**UK Stroke Club Conference talks and workshops**

**Plenary Talks:**

* **Welcome,** by Beth Scrimshaw, Stroke Association (no presentation)
* **Celebrating stroke clubs and groups,** by Beth Scrimshaw, Stroke Association, and Neath Port Talbot Stroke Group
* **Introducing our free online resources My Stroke Guide,** by Catherine Moore, Stroke Association
* **Working together – our achievements and looking forward to the year ahead,** by Juliet Bouverie, Stroke Association

**Workshops:**

**1a. Working together to fundraise and be sustainable, together we can achieve so much more,** by Beth Scrimshaw and Scott Smith, Stroke Association

**1b. What is GDPR and why is data protection so important,** by Ian Homard and Donna Stott, Stroke Association

**1c. Connecting with carers,** by Louise Hornagold, Stroke Association

**1d. Ideas for practical group activities,** by Volunteering and Community teams from the North, South and Central zones, Stroke Association

**2a. Help shape the future of the Stroke Helpline,** by Sian McClue, Stroke Association

**2b. Safeguarding and supporting adults at risk,** by Lisa McDermott, Stroke Association

**2c. How to become a My Stroke Guide buddy,** by Tina Hughes, Stroke Association

**2d. Ideas for practical group activities,** by Volunteering and Community teams from the North, South and Central zones, Stroke Association

**3a. Working together to run a successful stroke group,** by Jo Drake, Stroke Association

**3b. Supporting more people to get active after a stroke,** by Sophie Field, Stroke Association

**3c. Wellbeing and mindfulness,** by Jas Panesar, Stroke Association

**3d. Ideas for practical group activities,** by Volunteering and Community teams from the North, South and Central zones, Stroke Association