

Stroke Group Network Conference

Monday 25 – Tuesday 26 September 2023
Online event



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Knowing your members!

And how to support them better by being more accessible and inclusive

Programme outline – we'll do our best to stick to the advertised times and speaker details, but these may change a little on the day.

Main talks

Day one - Monday 25 September 2023

09:30 - 10:00am	Optional social time and online exhibition
10:00 - 10:10am	Welcome Beth Scrimshaw – Group Networks Manager, Stroke Association
10:10 - 11:00am	Talk one: Reflecting and working together! Our Chief Executive Juliet Bouverie will share a summary of reflections and achievements from across the charity from the last 12 months. Followed by panel discussion with Juliet, Julie Foster a group leader from Coalfields Life After Stroke Group and Hannah Catchpool a Stroke Association Trustee. Speakers: <ul style="list-style-type: none">• Juliet Bouverie OBE - Chief Executive, Stroke Association• Hannah Catchpool – Trustee, Stroke Association and Partner, RSM UK Audit LLP• Julie Foster – Group Leader, Coalfields Life After Stroke Group
11:00 - 11:30am	Comfort break Optional breakout room to reflect and 'connect and chat' with other attendees. Or visit the online exhibition

<p>11:30am - 12.15pm</p>	<p>Talk two: Understanding what communication difficulties are after a stroke and how support groups can help.</p> <p>Come and hear about the new resources available to support your group members with their communication. Plus, group volunteers share their top tips on supporting members with their communication. These approaches can be incorporated into all groups.</p> <p>Speakers:</p> <ul style="list-style-type: none"> • Caitlin Longman – Accessibility Lead, Stroke Association • Janet Rockliffe - Accessibility Assistant and Group Volunteer • Colin Lyall - Say Aphasia Group Founder and Volunteer • Heidi Matthews – Aphasia and Accessible Voices • Jim Wyness – Blyth Support Group Volunteer and Aphasia and Accessible Voices
<p>12:15-12:25pm</p>	<p>Close – celebrating our groups!</p> <p>Beth Scrimshaw – Group Networks Manager, Stroke Association</p>
<p>12:25 – 1:00pm</p>	<p>Optional breakout room to reflect and 'connect and chat' with other attendees.</p> <p>Or visit the online exhibition.</p>
<p>1:00pm</p>	<p>Finish</p>

Day two – Tuesday 26 September 2023

09:30 - 10:00am	<p>Optional bonus session: Morning energiser</p> <p>Join in with some gentle wellbeing and chair-based stretches to get your day started and help you feel energised.</p> <p>Speakers:</p> <ul style="list-style-type: none"> • Doug Youngson - Wellbeing Development Lead, Stroke Association
10:00 - 10:05am	<p>Welcome</p> <p>Beth Scrimshaw – Group Networks Manager, Stroke Association</p>
10.05 - 11:00am	<p>Talk three: Understanding health inequalities and why this matters to stroke groups.</p> <p>An overview of what health inequalities mean. Acknowledging how different backgrounds and experiences can shape the support people affected by stroke receive. Hear examples of working in partnership with others to reach diverse stroke communities.</p> <p>Speakers:</p> <ul style="list-style-type: none"> • Sophie Field – Communities Lead, Stroke Association • Madhura Muralidharan – Health Inequalities Specialist • Julie Monk - Group Leader, 4ward Strokes Leicester • Donna Greenall – Engagement Lead, Stroke Association • Mary M Sagoe - Volunteer, BAME Stroke Support Group
11:00 - 11:30am	<p>Comfort break</p> <p>Optional breakout room to reflect and ‘connect and chat’ with other attendees.</p> <p>Or visit the online exhibition</p>

<p>11:30am - 12:20pm</p>	<p>Talk four: How support groups can help members to recognise and live well with the hidden effects of stroke.</p> <p>This session will give a broad overview of the hidden effects of stroke and how these can affect daily activities and wellbeing. Hear about different ways to plan activities and facilitate your groups, adjusting to meet members' needs.</p> <p>Speakers:</p> <ul style="list-style-type: none"> • Josh Murphy - Stroke Knowledge Development Lead, Stroke Association • Lori Rowsell – Group Leader, Nailsea Stroke Survivors Club • Louise McCann - Group volunteer, Scotland Online Café • Amanda Bennett – Head of Diversity, Equity & Inclusion at Guide Dogs
<p>12:20-12:30pm</p>	<p>Close and final words – celebrating our groups!</p> <p>Beth Scrimshaw – Group Networks Manager, Stroke Association</p>
<p>12:30 – 1:00pm</p>	<p>Optional breakout room to reflect and 'connect and chat' with other attendees.</p> <p>Or visit the online exhibition.</p>
<p>1:00pm</p>	<p>Finish</p>

Bonus session

Importance of you!

Optional bonus session: Wellbeing for group volunteers

Being a group volunteer can be an immensely fulfilling experience, yet we know at times it can be very busy! It's important to look after your own physical and mental health when supporting others. Join this optional (pre-recorded) session to pick up tips on taking care of yourself and acknowledging and honouring your own limits as a group volunteer.

Speakers:

- Doug Youngson - Wellbeing Development Lead, Stroke Association
- Mike Lynch – Support Group Volunteer, Kirklees Hope After Stroke Group