

Club

Together

Latest news from clubs and groups

Rebuilding lives after stroke

Stroke
Association

Issue 54: Spring 2020
North Zone

Our prevention activity



As part of a new approach to our prevention activity, we're excited to share news about our new **Stroke Prevention Day**.

Rotary International in Great Britain and Northern Ireland has been doing blood pressure checks with our charity since 2003.

Rotary Clubs across the UK have traditionally organised Know Your Blood Pressure events in April for 'Know Your Blood Pressure Day.'

This year, we've combined to make a few changes that'll help us both deliver more impactful and measurable stroke prevention work.

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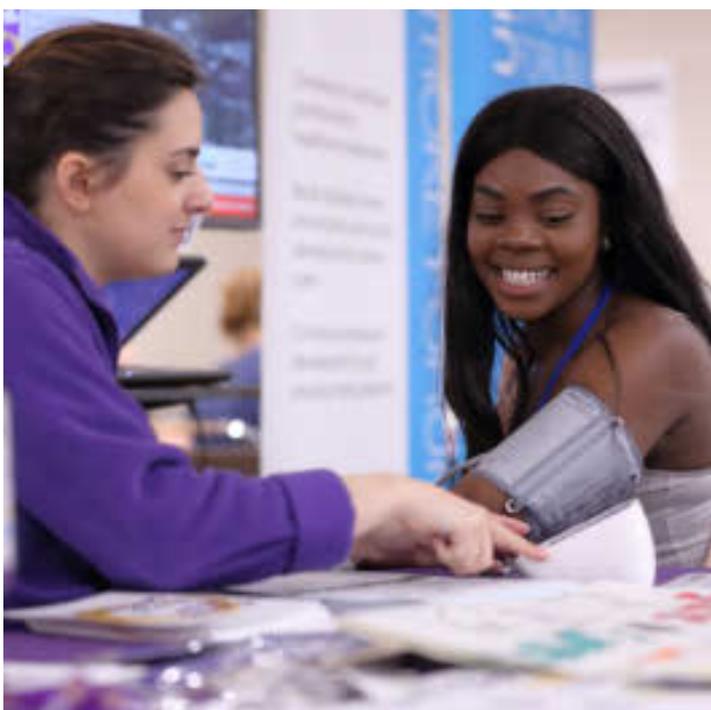
We've also changed the name of our day. Our 'Know Your Blood Pressure Day' is now called **Stroke Prevention Day**.

Our Stroke Prevention Day will now take place on **Friday 15 May**, during our **Make May Purple** campaign. This will help us promote our Make May Purple campaign, and ensure we're supporting impactful stroke prevention activity.

It is part of our transition to our new stroke prevention approach. We're moving away from delivering blood pressure testing only events, to something that considers all risk factors of stroke – like diet, exercise and other health factors.

We're excited to take this next step in our stroke prevention work, and will keep you updated as our work develops.

If you've got a question about these changes, talk to your **Volunteering and Community Officer** who will be happy to help.



UK Stroke Club Conference: Save the date

We're pleased to announce that the dates for this year's **UK Stroke Club Conference** will be **Friday 9 – Saturday 10 October 2020**, at the **East Midlands Conference Centre in Nottingham**.

This annual event brings together those involved in running and volunteering with stroke clubs and groups from across the UK. So **save the date** now. Invitations will be sent out to voluntary groups and affiliated clubs in July.

If you have any suggestions for the programme, the way the event is planned or want to join our planning group contact us at **ClubConference@stroke.org.uk** or call **01527 903 930**.

The more we hear from you the more we can ensure this event and our support continues to meet the needs of those running clubs and groups.



If you have not been to our event before, or would like a recap on what was discussed at last year's event, visit **stroke.org.uk/uksc**.

Have you registered for My Stroke Guide?

In January 2018, **My Stroke Guide** launched to the public, and two years on, there are 15,000 people registered on the site. But we think we can do better.

My Stroke Guide gives you free access to trusted information about different types of stroke, risk factors and secondary conditions, as well as advice on prevention and improving your health.

You can find practical tools and over 200 videos that will help you to better understand stroke and manage its effects. This includes a dedicated section for family and friends that provides information on the impact of stroke and advice about supporting loved ones.

And, our online community connects you to thousands of others so you can share stories and tips and find out how other people manage recovery. Why not set up your own private group so you can talk with your members anytime you like?

My Stroke Guide can help support recovery, no matter where you live, 24/7. Join thousands of others people affected by stroke and log on to **mystrokeguide.com** today.



Campaigning: What's coming up?

We're over a year on from the launch of the **National Stroke Programme** in England.

We've been building our campaign and asking for an increase in the number of stroke survivors receiving six-month reviews in England. We've also been pushing decision makers to accurately report on the numbers of people getting this support.

Last year, we ran a small campaign around what we see as the priorities for stroke for our new government. We have been thrilled so many people supported our **Priorities for Stroke** campaign in recent months. It's not too late to show your new MP that you think it is vital for stroke to be a priority.

Email our campaigns team to take part at **campaigns@stroke.org.uk**. We'll be sharing comments left by people for their MP at our Parliamentary event in March.

In preparation for our new campaign, we want to hear about your experiences. If you or a loved one received a review, we would love to hear how it helped you. If this was not the case and you feel you would have benefitted from one, we want to hear from you too! Get in touch with us at **campaigns@stroke.org.uk**.

Catch up with the latest



UK Stroke Assembly

This year's Stroke Assembly will take place **Monday 13 - Tuesday 14 July 2020** at the **De Vere Orchard Hotel, East Midlands Conference Centre**. Booking will be open at the end of February. Look out for this year's group discount - book five or more places and receive 10% off your booking! To secure your place, visit our website, stroke.org.uk, or call **01527 903 717**.



Working with AbilityNet

Volunteers from **AbilityNet** are available across the UK to visit stroke clubs or groups, or stroke survivors in their homes, to run sessions about making using technology more accessible. They help stroke survivors with tablet and smartphone accessibility, and above all, to regain their independence online. Please contact AbilityNet on **0800 269 545** if you'd like to know more.



Table Tennis England

Table Tennis England have extended their 50% discount for clubs and groups until the end of March. This includes their table packages, pop up table tennis packs and inclusivity pack. To claim this discount, place an order at pinginthecommunity.co.uk enter '**SA50**' in the Coupon Code field, then proceed to checkout. Ping in the Community is only available to groups based in England.



Love your pet day

Thursday 20 February was '**Love Your Pet Day**'. For many people affected by stroke, pets offer invaluable companionship. Love Your Pet Day is the chance for us to show some appreciation for all they do for us. You can grab your pet a bandana, as modelled adorably above, from the shop on our website, at stroke.org.uk/online-shop.

Our research into clubs and groups

We want everyone affected by stroke to access the rehabilitation and lifelong support they need. We want to partner with people and communities to help take action on stroke.

Many of you took part in research we commissioned last summer with **Bright Purpose**. We wanted to hear from you as leaders and volunteers in stroke community groups. To understand what you need to be effective in your community and how we can best realise our strategic ambitions together.

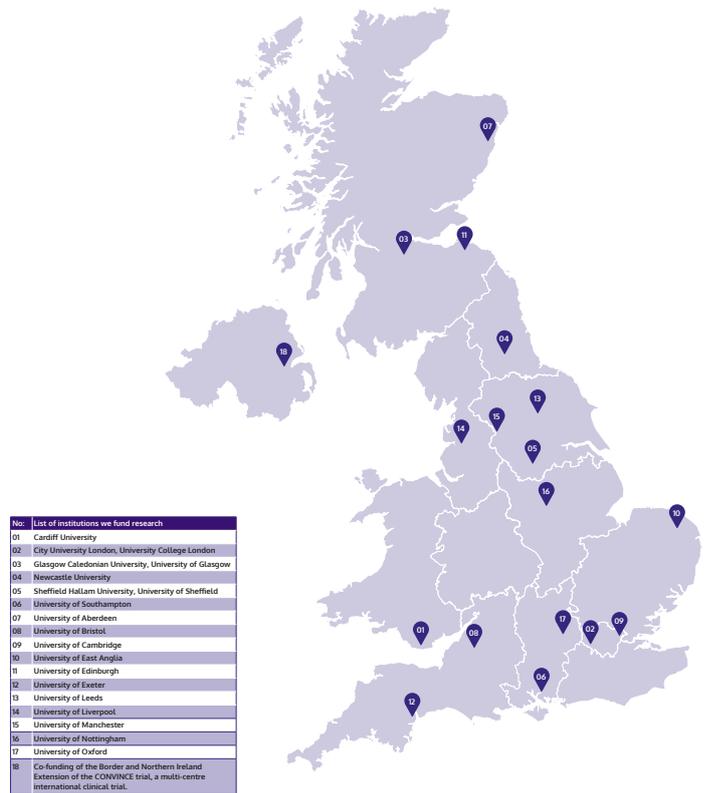
An incredible 187 leaders from clubs and groups across the country took part, as well as 230 other volunteers who help at volunteer-led groups. A huge thank you for taking part. The passion and commitment you showed is overwhelming!

We'll be sharing more in our **Club Together** email newsletters. You'll be able to engage with the findings, shaping how we can work together. We have staff working groups looking at key findings, and have formed a steering group of volunteer group leaders.

Jane, a group leader at **Wolseley Moving on Stroke Club** in Plymouth, said: **"I found attending the day motivating. I'm not a stroke survivor. I'm a carer. My son had a stroke. So to hear from people who had experienced a stroke was endearing. Topics we discussed included how can we reach more people and tell them about our clubs and groups? How can we make it easier for people to begin volunteering? What about our sustainability and sharing best practice? It's not going to happen overnight, but over time we can address our common challenges together."**

If you'd like to know more, please email Beth.Scrimshaw@stroke.org.uk.

Where do we fund stroke research in the UK?



For over 30 years, we've funded vital research to stop strokes happening, and treat and support people to rebuild their lives after stroke.

We funded early research into the **Face Arms Speech Time (FAST)** test that lay the foundation for public awareness campaigns around the world.

We've joined forces with research funders in Ireland to boost funding for a study that can tell us if a new medication can stop stroke.

We're funding research at **Cardiff University** to understand what impacts a stroke survivor's ability to voice their views on the treatment they receive. This will put the lived experience of stroke first.

We want to support stroke research that can make a real difference to the lives of people affected by stroke. This year we're asking stroke survivors and those who support them, as well as health professionals in stroke to have their say on what research they want to see.

Take a look and spread the word by putting the posters up at your club or group, or around your local community. You can also find out more at stroke.org.uk/jla.

Travelling with medication

Planning your next holiday? Don't forget your medication. Our partners AllClear Travel Insurance share some top tips:

Different countries have different rules about the type and amount of medications you can bring with you. Check with your destination's embassy before you travel to avoid any issues.

Get a copy of your prescription and a letter from your GP, to explain your health condition and prove it's your medication. If you need to take liquids over 100ml in your hand luggage, you'll need to contact the airline to check with them too.

Make sure you have enough medication to last the trip – extras in case of delays, loss or damage. Check your supplies a month before to avoid having to get a last-minute GP appointment.

Carry essential medication in your hand luggage, or split it between bags, so you're covered if your suitcase is lost or delayed. Keep your medicine in its original packaging to avoid problems at customs. Use an insulated bag or thermos flask for medicines that need to be kept at a certain temperature.

AllClear will give up to 20% of your premium to the Stroke Association when you purchase a policy (see stroke.org.uk/allclear). To find out more about their travel insurance policies, go to stroke.org.uk/allclear or call 0808 168 8733.



Anniversaries and celebrations



The **North West Community Stroke Choir** started as a six-week project and was so successful, it's just celebrated its five year anniversary. The friendly group welcomes anyone with a connection to stroke and a desire to sing at their fortnightly Monday evening meetings in Stockport. The choir won the **Stroke Group Award** in our 2018 Life After Stroke Awards and regularly perform at events all over the North West.



Stockport Stroke Support Group celebrated their 30th anniversary in January. How remarkable to think that the volunteers who run this group have provided peer support, fun and friendship for stroke survivors and carers in their community since 1990. A special mention to **June**, one of the group's founders, who came to the party. And what a party it was, with a DJ, cake and games galore!



In January, **Chester and District Stroke Club** celebrated their **20 year anniversary**, and the club held a celebratory lunch for its members. Founding and longstanding members, **Margaret** and **Ray**, spoke about how their original idea to provide a place for people affected by stroke to come together for friendship and support came about. We wish the club every success for the future.



Each year, the **Wirral Stroke Survivors Art Group** put together a calendar showcasing their member's and volunteer's paintings to raise funds. This year was no exception, and the group produced a stunning 2020 calendar, which is now sitting proudly in offices and homes all across the UK – from the Midlands to Scotland and the Isle of Man. Above is a painting by **Dave Howard**, one of the groups volunteers.

Active Strokes fundraising

Active Strokes North East have had a real success this year in raising money for their group. The group hold weekly swimming and exercise sessions in Newcastle.



They received funding from **Lloyds TSB** for their sponsored walk along Newcastle Quayside. Six members of Lloyds staff nominated the group for their **Staff Matched Giving Programme**.

The group received a cheque for **£3000** from the bank which, added to their own fundraising, meaning the walk raised a grand total of **£7213!** A fantastic amount, well done.



Here's the group receiving a hamper from **Newcastle Building Society** at their weekly drop in.



And, the green token scheme at their local **ASDA** gave them another **£500**. Well done to all involved in fundraising. We know this funding will make a huge difference to your group.

Keeping your group safe

Six members of **Ashington Life After Stroke** group took part in Health and Safety training recently.

Health and Safety training for clubs and groups is offered to make sure that groups are safe for members.

We cover risk assessments, fire safety and staying safe on an outing. The session even involved a group visit to the toilet to check how accessible the venue is!



Training was a great success, with the groups venue risk assessment completed during the session.

Two members of the group are now the main contacts for fire safety and risk assessments - a great group effort from all involved.

If your group would like this training, please get in touch.

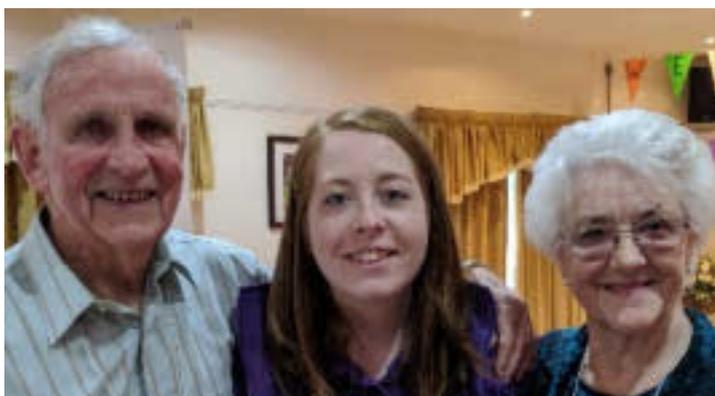
Connecting our Wakefield clubs and groups



At the end of last year, we held a local forum in Wakefield, West Yorkshire for the six groups in the area to come together, network and share ideas. It was a great success and helped to strengthen the relationships of groups in the area.

Wakefield Speakability, Ossett Stroke Club, Outwood Stroke Club, Five Towns Stroke Club and Wakefield Social Group all came along. Thank you to all the volunteers who run the groups and provide invaluable support to stroke survivors in the city.

Wakefield Speakability



A big thank you to **Ken Rollin** for dedicating 19 years to helping stroke survivors in Wakefield rebuild their lives after stroke.

Ken retired at the end of 2019 and is looking forward to continue as a member of the fantastic group he helped to lead for so many years.

10 years of peer support in Leeds

Roundhay Stroke Support Group celebrated their 10 year anniversary in 2019 and were presented with a special milestone certificate to mark the fantastic achievement, and highlight their great work.

The group formed in 2009 to support stroke survivors in Leeds get back into the community and rebuild their lives. The group is an independent, self-financing club affiliated to our charity with 15 members and 13 volunteers, many who have also been affected by a stroke.

The group volunteers have a wealth of experience between them, with some being stroke survivors themselves, carers and retired healthcare and education professionals.

They meet every two weeks and enjoy music, singalongs, games and quizzes, welcoming anyone who has had a stroke, along with their family and carers.

Stroke survivors and carers in Leeds are lucky to have this fabulous group so close by, run by such dedicated and passionate volunteers who give their all to support their members.

Congratulations Roundhay, here's to another 10 years!



Sheffield Touch of Colour Art Group

The **Sheffield Touch of Colour Art Group** were delighted to receive a grant of **£2000** in recognition of their work.

This was awarded by **Sheffield and District Freemasons in the Community** as a token of thanks for the support they give to stroke survivors and their families.

Freemason **David Minihan** said, "It's so important groups such as **Touch of Colour** continue their great work which becomes important therapy for those who have experienced stroke."

The group has raised an incredible amount for stroke through sponsored walks, events and fundraising throughout the year.



Sheffield Stroke Survivors Peer Support Group

Fancy a cuppa or a spot of lunch? Then the newly formed **Sheffield Stroke Survivors Peer Support Group** is where you need to be.

With over 20 members, the group offers friendship, support and a listening ear to stroke survivors and their carers.

Member **Sally-Ann** says "I'd be totally lost without this group. Each month, I come knowing I'll be amongst friends and get the support I need from those who understand the difficulties stroke brings."

You can join them on the first Monday of the month at the **Benjamin Huntsman Pub, Cambridge Street, Sheffield** from 12 noon.



Making stroke a priority

In December 2019, the **Kendal Speakability Group** worked with one of their volunteers, who is also a Stroke Ambassador, to hold an event at their local supermarket.

It was designed as a fundraiser, to highlight the local support available in the community, as well as raise awareness of, and advise how to prevent stroke.

Local politicians joined for a blood pressure check, and the event even made it on to the local **BBC news!**

The group hope to invite their MP to attend one of their monthly meetings to allow him to meet other members and ensure that stroke is put high on the political agenda.



Co-Op Community fund success for Merseyside



Last year the **Merseyside Life After Stroke Group** applied to the **Co-op Community Fund**.

Little did anyone realise that less than 12 months later, the group would be presented with a cheque for an amazing **£6031.35!**

The group is planning around how to spend the money in order to meet everyone's needs and continue to support rebuilding lives after stroke.

Applications for the Co-op Community Fund open again in April.

If you need any help in applying please speak to your local member of staff.

Younger Stroke Survivor Project

Thank you to everyone who filled in a survey around peer support for younger stroke survivors. The survey data has now been collected and analysed and the next step is to hold focus groups around the area in Gateshead, Greater Manchester, Liverpool and Yorkshire.

If you completed a survey, please keep an eye out for an invitation – we're looking forward to hearing more from younger stroke survivors about how we can work together.

Contact us

Contact us by email:
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Contact us in the region

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Contact us nationally:
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London
EC1V 2PR

E: clubtogether@stroke.org.uk



Calendar

Sunday 15 March

Resolution Run
Knavesmire, York

Sunday 22 March

Resolution Run
Temple Newsam, Leeds

Tuesday 24 March

Volunteer induction
Salford

Sunday 29 March

Resolution Run
Blackpool Sports Centre/ Stanley Park,
Blackpool

Sunday 5 April

Resolution Run
Anderton Boat Lift, Cheshire

Sunday 19 April

Resolution Run
Croxteth Country Park, Liverpool

Wednesday 6 May

Safeguarding and Emotional impact of
Stroke, Yorkshire

Helpline: 0303 3033 100

Email: helpline@stroke.org.uk

Rebuilding lives after stroke

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