

Club

Together

Latest news from clubs and groups

Rebuilding lives after stroke

Stroke
Association

Issue 54: Spring 2020
Northern Ireland
and Scotland

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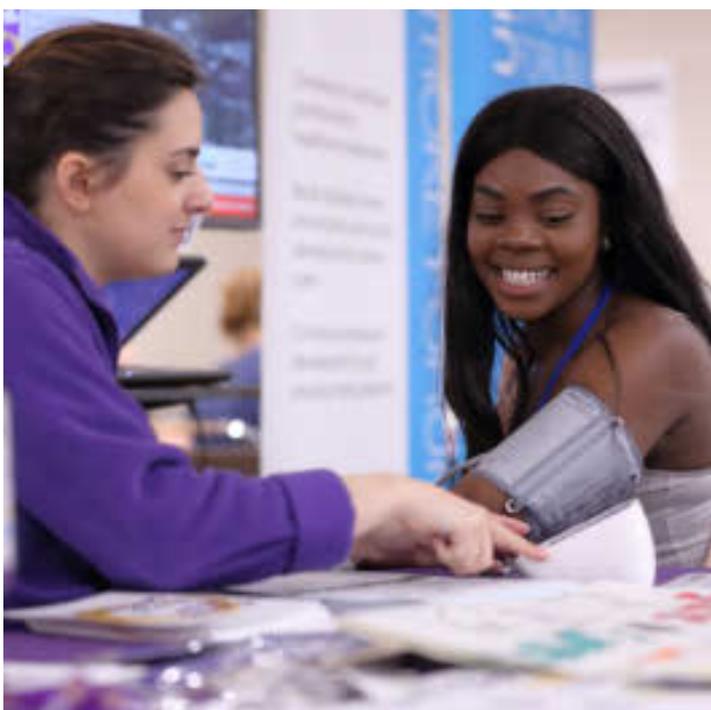
We've also changed the name of our day. Our 'Know Your Blood Pressure Day' is now called **Stroke Prevention Day**.

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.

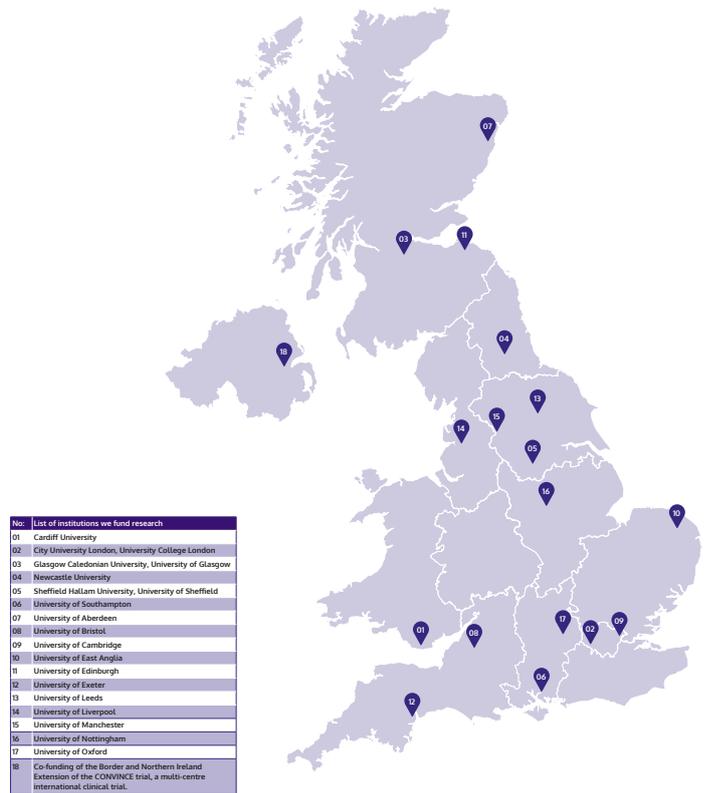
An incredible 187 leaders from clubs and groups across the country took part, as well as 230 other volunteers who help at volunteer-led groups. A huge thank you for taking part. The passion and commitment you showed is overwhelming!

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.

Introducing Anna, a Stroke Ambassador on a mission

Anna Corr-McCracken is a stroke survivor who had a massive stroke 18 years ago. She has been a Stroke Ambassador since 2008.

Anna is an extraordinary woman with an extraordinary network of family and friends. Together they have scaled mountains, climbed to base camp Everest, walked many marathons and jumped out of aeroplanes to raise awareness and funds for stroke.

Anna's current challenge

In the lead up to Anna's 50th birthday, The **Corr Family and Friends Group** are walking the Ulster Way, a 625 mile wander around some of the most beautiful parts of Northern Ireland.



They have already completed the Newry Canel Way, The Lagan Towpath, North Down Coastal Path, Tryella Beach to Newcastle and Portstewart to Bushmills.

To find out Anna's upcoming plans, visit thecraicis90theulsterway.blogspot.com.

Anna has also visited our Stroke Association Voluntary Groups. She shared her personal story of stroke and the challenges she has completed. There have been tears, laughs and lots of tea!



Please feel free to join Anna on any of the walks - even to see them off at the start or welcome them in at the end.

It's a great opportunity to see parts of our beautiful country that you may never have seen before. If they pass nearby, why not come out and show your support!

Each walk is around 10 miles, and they'll take place as follows:

Tuesday 17 March
Camlough Mountain

Saturday 11 April
Mellon Country Inn Omagh, Gortin

Saturday 2 May
Dunseverick, Ballycastle

Cuilcagh Way Fermanagh
(Stairway to heaven)

Saturday 20 June
Spelga Dam, Killbroney Park

Burns lunch in Aberdeen

The **Aberdeen Speakability** Burns lunch welcomed over 100 guests at the beautiful Beach Ballroom in Aberdeen.

The event was hosted by **David Jones**, Chair of **Aberdeen Speakability** and one of our Scottish volunteers.

The club was delighted to have had some well known guests in attendance, and enjoyed a performance by fiddle player **Paul Anderson** who also gave a witty toast to the haggis while guests ate the traditional 'haggis, neeps and tatties!'

And, **Pam Dignan Dance School** added to a wonderfully Scottish afternoon with fantastic entertainment.

David Jones, Chair of **Aberdeen Speakability** said: "It was a splendid afternoon. Not only did we raise the funds to keep the club financially secure for another year, but we all enjoyed some magnificent entertainment. We are hoping the event attracts new members. There are many more people out there with speech and language problems, so we need to raise our profile."

Andrea Scott, Fundraiser for Northern Scotland said: "This annual event is absolutely wonderful and a true celebration of **Robbie Burns**, Scotland's national poet. The delicious food and an outstanding programme ensured it was a resounding success and thanks to David for all his hard work! Looking forward to next year!"



Contact us

Contact us by email:
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Contact us in Northern Ireland

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Contact us in Scotland

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Contact us nationally

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240 City Road

London

EC1V 2PR

Tel: 020 7566 1540

clubtogether@stroke.org.uk



Calendar

Walk your way



Challenge yourself to walk 26.2 miles - a marathon distance - at your own pace. Sign up for **Walk Your Way** and go it alone or walk with friends to raise funds for stroke.

Anyone can complete a marathon, just choose the way you want to walk it. You can walk it by yourself or with friends and family.

You choose when and where you walk. You set the pace and you decide the way you walk. You can even set your own fundraising target.

Sign up at stroke.org.uk/walkyourway.

Helpline: 0303 3033 100

Email: helpline@stroke.org.uk

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