

Club

Together

Latest news from clubs and groups

Rebuilding lives after stroke

Issue 52: Summer 2019
South Zone

Stroke
Association

We're Rebuilding Lives



We launched our **Rebuilding Lives** campaign in April with our charity's first ever television advert. It was a moment that we'd been building up to. We were doing it to reach more people, and so that the people in our advert would change the way other people think about stroke. So we used stroke survivors' real stories. Told in their own words. Unscripted. Unfiltered.

We want the public to understand that stroke can happen to anyone, at any time. And with the right specialist support and a ton of courage and determination, the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community, and you're an important part of this.

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National News

Recently, we updated our safeguarding policies. They only apply to Stroke Association Voluntary Groups, but the principles are the same for independent clubs. Here's some useful information around safeguarding:

Adult safeguarding only applies to adults at risk. It's important to have clarity between when someone is an adult at risk (and a safeguarding referral should be made) and an adult we have concerns about but who isn't an adult at risk, and what we do with those concerns. Sometimes a person can find themselves in a difficult situation and we may still offer help, but this wouldn't be classed as a safeguarding situation, as they are not an adult at risk.

An adult at risk is someone who:

- Is unable to protect themselves from the risk or experience of abuse or neglect.
- Needs for care or support.
- Is experiencing, or is at risk of, abuse or neglect.

Safeguarding policies must respect the right of adults to make their own decisions. And we must ask about and listen to what they want. We can't make a safeguarding referral for an adult without their consent, unless:

- They aren't able to make the decision.
- Not acting could put other people at risk.
- Children are at risk.
- A crime has been or will be committed.

Safeguarding policies should reflect the Mental Capacity Act, which says someone isn't able to make their own decision when they can't:

- Understand the relevant information.
- Remember the information for long enough to make a decision.
- Use the information to weigh up the pros and cons of the decision.
- Communicate the decision- by any method.

It's important that we have safeguarding policies, and that volunteers know how to put them into practice. If you want to learn more about safeguarding, ask your local Stroke Association contact about safeguarding training or you can look into training offered by your council.

Make May Purple



Earl Smikle attends our Cardiff Day Service Stroke Group. He and his partner, Ceri, raised an incredible total of £2,407.98 for us during May! They organised a charity night and river boat collection. And, Earl has raised over £10,000 for us over recent years. Thank you, Earl!

#MakeMayPurple on Twitter...



The National Stroke Programme

In previous issues of Club Together, we've spoken about the National Stroke Programme, and now we have some exciting news.

Earlier this year, NHS England named stroke as a priority in their Long-Term Plan, which is fantastic news for us. And, we cannot thank you enough for all of your support in our campaigning work that has brought us to this point.

Alongside this, we've also been working closely with NHS England, clinical experts and people affected by stroke to shape the National Stroke Programme. We will be working with local health leaders to ensure that this fantastic work is implemented locally.

What is the National Stroke Programme?

Together with our partners, we've developed a plan of work that focuses on changing the health and care system to improve emergency care, long-term rehabilitation, stroke prevention, the number of stroke specialists in hospitals, and stroke data and research.

How does this differ from the Long-Term Plan?

The Long-Term Plan sets out NHS England's overall direction for the next 10 years. It sets ambitious milestones for a range of conditions and includes sections on stroke and cardiovascular disease.

The National Stroke Programme, on the other hand, is a specific set of plans for improving stroke care over the next five years to meet the goals of the Long-Term Plan.



How are stroke survivors involved?

Stroke survivors and carers have been campaigning for improvements in stroke prevention and treatment, particularly rehabilitation and longer-term support. We have been working with them to ensure their voices are heard and experiences reflected in the aims of the programme.

Stroke survivors are also part of the governance and ongoing decision-making processes guiding the programme as it moves forward. We are dedicated to ensuring the improvements are based on the needs and experience of those affected by stroke.

As a part of this, stroke survivors are being directly involved in the development of key products within the programme, such as a 'Stroke Passport'.

How can I get involved?

You can find out more information on this work and keep up to date by visiting stroke.org.uk/campaigns.

And, you can sign up to receive regular updates on our campaigning work across the UK at stroke.org.uk/campaignsnetwork. Or, contact campaigns@stroke.org.uk to find out how you can get involved.

Our highlights from 2019 so far

We've started to change how we look

As you can see, we've updated Club Together in our new brand! And, after months of discussion and planning, we're now rolling out our new look across our charity. This includes updating our factsheets, website and materials.



It will take a while for all of them to be updated to the new brand, so you'll still see some of our old brand around too.



Our first ever advert was on TV on 26 April

We were so pleased to see our advert play out to 3million homes during Gogglebox on Channel 4, and to raise awareness of stroke and of our charity. It was a long time coming, and we're really proud of the stroke survivors who took part and shared their story.



We have a new strategy

We launched our new strategy to make stroke the priority it needs to be. To make sure that everyone affected by stroke has access to the support they need. It sets out the next steps in our journey to a world where there are fewer strokes and all those affected by stroke get the help they need to rebuild their lives. Visit stroke.org.uk and search for 'corporate strategy' to read more.



Research to Recovery

Our **Amazing Brains: Research to Recovery** event, which replaced our Keynote Lecture, showcased the latest advancements being made in stroke research. This year, the event took place at London's incredible Science Museum, where we heard from Professor Nick Ward, Fiona Lloyd-Davies and Professor Jane Burridge. Watch the session on stroke.org.uk, search for 'amazing brains'.

Reaching more communities

We know that stroke can affect anyone. And it doesn't discriminate. As an organisation, we need to make sure that we reach as many people as we can, particularly those who are most at risk of stroke.

That's where our Hardly Reached Communities work comes in. We're running three projects with local communities in Middlesbrough, Sunderland and across the East Midlands.

Through this, we're supporting one of the goals in our new strategy, Goal C: **We partner with people and communities to help them take action on stroke, and empower local organisations to meet the needs of those in their area, by raising awareness of stroke, improving knowledge and providing access to blood pressure checks and information.**

We've already learnt so much about reaching communities that we don't have an established relationship with, particularly around building new bridges and finding new ways of working.

We hope that these projects will not only benefit the local area, but also help to extend the reach and enhance the work that our charity does – by finding ways we can ensure that our support is offered to all those who may need it.



Our UK Stroke Club Conference

This year, our **UK Stroke Club Conference** will run in a new format. It's been designed with input from our planning group, which includes members of stroke clubs and groups, so that our event caters to the needs of the people who attend it.

We know that there's been a lot on the agenda in previous years, so we've reduced the number of workshops. We'll also repeat them, so if something you're interested in clashes with another session, you'll have the opportunity to attend at another time.

Other feedback we got from last year suggested that the event was quite tiring and busy, so we've made sure that a well-being room is available on both days, so that there's a quiet place for people to re-group.

There will also be a workshop for Voices in Partnership (ViP), where new ways of using the forum will be discussed so we can make the most out of it! We've currently been reviewing how this group works and have been in touch with current members so that they've had the chance to give their ideas and feedback about how it works at the moment.

It's a great way to get involved in our charity, and we couldn't function without you, so getting your feedback is so important. ViP gives you the ability to get involved with lots of different work and have input to our projects. If you're interested in becoming a member of ViP or would like to find out more, please get in touch with ellen.lapworthmaisey@stroke.org.uk.

This year's UK Stroke Club Conference takes place on **Friday 4 and Saturday 5 October**, at the East Midlands Conference Centre in Nottingham.

For more information on the UK Stroke Club Conference, please visit stroke.org.uk/uksc.

Travel insurance tips



Travel insurance can be the last thing on your mind when booking a holiday. But it's the one essential you need for every destination. So how do you make sure you buy the right cover? Our partners, AllClear Travel Insurance, share some top tips:

Do your research

The cost and type of insurance cover varies considerably by destination. For example, the high cost of medical treatment in the US, often means higher premiums. This can affect the overall cost of your holiday so it's worth checking before you book.

Be honest about all pre-existing medical conditions

Share your full medical history with your insurance provider to make sure you're properly covered. Otherwise, it could cost you more if you need to make a claim. If in doubt, spell it out!

Travelling to Europe?

The European Health Insurance Card (EHIC) shouldn't be seen as an alternative to travel insurance. Although the EHIC provides you with the same level of free treatment as provided by that country's health service, it doesn't cover private care, repatriation back to the UK, or cancellation.

The Stroke Association is an Introducer Appointed Representative of AllClear Insurance Services Limited which is authorised and regulated by the Financial Conduct Authority. AllClear Travel Insurance is arranged by AllClear Limited, which is registered in Gibraltar company number 117274. Registered Office: 1st Floor, Portland House, Glacis Road, Gibraltar, GX11 1AA. AllClear Limited is licensed and regulated by the Gibraltar Financial Services Commission number FSC1329B and trades into the UK on a freedom of services basis, FCA FRN 824283.

AllClear donate up to 20% of your premium to the Stroke Association when you purchase a policy.

To find out more about AllClear, call 0808 168 8733 or visit stroke.org.uk/allclear.

Exciting activities in the South



Learning to cook

Dover Stroke Club enjoyed a new cookery class that's being run by an amazing stroke survivor. The group are learning how to use ingredients smartly, and gaining new cooking skills. In their first session, they made soup and bread that was eaten straight away. And, it was so yummy, none of it was left! We can't wait for more tasty dishes to try. MasterChef, here we come!



Physiotherapy funding

Congratulations to **Walton-on-Thames Stroke Club** for securing funding for physio for the fourth year running. The weekly sessions, funded by **Elmbridge Borough Council** with a small contribution from participants, help people become and stay mobile. **John Steele**, Chairman, is confident that it's attracted new club members.



Energy talk

Eastbourne and Hailsham Stroke Group entertained a large number of members with a guest speaker, **Rebecca** from **National Energy Action**, who quizzed the group on energy efficiency. Thank you Rebecca, for all the good advice to learn from - we'll spread the word! And well done to Marnie and Carol for organising this really useful speaker.



Leisurely cruise

What better way to spend a hot summer's day than a leisurely boat ride along the river, while enjoying a fish and chip lunch. Last July, 34 members from **Sidcup Speakability Group** did just that. The group boarded the fully accessible **Kentish Lady** at Maidstone and enjoyed a cruise along the river Medway, admiring the stunning Kent scenery.

Adventure after stroke

Since volunteer Graham's stroke in July 2011, he's been busier than ever, working with **Thurrock Stroke Project**, his local authority, **Thurrock Health Watch** and the **Clinical Commissioning Group**. In addition, he has been the Chairman of the **Thameside Orion Scout Pack** for over 30 years.

"I have problems like fatigue, lack of concentration, physical restrictions, emotional swings but I have soldiered on."

In 2018, **The Thameside Sea Scout Group** held various events throughout the year to celebrate their 50th anniversary, culminating in a visit to Cyprus, which saw them camping on the Army Base at Episkopi and undertaking activities arranged at RAF Akrotiri. The trip took months of meticulous planning and fundraising by Graham and his wife, who is the groups Akela. An Akela is anyone who acts as a leader to a Scout.

The Cubs made full use of everything the base had to offer, enjoying private beaches, Go Karting and eating in the Junior Ranks Mess, where the food was apparently superb!

Their trip included visits to archaeological sites, the Troodos Mountains and other local beauty spots. One of the highlights was a meeting with a local Cypriot Scout Group, which saw the Cubs playing games, cooking a meal, and enjoying a good old fashion camp fire sing song.

Why have we shared this with you? I will leave Graham to answer that...

"Because as a stroke survivor, if I can help to organise and take part in an adventure such as this, then so can you!"



Celebrating a twentieth birthday in Ealing

Congratulations to Ealing Stroke Club who celebrated their 20th birthday in March. The club offers its members support and social interaction through quizzes, musical entertainment and readings from professional actors from **InterAct Stroke Support**.

The club were honoured by the attendance of the **Mayor of Ealing, Councillor Dr Patricia Walker**, who was there to cut the birthday cake. **Charlotte Lee** and **Lida Ballou** from the Stroke Association also came along to the celebrations, and representatives from InterAct also joined in with the festivities.

In addition to this good news, the club were recently delighted to receive a cheque for £406 from Waitrose, West Ealing, from their "green token" charity scheme.

The club looks forward to many more successful years to come.

A focus on Cornwall

A small team of people started work in January, with the aim of building a volunteer led, self-sustainable Community Stroke Network in Cornwall.

With the help of stroke survivors and their carers, and by working with the local community, they have so far met with Stroke Association clubs and groups in the area to listen to their experiences and views, and to support them in their work.

They have also identified local community facilities and worked with activity providers to deliver taster sessions and activities, such as golf and dance.

And through a series of roadshows, information sharing events and presentations, they have met with local community groups including Age Concern, Over 50's clubs, Community Stroke Nurses, Stroke Befrienders, Rotary Clubs and local councillors. They shared ideas on how they can work together in the future to create an effective Community Stroke Network.

There are also two new Community Stroke Cafés in Falmouth and Penzance, and two more are developing in St Austell and Bodmin.



Golf taster session

North Cornwall Stroke Support Group recently took part in a Golf Taster Session. Everyone enjoyed the experience, and it gave people the chance to catch up and have a chat while watching too.

It was a new experience for some, while for others it was their first opportunity to pick up a golf club again since their stroke.

Our thanks to **Antony Nash**, Golf Pro at The Point Polzeath, and **Brad Bodinnar** of England Golf.

The group meets on the first and third Monday of the month, and always has a diverse range of activities and trips including, most recently, bowling, a meal out and drumming! Anyone is welcome to join them.



Volunteer congratulations

Congratulations to **Lorraine Rowsell** on receiving a People Award for demonstrating our values in everything you do.

And, congratulations to **Hope Cummings** and **Vic Cavell** who completed 200 hours and 100 hours respectively at **Wolesly Moving On Stroke Club**.

Farewell, and thank you

New Milton Stroke Club said goodbye to their Chair, **Pam Pulfer**, who ran the club since it began, 26 years ago.

She built up a thriving club, and even prepared a two course lunch for members and volunteers every week.

Pam made a significant difference to countless stroke survivors, and their carers, who built up confidence and firm friendships. Thank you, Pam.



Make May Purple

Clubs and groups across the zone made May purple. **The Chiltern Stroke Club** held a raffle with some amazing prizes (pictured below).

Maldon and Dengie Stroke Group held their first Make May Purple Stroke Sports Day. The event was the brain child of **Diane Rogers** and was implemented by the ever resourceful **Stephen Park**, who put together a superb selection of events and transformed the Church Hall into a mini Olympic stadium, complete with palm trees and balloon flower arrangements!

The healthy sporting competition continued as the **Thurrock Stroke Project** held a sponsored curling event where members and volunteers attempted 50 ends in two hours, an ambitious aim which everyone completed, cheered on by family members, carers and supporters of this great group.

Over in Cornwall, the **Community Stroke Nurses** raised money and awareness with cake baking and sponsored walks. Stroke survivors also took part, completing their walks on treadmills in the physiotherapy department.



Regional News

Green screening comes to Swale

Thanks to the **Queen Mary University of London** drama and computer science departments, **Swale Social Stroke Group** trialed a green screening pilot for stroke survivors.

They used the technology over three sessions to see themselves doing the activities that they have always enjoyed.

Swimming pools, beaches and hot air balloons all came into the equation, alongside comments such as **"Don't give up"**, **"Thank God for life"** and **"Hope is there"**.

What a fantastic experience and way to end the green screening sessions. We can't wait for more!



Volunteer community events



Volunteers in Hampshire came together to share ideas and tips from their volunteering experiences, discuss our charity's new strategy and learn about the National Stroke Programme, all while enjoying some time spent together over a cream tea.

They also got the chance to see our charity's new television advert. The hushed silence that followed showed its impact, especially compared to all of the chatter of the afternoon.

In Essex, volunteers met at the Chelmsford Museum. The event was opened by **Melanie Derbyshire**, Assistant Director of Aphasia for the Stroke Association, who led an excellent session on The Art of Communication.

Volunteers were then treated to sessions from national **Charity REMAP**, **Voluntary Sector Training** and the morning was concluded with an inspiring session from **Thurrock Stroke Project** on activities and outings.

Kent volunteers and groups came together in Maidstone, with a **Make May Purple** themed quiz to start the day, and some excellent speakers including an inspirational talk from **Chequers Kitchen** sessional Chef, Chris, a stroke survivor himself.

Contact us

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Calendar

Thursday 11 July

Supporting people with aphasia, Plymouth

Tuesday 23 July

Health and safety for clubs and groups, London

Tuesday 6 August

Client assist training, Nailsea

Monday 16 September

Volunteer Induction, Maidstone

Friday 4

and Saturday 5 October

UK Stroke Club Conference

Saturday 5

and Sunday 6 October

Bournemouth Marathon Festival

Sunday 20 October

Great South Run, Portsmouth

Friday 25 October

Leading stroke groups

Saturday 26 October

Supercar Saturday, Castle Combe

Helpline: 0303 3033 100

Email: helpline@stroke.org.uk

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