

# Stroke Recovery Service

## – Case study

### Santokh's story

Santokh was a network engineer living in Greater Manchester. He and his wife Nielam had been happily married for 27 years, and had two children: Rohin and Prianka. But three years ago, their world was turned upside down.

"While Santokh was away with work, I received a call one morning to say Santokh hadn't turned up at the office," Nielam remembers. "It had soon transpired that he had suffered a devastating stroke."



The experience was frightening for the family, and Nielam recalls how the effects had changed their lives: "Immediately after the stroke, Santokh was in a very bad way, and we were initially told to expect the worst. He had been left paralysed down the right side of his body. He couldn't speak, read or write, and he had absolutely no understanding of the English language.

"Everything just fell apart. There are no words to describe the feeling when you're looking at the person you love lying there and being unable to communicate with them."

Soon after his stroke, Santokh was contacted by Jayne, a Stroke Association Support Coordinator. She helped Santokh and Nielam secure a grant to join the local gym. "The Stroke Recovery Service has been absolutely unbelievable," Nielam tells us. "When Santokh didn't have the confidence to attend the gym or make steps in his recovery, Jayne was there to help him through it." Santokh's mobility has vastly improved, and he can now use over 20 machines, adjusting them himself. His doctor and his family never thought they'd see such improvements in his physical abilities.

Nielam also found Jayne supported her in her caring role: "If the Stroke Recovery Service didn't exist, I would feel so alone. Jayne's advice and support has given me the confidence to pull through in times when I have felt down."

Three years on, Santokh has beaten the odds to show that life after stroke is possible with the help of the Stroke Recovery Service, and the family will continue to benefit from the Stroke Association's support and rebuild their lives.

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Find out more about our Stroke Recovery Service at [stroke.org.uk/strokerecovery](https://stroke.org.uk/strokerecovery)

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