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Stroke
association

UK Stroke Club Conference 2018

Event Programme

Friday 28 - Saturday 29 September 2018

East Midlands Conference Centre, Nottingham



Welcome to the

UK Stroke Club Conference

I am delighted to welcome you to the UK Stroke Club Conference 2018.

This is my first UK Stroke Club Conference, having joined the Stroke Association in May of this year. I'm incredibly proud to have joined an organisation that clearly puts people at the heart of what we do. Over the past few months, I've visited clubs and groups and seen first-hand the life-changing work that volunteers are delivering across the country. It is thanks to your hardwork, time, dedication and passion that this vital network exists and thrives, ensuring that people affected by stroke can connect with others who have similar experiences through accessing long-term social support in their local area.

Since 2005, the UK Stroke Club Conference has been bringing clubs and groups together to celebrate with and support each other. I'm thrilled to be chairing such an important and long-standing event in its thirteenth year. We welcome 151 group representatives from 72 groups from all over the country, representing a range of clubs and groups and who all bring their own unique and valuable experience. What a privilege to have so many wonderful experts all come together for this event.

We value your time, energy and motivation and we look forward to celebrating this with you over the next two days. We also want to hear from you. How is your club or group making a difference in your local area? What challenges are you facing? By focusing on our achievements and working together to tackle issues, we can find ways to develop and achieve more.

Please take every opportunity to have your say, learn new things, connect with each other and reflect on how far you have come in developing this fantastic community of clubs and groups that provide vital support to people affected by stroke.

I look forward to meeting you! Together we can conquer stroke.

Beth Scrimshaw

Chair of the UK Stroke Club Conference and
UK Volunteering and Community Partnership Manager



What to expect:

The UK Stroke Club Conference is an annual event that brings together those involved in organising and volunteering at stroke clubs and groups across the UK.

We understand that you may be attending this event for the first time and may not be used to attending a conference. The venue and programme have been chosen to suit your needs. Please take the event at your own pace and rest whenever you need to.

What we want to achieve:

We hope this event will inspire and motivate you as well as giving you ideas for activities, marketing and fundraising to take back to your groups. We want to provide you with information about how to provide effective support to your members and run your group successfully. We want you to know how you can support the Stroke Association by taking action on stroke locally and being a voice for stroke in your local community.

How your input helps:

We want to hear about your successes and recognise the wonderful work that you're doing to support those affected by stroke in your local communities. We also want to hear about any challenges you have, so we can understand any issues you might face and consider how we can support you and your members in the future. This is your event and we aim to listen to your views and build on these in our future events and campaign plans.

This is an opportunity to:



meet like-minded people and share experiences/ideas



Celebrate your successes and achievements of clubs and groups



pick up new ideas for activities to do with your own group



learn how to support your members and run a successful stroke group



Learn how to raise more money for your group

Meet

Stroke
association

staff and those working in the field of stroke support



hear the latest news and support available across the stroke community



take action on stroke by connecting with us and others affected by stroke.



UK Stroke Club Conference 2018

Celebrating the achievements of our clubs and groups, and working together to achieve more.

Earlier this year, we asked Stroke Association Voluntary Group members in what ways groups make a difference to their lives. We were delighted to receive over 600 responses. These included making new friendships; being more active; and feeling less isolated, to name but a few. This year we will be celebrating the findings of this research and our future plans for supporting and growing this vital network through our Big Lottery funded programme, Hand in Hand.

You can hear all about the Stroke Association's achievements over the last year, and our future goals from our Chief Executive, Juliet Bouverie. There's also an opportunity to learn about our new online stroke support tool, My Stroke Guide, and find out how you can use it to help your members to continue to adjust to life after stroke.

We hope that the conference helps you to connect with others who are leading groups – sharing your challenges, successes and ideas. From planning new activities to exploring fresh approaches to fundraising, our range of workshops aim to support you and your members in getting the most out of your club and group.



The power of connecting people

The Stroke Association is the UK's leading charity dedicated to conquering stroke.

We are committed to supporting your voluntary groups and stroke clubs in the long-term as they offer vital social support, promote independence and reduce the risk of isolation.

Your clubs and groups also raise awareness of stroke in your local communities, often support our campaigns for better stroke services, and help to raise funds for our work.

We are proud to have many different types of voluntary groups within the Stroke Association and across our network of affiliated stroke clubs, including carers groups, creative arts, walking, fishing, singing, gardening and groups specifically supporting people with aphasia.

All these activities help stroke survivors, carers and those close to them to connect with people in a similar situation. This can be vital in finding ways to live life to the full after a stroke. The words to the right highlights what connecting with others in a similar situation really means and the difference it can make. The bigger the word, the more times it was mentioned.

Come and speak to Volunteering and Community Partnerships team in the Atrium on Saturday to find out how we can support your club or group.

After the event you can contact the Volunteering and Community Partnerships team on **020 7566 1540** or **volunteering@stroke.org.uk**

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stroke
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Understanding
meeting new
people helps
brilliant **hearing**
sense stories
alone **singing**
companionship
experiences real
independence
recovery value
speak activities
friends physical
survivors **coping**
Sharing social
determination
explain improvement
strategies **family**
others

Our charity's achievements wouldn't be possible without your ongoing support.

It has been another busy year for the Stroke Association. Here are some of our achievements over the last 12 months:

- We have supported over 50,000 people affected by stroke.
- We have expanded our universal support by extending the reach of our telephone Stroke Helpline service and My Stroke Guide online resource.
- We have scaled up our long term support and since we last met we have 27 new clubs and groups.
- We co-lead the work on the national stroke plan for England.
- NHS England now fund thrombectomy.
- We have invested £1 million in to haemorrhagic stroke projects.
- Together we raised over £35 million.

Exciting plans

There's a lot to look forward to in the coming year, with the launch of the new national plan for stroke in England; as well as the Stroke Association's own new corporate strategy.

The stroke support community played a huge part in making our A New Era for Stroke campaign for a new stroke plan in England such a success. We were overwhelmed by the support we received.

Thank you so much for the continuous, selfless and precious work that you do to support the Stroke Association and those affected by stroke around the UK.

We are excited to work with you in the future to create even more success stories.

Now it's time to sit back, relax and take a few moments to get to know the venue and programme.





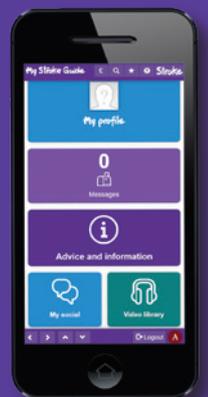
"I can see how much My Stroke Guide aids Rick's recovery."

Marcia, carer

Support their recovery

My Stroke Guide connects you to others affected by stroke, and provides free access to trusted advice, information and support 24/7.

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Together we can conquer stroke

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*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. (M3 Comfort is technically equivalent)

The difference clubs and groups make

'I was all alone watching TV, now I have friends playing golf and table bowls.'

'Attending this group has made me feel more confident. It is good to be with people who understand my situation.'

'Good to talk with other stroke survivors about how they cope with life. Their experiences are similar. It helps to see how other members cope and talk things through.'

'I have found the help and camaraderie invaluable.'

Quotes are taken from the 2018 Hand in Hand survey.



Housekeeping and useful information

Please read the useful information below to help make your time at the conference as comfortable as possible.



Parking

- All parking at the conference centre and hotel is free.
- If you park on the university campus you must collect a parking permit from the hotel reception.



Rooms

- You can collect your room key from the hotel reception from 2.00pm.
- You will be given a letter with your room key containing more information about your stay.
- If you have any questions about your room, please speak to reception.
- To charge any expenses to your room you will need to set up an account with the hotel reception.



Breakfast and check out

- Breakfast is from 7.00-10.00am in Bramley's Restaurant in the hotel.
- Settle any expenses and check out before 11.00am.
- You can leave your luggage at the hotel reception when you check out and it will be moved to the conference centre for you to collect after 2.30pm.
- Alternatively, leave your luggage out of sight in your car.



Refreshments and breaks

- There are scheduled refreshments breaks on Saturday in the exhibition area.
- Take as many breaks as you need and whenever you like.
- You can rest in the exhibition area and concourse and enjoy unlimited tea and coffee.
- Water will be on the tables during the talks and workshops.
- You do not have to attend all workshops. You can see presentation slides online after the event.



Need help or support?

- Ask a member of the UK Stroke Club Conference team. We will have a desk near the entrance to the Conference Centre.
- Call 0 from the phone in your room for reception.



Special diets

- If you have a special diet and have requested a specific meal please speak to the catering team or a member of the conference team.



Fire evacuation

- Make sure that you know where your nearest fire exit is at all times.
- If you hear the fire alarm, use your nearest exit and make your way to the assembly point at the far side of the car park in front of the hotel and conference centre.
- If you would need assistance in an emergency please arrange a personal evacuation plan with the hotel reception.



First aid

- We have trained first aiders at the event.
- Please come to reception if you are feeling unwell or need first aid.
- Call 0 from the phone in your room for help.



Photography and filming

- There will be a photographer and a film crew at the event.
- Pictures and films may be used in publications, on the web and on social media.
- Please let us know if you have any concerns about this.



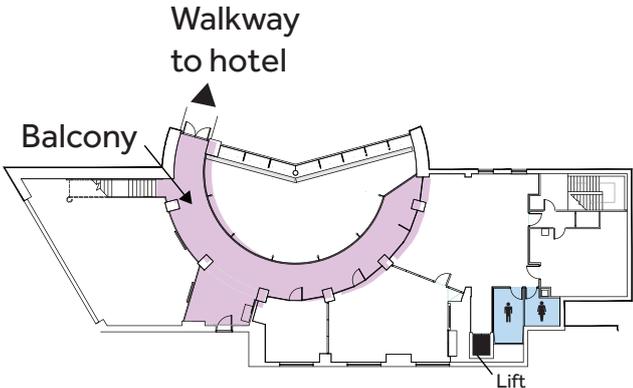
Your voice

Please tell us your thoughts by:

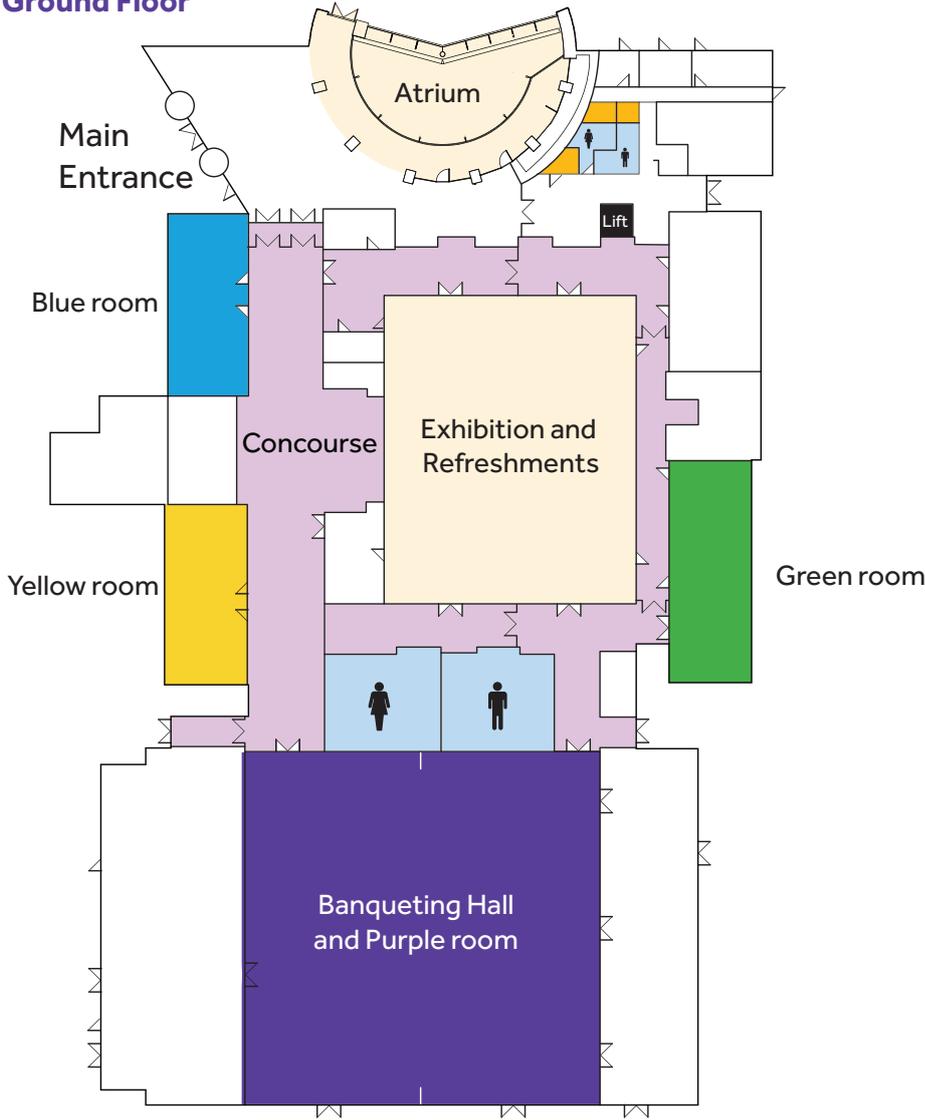
- completing the evaluation form
- talking to a member of staff
- writing your questions on the slips on the tables
- contacting us by phone on **01527 903917** or email **clubconference@stroke.org.uk**.
- **If you need help completing the feedback form tell us and we can help.**

Floor plan of the conference centre

First Floor



Ground Floor



What will you bake

this October?



Give a Hand and Bake

22 -28 October 2018

This October, get together and Give a Hand and Bake. Host a bake sale, make whatever tickles your fondant fancy and help raise vital funds for the Stroke Association.

Sign up at stroke.org.uk/GAH

Stroke
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Programme at a glance

UK Stroke Club Conference

Friday 28 September 2018

Time	Programme		Location
12.30 – 2.00pm	Aphasia Voices meeting - Invitation only by Janet Rockliffe and Judith Moreland, Stroke Association		Discovery Room, Orchard Hotel
2.00pm	Bedroom check in		Reception, Orchard Hotel
2.00- 4.00pm	Voices in Partnership meeting - Invitation only by Stuart Cooper, Stroke Association		Worcester Room, Orchard Hotel
2.30- 4.00pm	Stroke Ambassadors' meeting - Invitation only by Kerry Farrell, Stroke Association		Discovery Room, Orchard Hotel
4.00- 6.00pm	Registration Informal catch up and meet the UK Stroke Club Conference team Drop off Stroke Club Exchange displays		Foyer, Orchard Hotel
6.30pm	Drinks reception		Atrium, Conference Centre
7.00pm	Opening talk and welcome by Beth Scrimshaw, Stroke Association		Banqueting Hall
7.10pm	Talk 1: Celebrating stroke clubs and groups by Beth Scrimshaw, Stroke Association and Neath Port Talbot Stroke Club		Banqueting Hall
7.30pm	Dinner Sponsored by Irwin Mitchell Solicitors		Banqueting Hall

Key

 Activities held in the Orchard Hotel


User involvement


Best practice


Ideas for group

 Plenary talks


Practical activities


Share and inspire

 Workshops

UK Stroke Club Conference

Saturday 29 September 2018

Time	Programme	Location
7.00am	Breakfast	Orchard Hotel
8.00-9.30am	Stroke Club Exchange setup	Concourse
9.00am	Exhibition and refreshments	Exhibition Area and Concourse
9.30am	Opening talk and welcome by Beth Scrimshaw, Stroke Association	Banqueting Hall
9.35am	Talk 2: Introducing our free online resource My Stroke Guide by Catherine Moore, Stroke Association 	Banqueting Hall
10.00am	Comfort break and time to move to workshop rooms	
10.20am	Workshops 1 <ul style="list-style-type: none"> a. Working together to fundraise and be sustainable by Beth Scrimshaw and Scott Smith, Stroke Association   b. What is GDPR and why is data protection so important? by Ian Homard and Donna Stott, Stroke Association  c. Connecting with carers by Louise Hornagold, Stroke Association   d. Ideas for practical group activities by Volunteering and Community teams from the Central zone, Stroke Association  	Purple room Blue room Green room Yellow room
11.20am	Exhibition, Stroke Club Exchange and refreshments	Exhibition Area and Concourse
12.00pm	Workshops 2 <ul style="list-style-type: none"> a. Help shape the future of the Stroke Helpline by Sian McClure, Stroke Association  b. Safeguarding and supporting adults at risk by Lisa McDermott, Stroke Association  c. How to become a My Stroke Guide buddy by Paul Stephenson and Tina Hughes, Stroke Association  d. Ideas for practical group activities by Volunteering and Community teams from the South zone, Stroke Association  	Blue room Green room Purple room Yellow room

1.00pm	Exhibition, Stroke Club Exchange and lunch		Exhibition Area and Concourse
2.15pm	Workshops 3		
	a. Working together to run a successful stroke group by Nic Mooney and Joanne Drake, Stroke Association		Purple room
	b. Supporting more people to get active after a stroke by Sophie Field, Stroke Association		Blue room
	c. Wellbeing and mindfulness by Jas Panesar		Green room
	d. Ideas for practical group activities by Volunteering and Community teams from the North zone, Stroke Association		Yellow room
3.15pm	Comfort break and time to move to workshop rooms		
3.25pm	Talk 3 : Working together – Our achievements and looking forward to the year ahead by Juliet Bouverie, Stroke Association		Banqueting Hall
3.50pm	Closing remarks by Beth Scrimshaw, Stroke Association		Banqueting Hall
4.00pm	Afternoon refreshments, and depart		Concourse and Atrium

If you wish to find out more about any of our speakers, please ask at the UK Stroke Club Conference desk.

Key

 Activities held in the Orchard Hotel

 Main talks

 Workshops



User involvement



Best practice



Ideas for group



Practical activities



Share and inspire

Meet the Stroke Association's

Chair and directors

This year we are delighted to welcome our Chair, a few members of our Executive Directors team and our Director of Stroke Support, England. Please take this opportunity to introduce yourself to them and tell them about your amazing stroke clubs and groups.



Stephen King
Chair of Trustees



Juliet Bouverie
Chief Executive
Officer



Andrew Cook
Executive Director
Income Generation



Bridget Bergin
Executive Director
Stroke Support



Elaine Roberts
Director of Stroke
Support England



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From the moment you call us, our highly trained, dedicated team will ensure you have everything you need for the perfect break away.

Within the hotel itself, every bedroom is adapted to meet mobility needs along with a wide range of mobility aids available for use.

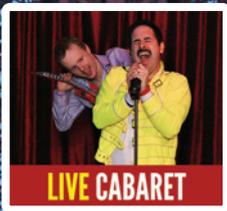
In addition, our Holidays With Care team can provide specialist one-to-one support from one hour up to 24 hour packages, all tailored to meet your needs.

Our top-class chefs are on hand to prepare mouth-watering meals, and cater for any specialist diet needs; perfect preparation for your group to explore everything Blackpool has to offer.

Here at The Bond Hotel, we strive to make our holidays as inclusive as possible. We provide all the everyday practicalities you need - allowing you to relax, unwind, let your hair down and create memories to cherish.

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Exhibition area

In the exhibition area you'll find stands and displays of products, services and resources designed to support you and your members in taking action on stroke and supporting life after stroke.

The exhibition area will be open on Saturday 29 September between 9.00am - 3.30pm. Lunches and refreshments will be available in the exhibition area.



UK Stroke Club Conference

• Thank you to our sponsors

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The UK Stroke Club Conference is sponsored by

The UK Stroke Club Conference is supported by Nesta and partly funded by the Big Lottery Fund and our sponsors Irwin Mitchell solicitors, Omron and The Bond Hotel.



Nesta and Big Lottery Fund are backing the Stroke Association through Accelerating Ideas - a programme that supports promising ageing innovations to increase their reach and impact to many more people across the UK.

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Meet the UK Stroke Club Conference

Exhibitors



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In addition to all our wonderful speakers, sponsor and exhibitors we would also like to acknowledge Document Capture Co Ltd for their support in collating all the event feedback, as a gift in kind.



AbilityNet is a UK charity that helps people with disabilities and older people to use computers and the internet to achieve their goals at home, at work and in education. Our free services include a free advice line and a UK team of volunteers providing free IT home visits.

abilitynet.org.uk
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We are the UK's leading charity dedicated to conquering stroke.

We believe in life after stroke. That's why we support stroke survivors to make the best recovery they can. It's why we campaign for better stroke care. And it's why we fund research to develop new treatments and ways of preventing stroke.

We're here for you.
Together we can conquer stroke.
If you'd like to know more please get in touch.

stroke.org.uk
@TheStrokeAssoc

And don't forget the Club Exchange...

Make sure you take time to visit the inspiring and vibrant Stroke Club Exchange Area. Here, over 25 stroke clubs and groups will be showcasing their fantastic activities that they have been undertaking over the past 12 months. Pick up ideas and be inspired by the triumphs of others and see what you can try in your own club.

This year we would like your feedback on the best display for the Stroke Club Exchange. A prize will be awarded to the winning club or group.



For more information about the UK Stroke Club Conference contact us by
Email: clubconference@stroke.org.uk
Telephone: 01527 903 917

We are the Stroke Association

We believe in life after stroke. That's why we support stroke survivors to make the best recovery they can. It's why we campaign for better stroke care. And it's why we fund research to develop new treatments and ways of preventing stroke.

We're here for you. Together we can conquer stroke. If you'd like to know more please get in touch.

Stroke Helpline: 0303 3033 100
Website: stroke.org.uk
Email: info@stroke.org.uk
From a textphone: 18001 0303 3033 100

We are a charity and we rely on your support to change the lives of people affected by stroke and reduce the number of people who are struck down by this devastating condition.
Please help us to make a difference today.



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Together we can conquer stroke