroke?

Will's amazing courage caring for his mum after her stroke was recognised when he won a Life After Stroke Award this year.



The Life After Stroke Awards celebrate the incredible achievements of people affected by stroke – from stroke survivors and health care professionals to volunteers and carers, like Will.

"I was really blown away to get an award like this. Stroke turned our lives upside down, it's been a challenge but it was never the end of the story," said Will.

If your workplace would like to sponsor an award, contact Louise on [louise.riddick@stroke.org.uk](mailto:louise.riddick@stroke.org.uk)

## Nominations for the 2016 awards are now open!

Give someone the recognition they deserve. Nominate at [stroke.org.uk/lasa](http://stroke.org.uk/lasa) or call **01527 903 927** to request a paper nomination form.



**Will won the Carer Award.**  
**Read his story on page 36**

## Classifieds

Please contact Alex Monteith at [alex.monteith@redactive.co.uk](mailto:alex.monteith@redactive.co.uk) or call 020 7880 7613 to book

**MOBILITY NATIONWIDE** Call us on **01824 707773**

**Quality Used Wheelchair Accessible Vehicles Supplied Throughout The UK**

**View Our large Range Of Vehicles**  
[www.wheelchairaccessiblevehicles.com](http://www.wheelchairaccessiblevehicles.com)

**ACORN STAIRLIFTS**

**Regain the freedom of your home with an Acorn Stairlift**

- Next day installation available
- 365-day local service and support
- Safe and reliable
- New or reconditioned
- Local surveyors, local engineers

**Call now on freephone 0800 326 5149**  
for your FREE Dr Hilary's DVD guide to stairlifts

All Acorn Stairlifts carry the Arthritis Foundation's Ease-of-Use Commendation

**CHURCHILL'S HOMECARE**  
Helping you every step of the way

**Buyback guarantee on all our stairlifts**

- ✓ FREE TouchClean® antibacterial coating
- ✓ Stairlifts suitable for any staircase
- ✓ Stay in the home you love
- ✓ Fast installation available\*

\*Conditions apply

**Call FREE 0808 231 7640**  
[www.churchillshomecare.co.uk](http://www.churchillshomecare.co.uk)

**Cornwall. Near Truro**  
"Truly accessible self catering accommodation"

Two specially converted and detached holiday cottages both fully ensuite. We can provide free use of electric profiling beds, air mattresses, hoists, shower chairs, riser recliner chairs plus a wide range of extra equipment to make your stay easier and more comfortable. Care is also available locally. We are only 15 mins from Truro and 30 mins from the Eden Project and Lost Gardens of Heligan, making Treworgans the ideal place to explore this beautiful county.

**01726 883240 / 07762 173860**  
[www.treworgans.co.uk](http://www.treworgans.co.uk)



# Living on in memory

Michael O'Donnell had a catastrophic stroke aged 38 shortly before Christmas last year. Tragically, the treatment that could clear the clot and save his life hadn't passed medical trials and Michael passed away leaving behind his wife and four young children.

Michael's family have pulled together over the last year to keep his memory alive. They set up a Stroke Association Remembrance Fund to raise money so that in the future the treatment that Michael needed, can save others' lives.

"For the children to lose their dad at such a young age was heart-wrenching," said Michael's partner Amanda. "A year on, we're trying to rebuild our lives and move forward. The fundraising events that the children have been involved in have really helped them to focus on something positive.

"They know their daddy would be so proud of them for making a difference to other people in a similar situation."

Lily and John Joe, Michael's children with Amanda, were just eight and five when he died. "They didn't understand the concept of stroke," said Amanda, "but they now know that other people have strokes and can suffer.

**"They know that their daddy would be so proud of them making a difference to other people."**

"We held a special fundraising Irish food day for Michael. The children cooked soda bread to go with an Irish stew. They made a speech explaining what a stroke was and encouraged people to take part in the raffle and games we'd planned.

"They've also baked and sold cakes to their school community. Everyone's so proud of them.

"We're gradually finding a new 'normal', but keeping positive and finding ways to celebrate Michael helps. On important dates, like birthdays and father's day, we sent balloons up with messages in them. We've visited all the places he loved and written messages in the sand on his favourite beaches."



Setting up a Remembrance Fund can be a comforting and positive way to celebrate the life of a loved one and a place to share memories with family and friends. If you'd like more information, please contact Jackie: 01604 687 783 / [remembrancefund@stroke.org.uk](mailto:remembrancefund@stroke.org.uk)

# Visual problems after stroke

Visual problems after stroke are very common. They can be distressing and contribute to a lack of confidence, depression and anxiety, slowing down rehabilitation and recovery.

Sandi Muckle from our Stroke Helpline explains what help's available.

## Q Who's who?

Many people don't realise vision problems are common after stroke so assessments are often missed. No matter how long after your stroke, it's important to have an eye examination if your vision has got worse.

If you're in hospital you should be referred to an orthoptist or ophthalmologist. If you're at home, start by visiting an optician.

### ➔ Optometrist/optician:

Tests sight and prescribes and provides glasses and contact lenses.

### ➔ Ophthalmologist:

A doctor specialising in eye diseases.

### ➔ Orthoptist:

Assesses and treats eye problems, particularly eye movement problems.

### ➔ Eye Clinic Liaison Officer

**(ECLO):** Provides a bridge between eye professionals in hospital and organisations that provide support at home.

### ➔ Visual Rehabilitation Officer

**(VRO):** Helps you learn to adapt to impairment.

## Q How can I access aids?

There are lots of aids available from magnifiers to anti-glare glasses and sticky 'bump-ons' to help you feel where to turn a dial to, such as on an oven.

Aids can be accessed through an ECLO, a VRO or through your local Social Services Sensory Impairment Teams. Contact the adult social care team at your local authority.

Registering sight loss can make it easier to get help from Social Services and concessions like a Disabled Person's Railcard.

## Q Are there therapies to help regain vision?

Stroke-Association funding has led to the development of two free programmes:

1. **Read Right** is an online therapy shown to help people with reading problems caused by partial or total loss of vision to one side following a stroke.

Find out more about both programmes by visiting: [stroke.org.uk/sight](http://stroke.org.uk/sight)

Visual problems affect **60%** of stroke survivors immediately after a stroke and **20%** beyond three months

**A third** of practitioners do not supply vision information to patients or carers



**More than a quarter** of stroke survivors with visual impairments do not receive sufficient support.

2. **Eye search** is clinically proven to help visual function by encouraging changes to how your eyes move to improve speed and accuracy when finding objects.

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





# Revitalise

Respite holidays for disabled people and carers



Recharge



Reconnect



Reinvigorate

**Revitalise** has been providing respite holidays for disabled people and their families for over five decades. We cater for 150+ conditions, with Stroke being the third most common amongst our guests.

We provide an excellent range of breaks with **24 hour on-call nursing care** plus **exciting accessible excursions and entertainment**.

0303 303 0145

[www.revitalise.org.uk](http://www.revitalise.org.uk)

[bookings@revitalise.org.uk](mailto:bookings@revitalise.org.uk)

## What makes our breaks so special?

- **Quality care** - We create a tailored care plan for each guest and our dedicated care staff and registered nurses are on call 24 hours a day to ensure you receive the best quality care.
- **Choice of three great centres** - Our centres are in Essex, Southampton and Southport. Each offers its own charm alongside our unique holiday-style atmosphere, complete with friendly staff and volunteers.
- **Inspiring excursions** - We are renowned for providing an excellent range of trips from our centres. Recent excursions have included France, the Isle of Wight, the Lake District, boat rides, water-skiing and even airplane flying lessons!
- **Evening entertainment** - We entertain day and night, so we always provide a terrific range of live singers, comedians, quizzes and more.
- **In-house activities** - Daytimes could involve anything from exercise classes to games and arts and crafts sessions.
- **Help with funding** - Financial help may be available if you are unable to fund the full cost of a break. We can offer limited grants from our own Joan Brander Memorial Fund and we work with a number of other organisations who provide funding towards breaks. Please contact us for eligibility criteria.



**"The break was like an oasis in a desert. For one week, everyday stress was relieved in a warm, super-friendly environment."**

Fay Hitchen, Revitalise guest

## Request your brochure today!

Call 0303 303 0145 quoting SN15

Visit [www.revitalise.org.uk/brochure](http://www.revitalise.org.uk/brochure)

Email [bookings@revitalise.org.uk](mailto:bookings@revitalise.org.uk)

Registered charity number 295072

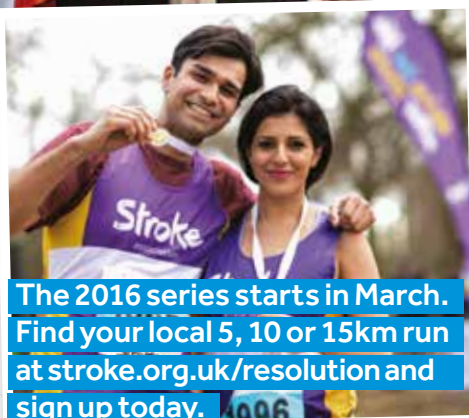
# Together we can conquer stroke

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 Lichfield staff took to their kitchens for the 'Great Royal Mail Food Festival', raising £450. If baking is your thing, find out about Sip for Stroke: [stroke.org.uk/sip](http://stroke.org.uk/sip)



Thousands of you took part in the spring Resolution Run series, raising £165,000. One man was Michael Brown who ran 5km a year after a stroke.



The 2016 series starts in March. Find your local 5, 10 or 15km run at [stroke.org.uk/resolution](http://stroke.org.uk/resolution) and sign up today.



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

## Volunteer spotlight

Linda Cheveau had two strokes in 1983 when she was in her early thirties. Ever since, she's been passionate about ensuring more people understand stroke.

For five years Linda has been volunteering with us and supporting stroke survivors who have communication difficulties (aphasia) after their stroke. Recently, she took on a new challenge and became a Stroke Ambassador in order to raise awareness of stroke in her local community.



We couldn't exist without our 4,000 volunteers. To join us, find out what you can do in your area at [stroke.org.uk/volunteer](http://stroke.org.uk/volunteer)



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.

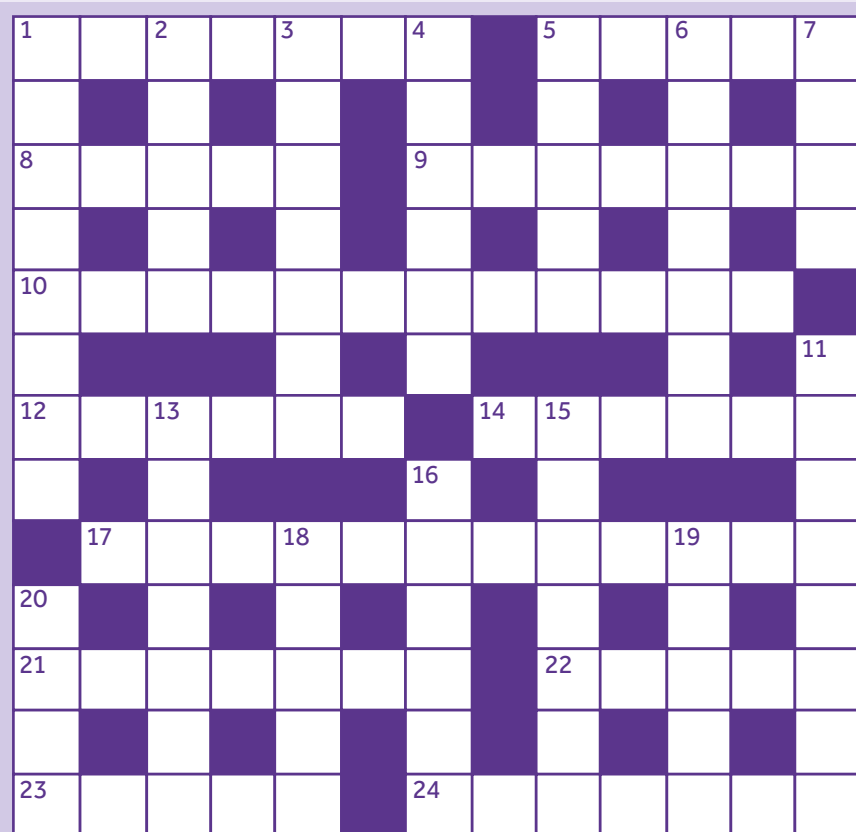
**£50** could help us continue to invest in research which prevents stroke and improves the lives of stroke survivors.

After storming success in 2015, our stroke awareness month, **Make May Purple**, is back. Wear, bake or plant May purple. Sign up at [stroke.org.uk/makemaypurple](http://stroke.org.uk/makemaypurple)



# Puzzles

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



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

## Across

- 1 Early soviet satellite (7)
- 5 Greatly horrify (5)
- 8 Inclusive of everything (3-2)
- 9 Breed of cat (7)
- 10 Don't make things worse by interfering (3,4,5)
- 12 Buster \_\_\_\_, film comedian and director (6)
- 14 Aviation pioneers' name (6)
- 17 Like newspaper writers (12)
- 21 Male domestic fowl (US) (7)
- 22 Stage work (5)
- 23 Postpone, defer (5)
- 24 Kingdom surrounded by South Africa (7)

## Down

- 1 Tchaikovsky ballet (4,4)
- 2 Not illuminated (5)
- 3 Negative character in a novel (3-4)
- 4 Germanic goblin (6)
- 5 Spring month (5)
- 6 Old German coin (7)
- 7 Welsh emblem (4)
- 11 Series of short detached sounds (8)
- 13 Mexican salamander (7)
- 15 Destructive (7)
- 16 Evergreen shrub (6)
- 18 Bad-tempered (5)
- 19 River at Nottingham (5)
- 20 Crossword frame (4)

**Solutions**  
See page 50  
for the puzzle  
solutions.

## Word search

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

ACTION

AWARD

CARER

CONQUER

DIET

LIFESTYLE

MOBILITY

RECIPE

RESEARCH

WEAKNESS

WINTER

# Dates for your diary

## Life After Stroke Awards - nominations open

Nominate someone inspirational today. See more on page 38.

**9 December, 3:30pm and 10 December, 8pm**

Holy Trinity Church, Sloane Square. Get into the festive spirit at one of our Christmas carol concerts. Book online at [stroke.org.uk/carolservice](http://stroke.org.uk/carolservice) or **020 7940 1344**.

**11 December 2015**

Stroke survivor Philip created this beautiful card, Christmas sparkle (top right). Get your last orders of Stroke Association Christmas cards at [stroke.org.uk/Christmas](http://stroke.org.uk/Christmas) or call **01233 214 320**.

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

## Crossword

**Across:** 1 SPUTNIK, 5 APPAL, 8 ALL-IN, 9 BURMESE, 10 LET WELL ALONE, 12 KEATON, 14 WRIGHT, 17 JOURNALISTIC, 21 ROOSTER, 22 OPERA, 23 DELAY, 24 LESOTHO

**Down:** 1 SWAN LAKE, 2 UNLIT, 3 NON-HERO, 4 KOBOLD, 5 APRIL, 6 PFENNIG, 7 LEEK, 11 STACCATO, 13 AXOLOTL, 15 RUINOUS, 16 LAUREL, 18 RATTY, 19 TRENT, 20 GRID

R M + W D + R + E  
E A O I I E + L +  
S C E B U N Y + A  
E T A Q I T T W +  
A I N R S L A E +  
R O + E E R I + R  
C N F + D R + T +  
H I R E C I P E Y  
L W E A K N E S S



**29 January 2016**

Do you have a creative flair? Like Philip, you could win our Christmas card design competition. Contact [cardcompetition@stroke.org.uk](mailto:cardcompetition@stroke.org.uk) or call **01604 687 771**.

**February 2016**

Booking opens for the UK Stroke Assembly – an event for stroke survivors and carers to talk about the issues that matter most to them – to take place 13 and 14 June 2016. See [stroke.org.uk/UKSA](http://stroke.org.uk/UKSA)

**May 2016**

*Make May Purple* is back. Wear, bake or plant May purple to raise awareness of stroke. Sign up at [stroke.org.uk/makemaypurple](http://stroke.org.uk/makemaypurple)

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

ADVANCED TECHNOLOGY TO KEEP YOU ON THE MOVE

**THERA  
TRAINER**

Hire Plan  
Available



Choose the right exercise bike to suit both your needs and budget from our range of THERA-Trainers



Interactive gaming software



Attachments for weak hands

Regular exercise at home is encouraged to help maintain and improve muscle tone, improve circulation and flexibility, decrease fluid retention and increase stamina levels - all vital for anyone with limited mobility

FOR A FREE NO-OBLIGATION DEMONSTRATION IN YOUR OWN HOME OR REQUEST A BROCHURE CALL US ON **01908 - 564100**

Email us at: [info@medicotech.co.uk](mailto:info@medicotech.co.uk)



**MEDICOTECH**





Quality for life

**Omo Neurexa** – shoulder orthosis  
**Genu Neurexa** – knee stabilisation orthosis

**ottobock.**



**ActiGait**  
Implantable FES stimulator



**MyGait**  
Surface FES drop foot stimulator



**Walk On**  
Carbon fibre drop foot orthosis

## The Best in Stroke Rehabilitation

Ottobock's "Functional Electrical Stimulation" (FES) solutions stimulate the body's neuromuscular system, effectively relieving drop foot, one of the commonest mobility problems after stroke.

Our quality soft orthoses have been specially developed to support the rehab therapy programmes so important to restoring movement and quality of life.

Speak to your healthcare professional about Ottobock's stroke product range, visit **[www.ottobock.co.uk](http://www.ottobock.co.uk)** or call us on **0845 600 7664**.

