

Stroke Clubs and Groups

Lessons from 2015: results from the 2015 club & group surveys

2015 has been a very productive year for the Stroke Association, concerning resources and training available for clubs & groups. With your help, we have finalised a series of online trainings regarding group management, financial supervision as well as providing support for people with aphasia. We have also been successful in completing a volunteer recruitment pack and are almost ready to launch the online platform.

In order to improve our support, we have carried out a survey regarding your personal experience of running your stroke group as well as the interaction with other stroke clubs and groups. The numbers are in and we would like to share our main findings with you:

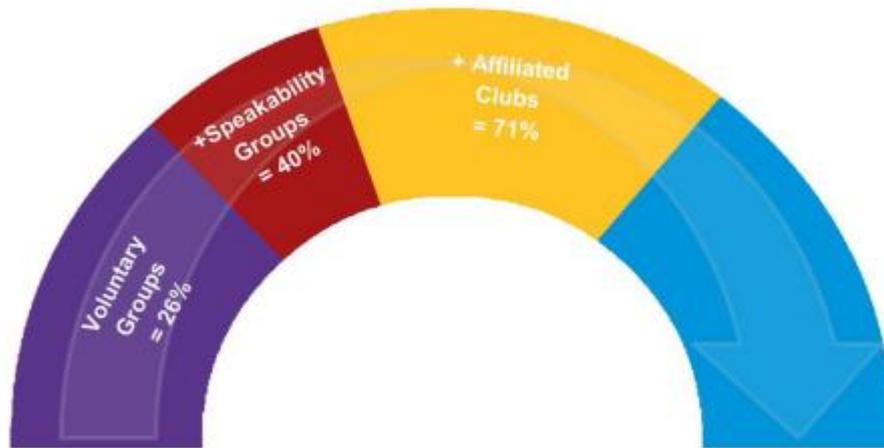
Strategic view of 2015

Overall, last year was a fruitful year for clubs and groups, about 90% of our network mentioning that they have doing better than or the same as 2014. This indicates that we are learning and supporting each other much more than we did in the past.

In terms of volunteers and meetings, 2015 has amounted to a total of 80,000 volunteer hours, reaching over 1,700 stroke survivors and carers. There has been a constant growth in the past years, evidencing that we are successfully delivering much needed support to people all around the country. Please note that this data is for Stroke Association Voluntary Groups and volunteers only – data on volunteer hours and reach of Affiliated Independent Stroke Clubs is insufficient.

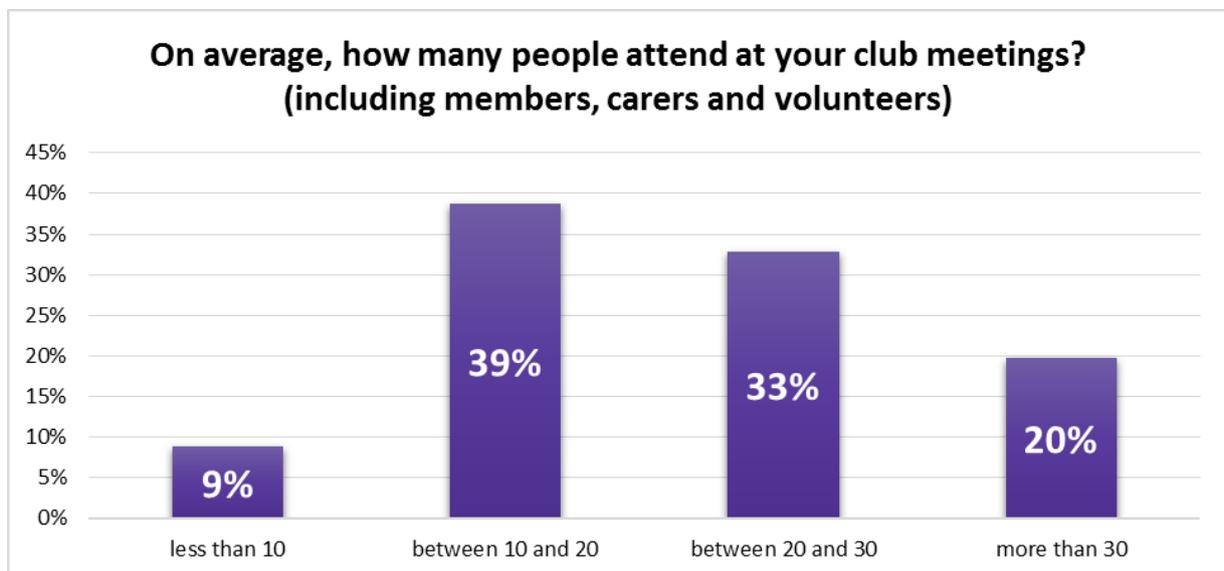
As part of an ambitious plan to ensure more stroke survivors across the UK living with communication disabilities receive vital support, Stroke Association and aphasia charity, Speakability, merged in April 2015. As well as strengthening the already successful programme of support for people living with aphasia after stroke, the merger brought an additional 50 groups into the Stroke Association family. The diagram below demonstrates the reach of clubs and groups in providing peer support to stroke survivors in 2015. This shows that 29% of stroke survivors are either not being reached by stroke groups, or they are reached by means not linked to the Stroke Association.

CUMULATIVE REACH OF CLUBS AND GROUPS THE STROKE ASSOCIATION SUPPORTS



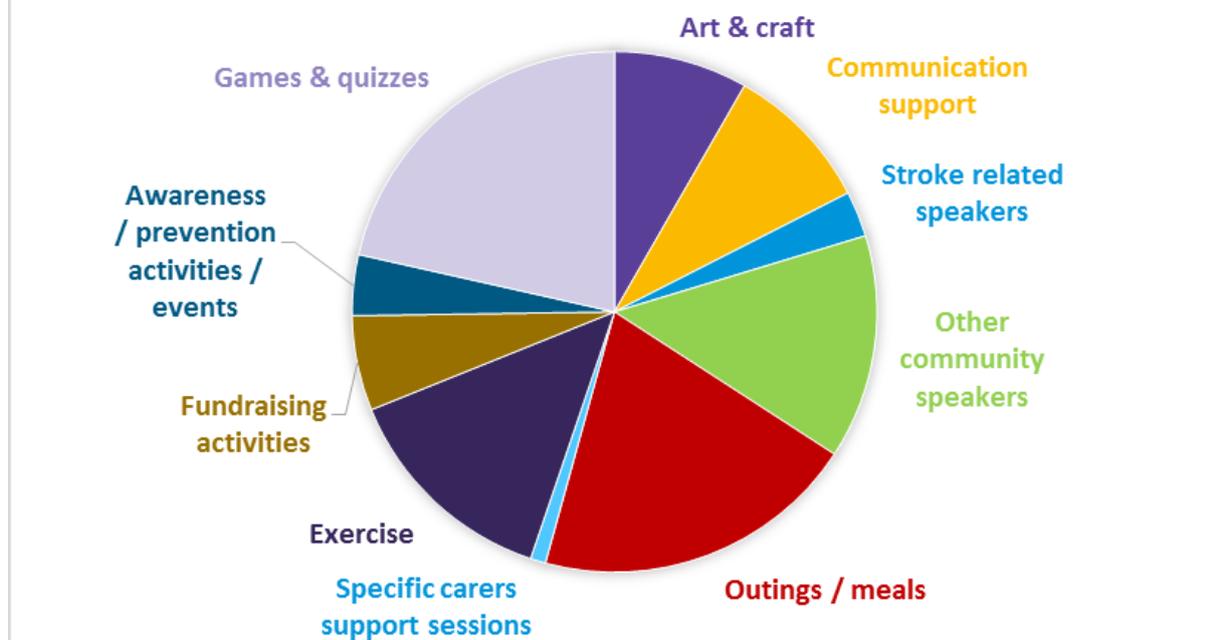
Operational view of clubs and groups

Meeting size and membership differs from group to group, some being very small and focusing on specific activities and others quite large, with get-togethers of over 30 or 40 members, carers and volunteers. Overall, this is where we stand:



Around 60% of groups and clubs are in touch with other neighbouring groups/clubs, meaning that our network is lively and exchanging knowledge about how to run groups, recruit volunteers and organise better and more diverse activities. The latter vary from art & craft, communication support & exercise to community events and outings.

MAIN ACTIVITIES ORGANISED BY CLUBS&GROUPS

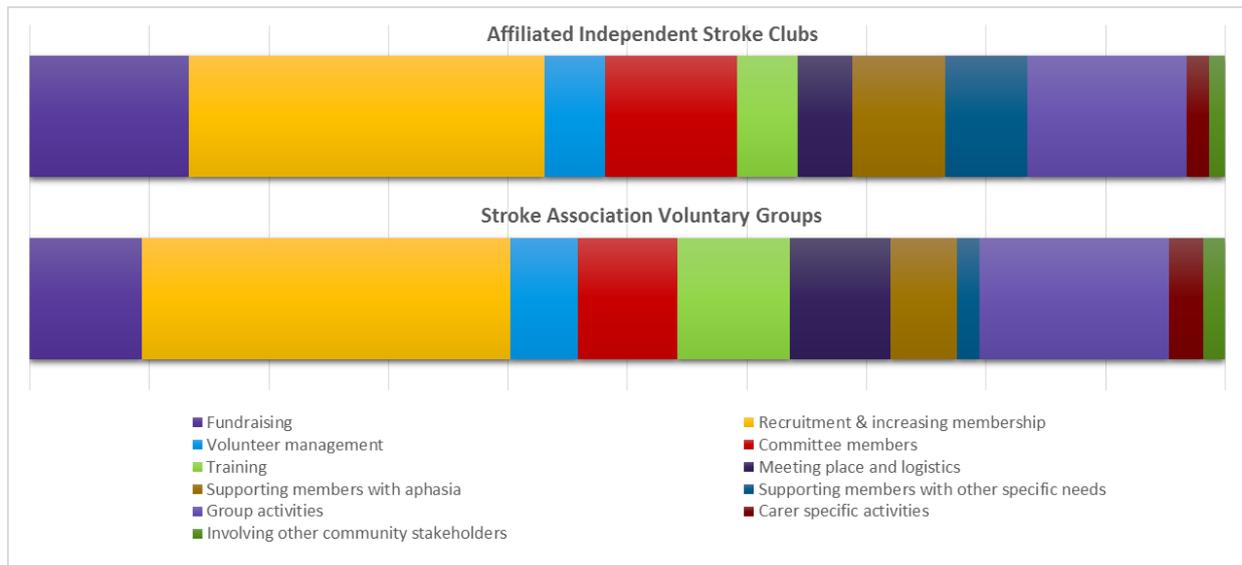


Local stroke survivors and carers can easily access groups and clubs for about 70% of cases. However, lacking transportation arrangements, long distances as well as low referrals rates when people leave the hospital and venue logistics are affecting 1 out of 3 groups, across all regions and countries. We will further investigate this in **Voices in Partnership – Stroke Clubs and Groups** - the online meeting place that we launched last year. We aim to use this platform to bring together like-minded people to discuss and contribute to the things that matter to them and share best practices. This includes Stroke Association campaigns, new resources and training opportunities.

Plans for 2016

Planning for the future, support in fundraising and further training for volunteers and group activities are just some of our common aims for 2016. Some Affiliated Independent Stroke Clubs have mentioned that they are looking for new committee members and some Voluntary Groups have mentioned that they would like to look for a better meeting place, with more facilities and amenities for their specific needs.

MAIN AREAS CLUBS & GROUPS AIM TO IMPROVE ON



Your local coordinator or a neighbouring group/club can help you with this. They might know first-hand how to better raise funds from your local community, increase referral rates or engage volunteers.

If you have not already done so, we encourage you to reach out and start a conversation with your peers. Getting together and exchanging personal experiences is what makes us a strong and long lasting network.

Thank you

Thank you to all stroke clubs and groups who took the time and effort to complete this survey. Your time and feedback is very much appreciated and we hope you find the above summary informative.