

# Club Together

Issue 50: Summer 2018

North

## Independence matters

Our charity supports stroke survivors to **regain their independence** and help get their lives back on track. Our peer support network is a big part of this, and can be an **instrumental tool in a stroke survivor's recovery**.

For many stroke survivors, their recovery means adjusting to **life-changing disabilities and emotional difficulties**.

Our latest campaign, **'Independence doesn't happen on your own'**, aims to help more people to **understand how stroke can affect people** and raise awareness of how our charity can offer **support and information** about life after stroke.

And here's why:

- In England, Wales and Northern Ireland, **84% of patients** leave hospital requiring help with their daily living activities.

- In Scotland, **more than half of stroke survivors** need assistance from another person to be able to walk.

Last year, we provided emotional, practical and peer support to **57,000 stroke survivors** and their loved ones through our face-to-face services. We supported **15,000 people** through our helpline and almost **6,000** through our stroke peer support groups. And, over **1,100** people were supported by our Life After Stroke Grants.

Many of these services are only possible thanks to the **generosity of our supporters**, who enable us to **continue to support stroke survivors across the UK**.

With your help and more awareness, we want to **share information about what support is available after stroke** and help stroke survivors **regain their independence**.

Find out more on our website: [stroke.org.uk/independence](http://stroke.org.uk/independence).

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Together we can conquer stroke

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# When is it safe to fly after a stroke?

**We work with AllClear Travel\* who have given their tips on how to fly with confidence after a stroke.**

Most medical professionals agree that if you've had a stroke, you **should not fly for a minimum of two weeks**, and in more severe cases, for **up to three months**.

Understandably, there is no exact rule for everyone, and you should **always confirm with your doctor that you're fit to travel**. But, there are further steps you can take to make you **more confident when travelling by air**.

### Five tips for flying after a stroke

The main risk of flying after a stroke is **developing blood clots**, especially clots in your legs. Consider the following steps to **prevent blood clots**:

#### 1. Book an aisle seat

Stretching out your legs is important.

#### 2. Flight socks

They improve blood circulation by applying pressure.

#### 3. Wear loose-fitting clothes

They ensure blood flow is not restricted.

#### 4. Exercise

Walk around regularly and stretch, even while seated.

#### 5. Fluids

Drink lots of water, and avoid alcohol, as it can cause your blood to thicken.

### Medical travel insurance

Sometimes you can prepare perfectly and still be unlucky. **Medical costs for a stroke can be extremely expensive** - particularly when visiting the USA.

Make sure you have **comprehensive travel insurance** to give you extra peace of mind while travelling.

To get a quote or purchase **specialist medical travel insurance** with AllClear, please visit [stroke.org.uk/allclear](http://stroke.org.uk/allclear) or call for free on **0808 168 8733** today.

\*When you purchase a policy from AllClear Travel, they will make a contribution of up to 20% of your premium to the Stroke Association (excluding Insurance Premium Tax) at no additional cost to you. The Stroke Association is an Introducer Appointed Representative of AllClear Insurance Services Limited. AllClear Insurance Services Limited, registered in England No. 4255112. Registered Office: AllClear House, 1 Redwing Court, Ashton Road, Romford, RM3 8QQ. Authorised and regulated by the Financial Conduct Authority firm reference number 311244. AllClear is a registered trademark

## Give a Hand and Bake 22 - 28 October

Last year was fantastic - full of baking, fundraising and connecting with friends and family over a cup of tea and a slice.



Plans are well underway in our fundraising department, and we are almost ready to share our fundraising pack that will launch on **30 August**, full of tips and hints on how to make your baking event a sweet delight.

To tickle your taste buds, we wanted to share a delicious cake that is **low in sugar, and gluten free**, which went down a real treat in one of our local offices last year.

We hope you will join us in baking up a storm this October, so that we can support more stroke survivors and their families through My Stroke Guide.

### Ingredients for one cake:

- ½ cup (2¾ oz) unsweetened dark cocoa powder
- ½ cup (2¾ oz) coconut flour
- 2½ tsp gluten free baking powder
- ½ tsp ground cinnamon
- Pinch of sea salt
- 6 organic eggs
- ½ cup honey, maple syrup or your choice of sweetener
- ½ cup extra virgin olive oil
- ½ cup coconut milk
- 1 tsp vanilla bean paste

### Method

1. Preheat oven to 180°C
2. Sift the cocoa, coconut flour, baking powder, cinnamon and sea salt into a mixing bowl.
3. Add the eggs, honey, vanilla, coconut milk and olive oil.
4. Mix well until smooth and combined – a whisk works well.
5. Pour into a 20 cm (9 inch) baking tin lined with baking paper.
6. Bake for 55-60 minutes or until cooked through. Best to test after 45 mins to make sure as oven temps may vary.
7. Remove from the oven and cool.

## Inspired ideas

Now that the weather is warm and the flowers are blooming, why not bring some of the outdoors inside? **Indoor gardening** has a host of benefits, from enhanced well being, improved hand coordination, relaxation, a chance for people to work together and catch-up at the same time and a feeling of satisfaction as you see the results of your work.

### You will need:

- Tables covered with plastic or old newspapers for protection.
- Some tools, potting mixture, pebbles, honey, pots and water.
- Succulent leaves, bulbs or cuttings.

### Propagate succulents

Bring in some cuttings of succulents or leaves that have dropped off the plant. To propagate, lay the succulent leaves flat on top of the dry mix and place in bright, indirect light. Lightly mist the cuttings once a week at your meetings. Roots will soon emerge as the leaf looks for water.

Succulents are very versatile, but don't like being too wet. Place them in partly shaded spots when growing and water only when dried.

### Plant indoor bulbs

Spring bulbs are easy to grow and should bloom every time. Go for hyacinth, narcissus and amaryllis bulbs and place on window sills or other sunny areas. Place pebbles inside a container and arrange a few bulbs, (or just one bulb if the container is small) root side down, so that the pebbles cover half of the bulbs. Put a small amount of water in the container, just enough to touch the root of the bulbs.

### Grow from cuttings

Geraniums are sturdy plants, and fragrant and beautiful. Take your cutting and cut it below the growth nodule. Next, take the leaves and flower buds out leaving only the smallest leaves attached. To boost growth, dip ends in honey and plant in potting mixture. You should water the pots once a week. Happy planting!

# Our Policy and Influencing teams special thank you

Thank you to everyone who supported our **A New Era for Stroke** campaign. We're pleased to share that NHS England have agreed to work with us on developing a new national plan for stroke. We could not have done it without you.

We're working with NHS England and others from across the health system, to finalise the new national plan for stroke in England. The new plan will look across the **whole stroke pathway**, from the **moment stroke strikes** to support after **leaving hospital**, and suggest improvements.

This is a **huge step forward for our campaign** but we aren't done yet. We now need to ensure that the plan covers the **important issues** for stroke survivors, and that it will be **implemented locally**, where stroke survivors and their families tell us they need them.

The success of the campaign would not have happened without your help. Your commitment, passion and dedication helped us convince the **government** and **NHS England** that a new stroke plan is needed.

Everything you did helped us to achieve our goal of securing a national plan for stroke and a **better future for stroke survivors**.

To celebrate your involvement, we held **three thank you events**, and several **clubs and groups** also held their own **thank you tea parties**.

If you would like to get involved, or would like more information, please get in touch with us by email at [campaigns@stroke.org.uk](mailto:campaigns@stroke.org.uk).

**Thank you** again, for not only all that you have done, but all that we know you will continue to do to show that **together we can conquer stroke**.



## Celebrating volunteers



What volunteering means to you

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For **Volunteers' Week 2018**, we asked what volunteering means to you, and the results were really nice to see.

The word cloud above shows the words that we were sent. The purple words represent the largest amount of responses, with yellow showing the next amount and blue the smallest.

As you can see, the responses were all very positive. It's wonderful to see what volunteering means to you, and thank you for getting involved.

This year we shared a series of blogs on our intranet, and for the first time, on our website. If you haven't read them yet, visit [stroke.org.uk/volunteering](http://stroke.org.uk/volunteering) and find the 'Additional links' area to meet our volunteers.

There are some wonderful stories and we've had great feedback about them. We would love to continue sharing what our volunteers do this way throughout the year.

If you'd like to write a blog, please email [clubtogether@stroke.org.uk](mailto:clubtogether@stroke.org.uk) and we can support you.



## Our 2018 UKSCC

This year's **UK Stroke Club Conference** takes place on **Friday 28 – Saturday 29 September** at the **East Midlands Conference Centre**.

**Invitations will be posted** to the main contact of clubs and groups in **early July** with full details of the event. Places are limited, so book yours by the **end of August** to guarantee your place.

At the UKSCC, you can join other group representatives to **hear the latest news from the stroke community, gain ideas and tips about running a group** and learn from other groups from across the UK.

**Jane Malone**, pictured below, organiser for **Warwick and Leamington Stroke Support Group** attended the conference.

**"We attended the Stroke Club Conference in Nottingham in 2017. It was great, well organised, informative and very much enjoyed by three of our members who attended."**

**There are always new things to learn and useful information to help our groups to thrive."**

The programme consists of **talks, workshops, an exhibition** and plenty of **time to network** with others.

Visit [stroke.org.uk/UKSCC](http://stroke.org.uk/UKSCC) to find out more about how attending the event can **enhance and inspire your club or group**.





# ESCAPE THE CITY BIKE RIDE

**Sunday 30 September 2018**  
**Kings House Sports Ground,**  
**Chiswick, W4 2SH**

Choose your distance  
30-mile, 60-mile or 80-mile

**escapethecity@stroke.org.uk**  
**0300 330 0740**  
**#escapethecity**

Enter online:  
**stroke.org.uk/Escapethecity**

*Together we can conquer stroke*

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# Make May Purple in the North East

We painted the town purple this year! It was all fun and games in the North East during May, with lots of groups celebrating Make May Purple.

Here are just a few photos from our fantastic group events across the region. Thank you for your continued support and ever imaginative ways of celebrating. We're looking forward to next year already!



# Make May Purple in Yorkshire and East Midlands



**Wakefield Speakability** got together on 1 May to relaunch their group. We're very happy to welcome them to the Stroke Association and are excited for what's to come.

For Make May Purple, they held a huge party and invited us to join them and their 40 members.

Special guests **Neil Fox MBE**, an ex-professional rugby player, and the local **Lord Mayor Kevin Barker** were in attendance. The group enjoyed a buffet lunch followed by speeches and a purple quiz. They finished off with a photo shoot on a red carpet.



**Bradford Speakability Group** celebrated Make May Purple with a spot of golf, and with temperatures well above 20 degrees, who can blame them!

Group members enjoyed purple cakes, sweets and even purple drinks!

The group are **actively raising funds** to put towards their summer outing and Christmas meal.

We are pleased to welcome them to the Stroke Association.



We are very excited to welcome, **Hull Talk The Stroke Group**, a new Stroke Association group in Hull run by four enthusiastic volunteers.

They meet weekly on Thursday mornings and focus on **social interaction** and **peer support**. They are hoping to start an exercise group for those with mobility problems following a stroke.

The group celebrated Make May Purple with purple cakes and purple outfits – thanks to Secretary, **Jo**, for her baked goodies!



**Calderdale Stroke Group** met at their usual location in Halifax to celebrate Make May Purple. The group provided sandwiches and snacks for their members, with a purple theme throughout.

The secretary, **Catherine**, even dressed up for the occasion wearing a bright purple wig – she really got into the spirit!

Thank you to everyone at the group for your fundraising efforts. Your donation to our charity **helps other stroke survivors**.

# Make May Purple in the North West



**Merseyside Life After Stroke Group** arranged fun activities at each of their weekly meetings throughout May, including blood pressure checks, purple Olympics and a barbeque.



**Pennine Stroke Support Group** had a purple quiz, table top sale and some great cakes at their Make May Purple party.



**Wirral Phoenix Young Stroke Group** enjoyed a Make May Purple walk in Birkenhead Park.



**South Sefton Stroke Music Group** had a musical Make May Purple party.



**Bolton West Stroke Group's** Chairman dressed up for their Make May Purple party.



**Fylde and Wyre Stroke Group's** Make May Purple putting tournament was a great success.

## Step Out for Stroke

Throughout May, Step Out for Stroke events were held across the region, with lots of our clubs and groups taking part.



# News from the North

## Welcoming a new art group

**A Touch of Colour** are a new voluntary group based in Sheffield. They are a voluntary led art group, who meet on the third Monday of each month at Zest Community Centre, Upperthorpe.

It was previously a service group, **offering peer support to stroke survivors with the opportunity to learn a new hobby**. Members have found that doing something creative has been very **therapeutic** both physically and emotionally.

Many people had never tried art before, but soon got the bug, and it proved so popular that they held an exhibition and even sold some of their work.



Members are thoroughly enjoying learning about different methods of drawing and painting, there's plenty of time to socialise too! They are already planning their next exhibition for 2019.

It doesn't matter if you've never done any art before, it's just great fun.

For more information, please contact Maggie on **07707 474 591**.

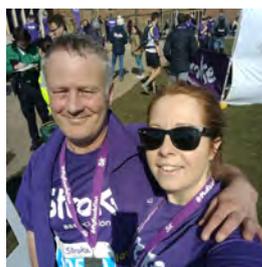


## New team member

Rachel Knebel is our **Volunteering and Community Officer** for Sheffield and has been with our charity since February. She has a background in Public Health, delivering training and well being

initiatives for the NHS and in the private sector. She is passionate about the benefits of volunteering, and currently volunteers for two organisations in her local community. Rachel is looking forward to building strong relationships with our groups and volunteers and helping us to reach more stroke survivors and their families throughout Sheffield.

## Leeds Resolution Run



**Roy Fish**, chairman of our Bradford Speakability Group, had a stroke eight years ago. This year, Roy challenged himself to run 5km at the Leeds **Resolution Run** on 24 March. It was a hilly

course and hot day, but Roy pushed on to achieve his goal. As well as raising awareness of stroke, Roy raised £52 for our charity. A fantastic achievement, well done Roy!

## Welcome to new groups

A very warm welcome to everyone at **Preston Life After Stroke Support Group**, **Wirral Art Group** and **Oldham Stroke Support Group** who have all recently become Stroke Association Voluntary Groups.

## Volunteer visits Buckingham Palace

On a glorious day in May, volunteer **Susan Schofield** invited Support Coordinator **Andrea Walsh** to be her guest at the **Queen's Garden Party** at Buckingham Palace. Susan was invited to the event in recognition of her voluntary work with the **Fun 4 Strokes** and **East Lancs Carers Group**.

Congratulations also to everyone at **Fun 4 Strokes** for completing their **Community Challenge Prevent Award** that they achieved by supporting a Know Your Blood Pressure and stroke awareness stall at Earby Fire Station.



# UK Stroke Assembly North

On Monday 4 and Tuesday 5 June, the UK Stroke Assembly North took place at the Radisson Blu Hotel, Manchester Airport.

Over one hundred people affected by stroke attended the assembly where they were able to **have their say and influence future campaigns**, share experiences and hear the latest developments in stroke care and research.

There were also talks and workshops about **living with aphasia, giving back independence, accessible resources, supporting carers**, as well as **inspirational stories, exhibitions** and a lot of fun.

**Donna Stott**, Head of Volunteering and Community for the North, said: **"We are delighted that one of the Stroke Assemblies is being held in the North, giving a voice to those affected by stroke and aphasia. It is also a fantastic opportunity to meet other people and share new ideas together."**

The UK Stroke Assembly is hosted by the Stroke Association and organised in partnership with other national stroke organisations and stroke survivor representatives from across the UK.

To find out more, visit [stroke.org.uk/uksa](http://stroke.org.uk/uksa).



## Regional News

### Contacts

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**For a full list of training courses, please contact your local Volunteering and Community Officer.**

## Calendar

### Dates for your diary...

#### Friday 13 July

Hidden effects and emotional impact of stroke training, Wirral

#### Wednesday 8 August

Volunteer induction, Teeside

#### Thursday 9 August

Introduction to mentoring and befriending training, West Yorkshire

#### Friday 10 August

Health and safety training, South Yorkshire

#### Thursday 13 September

Introduction to mentoring and befriending training, Salford

#### Tuesday 25 September

Client assist training, Gateshead

#### Tuesday 2 October

Supporting people with aphasia training, Salford

#### Thursday 25 October

Supporting people with aphasia training, Gateshead

#### Wednesday 31 October

Health and safety training, West Yorkshire

**Stroke Helpline: 0303 3033 100**  
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