

Hosted by

Stroke
association



Stroke Assembly Scotland

Monday 22 October 2018
Radisson Blu Hotel, Glasgow



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

Welcome to the UK Stroke Assembly Scotland 2018

The UK Stroke Assembly is the largest gathering of people affected by stroke and aphasia in the UK. Now in its eighth year, the event continues to grow and reach out to new audiences from across the UK. So far over 1000 people affected by stroke and aphasia have attended an event and shared their hopes and concerns. This year we are delighted to be holding events in Manchester, Essex and Glasgow and have exciting plans to expand our reach in to Wales and Northern Ireland in 2019.

The core 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 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 are keen that the wonderful connections and conversations from the event also continue in the future. Do let us know what you gain from the event, ways you have been encouraged to take action or how you have been inspired by those you meet. Stay in touch by signing up for our newsletter or telling us more at info@strokeassembly.org.uk or **01527 903 917**.

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

UK Stroke Assembly



What you can expect:

We know that attending a conference might not be something you are used to. The venue and programme are 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.

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.



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.

Stroke survivor representatives

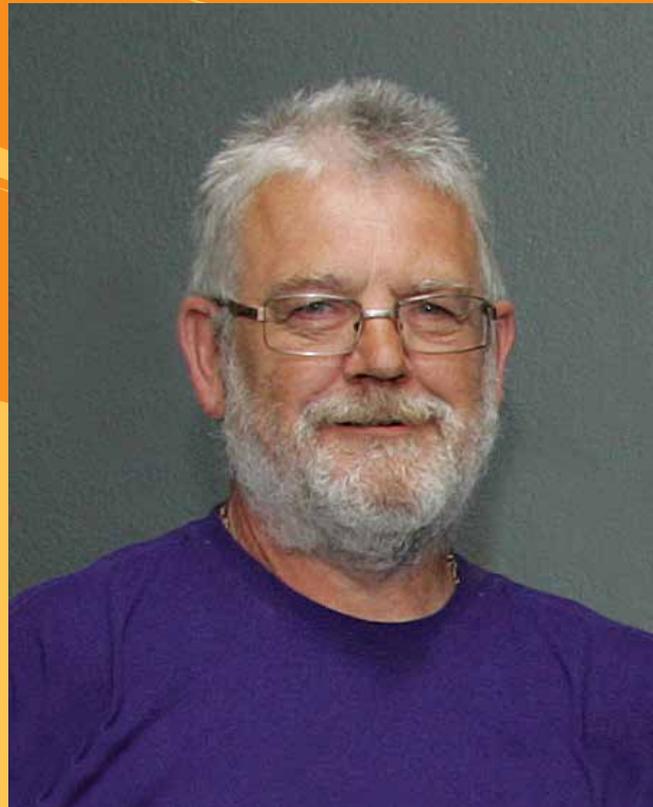


Paul Hodson - Scotland

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 & 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.



"I can see how much My Stroke Guide aids Rick's recovery."

Marcia, carer

Support their recovery

My Stroke Guide connects you to others affected by stroke, and provides free access to trusted advice, information and support 24/7.

Log on to mystrokeguide.com today.



Together we can conquer stroke

Stroke
association

Housekeeping and useful 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

- Discounted parking charges will apply, please speak to the hotel reception team before you leave to validate your parking ticket.



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 at the Sir John Moore bar which is opposite the hotel.



Need help or support

- Staff wearing **blue badges** can provide **help and support**.
- Staff wearing **orange badges** can provide **communication support**.



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.
- Feel free to take as many breaks as you like and whenever you like.
- Water will be on the tables during 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 at the event.
- Come to the UK Stroke Assembly desk or reception if you are unwell or need first aid.



Photography and filming

- There will be a photographer 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

- Please 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 please tell us and we can help.

The more we hear from you the more we can support you in the future.



The programme is very busy

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

Chairing event



Meet our speakers

A copy of the programme is on page 14.

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

Andrea Cail

Director of Scotland,
Stroke Association

Talk 1

Our story: inspirational talks from people affected by stroke



Tom Middlemass

Stroke survivor,
Stroke Ambassador



Moira Clark

Wife of stroke survivor,
Stroke Ambassador



Jennifer Gall

Stroke survivor,
Secretary for Speakability Tayside

Talk 2



What's happening in post stroke research in Scotland

Megan Lloyd
PhD Researcher,
Glasgow Caledonian University



Dr Andy Kerr
Lecturer,
University of Strathclyde



Professor Jo Booth
Professor of Rehabilitation Nursing,
Glasgow Caledonian University



Dr Terry Quinn
Senior Lecturer,
University of Glasgow



Closing Remarks

Stephen King
Chair of Trustees,
Stroke Association

Programme at a glance

Time	Programme	Location
9:00am	Registration and refreshments	Foyer
9:50am	Welcome Address - Andrea Cail	Purple room
10:00am	Talk 1	Purple room
	Our story: inspirational talks from people affected by stroke Tom Middlemass, Moira Clark, Jennifer Gall	
10:45am	Exhibition and Refreshments	Blue room
11:15am	Workshops 1	
	a) Use of iPads to support communication Laorag Hunter - Speech and Language Therapist, NHS Tayside	Purple room
	b) A demonstration and interactive discussion – our Stroke Helpline John Wilde - Stroke Helpline Manager, Stroke Association	Yellow room
12:00pm	Lunch and Exhibition	Blue room
1:30pm	Workshop 2	
	a) Exercising after stroke Friederike Klinghammer - Support Co-ordinator, Stroke Association	Yellow room
	b) How to get involved in our campaigning work in Scotland Emily Heard - Campaigns Officer and Angela Macleod - Communications Manager, Stroke Association	Purple room
2:30pm	Exhibition and Refreshments	Blue room
2:50pm	Talk 2	Purple room
	What's happening in post stroke research in Scotland Megan Lloyd Dr Andy Kerr Professor Jo Booth Dr Terry Quinn	
3:50pm	Closing Remarks - Stephen King	Purple room
4:00pm	Depart	

Themes for talks and workshops



Life after stroke and aphasia



Take action



Developments in stroke care and research



Share and inspire

 Main talks
 Workshops



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