

## Talk Four: Our ongoing journey to recovery – new opportunities

During the live session additional resources and information were discussed. Below are the links to these. To access the links you will need to copy these and paste into an internet browser.

\*Some of the information is on the Stroke Association's intranet pages. If you have trouble accessing these please email [volunteering@stroke.org.uk](mailto:volunteering@stroke.org.uk)

### Additional information:

**Stroke Café's in Scotland:** to find out more contact the Scotland team on

[engagementteamsotland@stroke.org.uk](mailto:engagementteamsotland@stroke.org.uk) or [Dawn.price@stroke.org.uk](mailto:Dawn.price@stroke.org.uk)

**Online Support Groups:** Details about which groups run online activities, in which area or open to all is available on the Stroke Association website here

[stroke.org.uk/finding-support/support-services](https://stroke.org.uk/finding-support/support-services)

**National online courses:** If you liked to find out about the online courses ran by the Life after Stroke Centre in Bromsgrove you can also email:

[online.activities@stroke.org.uk](mailto:online.activities@stroke.org.uk)

**Young person's project:** you can find out more about this project by reading these blogs and reports

- [stroke.org.uk/sites/default/files/conferences/ukxf/blogs\\_ukxf\\_version.pdf](https://stroke.org.uk/sites/default/files/conferences/ukxf/blogs_ukxf_version.pdf)
- [stroke.org.uk/sites/default/files/conferences/ukxf/young\\_people\\_connect\\_report\\_ukxf\\_version.pdf](https://stroke.org.uk/sites/default/files/conferences/ukxf/young_people_connect_report_ukxf_version.pdf)

**BAME peer support groups:** you can also find out about the BAME support group by emailing [Yvonne.Lentge@stroke.org.uk](mailto:Yvonne.Lentge@stroke.org.uk)

**Tips for group leaders running online activities:** There is a wealth of information that group leaders and volunteers can access on the Stroke Association's intranet\*. This includes tips about how to set up various online apps and activities that work well online. Find out more here: [intranet.stroke.org.uk/what-you-need/coronavirus/stroke-support-group-resources](https://intranet.stroke.org.uk/what-you-need/coronavirus/stroke-support-group-resources)

**Online activities:** The following resources and organisations are available to all groups and their members to help them using technology and providing support in running online activities.

- **AbilityNet** - can help people get online and access technology. To find out more visit [abilitynet.org.uk](https://abilitynet.org.uk) or call **0800 048 7642** during UK office hours
- **Guides to get online** - help for people with communication difficulties including aphasia get online and use technology - [stroke.org.uk/what-is-aphasia/communication-tools/getting-online-people-aphasia](https://stroke.org.uk/what-is-aphasia/communication-tools/getting-online-people-aphasia)
- **InterAct Stroke Support** - is a charity dedicated to supporting stroke recovery and delivering ongoing community support. They can help with delivering group activities to help relieve the pressure from leaders and volunteers. They are currently helping over 50 stroke clubs with reading groups and other activities. To find out more visit [interactstrokesupport.org/interact-at-home](https://interactstrokesupport.org/interact-at-home)

If you would like to add your stroke support group to the list of groups on the [website](#) or update any of the details, please contact the Group Networks team by emailing: [groupnetworks@stroke.org.uk](mailto:groupnetworks@stroke.org.uk)