

Stroke Group Network Conference 2023

Top tips and resources from talk three: Understanding health inequalities and why this matters to stroke groups

Tips for connecting with your community:

- Don't aim for perfection!
- Understand your community better by reaching out.
- Connect with people and communities in their safe spaces.
- Commit to growing and learning.
- Learn, listen and partner with people who are different.
- Agree shared goals and outcomes when working with others.
- Share what you learn with others.

Top tips for inclusion and accessibility in your group:

- Use a buddy system to help people feel welcome and included.
- Tell anyone who doesn't use English as their first language about our translated materials and language line.
- Personal welcome and check in with all members.
- Encourage members to feel ownership of the group.
- Use accessible venues, transport and communication resources suited to your members needs.