

Stroke News

Winter 2017

For everyone affected by stroke

Finding my voice

Graeme's resolution to overcome aphasia and regain his fitness

Campaign success

The latest on A New Era for Stroke

Reading Well

New book list for people with long-term conditions

Aphasia research

Dr Katerina Hilari tells us about her work

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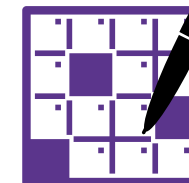
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Welcome...

What's your resolution for 2018? The start of a new year is a great time to look back on the challenges you've faced, see how far you've come, and set new goals for the future. In this edition, we hear from stroke survivors, families, carers and volunteers who've resolved to do some amazing things for themselves, stroke survivors and our charity.

Graeme Clark tells us how he's overcoming communication difficulties, and why he's taking on one of our spring Resolution Runs (page 8). We meet volunteers who are helping stroke survivors find their voices again through singing (page 14). And we celebrate the achievements of our Life After Stroke Award winners (page 22).

If you've not decided on your resolution yet, visit stroke.org.uk/yourresolution to explore our ideas, and find out how we can support you in reaching your goals.

I hope you enjoy this issue.

Christine Webster
Editor



50

Christmas card competition 2018

Would you like to see your creative design on our 2018 Christmas cards? Find out how to enter on page 50.

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guide you through all aspects of stroke. See stroke.org.uk/shop



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Your views

Over to you



I wanted something exciting to do when I came out of the Merchant Navy in 1986 so I started skydiving. In 2014 I had my stroke. It took a year to get back again but I did it and did over 100 jumps from 5000ft. I've enclosed some photographs to share (see above). After two years and over 3000 jumps, I've decided to sell my kit and end my jumping. However, I've been drawing cartoons for over 20 years and now draw for The Jester magazine, so I'll be carrying on with that.



Barry Carey

When meeting some magnificent birds of prey at Maidenhead Stroke Club, I was reminded of my favourite 'recovery parable' for those of us with limited mobility: 'a caged bird may not fly but it can still sing'.

While falcons and hawks aren't renowned for their singing, the chirpy chatter of the other members around me showed that, for us at least, the message has some meaning. This is why stroke clubs are so important.



'Nightingale'

Do you have something to share?



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Welcome

From our Chief Executive

In 2016, we launched A New Era for Stroke to campaign for a new National Stroke Strategy for England, in response to the Government's plans not to renew the current strategy in 2017.

Our campaign has encountered a lot of twists and turns since then, from Brexit to the general election. But with your support, we are succeeding in making stroke survivors' voices heard. Over the past four months, we've been working with NHS England's Medical Director, Sir Bruce Keogh, and key health and social care bodies to develop a national plan for stroke in England. This is significant progress, so thank you to all *Stroke News* readers who have helped us to get this far.

We're now working hard to make sure that the new plan builds on the current strategy, and tackles the issues which stroke survivors tell us need to be sorted out (see page 26).

Meanwhile, we continue to push for better stroke care and support in Scotland, Wales and Northern Ireland.

We're also pleased to be working with Public Health England in February to share the FAST campaign. Recognising a stroke and calling 999 quickly can increase the chance of making a better recovery, so please help us to spread the word.

Juliet Bouverie



"With your support, we are succeeding in making stroke survivors' voices heard."

Finding my voice

and getting back on my feet

When Graeme Clark, 42, had a stroke in 2015, there was no way of knowing if he'd ever walk or talk again.

Supported by his family and the Stroke Association, he resolved to make the best possible recovery and use his experience to help other stroke survivors.

"My stroke happened while I was doing a triathlon," recalled the father of three from Edinburgh. "I'd completed the swim and felt good as I started the cycle leg, but about 10km in, I got a really sore head and felt funny. I got off the bike and collapsed; I couldn't speak or walk."

Graeme was diagnosed with a left-sided brain haemorrhage, which significantly affected his speech and mobility. "I was stuck in hospital for 10 weeks. I saw my wife every day but I couldn't communicate and be the person I knew I was; it was really frustrating."

After a stroke, one in three people experience aphasia or similar difficulties with speaking and understanding, which can be terrifying and isolating. "My speech was the biggest thing to happen to me. I could handle walking with a limp, but I couldn't face not being able to speak properly ever again. This was everything to me; my communication with my family and my job. I had to learn how to say my wife and kids' names again, and just chatting to family and friends was a struggle."

Graeme began intensive speech and language therapy. With the support of his speech and language therapist, and his wife, Moira, he did his best to practise at every opportunity. "When I was discharged from hospital, I could only say a few words. ▶



"I had to learn how to say my wife and kids' names again, and just chatting to family and friends was a struggle."



"Since then I've been able to speak and structure my sentences. Your speech and language classes are important but so is the effort you put in after. Do your homework; listen and try to speak to people every day, even if you don't feel like it."

As a result of his hard work and determination, Graeme has been able to return to his job as an IT Manager, and was recently invited to talk about the importance of improving stroke rehabilitation at a Cross Party Group on Heart Disease and Stroke at the Scottish Parliament. "It's a great chance to get involved, represent all stroke survivors nationally and help improve things," he reflected.

In March 2016, Graeme challenged himself to run 5km at our Resolution Run event in Edinburgh, raising over £2,200. "I ran some and walked some, but I did it! Moira and my best friend ran with me and my family were all supporting me. The atmosphere was superb; crossing the line felt like a million dollars.

"Taking part got me out of bed, back into exercise and has given me a lot of confidence. If you need to walk half a kilometre then stop for 10 minutes, it's ok. The support is fantastic and drags you over the line!"



Graeme crosses the Resolution Run finish line

Graeme has been working with a personal trainer to gradually rebuild his fitness, and is hoping to be able to take on the 10km Resolution Run in spring 2018. "I can walk 10km but running will be a different challenge. But I think I'm more able now and I will continue to get stronger. I'm proud of my self-discipline – from speaking every day even though it was tough, to getting fit and healthy. It's now been two years since my stroke and I'm beginning to feel like my old self every day."



With your support, we can help even more stroke survivors, like Graeme, to find their voice again. To find out more about communication difficulties, get support, or see how you can help stroke survivors who are lost for words, visit stroke.org.uk/nowords.



You can also join us at our UK-wide 5km, 10km or 15km Resolution Run events this spring. Run, jog or walk the route, volunteer to help on the day, or encourage your friends and family to take part and come along to cheer them and the other runners on. Visit stroke.org.uk/yourresolution to sign up to an event near you.

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Striking a chord with volunteers

Jan Marshall from Abergavenny is one of a group of dedicated volunteers who run the weekly Strike a Chord choir for stroke survivors, many of whom have aphasia, in Cwmbran.

After watching her husband Barry, who had a stroke in his 50s, gain in confidence through the singing and support, Jan wanted to continue to volunteer her time even after Barry returned to work. "I'm doing this for myself now as I like giving something back, especially as Barry got so much out of it," said Jan. "The singing brought him on far quicker than talking, because there's no one waiting for you to speak – you can join in the singing in your own time.

"It can be a challenge to help the survivors realise that they can do it and it doesn't matter if they don't sing all the words. You must give lots of encouragement as a volunteer. It's such a joy to be part of this choir!"

The singing sessions began in 2014 with funding from an internal

development grant and the Wales Arts Council. After the funding came to an end, a committee was formed and the choir became one of the Stroke Association's volunteer groups, with support from the charity's team in Wales.

Stroke survivor, Bob Younger, took on the responsibilities of Chairman after receiving volunteer training from the Stroke Association. He and the committee of volunteers have held bucket collections and concerts to help keep the choir going and pay for the talents of musical director, Ali Shone.

"I volunteered to become Chair and head the committee because there was no way we could end the choir," said Bob. "Our greatest fundraising success was when we raised £1,300 at the Christmas concert in 2016. My proudest



Bob singing his solo at the 2016 Christmas Concert

moment was singing in front of hundreds of people at the Stroke Club Conference in Nottingham."

Bob, like many in the choir, is motivated by the power of song, which gives him a chance to express himself. "When I first came to the group, I couldn't speak at all. No

"It's such a joy to be part of this choir!"

music had come out of me, even before my stroke. Now I've sung the first verse of Away in a Manger solo. Turns out I've got a lovely voice! And that's why we do it. We can all find our voice."

Inspired to join a stroke group, start your own or volunteer? Find out more at stroke.org.uk/strokeclubs.

Reading Well for long-term conditions

Reading Well for long-term conditions is a new, hand-picked book list for people with long-term health conditions and their carers.

Developed by The Reading Agency and the Society of Chief Librarians, with experts and charities including the Stroke Association, the book list aims to help you to understand and self-manage your health and wellbeing.

The list provides:

- information and advice about common symptoms like pain and fatigue
- practical advice for living with specific conditions, including stroke
- guidance on sex and relationships, knowing your rights and mental health
- information and support for carers, family and friends.

How can books help?

Some of the books, including *Rebuilding your life after stroke: Positive steps to wellbeing*, provide helpful information about the effects of stroke, and self-management techniques. There are also personal stories about



other people's experiences, which may help your own. You can use the books on your own or with the support of a health professional.

How are the books chosen?

The books were all recommended by people with lived experience of long-term conditions, and health experts.

Joining your local library

You can borrow the books for free from your library. You can also find information about local services, support groups and social activities, such as reading groups.

Find out more about Reading Well by visiting reading-well.org.uk/books.



Back to the books

If you're looking for a good read, but find it more difficult after your stroke or don't have much time, there are lots of accessible options available.

Quick Reads:

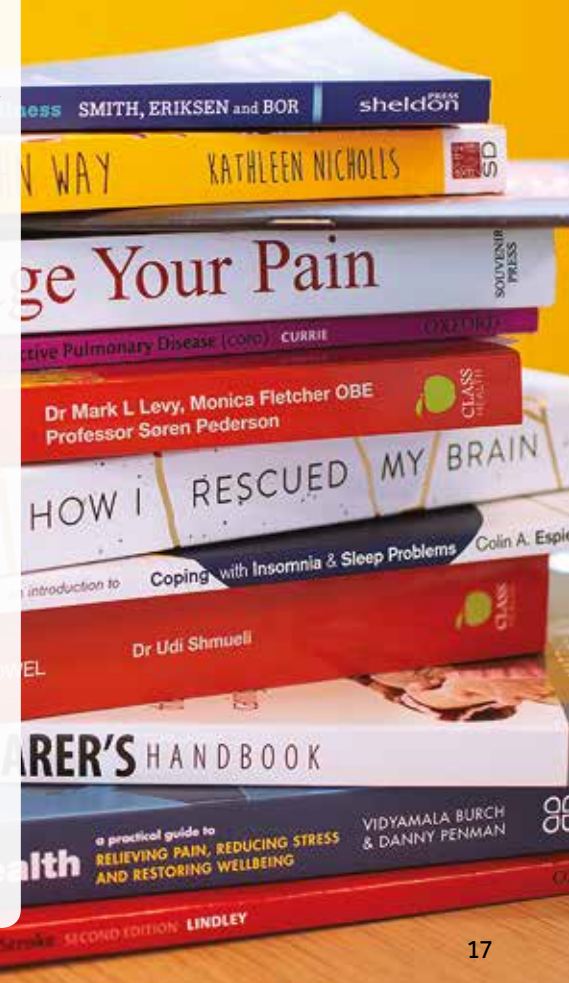
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- You can also download recordings of many classic books for free from websites such as LibriVox and Project Gutenberg.

For further advice contact our helpline on 0303 3033 100 or visit stroke.org.uk/leisure.



Communicating with confidence

Kenneth Tweedie from Carrick, County Antrim, had a stroke in 2014 which left him with severe aphasia and limited movement. But since joining his Communication Plus group, he has grown in confidence and is now raising awareness of our stroke support services.

The 59-year-old grandfather led a very active lifestyle, regularly walking 10-12 miles a day and maintaining a healthy diet, so it was a big shock for his family when he had a haemorrhagic stroke (a brain bleed).

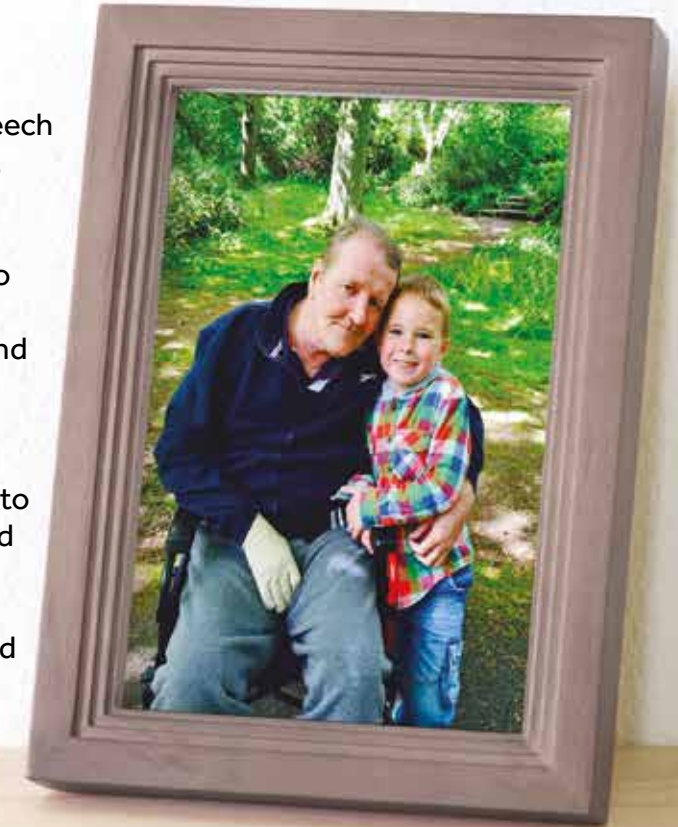
"It all happened so quickly," remembers Kenneth's son, Kenny. "It's a miracle dad's here. He was very sick and at first he could only say 'yes' or 'no'." When he left hospital after more than a year in recovery, Kenneth attended the Stroke Association's Communication Plus programme. Partly funded by the Northern Health and Social Care Trust, the group helps stroke survivors with communication problems to learn new ways to communicate.

"Dad's speech has improved so much since attending the group and his confidence has blossomed. He's learnt new ways to get his message across including using an iPad and is now able to have small conversations. Most importantly he is able to have a laugh, which really helps to keep his morale up.

"He was encouraged to go back to the gym and attend local bowls and darts competitions. He goes every week - I think he has a better social life than me! Although dad is still working on his recovery, he has come a long way and the Stroke Association have been a big part of that. When stroke strikes, it can be scary and difficult to know where to turn. I think it's important to know that there is help out there and that you can have a good life after stroke."

**"It's a miracle dad's here.
He was very sick and at
first he could only say
'yes' or 'no'."**

Kenneth has recently graduated from his speech and language therapy. "I'm delighted to see Kenneth's recovery going from strength to strength," said Stroke Association Speech and Language Therapist, Sharon Millar. "Our Communication Plus programmes are open to all stroke survivors and I'd encourage anyone affected by stroke to get in touch if you would like to find out how we can help you."



Find support services in your area by visiting stroke.org.uk/strokesupport or calling the Stroke Helpline on 0303 3033 100.

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Life After Stroke Awards 2017

The Life After Stroke Awards celebrate the incredible achievements of people affected by stroke, from stroke survivors and carers, to volunteers, stroke clubs and health professionals.

The winners were presented with their awards at a glittering ceremony hosted by stroke survivor Chris Tarrant OBE at the Dorchester Hotel in London on 1 November 2017.

We're proud to introduce them below:



Award for Volunteering **Amber Garland**

Amber had to learn to walk and talk again after having several massive strokes aged 19. She volunteered as a Stroke Association ambassador and, despite her aphasia, regularly gives talks in schools, hosts blood pressure events and supports other stroke survivors.



Stroke Group Award

Neath Port Talbot Stroke Group

Neath Port Talbot Stroke Group provides much-needed long-term support to stroke survivors in South Wales. They're a welcoming,

vibrant group, who organise all sorts of exciting activities together - from African drumming, to a trip to Ibiza - and are committed to raising money and awareness.

Carer's Award

Edward Pearce

Edward was 9 when his dad, Andy, had a stroke in 2013. Edward became his primary carer, supporting him with everything from household chores to getting ready in the morning.



"I'm incredibly proud of Edward," said Andy. "He is my rock. Without him I would be on my own, and struggling to cope with the effects of my stroke. He's been forced to grow up extremely quickly and yet he never complains. I wish that Edward didn't have to shoulder so much responsibility, but he's growing into a mature, kind and caring young man."

Despite a demanding schedule, Edward is doing extremely well at school - and on the football pitch where he regularly plays with his team, Camberley Town Youth FC. He is a passionate Chelsea FC supporter, so was thrilled when his hero, Chelsea defender and Brazilian International, David Luiz, presented him with his award on behalf of the Stroke Association.

Adult Courage Award (65 years+)

Dawn Minker

Dawn had a stroke when she was a baby, which affected her speech and language. Thinking she wouldn't understand, her family decided not to tell her about her stroke. Over 40 years later, Dawn finally discovered the truth. Since then, she has used her experience to support other stroke survivors on the Isle of Wight and raise awareness.



Fundraiser of the Year Award

Lucy Trafford

When Lucy lost her mum to a stroke in 2016, she decided to do something positive to remember her. Together with her father, Richard, and sister, Katie, she set up Saddle for Stroke; a three-day London to Paris cycling challenge. Lucy recruited over 100 participants and has raised over £130,000.



Adult Courage Award (18-64 years old)

Clodagh Dunlop

After a stroke left her with locked-in syndrome, Clodagh was unable to move or speak for three months, and could only communicate by blinking. She has since made an incredible recovery and now shares her story to help and inspire other stroke survivors and professionals.



Professional Excellence Award

Dr David Hargroves

As Consultant Physician and Clinical Lead for Stroke Medicine at East Kent Hospital University Foundation Trust, David is dedicated to delivering the best stroke care. He's been instrumental in improving stroke services in his region, and motivates and inspires patients, colleagues and peers alike.



Children and Young People's Courage Award

Neil Ferguson

After having a stroke at 13, Neil approached his intensive recovery with positivity and determination. He's now achieved his goal of learning to swim again using one arm, as well as taking up canoeing, kayaking and riding a tandem bike.

Award for Creative Arts

Richard Raynor

Richard's severe aphasia prevented him from returning to his former job, so he decided to volunteer his time to stroke research and pursue his passion for photography instead. His beautiful images reflect his positive attitude towards his recovery.



Visit stroke.org.uk/awards to find out more about our wonderful winners or to nominate someone for the 2018 awards.

A New Era for Stroke success

NHS England has agreed to work with us to look to develop a national plan for stroke to build on the successes of the National Stroke Strategy.

We're absolutely delighted with this news which is a direct result of all the hard work of everyone who campaigned for A New Era for Stroke. Over the past 18 months we've:

-  gathered over 55,000 petition signatures
-  raised questions in Parliament
-  gained media coverage
-  developed a statement endorsed by 19 clinical organisations.

Thank you to everyone who helped us during the campaign, from signing our petition to contacting your MP. We couldn't have done it without you.

We want to build on the success of the current National Stroke

Strategy with the new plan. We aim to tackle the big issues in stroke awareness, prevention, treatment and ongoing care.

To help us write it, we have set up a working group, chaired by Professor Tony Rudd, the National Clinical Director for Stroke. Also on that group are experts from across the stroke pathway, a stroke survivor representing a project-specific stroke survivor and carer reference group, and members of our own Policy and Influencing team.

This is a huge step forward for our campaign but we need to make sure the plan covers the issues that are important for stroke survivors, and that it will be developed and implemented.

We're now working on ensuring that the new national plan is ambitious and achievable. Most importantly, we want it to reflect

the views of those affected by stroke, so we've been asking stroke survivors and carers to tell us what their priorities are.

We gathered feedback at the recent UK Stroke Club Conference and sent out a survey on email and social media. Thank you to everyone who told us what you think should be in a national plan for stroke.

Look out for updates and details of how you can help us to promote the plan in future issues of *Stroke News*.



Sign up to our monthly Campaigns Network emails to keep up-to-date with our latest campaigning work: stroke.org.uk/campaigning.

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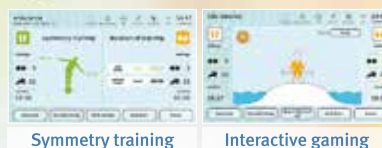
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Family support

More than 400 children have strokes every year. Recognising the urgent need to help them and their families, the Stroke Association collaborated with Evelina London Children's Hospital to establish the Childhood Stroke Project.

Now celebrating its fourth year, the project is an invaluable support for children like Ella Wilson and her family.

Ella was seven when she had a stroke in 2016. "Ella's after school club called to say she'd had difficulty walking and couldn't talk," recalled Ella's mum, Catherine. "By the time we arrived, she was vomiting and very absent."

Ella was taken to hospital, but her symptoms weren't initially diagnosed as a stroke as her mobility and speech recovered quickly. It was only after an MRI scan that doctors realised she'd had a stroke, caused by a narrowed artery in her brain. "We had no idea that this could happen to a child, certainly not a child who was generally

healthy like Ella, so it was a shock," said Catherine.

At first, Ella made a speedy recovery. Then, about four months later, she began experiencing debilitating headaches. "Ella was in pain, depressed and anxious. We didn't know where to go: the hospital was struggling to help us and we didn't know how to manage her return to school because she was so unwell."

Desperate for advice, Catherine emailed our Stroke Helpline, who put her in touch with Anna Panton from the Childhood Stroke Project. "I can't stress enough how much of a lifeline it was. Anna reassured us that it was common for a child to recover well after a stroke then have setbacks later. She explained how Ella could be phased back to school and liaised



with a neurologist on our behalf to get medical advice."

Anna sent the family resources, including the Childhood Stroke Handbook and animations about stroke. She also invited Catherine to attend a support and information day, where she had the opportunity to meet other parents and hear from childhood stroke professionals.

"We're now very optimistic about the future and have the Stroke Association to thank. They've given us the reassurance and confidence to help Ella, and get through it as a family. There's a lot of support out there: once you take that initial step towards someone with expertise, it's like a positive domino effect towards better support."

Contact our helpline on 0303 3033 100 or visit stroke.org.uk/childproject to find out more about the Childhood Stroke Project.

Understanding thrombectomy

Thrombectomy, also known as mechanical clot retrieval, is a new procedure that can be used to treat some types of stroke caused by a blood clot cutting off blood flow to part of the brain (ischaemic stroke). But how does it work and who can receive it?



Vicki Bray from our Stroke Helpline answers some commonly asked questions.

Q What is thrombectomy?

Thrombectomy is an emergency procedure that can be used up to six hours after the start of an ischaemic stroke. A specially-designed mesh device is inserted into an artery in your groin and guided up to your brain to pull out the clot and restore blood flow to the affected area, preventing further damage.

It's able to remove clots which are too big to be broken down by clot-busting drugs and can therefore be effective in preventing and reducing long-term disability in people with severe strokes.

Q Who can have thrombectomy?

While it's a great step forward in stroke treatment, thrombectomy isn't the best option for everyone. So far, it's only been shown to be effective in treating blood clots in large arteries, and can't yet be used to treat blood clots in other parts of the brain. It isn't suitable for haemorrhagic strokes (strokes caused by a brain bleed).

Q I had a stroke some time ago, would I still be able to have this procedure?

Thrombectomy is most effective the faster it is given after a stroke.



**Call our Stroke Helpline
on 0303 3033 100.**

A clot doesn't stay in the body long-term after a stroke and will break down naturally even if untreated. As a result, thrombectomy can't be used for strokes that happened a while ago, and can't reverse any existing damage.

Q What are the alternatives to thrombectomy?

Clot-busting medicine may be used to quickly break down and disperse a clot. This process is known as thrombolysis. After a stroke, blood-thinning medication can help prevent further strokes. Rehabilitation therapies such as physiotherapy or speech and language therapy are often used to help someone re-learn skills. The techniques and exercises used in rehabilitation therapy can help different parts of the brain to adapt or take over from damaged parts of the brain.

For more information, download our *Ischaemic stroke* factsheet from stroke.org.uk/ischaemic.

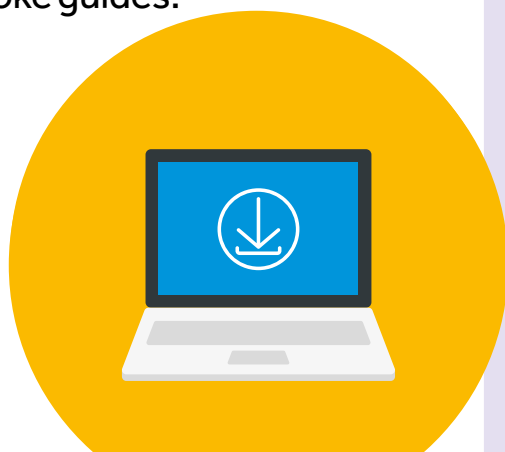




New stroke guides

We've updated our main stroke guides.

Our new guides have been rewritten with the help of stroke survivors and experts. They're packed with the latest information on stroke treatment and rehabilitation. Plus, there are tips on reducing your risk of a stroke for stroke survivors and anyone concerned about their health.



You can download the guides from stroke.org.uk/guides or order copies from our shop by contacting **01604 687 724** or publications@stroke.org.uk.

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Stannah

Can 'talking therapies' help stroke survivors with aphasia?



Communication problems after stroke, such as aphasia, can have a big impact on people's lives, affecting social relationships and leading stroke survivors to feel disconnected, isolated and depressed.

Stroke researcher, Professor Katerina Hilari, from City, University of London, is looking at ways of helping people with aphasia to make positive changes.

Q Why did you focus on aphasia research?

Since I was young, I've wanted to work with and help people. At university, I started thinking about how crucial language and communication is in everything we do, from developing ideas to interacting with others and building relationships. This led me to speech and language therapy and aphasia research.

Aphasia doesn't just affect people's language; it affects

who they are and how they feel about themselves; it affects their families and their participation in all aspects of life. Some studies estimate that about 60% of people with aphasia experience depression, and our own research shows that they can often become socially isolated. We need to find ways to help them to cope.



60% of people with aphasia experience depression

Q **What's your research about?** My research is about improving wellbeing and quality of life for people with aphasia and their families. We are looking at

which aphasia therapies help people to communicate better and take part in more activities. We are also exploring how people with aphasia feel, and what support may help to prevent them from feeling isolated and depressed.

Q **What's involved in your study?** I am involved in two studies funded by the Stroke Association. We test different ways of helping people to feel more positive and adjust to life with aphasia. For example, talking about positive changes or getting support from other people with aphasia. Study 1 focuses on the early stages after stroke, when people go home after hospital. Study 2 explores the longer term, six months or more after stroke. Both studies compare those who receive our support therapies with those who receive the usual care.

Q **Why is it important?** Our research aims to help people with aphasia to make contact with others, find support and make positive changes in their lives. If our interventions are successful, they could be integrated into routine care, helping to improve services for all stroke survivors.



You can support stroke research by giving what you can at stroke.org.uk/donating or by calling 0300 330 0740.

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PM-1509-01-06/2016

All for Healthcare

* Intelli Wrap Cuff Clinical Study with HEM-7321-E, Dr.G. Bilo et al. Italy 2015. Data on file. The study was done with the M6 Comfort with Intelli Wrap Cuff (M7 Intelli IT is technically equivalent).

** IP Protocol, ESH, 2010

*** IMS Market Share Report, March 2016.

Commercial ventures

Do you have a car you no longer need?

Donate your old vehicle and help change the lives of stroke survivors.

Giveacar is a not-for-profit social enterprise that has raised more than £20,000 for the Stroke Association by scrapping or auctioning unwanted vehicles and donating part of the proceeds to our charity.

Giveacar's free nationwide service is quick and easy. They will arrange to collect your car from your home, then sell it at auction or recycle it at an authorised facility.



For more information visit **giveacar.co.uk** or contact Giveacar on **020 7736 4242** and quote 'the Stroke Association'.

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Feature

Striking back at stroke

After Catherine Armstrong had a stroke in 2010, she and her family wanted to fight back and help others affected by stroke.

"When Mam had a stroke, the Stroke Association was on hand to offer support," recalled Catherine's son Michael. "They helped with strategies to get back to work and hobbies, organised carer support, gave financial advice and constant encouragement. Most importantly they were there to help rebuild her confidence."

Michael set up a Strike Back Fund on Catherine's behalf, so their family could raise money for the Stroke Association. A Strike Back Fund is a great way of sharing your story and keeping the details of all your fundraising events, messages of support and achievements in one place.

Catherine made a positive recovery and now volunteers and raises awareness of stroke in her



community. "Many other stroke survivors and their families now need the support of the Stroke Association and will benefit from vital research, so we've set up our Strike Back Fund to help them," said Michael.

Since setting up their Strike Back Fund, Michael has walked the length of Hadrian's Wall and taken part in the Great North Run, so far raising over £1,700.

For details or to start a Strike Back Fund, visit stroke.org.uk/strikeback or contact Jackie.Parnell@stroke.org.uk or 01604 687783.

Money matters

After a stroke you may find that you need to make some adaptations to your home to help you to remain as independent as possible. Big changes can be costly but there may be support available to help you to make the changes you need.

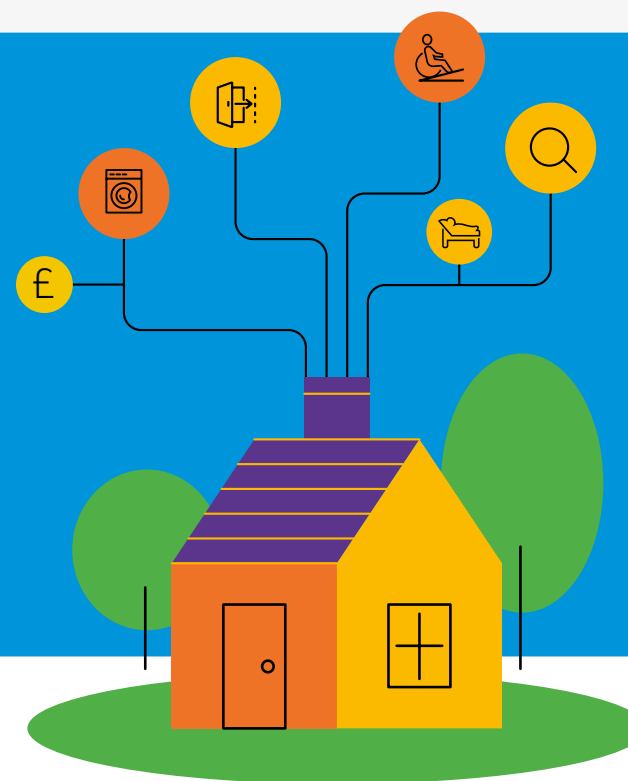
Getting a home assessment

Adaptations are usually carried out following a home assessment while you're in hospital. An occupational therapist will visit your home and help to find solutions to support you and/or your carer's needs.

You can also be referred for an assessment by your GP, or put in a self-referral to the adult social care team at your local authority. A financial assessment is done at the same time, to work out the cost of any adaptations, and how these can be met.

Financial support from your local authority

Depending on whether you own your own home, or rent from a housing association or council, you could get financial support from your local authority. For example, in England, Wales and Northern Ireland, you can apply for means-tested Disabled Facilities Grants to make changes such as widening doors and installing ramps. (Visit www.gov.uk/disabled-facilities-grants for information). In Scotland, the adult social services team at your local authority will be able to tell you about similar grants. Find your local authority at www.gov.uk/find-local-council.



Life After Stroke Grants

Our Life After Stroke Grants are means-tested, one-off payments of up to £300, that can be used to help buy personal aids and equipment for your home, including larger items such as washing machines, freezers and beds. For more information, visit stroke.org.uk/grant-help, email Grants.External@stroke.org.uk or call our helpline.

Grant organisations

There are other organisations that can also help with funding. For example, the charity Independence at Home offers grants for housing adaptations including bathroom modifications and making stairs more manageable. For more information, visit independenceathome.org.uk.

For advice on accessing funding for home adaptations contact our Stroke Helpline on 0303 3033 100 or info@stroke.org.uk. Or see our *Aids and equipment for independent living* factsheet at stroke.org.uk/equipment.

Puzzles

Puzzles can be a fun way to exercise your mind and improve concentration, understanding and memory.

Word search

W T A S E S E E R
V P R C K V E E O
F I I O E O C W A
H O C I P O O W I
V P H T V P I B S
C C O E O N U R A
A Q R U N R O S H
J Y U E T X Y O P
E C R U O S E R A

ACHIEVE RUN
APHASIA SUPPORT
BOOKS VICTORY
RECOVERY VOICE
RESOURCE WINNER

Across

- 1 Pilot's compartment (7)
- 5 Stinging insect (4)
- 9 Language of Iran (5)
- 10 Form of an element (7)
- 11 Hospital helicopter (3,9)
- 12 Building examination (6)
- 13 Foolish (6)
- 16 Not relevant (12)
- 19 Potential excellence (7)
- 20 Light beer (5)
- 21 Task list (4)
- 22 Kings, queens, etc (7)

Lottery

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the Stroke Association
Charity Lottery. Find out
more at stroke.zaffo.com.

12

9

33

48

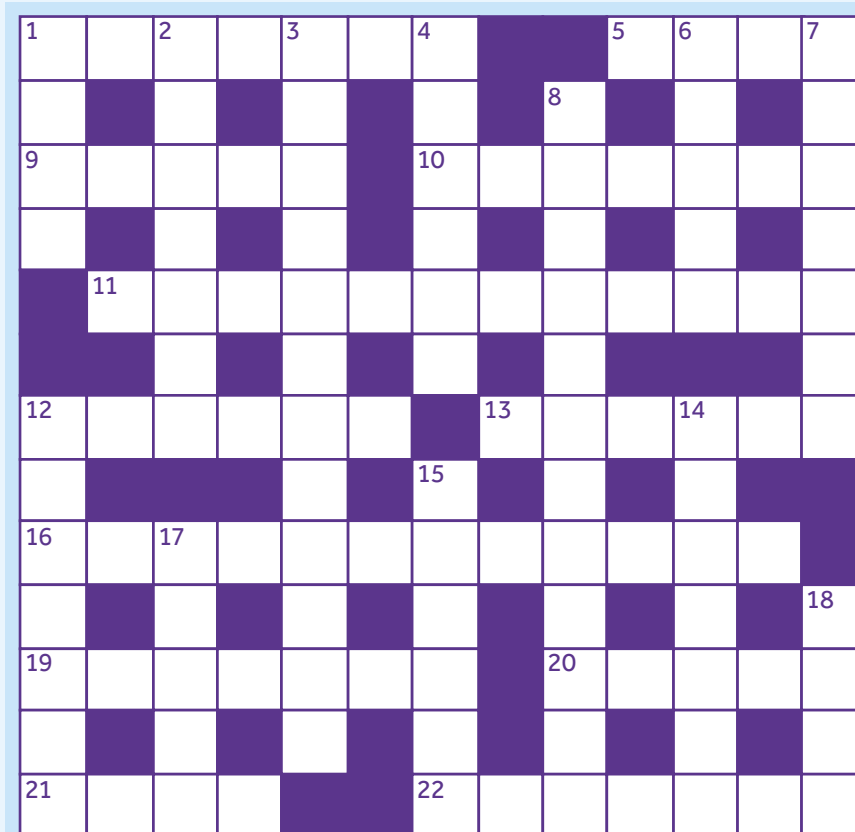
16

43

Solutions
See page
50

Down

- 1 Sleeve end (4)
- 2 Transport company (7)
- 3 Pennsylvania city (12)
- 4 Style of hat (6)
- 6 Decorate (5)
- 7 Go before (7)
- 8 Where to play skittles (7,5)
- 12 Captain; butterfly (7)
- 14 Against the law (7)
- 15 (Of narrative) sequential (6)
- 17 Take on (another's child) (5)
- 18 Carrying container (4)



With thanks to The Times/News Syndication who granted us rights to this crossword.

Classifieds

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Have you or a loved one ever suffered from pressure sores?



You could be entitled to compensation for the pain and suffering caused

For anyone in hospital or nursing care, pressure sores are an ever-present danger.

If you or a loved one have suffered from pressure sores, the memories will be lasting. But there could have been no need for you to undergo such anguish.

Just one of those things?

The sad fact is that, in a huge number of cases, the quality of assessment and care is far below what it should be.

Your right to proper care

If you have developed sores and suffered as a result of a substandard level of care, you are perfectly entitled to compensation for your unnecessary pain and suffering. And that is where we can help.

Your right to consider compensation

Significant awards of damages have already been made to pressure sore victims. Those awards have even extended to the families of loved ones who have died, and suffered pressure sores in the very late stages of life.

Contact us for FREE help and advice

If you or a loved one – an elderly relative, perhaps – have suffered from pressure sores in the last 30 months, we urge you to seek legal advice as soon as possible.

We are specialists in this field, and we're happy to chat through your experience and your concerns. There is no obligation, and your discussion will be absolutely free.

Examples of our settlements:

We obtained £42,400 compensation for a lady who developed a pressure sore having been given an epidural during childbirth. She had been unable to move for a few hours as a result of the injection and developed a pressure sore to her sacrum.

£55,000 compensation for an elderly lady who developed a pressure sore to her leg whilst in hospital.

£9,000 for a gentleman who developed a pressure sore to his heel whilst recuperating in hospital from heart bypass surgery.



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Together we can conquer stroke

As a charity, we rely on your support to prevent stroke and change lives. A huge thank you to everyone who's gone the extra mile to fundraise, volunteer and campaign with us.

Congratulations to Gail Greenwood and her friends who celebrated her 50th birthday in style by completing the 100km South Coast Challenge and raising over £3,000.



This summer, Glasgow stroke survivor Scott Frame, raised £5,600 by walking 112km along the canal towpaths from Bowling, West Dunbartonshire to Edinburgh. Meanwhile, stroke survivor Simon Allison and his team at Blackadders Solicitors, donned their kilts and walking boots for the Dundee Kiltwalk, raising an incredible £9,000.



Find out what events we've got coming up on page 50 or make a donation at stroke.org.uk/donating.

How does your donation help?



£5 could help 15 people begin to come to terms with stroke with crucial factsheets.

£20 could support our Stroke Helpline in giving advice.

£50 could help us to invest in life-saving stroke research.



Thank you to everyone who made Step Out for Stroke 2017 a success. Sebastian Evans (pictured) and his family attended our event at Luton's Wardown Park in support of his Grandad who is a stroke survivor. Visit stroke.org.uk/step to register your interest for 2018.

Volunteer spotlight

Giles started volunteering in 2014 following his own stroke in 2009.

Giles supports other stroke survivors with aphasia, helps run a walking group and is currently setting up a book club with one of our service coordinators, Julie Glaister. In July 2016, Giles also conquered Snowdon and managed to raise £1,125.

"As a volunteer you can do as little or as much you want," said Giles. "It is great when you see people improve as a result of the support you have provided."



To find out more about the volunteering opportunities that are available visit stroke.org.uk/volunteers.

Dates for your diary

Last chance to order Christmas cards 19 December 2017

Order your Stroke Association cards, including designs by stroke survivors Haydn Canter and William Benson, at **stroke.org.uk/cards** or call **01233 214 320**. The proceeds from their cards will go towards helping stroke survivors.

2018 Christmas card competition deadline 26 January 2018

Do you or anyone you know have a creative flair for art, photography or design? Send in your entries to our stroke survivors' Christmas card competition. Email **cardcompetition@stroke.org.uk**, call **01604 687 771** or visit **stroke.org.uk/cardcomp18** for details.

➔ **For more events and ways to get involved in our work, see stroke.org.uk**

Crossword

Across: 1 COCKPIT, 5 WASP, 9 FARSI, 10 ISOTOPE, 11 AIR AMBULANCE, 12 SURVEY, 13 UNWISE, 16 INAPPLICABLE, 19 PROMISE, 20 LAGER, 21 ROTA, 22 ROYALTY

Down: 1 CUFF, 2 CARRIER, 3 PHILADELPHIA, 4 TRILBY, 6 ADORN, 7 PRECEDE, 8 BOWLING ALLEY, 12 SKIPPER, 14 ILLEGAL, 15 LINEAR, 17 ADOPT, 18 TRAY

W	T	A	S	E	S	E	E	R
V	P	R	C	K	V	E	E	O
F	I	I	O	E	O	C	W	A
H	O	C	I	P	O	O	W	I
V	P	H	T	V	P	I	B	S
C	C	O	E	O	N	U	R	A
A	Q	R	U	N	R	O	S	H
J	Y	U	E	T	X	Y	O	P
E	C	R	U	O	S	E	R	A

Resolution Runs February – March 2018

Take part or volunteer to help at one of our UK-wide runs. See page 11 or visit **stroke.org.uk/resruns**.

Brighton Marathon 15 April 2018

Visit **stroke.org.uk/brighton18** to join Team Stroke for the 2018 race.



UK Stroke Assemblies Spring and summer 2018

Sign up to our emails for details about UKSA Scotland in spring and UKSA north and south in summer: **stroke.org.uk/SAsignup**.



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