

Webinar three: Innovation during lockdown

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

Additional information:

Strike a Chord Choir - The film about the choir that we struggled to show live is available here <https://youtu.be/pxapzDj-W0Y>

Stroke Support Innovation presentation - more wonderful examples of the things people have been doing over the last few months to stay connected and have fun. stroke.org.uk/sites/default/files/conferences/uksc/stroke_support_innovation_presentation_uksc_version.pdf

Further Club and group resources - a range of information to help leaders during the coronavirus pandemic intranet.stroke.org.uk/coronavirus/clubs-and-groups-resources

Including ideas on:

- how to connect remotely and safely using different platforms
- activities to try
- how to support others
- wellbeing

Help getting members online

- AbilityNet can help people get online and access technology abilitynet.org.uk

- Guides to help people with aphasia get online and use technology. stroke.org.uk/what-is-aphasia/communication-tools/getting-online-people-aphasia

More about Chris King and Chequers Kitchen -

- BBC1's programme Inside Out <https://youtu.be/p2xXvtdmhWA>
- Chequers Kitchen Cookery School - chequersdeal.co.uk

Joining the online cookery classes - If you'd like to join the 'autumn programme of activities' hosted by the Volunteering and Community teams in the South Zone please email: Lynn.Vincent@stroke.org.uk or Louise.Hornagold@stroke.org.uk These include cookery, art and singing.

Other information and tips shared by attendee:

This session included lots of sharing of tips and ideas amongst attendees of what they'd done with their own members to stay connected during lockdown. Below are just some of the examples:

- Lots of zoom meetings and informal catch ups
- Online not suitable for all, traditional phone calls, newsletters and activity packs very much used and appreciated
- Staying in contact "has kept volunteers motivated and carers supported"
- Sourcing grants and training for new computer equipment - Find out more about the Life After Stroke Grants stroke.org.uk/finding-support/life-after-stroke-grants
- Using AbilityNet (see above) to help members get online if willing and able. (Noted this continues to be a big hurdle for many)
- Buddy support for individuals
- Welcoming new members if they wish to join. (Noted referrals at this time is limited.)

"Falmouth Stroke Club have weekly zoom coffee mornings, talks from local groups, needlework and art zoom classes every week. We also have a monthly newsletter compiled from articles and pictures members send in. Our committee members also phone our members at least weekly to keep in touch".

"Glasgow Speakability have been meeting on skype and have quizzes, talks about childhood memories, stories of where they grew up"

Wokingham Stroke Support & Recovery Group - "As we could not go on our summer outing which we normally subsidise, we had surplus money. We decided to get flowers delivered to all our members during the lock down just to let them know that they are still THOUGHT of. It was so well received." Lots of people agreed what a thoughtful and lovely idea this was and could do themselves.

"Wokingham Stroke Support & Recovery Group have a closed Facebook page to keep in touch. This includes members who are unable or are not comfortable to access zoom. We share achievements, pictures, jokes, Stroke Association projects and messages. Reminders of our next meeting etc."

Get in touch

If you have any questions for our speakers from this session or how to stay in contact with your members please contact the Club Conference team on 01527 903 930 or email clubconference@stroke.org.uk