

Club

Together

Latest news from clubs and groups

Rebuilding lives after stroke

Stroke
Association

Issue 54: Spring 2020
Wales

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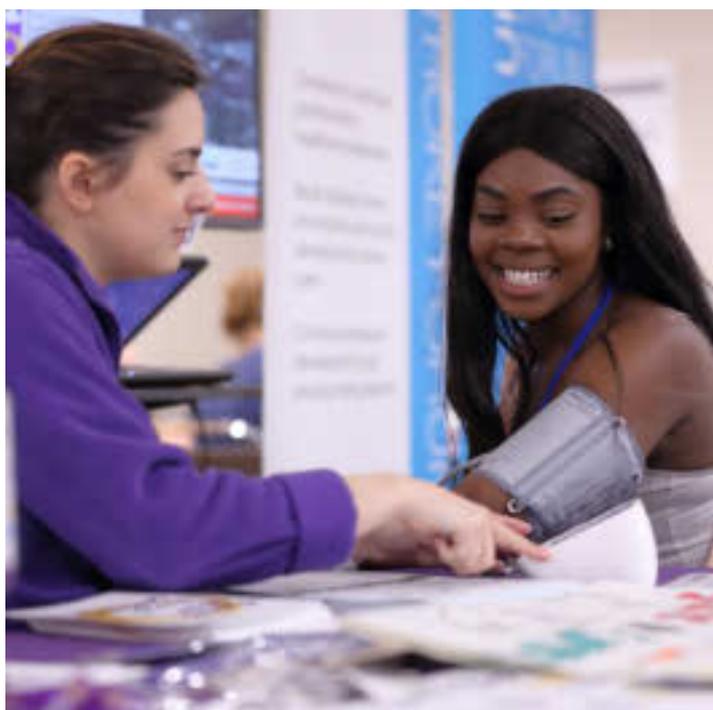
We've also changed the name of our day. Our 'Know Your Blood Pressure Day' is now called **Stroke Prevention Day**.

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 Amanda



Amanda Cox started as a **Volunteering and Community Steps Officer** for South West Wales in November 2019. She works three days a week from home, covering Neath Port Talbot, Swansea, Carmarthenshire, Pembrokeshire and Ceredigion.

Before joining us, Amanda had been working with women and children affected by domestic abuse. Prior to that, she had worked with several different voluntary groups in the region.

Amanda's really pleased to be supporting stroke survivors and carers to become more active in their local communities. She's been visiting all the stroke clubs and groups in the area to introduce herself and to meet as many survivors and carers as possible.

Amanda says **"Getting out and about in the community, and meeting other people, are positive steps for anyone who is recovering from a stroke. Together we can help to make our communities accessible to everyone."**

Any stroke survivors or carers who would like to get involved with the **Community Steps** project can be referred via their coordinator or can contact Amanda or the Stroke Association directly. See the back page for Amanda's contact details.

Looking for a challenge?

We're looking for people to apply for one of our charity running places in 2020 and join #TeamStroke.

We have **free charity places** for the following events:

Newport Marathon
Sunday 19 April

Swansea Half Marathon
Sunday 14 June

Ring O' Fire Ultra Marathon
Friday 4 September

Cardiff Half Marathon
Sunday 4 October

Email fundraisingwales@stroke.org.uk or call us on **02920 524417** to find out more.

We're also holding our annual **Resolution Runs** that kick off in March!

Whether you are a stroke survivor, carer, family or friend, life after stroke impacts us all. **Join the Resolution** and raise funds to rebuild more lives after stroke.

Cardiff
Sunday 8 March

Anglesey
Sunday 29 March

Book your place and #JoinTheResolution!

We're also looking for route marshalls! If you would like to volunteer, or if you'd like further information, please email fundraisingwales@stroke.org.uk or call us on **02920 524417**.

Building Stroke Friendly Communities

Stroke survivors frequently tell us that they have lacked confidence following their stroke, been upset, embarrassed or humiliated by the way they are treated by members of the public and businesses. We believe this is because of a lack of understanding and awareness of stroke, and the lasting, hidden effects it has.

Stroke Friendly Communities is a website platform designed to amplify the voices of people affected by stroke. We want to encourage people to talk about their experiences in the local community.

Anyone affected by stroke (survivor, carer, family member or friend) can submit a positive or negative experience on our website which will be reviewed by a member of the team.

We'll then contact the business to provide feedback and provide them with an opportunity to hear more about becoming stroke friendly, raise awareness of the issues faced by stroke survivors and how we fundraise to help rebuild more lives after stroke.

Please support us by sharing the link below with the wider stroke community. We also have a paper version of the form that we can send you via email or post. Any support to help publicise this link in your own communities is very much appreciated.

You can log your experience by visiting our website, stroke.org.uk/webform/stroke-friendly-communities.

This is a really positive move towards promoting awareness of the effects of stroke and supporting stroke survivors in their local communities, and to raise awareness of our organisation and the fantastic work we do.

If you have any questions, please email experience@stroke.org.uk.

Bridgend bowls



Bridgend Bowls Club has run since January 2017, with 10-15 people affected by stroke joining in regularly.

Stella, a stroke survivor who attends the sessions, told us that she is determined to beat stroke and bowls is helping her do just that. "**Bowls provides me with both physical and mental benefits and has improved my overall wellbeing.**"

She also explained why this session is so important to her and other stroke survivors: "**It means a lot to us, it's not just exercise, its company and means we don't have to sit in the house on our own. I have met some great friends and look forward to seeing them every week at the bowls session.**"

On the back of the session a number of people have really taken to the sport and now bowl in the weekly leagues.

In the words of Stella "**Come and try! You will be surprised just like I was, I didn't think it was for me but I love it.**"

Bridgend Bowls Club volunteers helping to facilitate the sessions also find the session really positive. **Lauren Heath** has more information if you would like to get involved. You can find her details on the back page.

Contact us

Contact Community Steps Officers in your region:

Colin Evans
North Wales
colin.evans@stroke.org.uk
07984 357191

Caroline Byrt
Powys, Blaenau Gwent &
Monmouthshire
caroline.byrt@stroke.org.uk
07715 065923

Lauren Heath
South East Wales including
Swansea, Neath Port Talbot
lauren.heath@stroke.org.uk
07932 265274

Amanda Cox
West Wales including Carmarthenshire,
Ceredigion and Pembrokeshire
amanda.cox@stroke.org.uk
07717 275765

For enquiries, email:
communitystepswales@stroke.org.uk

Contact us nationally:
020 7566 0323
clubtogether@stroke.org.uk



Calendar

Sunday 8 March

Resolution Run
Cardiff

Sunday 29 March

Resolution Run
Anglesey

Sunday 19 April

Newport Marathon

Sunday 14 June

Swansea Half Marathon

Friday 4 September

Ring O' Fire Ultra Marathon

Sunday 4 October

Cardiff Half Marathon

9–10 October 2020

UK Stroke Club Conference

Helpline: 0303 3033 100

Email: helpline@stroke.org.uk

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