

Hosted by

Stroke
association



Stroke Assembly North

Monday 4 June - Tuesday 5 June 2018
Radisson Blu Hotel
Manchester Airport



**Giving a
voice to those
affected by
stroke and
aphasia**

Welcome to the UK Stroke Assembly 2018

We are delighted to welcome you to the first of our series of UK Stroke Assembly events this year.

The UK Stroke Assembly is the largest gathering of people affected by stroke and aphasia in the UK.

This year we are delighted to be holding events in Manchester, Essex and Glasgow and have exciting plans to expand our reach in Wales and Northern Ireland in 2019.

The purpose of the UK Stroke Assembly events is to enable those affected by stroke and aphasia to have their say and influence future campaigns, share experiences and hear developments in stroke care and research.

You are the experts on life after stroke and your voice needs to be heard not only by the charities, but also by those researching new treatments, developing new services, and making decisions about health and social care.

Throughout the event please take every opportunity to have your say, learn from and inspire each other and reflect on how far you've come on your personal stroke journey. **We look forward to meeting you all and remember, together we can conquer stroke.**

Joint Chairs of the UK Stroke Assembly Reference Group.



Liz Roberts-Wilcox



Tony Banks



What you can expect:

We know that attending a conference might not be something you are used to. The venue and programme is chosen with the needs of stroke survivors in mind.

Please take the event at your own pace and rest whenever you need to.

This is an opportunity to:



Have your say on stroke and the things that matter to you



Take action on stroke and influence future campaigns



Meet stroke charities and those working in the field of stroke



Hear the latest developments in stroke care and research



Join together and share experiences



Celebrate your own successes and achievements and inspire others



Pick up ideas and try something new



Find out about products and life after stroke services

What we want to achieve:

The UK Stroke Assembly encourages stroke survivors and their families to share experiences and inspire others similarly affected.

The event highlights latest developments in stroke care and research, and ways in which individually and collectively you can take action on stroke and aphasia.

We want to hear your hopes and concerns. This will enable conversations to influence policies and campaigns. Key messages will be shared with government and health and social care decision makers, with particular focus on outcomes for those living with stroke and aphasia.





Independence doesn't happen on your own

Through our peer support groups we help stroke survivors to get their lives back on track.

But, we can't reach everyone. With your support more stroke survivors can regain their independence.

Donate now: stroke.org.uk/independence

Together we can conquer stroke

Stroke
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The UK Stroke Assembly Reference Group

The UK Stroke Assembly is hosted by the Stroke Association. It is organised and planned by leading stroke organisations and individual stroke survivors who sit on the Reference Group.

The Reference Group is made up of the following organisations:



Stroke Association

Website: stroke.org.uk
Telephone: **020 7566 0300**
Helpline: **0303 3033 100**
@TheStrokeAssoc



InterAct Stroke Support

Website: interactstrokesupport.org
Telephone: **020 7931 6458**
@InterActStroke



Different Strokes

Website: differentstrokes.co.uk
Telephone: **0345 130 7172** or
01908 317 618
@diffstrokes



Clinical Research Network: Stroke

Website: nihr.ac.uk
Telephone: **023 8059 5628**
@NIHRCRN

Stroke survivor representatives



Julie Monk - England

Stroke Ambassador
Stroke Association Volunteer
Chairperson for 4Ward Strokes Leicester

My tips for life after stroke:

- Wake each day with a smile. As a stroke survivor we can feel lonely and isolated, but having a positive attitude makes me feel so much happier, just try, it really works!
- Together we can conquer stroke!
- Support the Stroke Association by attending events they organise. Attending events is a way of being able to say 'thank you' for all the hard work the charities provide to us all.

Andrew Davies - Wales

Creator and Founder of i-ADA
Ex Professional Press/PR Photographer
Stroke Ambassador
Welsh Government Role Model
Community Engagement Consultant at Swansea University

My tips for life after stroke:

- Spirit: keep a positive mind-set.
- Determination: if you never give up, you cannot fail.
- Achieve: adapt to overcome obstacles.



Paul Hodson - Scotland

Stroke Association and Speakability Volunteer
Committee Member of Speakability Edinburgh

My tips for life after stroke:

- Celebrate the small things. Following my stroke I have problems with speech and numbers, but eight years later my vocabulary is still improving.
- Life can take an interesting tangent. I didn't know about aphasia before my stroke, but now I do, and want to explain this to people. I now give talks about aphasia for the Stroke Association, Chest, Heart and Stroke Scotland, and anyone who will listen.
- Laugh lots. When faced with difficulties, try to stay positive.



Alan Davenport – Northern Ireland

Stroke Association Volunteer
Stroke Reference Group NI
Stroke Network NI

My tips for life after stroke:

- Accepting support – letting people help me after my stroke was hard but an important part of my recovery.
- Keeping busy - I feel it is good to keep active even though some days I don't feel up to it.
- Give back - I found that the Stroke Association really helped me with the recovery and to understand strokes, and volunteering makes me feel like I am helping others.

Housekeeping and information

We hope that you enjoy your UK Stroke Assembly experience. Here is some useful information to help you get the most out of the event.



Parking

- Parking charges will be covered by the UK Stroke Assembly.
- Tell the hotel reception team your car registration number.



Rooms

- Bedroom check in is from 4.00pm in the Entrance Lobby, level one.
- Breakfast is from 6.00-10.30am in the Collage Restaurant, level three.
- Any questions about your room please speak to the hotel staff or UK Stroke Assembly staff.



Checkout

- Settle any expenses and check out of your room before 12noon.
- Leave your luggage at reception or leave in your car out of sight.



Fire evacuation

- Make sure you know where the nearest fire exit is at all times.
- If you hear the fire alarm, use your nearest exit and make your way to the assembly point in car park D on level one.
- If you need help in an emergency please arrange a personal emergency evacuation plan with the hotel staff.



Need help or support

- Staff wearing blue badges can provide help and support.
- Staff wearing orange badges can provide communication support.
- Call 0 from the phone in your room for help.



Wi- Fi

- There is free wi-fi access.
- Log into '**RadissonGuest**' network.
- No password required.



Refreshments and breaks

- Times for refreshment breaks are shown in the programme.
- Refreshments will be available all day in the exhibition area.
- Take as many breaks as you like.
- Water will be available in the talks and workshops.
- You do not have to attend all workshops.



Special diets

- If you have a special diet and requested a specific meal please speak to the catering team or a member of the UK Stroke Assembly team who will be able to assist you.



First aid

- There are trained first aiders.
- Come to the UK Stroke Assembly desk or reception if you are unwell or need first aid.
- Call 0 from the phone in your room for help.



Photography and filming

There will be a photographer and a film crew at the Assembly.

- Pictures and film may be used for social media or promotional purposes.
- Please let us know if you have any concerns about this.



Feedback

Tell us what you think by:

- Completing the feedback form.
- Talking to a member of event staff wearing a blue badge.
- Writing your questions and comments on the slips on the tables.
- Contact us afterwards.

If you need help completing the feedback form tell us and we can help.
The more we hear from you the more we can support you in the future.

Exhibition

In the exhibition area there are products and services to help you. Below are details of the organisations that will be present on Tuesday 5 June from 9.00am until 3.00pm. There are two sittings for lunch to ensure you all get chance to meet all the exhibitors.

The UK Stroke Assembly North 2018 has been sponsored by:



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All for Healthcare



Omron M3 Comfort
Blood Pressure Monitor

*Intelli Wrap Cuff Clinical Study with HEM-7321-E, Dr.G. Bilo et al. Italy 2015. Data on file. The study was done with the M6 Comfort with Intelli Wrap Cuff. (M3 Comfort is technically equivalent)

Go wellbeing offers a range of therapeutic services, adapted to meet the wellbeing needs of a wide variety of people including those in the care sector; in education; the workplace and people in the wider community. **Basically, we help people to feel better and enjoy life more.**

gowellbeing.co.uk

Say Aphasia is a Sussex based charity that supports people with aphasia and their families and carers. We have three drop-in groups in Sussex where people with aphasia can get together, chat, make friends and have fun. Our groups are in Hove, Chichester, and Crawley. Our aim is to help people to relax, exchange ideas and experiences, and meet people who understand what they're going through. Our group is friendly and supportive and we make everyone welcome.

sayaphasia.org | [@SayAphasia](https://www.instagram.com/SayAphasia)

SSNAP is the single source of stroke data in England, Wales and Northern Ireland. It aims to improve quality of stroke care by measuring the structure and processes of stroke care against evidence based standards. Standards are informed by the National Clinical Guideline for Stroke, and national and local benchmarks.

strokeaudit.org | [@SSNAPaudit](https://www.instagram.com/SSNAPaudit)

The Royal National Institute of Blind People (RNIB) is the UK's leading charity supporting blind and partially sighted people, offering practical and emotional support to those that need us. Our national Helpline will point you to any support or services you need to continue living life to the full.

rnib.org.uk

£ STROKE FORUM

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The UK Stroke Forum is a coalition of over 30 organisations all committed to improving stroke care in the UK. It is hosted by the Stroke Association.

The UK Stroke Forum service user reps are the voices of stroke survivors and carers who feedback to professionals at the UK Stroke Forum Conference. **Come and talk to them about your experience of psychological support after your stroke.**

ukstrokeforum.org | [@ukstrokeforum](https://twitter.com/ukstrokeforum) | [#UKSF18](https://twitter.com/ukstrokeforum)

Stroke
association

We are the UK's leading charity dedicated to conquering stroke. We believe in life after stroke. That's why we support stroke survivors to make the best recovery they can. It's why we campaign for better stroke care. And it's why we fund research to develop new treatments and ways of preventing stroke. **We're here for you. Together we can conquer stroke.**

Visit the exhibition stand to find out how we can support you, and learn about Aphasia Voices and Aphasia Awareness Month.

stroke.org.uk | [@TheStrokeAssoc](https://twitter.com/TheStrokeAssoc)

My Stroke Guide

My Stroke Guide's trusted online support can help guide you through your stroke journey. Easy-to-read information, advice and videos from the Stroke Association explain everything you need to know after a stroke. And our chat forum can connect you to our online community.

mystrokeguide.com



70 years of the NHS

A national programme of work supported by the Heritage Lottery Fund which aims to preserve NHS heritage and mark its 70th anniversary by capturing stories and memorabilia from a diverse range of communities.

Nhs70.org.uk | [@NHSat70](https://twitter.com/NHSat70)



AbilityNet is a UK charity that helps older people and disabled people of all ages use computers and the internet to achieve their goals at home, at work and in education. Our Free Services include a free advice line and a UK team of volunteers providing free IT home visits.

abilitynet.org.uk | [@Abilitynet](https://twitter.com/Abilitynet)



Alzheimer's Society is the UK's leading dementia charity. We provide information and support, improve care, fund research, and create lasting change for people affected by dementia.

alzheimers.org.uk | [@AlzheimersSoc](https://www.instagram.com/AlzheimersSoc)



Looking after someone can be tough, but you're not on your own. Carers UK is here to listen, to give you expert information and advice tailored to your situation, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are.

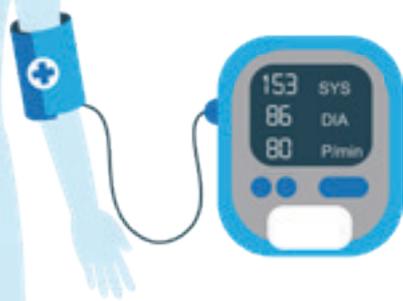
carersuk.org | [@CarersUK](https://www.instagram.com/CarersUK)

Research information

The TASMINGH5S programme aims to help people manage their blood pressure after a stroke or TIA. They will be able to take readings at home and share them with their GP. At this early stage, we want to know what stroke survivors think so we can ensure the programme is useful.

Visit us to find out more about this project or about getting involved in research.

phc.ox.ac.uk | [@OxPrimaryCare](https://www.instagram.com/OxPrimaryCare)



Meet our speakers

A copy of the programme is on pages 28-30.

Here is a brief introduction to our chair and speakers of the plenary talks. If you wish to find out more about any of our speakers please ask at the UK Stroke Assembly desk.

Chairing event



Liz Roberts-Wilcox
Chair, UK Stroke Assembly
Reference Group
Head of Volunteering and
Community Development,
Stroke Association

Plenary 1



Part 1: Giving back independence

Juliet Bouverie
Chief Executive,
Stroke Association



Part 2: Shaping our future together

Esmée Russell,
Head of Prevention and Campaigns,
Stroke Association

Plenary 2

Our story: inspirational talks by stroke survivors and carers



Mary Burke
Stroke survivor



Patricia Sweetingham
Stroke survivor,
Stroke Association Volunteer



Jackie Lloyd
Stroke survivor and carer,
Stroke Association Volunteer

Plenary 3

What's happening in stroke research and how you can get involved



Hilary Reynolds CBE
Executive Director for
Strategy and Research,
Stroke Association



Professor Dame Caroline Watkins
Chair Elect of UK Stroke Forum,
Professor of Stroke and
Older People's Care,
University of Central Lancashire



Dr Lisa Hinton
Social Scientist,
Health Experiences Research Group,
University of Oxford



Cathy Rice
Stroke survivor and
patient representative



Laura Piercy
Research Engagement Officer,
Stroke Association

Plenary 4



**Thanks to your support we can expect
a new national plan for stroke, so what
next?**

Juliet Bouverie
Chief Executive,
Stroke Association

Workshops

Here is a reminder about what the workshops are and details of the speakers. Your workshop choices are printed on your badge.

Optional Workshops

Monday 4 June: 3.00-4.00pm

1a) Who is your stroke hero?

Tony Banks - Head of Conference and Events, Stroke Association

Heroes are ordinary people who do extraordinary things. Find out how the Life After Stroke Awards celebrates the achievements of everyone affected by stroke.

1b) Living with aphasia

Gill Pearl - Chief Executive, Speakeasy

Aphasia is a complex and challenging communication disability. With the right advice and support, you can be an effective communicator. Join this session to share your top tips and learn from others.

1c) Speaking up and speaking out about stroke and the Stroke Association

Jane Cryer - Head of Brand, Stroke Association

The Stroke Association are determined to make sure that more people affected by stroke are able to live their best possible life. Join this workshop to help shape the Stroke Association's ongoing plans to raise its profile, increase support, and reach more people living with the effects of stroke.

Workshop 1

Tuesday 5 June: 11.00am – 12.00noon

1a) Making our resources for you more accessible

Katie Underhill - Marketing Manager, Stroke Association

A look at the work carried out by the Stroke Association and others to make their publications more accessible. Those with communication difficulties, partially sighted, or who speak other languages can help shape the next steps, have a voice and feedback on what more can be done.

1b) Could you be a Stroke Ambassador?

Sophie Field - Stroke Ambassador and Volunteer Programme Coordinator and

Claire Shuttleworth - Prevention Marketing Manager, Stroke Association

Find out more about our Stroke Ambassador role that includes specialist areas in awareness, prevention, and campaigns. You can meet some Ambassadors and find out how we support them to raise awareness of stroke, hold Know Your Blood Pressure events, and campaign to improve stroke services and support locally.

1c) Help shape what the Stroke Association thinks

Georgina Flaxman - Policy Officer, Stroke Association

The Stroke Association needs strong policies on issues that affect stroke survivors, their families, and carers in order to campaign for change. Your views are important to help shape what the Stroke Association thinks about key issues.

Workshop 2

Tuesday 5 June: 1:30 – 2.30pm

2a) My Stroke Guide: a free online resource and community for stroke survivors and carers

Catherine Moore - Stroke Support Project Manager, Stroke Association

Learn more about My Stroke Guide, which aims to support stroke survivors and carers through their stroke journey

2b) Supporting carers and family members

Jeremy Gould - Head of Fundraising, Mike Molete - Volunteer, Carers UK and

Katy Rothwell - Stroke Support Programme Manager, Stroke Association

Stroke can affect everyone in the family. This session will enable carers and family member to share coping techniques and hear the latest developments in carer support and resources available.

2c) Knowing you are not alone

Donna Stott - Head of Community and Volunteering (North) and

Tina Hughes - Peer Support Development Officer, Stroke Association

Peer support is when people use their own experiences to help each other. This can have a huge impact on your recovery and can come in many different forms. Find out about the benefits of shared experiences through accessing peer support, and what help is available to you.

If you would like to know more about any of the workshop speakers please ask at the UK Stroke Assembly desk.



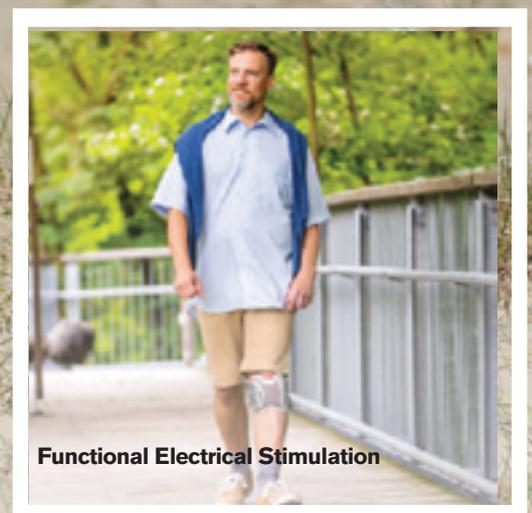
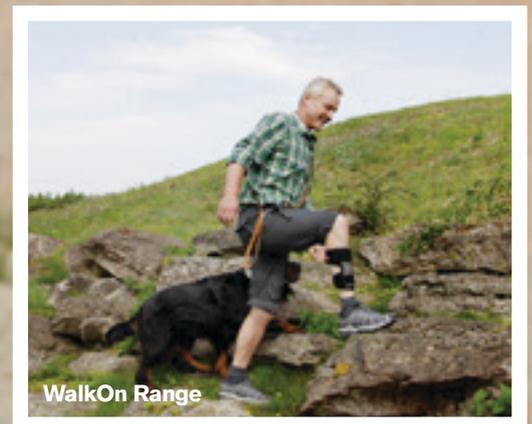
The programme is very busy

- **Do not feel you have to attend every workshop.**
- **Please take time to rest.**
- **Visit the exhibition area.**



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Programme at a glance

Day 1- Monday 4 June 2018

Time	Programme		Location
1.00-2.00pm	Aphasia Voices – Invite only Melanie Derbyshire and Janet Rockliffe		Orange room
2.00-4.00pm	Registration and refreshments		Entrance Lobby
3.00-4.00pm	Optional workshops		
	a) Who is your stroke hero? Tony Banks		Blue room
	b) Living with aphasia Gill Pearl		Orange room
	c) Speaking up and speaking out about stroke and the Stroke Association Jane Cryer		Yellow room, Level two
4.00pm	Bedroom check in		Entrance Lobby
5.30pm	Drinks reception		Entrance Lobby
6.00pm	Conference opens – Welcome Address Liz Roberts-Wilcox		Purple room (Manchester Suite)
6.10pm	Plenary 1		
	Part 1 Giving back independence Juliet Bouverie		Purple room
	Part 2 Shaping our future together Esmee Russell		Purple room
6.40pm	Plenary 2 Our Story: Inspirational talks by stroke survivors and carers Mary Burke, Patricia Sweetingham, Jackie Lloyd		Purple room
7.15pm	Conference dinner		Purple room

Programme at a glance

Day 2- Tuesday 5 June 2018

Time	Programme		Location
6.00 - 10.30am	Breakfast		Collage Restaurant, Level three
9.00am	Exhibition and refreshments		Entrance Lobby
9.15am	Conference opens – Welcome Liz Roberts-Wilcox		Purple room
9.25am	Plenary 3 What's happening in stroke research and how you can get involved Hilary Reynolds CBE Professor Dame Caroline Watkins Dr Lisa Hinton Cathy Rice Laura Piercy		Purple room
10.25am	Exhibition and refreshments		Entrance Lobby
11.00am	Workshops 1		
	a) Making our resources more accessible Katie Underhill		Blue room
	b) Could you be a Stroke Ambassador Sophie Field and Claire Shuttleworth		Purple room
	c) Help shape what the Stroke Association thinks Georgina Flaxman		Orange room
12 noon / 12.45pm	Exhibition and lunch (Lunch will be served in two sittings)		Entrance Lobby and Collage Restaurant, Level three

1.30pm	Workshops 2		
	a) My Stroke Guide: a free online resource and community for stroke survivors and carers Catherine Moore		Orange room
	b) Supporting carers and family members Jeremy Gould, Mike Molete, Katy Rothwell		Blue room
	c) Knowing you are not alone Donna Stott and Tina Hughes		Purple Room
2.30pm	Exhibition and refreshments		Entrance Lobby
3.00pm	Plenary 4 Thanks to your support we can expect a new national plan for stroke, so what next? Juliet Bouverie		Purple Room
3.30pm	Closing remarks and your UK Stroke Assembly experience Liz Roberts-Wilcox and Tony Banks		Purple Room
3.50pm	Depart		

Themes for talks and workshops



Life after stroke and aphasia



Take action



Developments in stroke care and research



Share and inspire

Plenary talks Workshops



Karen O'Doherty

Time to reflect on your UK Stroke Assembly experience...



'It was so helpful to be together, hear positive experiences and to be with others who understand and have experienced a 'life changing' stroke like me.'

- A UK Stroke Assembly attendee

Do let us know what you have gained from attending, ways you have been encouraged to take action on stroke or have been inspired by those you have met. Contact us at info@strokeassembly.org.uk or **01527 903 917.**

stroke.org.uk/uksa