

Club

Together

Latest news from clubs and groups

Rebuilding lives after stroke

Issue 53: Autumn 2019
Wales

Stroke
Association

The power of working together

Attended by 174 representatives from 80 clubs and groups from across the UK, our annual **UK Stroke Club Conference** (UKSCC) was held on 4-5 October 2019 in Nottingham.

The event continues to be a highlight of the year for many who support clubs and groups.

Since its introduction in 2005, the purpose of the UKSCC has been to bring leaders and volunteers of clubs and groups

together for celebration, sharing experiences and support.

At this year's event, we wanted to demonstrate the power of working together, reaching out to those in your local and national community and learning from each other. And we are pleased we did this.

Throughout the whole planning and delivery of the event, our approach shone through loud and clear.

In this issue:

Pages 2 and 3
Our UK Stroke Club Conference

Page 4
Latest updates

Pages 6 and 7
Latest news in your area

Page 8
Contacts and calendar



Hear about our UKSCC

We know that there are lots of amazing things that our network of stroke support clubs and groups do to help rebuild lives after stroke, and that you have many connections in your local communities. We explored how to make the most of these connections to fundraise and support with the long term sustainability of your group. We also talked about the various resources and support that our charity can provide to help run your group effectively, including making sure you're taking care of yourself, as well as your members.

Throughout the event, those involved in stroke clubs and groups helped chair the event and co-present many of the talks and workshops.

Learning from the wealth of expertise and successes from everyone there created an uplifting and motivational atmosphere over the two day event.

Julie King from **Aphasia Life Rotherham Group** spoke on the main stage about the strength of her group and how they've worked together to self-fund the group after it was threatened with closure after local funding cuts.

Julie's inspiring talk was given alongside **Jane Maber, Head of Brand**, who gave the latest updates from our Rebuilding Lives campaign and brought to life how clubs and groups are living our refreshed values.



"This was my first conference and I really enjoyed it, particularly the workshops and overall, the format of the conference. I'll take some momentum into my volunteering into the future." Kevin Leighton

"The conference was very interesting with lots of new and helpful ideas for clubs throughout the weekend." Lynn Hancock

"Although I was nervous, I knew doing the speech was something I really wanted to do. There were so many feelings and emotions wrapped up in doing the speech. A feeling of pride, not only in what our group is doing to support our members, but also in the Stroke Association and all it does to support stroke survivors. It's something I wouldn't have had the confidence to do before my stroke, and certainly not what I thought I would be able to do following it. I was told I might never talk or walk again, so it was a major personal achievement for me and a very proud moment! I was overwhelmed and humbled by the amount of people that took the time throughout the day to say how much they enjoyed my speech, and to congratulate me."

Julie King

National News

There was also the chance to hear the latest news from the Stroke Association.

Our Chief Executive, **Juliet Bouverie**, was interviewed by **Ian Cunningham, Chair of Wokingham Stroke Support and Recovery Group**. They spoke about Juliet's own reflections of the past year and what opportunities the new Stroke Association strategy holds for us all.

Juliet and Jane spoke about the ambitious new strategy that will allow us to raise awareness of stroke and ensure everyone affected by stroke has access to the rehabilitation and lifelong support they need.

Throughout the event, it was emphasised how we want to partner with clubs and groups and communities to rebuild lives after stroke, learning from the wealth of experience that our clubs and groups can offer and how can we best work together to realise the ambitions of the new strategy.

For more details about this year's UKSCC, please visit stroke.org.uk/uksc.



"We'll be back next year. Invaluable information. I have so much hope now. So great to connect."

The value of your voice



To help us understand what's important and what volunteers wanted from this year's event, we set up a UKSCC planning group. Made up of a team of club and group representatives and Stroke Association staff, they have been instrumental in shaping the programme to keep it relevant, fresh and interesting to all attendees.

Working with the planning group and listening to past event feedback, we revised the format, timings and content of this year's programme. All the changes were a great success and attendees valued the extra activities, more focused workshops and time for the important networking. Overall this made the event less tiring and even more beneficial for all who joined us.

If you'd like to take a more active role in next year's event, or join our planning group, please call on **01527 903717** or email clubconference@stroke.org.uk.



Bryan Hilton, Chair of Stowmarket Support Group and member of the UKSCC planning group, who co-chaired the event.

The latest from our charity



Give a Hand and Bake

Give a Hand and Bake events are a fun and easy way to raise money that helps us to provide life changing support to stroke survivors. Did you know you can hold a Give a Hand and Bake event at any time throughout the year? Visit stroke.org.uk and search for 'Give a hand' to find out more.



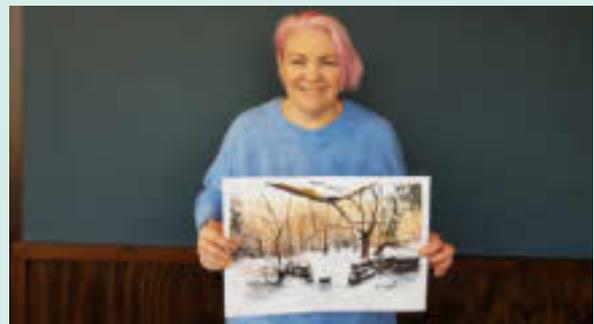
World Stroke Day

We marked **World Stroke Day** on Tuesday 29 October by publishing the last chapter of our Lived Experience of Stroke report. In 2018, we conducted the biggest ever survey of stroke survivors and their carers to find out more about their lives. You can read our report by visiting stroke.org.uk and searching 'lived experience'.



Rebuilding Lives

Our campaign is making a difference. One of our Helpline team reported "**Just took a call from a lady who had her stroke three years ago and hadn't reached out for support. She was prompted to call by our 'wonderful' TV advert, which had led her to see recovery and doing new things as a possibility. I was able to signpost her to our local service and a voluntary group.**"



Our Christmas shop

Our festive Christmas card range includes the limited edition winning design from our Christmas card competition, 'Winter Scene', created by stroke survivor **Jacky Baldwin**. If you'd like to place an order, visit stroke.org.uk/shop. For guaranteed Christmas delivery, orders need to be placed by **Wednesday 12 December 2019**.



AllClear Travel, the specialist medical travel insurance provider, has uncovered the top medical claims people make on their travel insurance, showing that protecting yourself against the unexpected is a must when planning for your holiday.

With the Association of British Insurers (ABI) reporting that medical claims accounted for more than half (52%) of the £399 million paid out to travellers last year* for their insurance claims, it's not surprising that medical issues abroad come up time and time again in AllClear's research.

Overall, the most common reason for requiring medical attention abroad is as a result of an injury or fall, with 26% of all people who have claimed citing it was for this reason.

Following closely behind are stomach upsets at 24%, and 12% are a result of pre-existing medical conditions.

Chris Rolland, AllClear CEO, says if you're living with a medical condition or have previously had a stroke, it's wise to be prepared.

"It's interesting that more than one in ten claims result from a pre-existing medical condition. This makes it even more important to declare everything and make sure you have comprehensive cover in place."

When you purchase a policy through AllClear, they will make a contribution of up to 20%** of your premium (excluding IPT[^]) to the Stroke Association, at no additional cost to you.

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 2,143 adults. Fieldwork was undertaken between 12th - 13th July 2018. The survey was carried out online. The figures have been weighted and are representative of all GB adults (aged 18+). * abi.org.uk

**AllClear will pay the charitable contribution of up to 20% of your premium (excluding IPT) to Stroke Association Trading Limited which donates its taxable profits to the Stroke Association (Charity Number 211015 England and Wales, SC037789 Scotland).

[^] IPT – Insurance Premium Tax is charged at 20% and is included in the total premium that you pay.

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Welcome back, Lucy!

We welcome Lucy back after a year off with little Milly, her daughter. Lucy's looking forward to swapping nappies for stroke clubs, and getting out and about to see the groups again!

Lucy will be available Monday to Thursday, by phone on **07712853572** or email at lucy.thomas@stroke.org.uk.

Join us in Crickhowell

We're currently developing our community steps project in the Crickhowell area. The project creates and supports community based activities for people affected by stroke and the wider stroke community across Wales. We're also looking to set up a Neuro café for stroke survivors and people living with other neurological conditions.

It's important that we engage with local stroke survivors, the wider stroke community, and with people who have another neurological condition so that these initiatives develop, and that we design the kind of activities that are needed in these areas.

We've arranged an engagement event which will be held on **Monday 4 November 2019 from 1.45pm to 5pm** at Clarence Hall, Beaufort Road Crickhowell, NP8 1BN.

If you live in Crickhowell or the surrounding area, we invite you to join us. There will also be some community singing to enjoy at the event, facilitated by Goldies Cymru.

If you would like to attend, please contact Caroline Byrt, Volunteering and Community Steps Officer on **07715 065923** or by email at caroline.byrt@stroke.org.uk.



1000 hours of volunteering

Blackwood Stroke Support Group held a special celebration in August for one of their volunteers, **Joan**, who reached 1000 volunteering hours. Joan started volunteering with us 10 years ago as a befriender, before moving to support the voluntary group. They took a boat trip from Cardiff Bay, stopping outside the Millenium Centre to present her with her award and a big bunch of flowers. Joan was also presented with an external certificate from Gwent Association of Voluntary Organisations (GAVO) to recognise her achievements as a volunteer.

Thank you, Bridie!

We would like to say a big thank you to Bridie, who has done an excellent job covering Lucy's maternity leave. She has been a real asset to the Volunteer and Community Team in Wales and has done some great work with clubs, groups and volunteers. Thank you!

Fundraising news

Cardiff Half Marathon

October saw nearly 30,000 people take to the streets of our capital for the **Cardiff Half Marathon**, which was the biggest in the events history. The event attracts runners from all over the UK, and this year saw more female runners than male runners for the first time. Over 100 runners registered as part of #TeamStroke who took part in support of our charity.



The Anglesey Ring O' Fire

Friday 30 August marked the start of the annual Ring O'Fire endurance race, which includes 135 miles of running over three days! Six intrepid Stroke Association supporters ran around the Anglesey coastline, raising wonderful amounts of money on our behalf.



Ana, pictured, runs a very successful Slimmer's World Group in Chester and regularly shares the premises with a local stroke survivors' group. She was so impressed with the work she saw being undertaken that she decided that when she took on the challenge, she would raise funds for us. Thank you to everyone who took part.

We need you!

We need your help, and to get involved with campaigning.

As an organisation, we want to enable people affected by stroke like you to tell decision makers about the issues which matter to you.

We use campaigning to influence governments, the NHS and local councils telling them what people like you need from their services.

This is why we need you to join the Stroke Association's Campaigns Network.

Our Campaigns Network is an online mailing list anyone can sign-up for get involved with our campaigns.

We email quick and easy actions people can take to support our work, such as emailing their AM, filling out a survey or sharing information on social media.

It's easy to sign up for, and you can get involved with as little or as much as you want.

Please join us by signing up at stroke.org.uk/webform/join-campaigns-network.

If you would like to know more about how to get involved or support our campaigns work, please get in touch with us at campaigns@stroke.org.uk.

Contact us

Contact us by email:
clubtogether@stroke.org.uk

Contact Community Steps Officers in the region:

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Caroline Byrt
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Lauren Heath
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Email:
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Contact us nationally:
Volunteering and Community Partnerships
Stroke Association House
240 City Road
London
EC1V 2PR
Tel: 020 7566 1540
clubtogether@stroke.org.uk



Calendar

Sunday 8 March 2020

Cardiff Resolution Run

Monday 30 March 2020

Anglesey Resolution Run

Sunday 4 October 2020

Cardiff Half Marathon



Helpline: 0303 3033 100

Email: helpline@stroke.org.uk

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