

Club Together

Latest news from clubs and groups

Rebuilding lives after stroke

Stroke
Association

Issue 52: Summer 2019
Central Zone

We're Rebuilding Lives



We launched our **Rebuilding Lives** campaign in April with our charity's first ever television advert. It was a moment that we'd been building up to. We were doing it to reach more people, and so that the people in our advert would change the way other people think about stroke. So we used stroke survivors' real stories. Told in their own words. Unscripted. Unfiltered.

We want the public to understand that stroke can happen to anyone, at any time. And with the right specialist support and a ton of courage and determination, the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community, and you're an important part of this.

In this issue:

Page 2:
Safeguarding adults

Page 3:
National
Stroke Programme

Page 4:
2019 highlights so far

Page 5:
Reaching more
communities

UK Stroke
Club Conference

Pages 7 - 11:
Your regional news

Page 12:
Contacts
and calendar

National News

Recently, we updated our safeguarding policies. They only apply to Stroke Association Voluntary Groups, but the principles are the same for independent clubs. Here's some useful information around safeguarding:

Adult safeguarding only applies to adults at risk. It's important to have clarity between when someone is an adult at risk (and a safeguarding referral should be made) and an adult we have concerns about but who isn't an adult at risk, and what we do with those concerns. Sometimes a person can find themselves in a difficult situation and we may still offer help, but this wouldn't be classed as a safeguarding situation, as they are not an adult at risk.

An adult at risk is someone who:

- Is unable to protect themselves from the risk or experience of abuse or neglect.
- Needs for care or support.
- Is experiencing, or is at risk of, abuse or neglect.

Safeguarding policies must respect the right of adults to make their own decisions. And we must ask about and listen to what they want. We can't make a safeguarding referral for an adult without their consent, unless:

- They aren't able to make the decision.
- Not acting could put other people at risk.
- Children are at risk.
- A crime has been or will be committed.

Safeguarding policies should reflect the Mental Capacity Act, which says someone isn't able to make their own decision when they can't:

- Understand the relevant information.
- Remember the information for long enough to make a decision.
- Use the information to weigh up the pros and cons of the decision.
- Communicate the decision- by any method.

It's important that we have safeguarding policies, and that volunteers know how to put them into practice. If you want to learn more about safeguarding, ask your local Stroke Association contact about safeguarding training or you can look into training offered by your council.

Make May Purple



Earl Smikle attends our Cardiff Day Service Stroke Group. He and his partner, Ceri, raised an incredible total of £2,407.98 for us during May! They organised a charity night and river boat collection. And, Earl has raised over £10,000 for us over recent years. Thank you, Earl!

#MakeMayPurple on Twitter...



The National Stroke Programme

In previous issues of Club Together, we've spoken about the National Stroke Programme, and now we have some exciting news.

Earlier this year, NHS England named stroke as a priority in their Long-Term Plan, which is fantastic news for us. And, we cannot thank you enough for all of your support in our campaigning work that has brought us to this point.

Alongside this, we've also been working closely with NHS England, clinical experts and people affected by stroke to shape the National Stroke Programme. We will be working with local health leaders to ensure that this fantastic work is implemented locally.

What is the National Stroke Programme?

Together with our partners, we've developed a plan of work that focuses on changing the health and care system to improve emergency care, long-term rehabilitation, stroke prevention, the number of stroke specialists in hospitals, and stroke data and research.

How does this differ from the Long-Term Plan?

The Long-Term Plan sets out NHS England's overall direction for the next 10 years. It sets ambitious milestones for a range of conditions and includes sections on stroke and cardiovascular disease.

The National Stroke Programme, on the other hand, is a specific set of plans for improving stroke care over the next five years to meet the goals of the Long-Term Plan.



How are stroke survivors involved?

Stroke survivors and carers have been campaigning for improvements in stroke prevention and treatment, particularly rehabilitation and longer-term support. We have been working with them to ensure their voices are heard and experiences reflected in the aims of the programme.

Stroke survivors are also part of the governance and ongoing decision-making processes guiding the programme as it moves forward. We are dedicated to ensuring the improvements are based on the needs and experience of those affected by stroke.

As a part of this, stroke survivors are being directly involved in the development of key products within the programme, such as a 'Stroke Passport'.

How can I get involved?

You can find out more information on this work and keep up to date by visiting stroke.org.uk/campaigns.

And, you can sign up to receive regular updates on our campaigning work across the UK at stroke.org.uk/campaignsnetwork. Or, contact campaigns@stroke.org.uk to find out how you can get involved.

Our highlights from 2019 so far

We've started to change how we look

As you can see, we've updated Club Together in our new brand! And, after months of discussion and planning, we're now rolling out our new look across our charity. This includes updating our factsheets, website and materials.



It will take a while for all of them to be updated to the new brand, so you'll still see some of our old brand around too.



Our first ever advert was on TV on 26 April

We were so pleased to see our advert play out to 3million homes during Gogglebox on Channel 4, and to raise awareness of stroke and of our charity. It was a long time coming, and we're really proud of the stroke survivors who took part and shared their story.



We have a new strategy

We launched our new strategy to make stroke the priority it needs to be. To make sure that everyone affected by stroke has access to the support they need. It sets out the next steps in our journey to a world where there are fewer strokes and all those affected by stroke get the help they need to rebuild their lives. Visit stroke.org.uk and search for 'corporate strategy' to read more.



Research to Recovery

Our **Amazing Brains: Research to Recovery** event, which replaced our Keynote Lecture, showcased the latest advancements being made in stroke research. This year, the event took place at London's incredible Science Museum, where we heard from Professor Nick Ward, Fiona Lloyd-Davies and Professor Jane Burridge. Watch the session on stroke.org.uk, search for 'amazing brains'.

Reaching more communities

We know that stroke can affect anyone. And it doesn't discriminate. As an organisation, we need to make sure that we reach as many people as we can, particularly those who are most at risk of stroke.

That's where our Hardly Reached Communities work comes in. We're running three projects with local communities in Middlesbrough, Sunderland and across the East Midlands.

Through this, we're supporting one of the goals in our new strategy, Goal C: **We partner with people and communities to help them take action on stroke, and empower local organisations to meet the needs of those in their area, by raising awareness of stroke, improving knowledge and providing access to blood pressure checks and information.**

We've already learnt so much about reaching communities that we don't have an established relationship with, particularly around building new bridges and finding new ways of working.

We hope that these projects will not only benefit the local area, but also help to extend the reach and enhance the work that our charity does – by finding ways we can ensure that our support is offered to all those who may need it.



Our UK Stroke Club Conference

This year, our **UK Stroke Club Conference** will run in a new format. It's been designed with input from our planning group, which includes members of stroke clubs and groups, so that our event caters to the needs of the people who attend it.

We know that there's been a lot on the agenda in previous years, so we've reduced the number of workshops. We'll also repeat them, so if something you're interested in clashes with another session, you'll have the opportunity to attend at another time.

Other feedback we got from last year suggested that the event was quite tiring and busy, so we've made sure that a well-being room is available on both days, so that there's a quiet place for people to re-group.

There will also be a workshop for Voices in Partnership (ViP), where new ways of using the forum will be discussed so we can make the most out of it! We've currently been reviewing how this group works and have been in touch with current members so that they've had the chance to give their ideas and feedback about how it works at the moment.

It's a great way to get involved in our charity, and we couldn't function without you, so getting your feedback is so important. ViP gives you the ability to get involved with lots of different work and have input to our projects. If you're interested in becoming a member of ViP or would like to find out more, please get in touch with ellen.lapworthmaisey@stroke.org.uk.

This year's UK Stroke Club Conference takes place on **Friday 4 and Saturday 5 October**, at the East Midlands Conference Centre in Nottingham.

For more information on the UK Stroke Club Conference, please visit stroke.org.uk/uksc.

Travel insurance tips



Travel insurance can be the last thing on your mind when booking a holiday. But it's the one essential you need for every destination. So how do you make sure you buy the right cover? Our partners, AllClear Travel Insurance, share some top tips:

Do your research

The cost and type of insurance cover varies considerably by destination. For example, the high cost of medical treatment in the US, often means higher premiums. This can affect the overall cost of your holiday so it's worth checking before you book.

Be honest about all pre-existing medical conditions

Share your full medical history with your insurance provider to make sure you're properly covered. Otherwise, it could cost you more if you need to make a claim. If in doubt, spell it out!

Travelling to Europe?

The European Health Insurance Card (EHIC) shouldn't be seen as an alternative to travel insurance. Although the EHIC provides you with the same level of free treatment as provided by that country's health service, it doesn't cover private care, repatriation back to the UK, or cancellation.

The Stroke Association is an Introducer Appointed Representative of AllClear Insurance Services Limited which is authorised and regulated by the Financial Conduct Authority. AllClear Travel Insurance is arranged by AllClear Limited, which is registered in Gibraltar company number 117274. Registered Office: 1st Floor, Portland House, Glacis Road, Gibraltar, GX11 1AA. AllClear Limited is licensed and regulated by the Gibraltar Financial Services Commission number FSC1329B and trades into the UK on a freedom of services basis, FCA FRN 824283.

AllClear donate up to 20% of your premium to the Stroke Association when you purchase a policy.

To find out more about AllClear, call 0808 168 8733 or visit stroke.org.uk/allclear.

Visits and anniversaries in the Central Zone



International visitors

Great Wyrley and District Stroke Support Group had visitors from the USA recently. A twenty strong church group from places including Florida, Michigan and Chicago asked to visit the group to learn more about stroke support in the UK. Comparisons were made about treatment, care and ongoing support, and they were highly impressed by the latter on offer at the group!



20 years young!

An evening of food and dancing at The Mercure Wolverhampton was how over 60 members and friends of the **Stroke Support West Midlands** group celebrated their 20th anniversary. The next big event in the popular group's busy calendar is their annual sports day at RAF Cosford. Keep up the great work, **Jonah, Mel and team!**



40 years of support

This year saw the **Malvern District Support Club** reach 40 years of providing support to local stroke survivors. They celebrated with a delicious afternoon tea, and by joining in with an improvised drama session delivered by **University of Worcester** students. Congratulations to **Moyra, John, Anna and everyone involved in the club.**



Birthday celebrations

It's been a busy year so far for significant anniversaries, with **Spondon and District Stroke Club** also turning 20 years of age! They celebrated with a special cake at their club meeting. Thank you to **Chris and Rita** for sending in the photographs, and for all your hard work in making the club so well loved.

Get into Golf

A combined partnership between **Golf England** local golf centres and our charity has seen some local groups have the opportunity to join in with dedicated golf sessions for stroke survivors.

Get into Golf provided a bespoke six week programme for people affected by stroke to learn some of the skills needed to enable them to play golf. Some participants had never played before, while others were seasoned golfers before their stroke.

A specialist golf professional was on hand to provide practical support around things such as positioning and holding the club. Leo, the instructor, has an acquired brain injury himself and says he uses his own experiences of having to adapt his game when coaching stroke survivors.

Everyone who attended the sessions has said that they feel much more confident about continuing to play golf now. Hopefully the experience is another step forward with rebuilding their lives after stroke.



Thames Bridge trekkers

Two of **Burton and District Stroke Club's** trustees, **Paul and Jo Williams**, completed a 25km trek to raise a fantastic £450 for the club.

The Thames Bridge Trek runs from Putney Bridge to Tower Bridge, zigzagging over fourteen other bridges on its route through the city. Paul and Jo completed the walk in a very respectable 6 hours and 40 minutes - well done to you both!

We love hearing about the amazing fundraising exploits that our clubs and groups get up to, so please keep the stories coming.

And, remember that you can also fundraise in partnership with us. Speak to your local Fundraising Team for advice, help and support with your fundraising activity.

A percentage of the funds raised go to your club or group, and a percentage helps us continue our work with those affected by stroke.

Regional News

Rock Choir gives Newbury Speakability a voice

Newbury Speakability has benefited from a generous donation of £1,500 from **Thatcham Rock Choir**.

Judy King, who is a member of the Rock Choir and organiser for **West Berkshire Speakability** said, "This generous donation will go a long way to secure our work for some time to come."

Since the choir fundraised for the group, they've been to visit the group and even ran a singing session.

It brought together Speakability group and Rock Choir members to sing 'Lean On Me', in a two-part harmony. It was a real achievement for the Newbury Speakability group members.

And, it was an uplifting experience for everyone else too! One Rock Choir member said, "I found it very moving, how all the Speakability members were singing and smiling long before the end."

One of the Speakability group members enjoyed it so much it has given her the confidence to sing again after her stroke and she has joined the Rock Choir.

In the photo below: Thatcham Rock Choir, Kat Penn (Rock Choir Leader); Hannah Warner (stroke survivor), Dave Whitlam (stroke survivor) and Judy King (Speakability Organiser).



In the photo: Tammy Angus (Regional Fundraiser), Cllr Debs Edwards (Reading Mayor) and Depkie Teeka (Tesco Community Champion)

Making Reading purple on Election Day

Reading Stroke Support Group turned Election Day purple in **South Reading Community Hub**.

They invited voters to their colourful information stall and purple tea party, and group members and volunteers raised awareness for stroke. They also shared information about the group and the support it provides.

They even had a visit from the **Mayor of Reading, Cllr Debs Edwards**, who honoured the group members and volunteers by attending.

The Mayor spoke with stroke survivors, who shared their stories and spoke about the importance of prevention and long-term support to those affected by stroke.

Well done for taking action and getting involved in your community!

Sea shanty singers



Lowestoft Stroke Group were entertained recently by the wonderful **Lowestoft Longshoremen** who are, in their own words, "a motley crew who perform traditional and sea shanty type songs." With the lyrics being shared for all to see, there was no excuse not to join in with the Yo Ho Ho's, with not a bottle of rum in sight anywhere. Many a laugh was had by all while listening to tales and fables of old.



Birthday celebrations

Congratulations to the **Talk and Stroke Group** of King's Lynn who celebrated 40 years together in March with a meal out and a beautiful cake. **40 years of support** - a wonderful achievement.

Make May Purple

Great Barton Second Chance Stroke Group put together an informative and interesting display for Bury St Edmunds library.

The display was in the library foyer, along with a Stroke Association display, for a week in May to help raise awareness of stroke and the value and importance of stroke support groups.

Giant beetles!

Wymondham and District Stroke Support Group were infested with giant beetles - luckily only of the felt kind. A regular favourite of the group, the giant beetles were made by a talented group member. You'd be amazed how competitive the game can become!



Fashion show fun

Pat Stanley of the Tuesday Stroke Group and Betty Howard-Evans organised a fashion show in aid of The Trigeminal Neuralgia Association UK.

The clothes were provided by Paula of The Fashion Factory and they were modelled by local friends of both charities.

Many people attended and they were given a voucher to be spent at the Fashion Factory, who also donated £25.00 towards the raffle, along with a special voucher for afternoon tea.

Everyone welcomed the support from Amanda Milling MP, who was happy to help in the kitchen, making teas and coffees.

Betty compèred the evening, and introduced each model as they demonstrated the various outfits in a most professional manner.

The evening was a great success and £1,000 was raised in total. The money was divided and donated between the two charities.



Photograph left to right: Dianna Jones, Clare Brookes, Barbara Battersby, Paula (of The Fashion Factory), Pat Stanley, Amanda Milling MP, Dianne Pugh, Barbara Matthews, Susan Fryer and Betty Howard-Evans.

Birmingham Cathedral



Sixteen members and volunteers from the North Birmingham Stroke Support Group enjoyed a very informative visit to this impressive cathedral.

Their tour guide shared fascinating, and occasionally macabre facts, such as that there are over 60,000 people buried in the grounds, ranging from circus actors to politicians.

Inside the building, the group were treated to the sight of sun shining through the beautiful Burnes-Jones stained glass windows.

'Some of the figures are actually wearing William Morris fabrics – which can still be bought in Rackhams today!' explained Steve Jacques, Chair of the group.

We hope that all of our groups continue to enjoy their outings.

Please speak to your local Volunteering and Community Officer if you need advice about risk assessments, training or Health and Safety.

Contact us

If you have a story you'd like to share in the next issue of Club Together, email centralclubtogether@stroke.org.uk.

Tina Hughes, Volunteering and Community Manager, has sadly left our charity. We wish her the best of luck in her new endeavours. Her replacement will be announced in the upcoming weeks.

Our Volunteering and Community Officers

Jodie Drust

Warwickshire, Birmingham, Staffordshire, Crewe, Stoke-on-Trent, Solihull, and Leicestershire
jodie.drust@stroke.org.uk

Lorna Gough

Suffolk, Norfolk, Cambridgeshire and Peterborough
lorna.gough@stroke.org.uk

Michal Shalev

Gloucestershire, Bucks, Oxfordshire and Berkshire
michal.shalev@stroke.org.uk

Jo Weston

Shropshire, Telford, Worcestershire and Herefordshire
jo.weston@stroke.org.uk

We're currently recruiting Officers to cover other areas. Please email stuart.cooper@stroke.org.uk or call **01527 903711** if you need support or have a query.

Our fundraising team

Midlands

joanne.burr@stroke.org.uk

South West

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South Central

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South East

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In the national team

Claire Riley

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Calendar

**Monday 1 and
Tuesday 2 July**

UK Stroke Assembly

Radison Blu, East Midlands Airport

For more information, please email
info@strokeassembly.org.uk.

Sunday 7 July

Step Out for Stroke - Luton

Wardown Park, Old Bedford Road

For more information, please email
stepout@stroke.org.uk.

Sunday 28 July

Step Out for Stroke - Bury St Edmunds

Abbey Gardens, Mustow Street

For more information, please email
stepout@stroke.org.uk.

Friday 4 and

Saturday 5 October

UK Stroke Club Conference

East Midlands Conference Centre,
Nottingham

For more information, please email
clubconference@stroke.org.uk.

Helpline: **0303 3033 100**

Email: helpline@stroke.org.uk

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