

Monday 8 April 2019
Glenavon House Hotel, Cookstown, County Tyrone

“The hidden effects of stroke”



Plenary talks



Workshops

Provisional Programme - times and titles subject to change

Time	Programme	Location
From 9:00am	Registration, refreshments and exhibition	Tyrone suite
9:45am - 10:05am	Welcome	Tyrone suite
10:05am - 10.45am	Talk 1 Our story: inspirational talks from stroke survivors and carers	Tyrone suite
10:45am - 11:15am	Talk 2 Rewiring the brain: New connections and recovery	Tyrone suite
11:15am - 11:45am	Refreshments and exhibition	Tyrone suite
11:45am - 12:45pm	Workshop: Session 1 a) Tired of fatigue Fatigue after stroke is a common but less talked about challenge. Join this session to understand the causes of fatigue, the impact on daily life and tips to combat it. b) Lost for words Aphasia is a complex and challenging communication disability. With the right advice you can become a better communicator. Join this session to hear from an experienced Speech and Language Therapist, share your top tips and learn from others.	Room 1 – TBC Room 2 - TBC

12:45pm - 2:00pm	Lunch and exhibition	Tyrone suite
2:00pm - 2:45pm	<p>Workshop: Session 2</p> <p>a) Singing for stroke This is an interactive and immersive workshop where participants can sing and make music. This workshop will highlight the benefits of singing and making music for recovery, mood and having fun.</p> <p>b) Campaigning for change Find out how the Stroke Association is campaigning for better stroke services in Northern Ireland. Meet our campaigners and find out how you can take action too.</p>	<p>Room 1 – TBC</p> <p>Room 2 - TBC</p>
2:45pm - 3:05pm	Refreshments	Tyrone suite
3:05pm - 3:50pm	<p>Talk 3</p> <p>Combating the hidden effects of stroke</p>	Tyrone suite
3:50pm - 4:00pm	Closing remarks	Tyrone suite
4:00pm	Depart	