

UK Stroke **Assembly** 2020

Rebuilding lives after stroke



Working together to rebuild lives after stroke

Provisional programme

Date	Time	Programme - Weeks 1-3
Week 1 - Staying Active		
Tuesday 16 June 2020	11.00am-11.15am	Part one: Welcome: Bringing the UK Stroke Assembly to you! Hear from our CEO, Juliet Bouverie, on how the Stroke Association is continuing to provide support for people affected by stroke throughout the COVID-19 crisis.
	11.15am-11.45am	Part two: Staying active Being active is one of the best things you can do for yourself and your health, especially after a stroke. It has benefits, both physically and mentally. Hear how you can stay active at home, ask questions and get some top tips from other stroke survivors.
Wednesday 17 June 2020	11.00am-11.30am	A stroke of luck Hear from stroke survivor and ex-international swimmer Craig Pankhurst. Gain tips and techniques for staying active whilst at home and hear how Craig is supporting stroke survivors across the UK.
Friday 19 June 2020	11.00am-11.20am	Join our live exercise session – Moving more at home This session is designed to offer a range of gentle chair based exercises to keep you moving whilst at home.

Week 2 - Take Action

Monday 22 June 2020	11.00am-11.30am	Join our community of campaigners! In these uncertain times, we need your help to ensure stroke remains a priority. Find out why we have adapted our plans as a result of COVID-19, and take part in some easy ways to ensure that politicians know that stroke matters to you.
Wednesday 24 June 2020	11.00am-11.30am	Live cook-along with celebrity chef Sally Bee Join LowSalt ambassador Sally Bee in raising awareness of how the lifestyle choices we make impact our health. She'll share simple tips and ideas for small changes that can make big differences.

Week 3 - Research

Monday 29 June 2020	11.00am-11.30am	Rewiring the brain: New connections and recovery Can the brain rewire itself? Join Dr Niamh Kennedy from Ulster University to discover how we can encourage our brain to reorganise after stroke. The activities you can do to help keep our brains plastic and the beneficial effects of rewiring.
Wednesday 01 July 2020	11.00am-11.30am	Vision loss after stroke Hear from Helen Morse, a researcher funded by the Stroke Association, who is looking at how to test and treat vision loss after stroke.
Friday 03 July 2020	11.00am-11.45am Repeat: 1:00pm-1:45pm	Do you have a question for our stroke research team? Sign up to take part in a discussion where you can ask your questions about stroke research as part of our Stroke Priority Setting Partnership. There are limited places in this webinar. If you can't join this time, we'll tell you about other ways you can take part.