

**Welcome  
to the  
team**

**Being a volunteer**  
Making a difference

# Welcome to the team

Thank you for choosing to support us by volunteering. We hope that you will get a lot out of your volunteering experience. Your skills, time and passion will make a huge difference to people affected by stroke in your local community. But you will also be part of a larger nationwide team of over 3,500 volunteers covering England, Scotland, Wales, Northern Ireland, Isle of Man and Jersey.

We believe that together we can conquer stroke. You play a vital part in helping us to do that and many of the things that we do just wouldn't be possible without your support.

We are committed to making sure your volunteering experience with us is a good one. This handbook will help you better understand and feel supported in your volunteer role.

We hope that you find it useful. If you would like any more information please talk to the member of staff or person that supports you.

**Thank you for believing that there is life after stroke.**



**Juliet Bouverie**  
Chief Executive, Stroke Association



# Who we are

We are the leading stroke charity in the UK and we believe in life after stroke.

- That's why we campaign to improve stroke care and support people to make the best possible recovery.
- That's why we fund research to develop new treatments and ways to prevent stroke.
- That's why we help stroke survivors and their families and carers deal with the impact of stroke by providing practical and emotional support through our Life After Stroke Services.
- Stroke occurs approximately 152,000 times a year in the UK. That is one every three minutes and 27 seconds. There are around 1.2 million stroke survivors in the UK. Stroke is the largest cause of complex disability.
- We want to change how people think about this devastating disease. But we can't do that on our own. We all share a commitment to changing the world for people affected by stroke and by working together we can make that a reality.



'We want a world where there are fewer strokes and all those touched by stroke get the help they need.'

'Our mission is to prevent strokes and achieve life after stroke through providing services, campaigning, education and research.'

## Our values

Our values are central to what we do and how we do it. They drive all of our work but also demonstrate what kind of organisation we want to be in the future.

**Professionalism:** Whatever our role we will all strive to be the best we can be and make sure that we have the knowledge and skills to carry out our roles effectively.

**Innovation:** We are always looking for new ways of doing things and encourage new ideas as they help to make our charity a success. We all have an important role to play in shaping our future so be inspired and share your ideas.

**Passion:** We are all passionate and proud about the cause that we represent and we will take every opportunity to promote our cause to others and improve the lives of people affected by stroke.

**Respect and openness:** We treat everyone with respect and as an individual. We value diversity and different views and communicate in a clear and open manner. We are open-minded, inclusive and approachable.

**Working together:** Working in partnership will help us achieve our vision. By sharing our experience and knowledge, and listening to each other, we can make sure we are working towards a common goal.



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# What we believe in

## Our beliefs

- We believe that together we can change the world for people affected by stroke.
- We believe in life after stroke - everyone has the right to make the best recovery they can from stroke.
- We believe that every step matters on the road to recovery.
- We believe in the power of research to change the lives of everyone affected by stroke now and in the future.
- We believe stroke can and should be prevented.
- We believe that people affected by stroke should be treated with respect and understanding.
- We believe everyone affected by stroke should get the support they need to deal with the impact of stroke.



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# Our areas of work and how you can support us

By joining us you are making a real impact on the lives of people touched by stroke, in whatever way you choose to support us.

- Over 60,000 people a year are helped by our Life After Stroke Services and we have over 120 voluntary groups. This just wouldn't be possible without your support.
- In the last ten years volunteers at 'Know Your Blood Pressure' events have saved thousands of people from potential strokes by identifying that they have high blood pressure.
- The money you raise is vital and funds many things including high quality research projects. These projects will help us understand more about stroke and improve the treatment and rehabilitation of stroke survivors.

We are always looking for new ways of working with you, so if you have an idea please talk to the staff member or person that supports you.

## Work with stroke survivors

Stroke is devastating, but you can support stroke survivors on their road to recovery.

You can befriend and support those affected by stroke to gain confidence and independence in their life after stroke; you can work with someone who has communication difficulties following a stroke to find new ways of communicating or support stroke survivors and carers to access activities, information and support in their local communities.

## Help to prevent stroke

Stroke can and should be prevented.

As a Stroke Ambassador you can raise awareness of stroke in your local community. By giving talks to local organisations; running an event or activity like a 'Know Your Blood Pressure' session, you can help people understand the risk factors associated with stroke and what they can do to prevent a stroke.

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## Fundraise for stroke

The money you raise funds the vital work we do.

You can fundraise at home, at work, in your community and with your family and friends. You might want to organise your own event like a Sip for Stroke coffee morning; take part in one of our many fundraising events and run, ride and walk on fire to raise funds or make regular donations to us by being a committed giver.

You can also help our events team run our fundraising events by registering participants, being a route marshal or being part of a cheering post.

## Speak up for stroke

Help to get stroke the attention that it deserves.

If you would like to support us either locally or nationally join our Supporters' Network or you can share your experience of stroke by representing us in the media.

## Tell us what matters

We focus our efforts on doing what matters most to people affected by stroke.

You can tell us what's important to you by joining one of our consultation or involvement groups. Your contributions will help us do more for everyone affected by stroke.

## Help us run smoothly

We need to work with people who share our commitment to changing the world for people affected by stroke.

Lend us your business skills or learn new ones by providing essential support to our offices across the UK; by leading and supporting other volunteers or by helping us develop new ways of working. We offer administration opportunities, internships, special project work and business support opportunities.

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# What to expect from your volunteering

You are giving us your time, experience and commitment and in return we want you to enjoy your volunteering and get the most out of the experience.

In your role you may have contact with stroke survivors, their families and carers, other volunteers, paid staff, other organisations and the general public.

We expect high standards of behaviour from everyone involved in our work at all times. The following agreement is what you can expect from us and what we expect from you.

## What you can expect from us

- We will introduce you to how the charity works.
- We will listen to you and in doing so find the most suitable role for you that meets or exceeds your expectations.
- We will make sure you know what your role is and what tasks that might include.
- We will provide the training that you need to carry out your role.
- We will support you during your time with us through regular meetings and volunteer events, depending on your role.
- We will make sure that you know who is responsible for supporting you and who you can talk to should you have any difficulties.
- We will provide a safe working environment.
- We will treat you with respect and not do anything that could discriminate against you.
- We will keep you informed of possible changes in the way we work and consult you where appropriate.
- We will listen to your views, ideas and opinions and take them into account when planning our future.
- We will make sure you are not out of pocket as a result of your volunteering.

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## What we expect from you

- You will help us achieve our aims through your volunteering.
- You will carry out your role to the best of your ability and follow all relevant policies, procedures and guidance. If there is something that you don't understand, please ask the staff member or person that supports you.
- You will not share confidential information except on a need to know basis.
- You will treat everyone that you come into contact with during your volunteering with respect and not discriminate against anyone.
- You will present a positive and professional image of yourself, our charity and our work and dress appropriately when representing us.
- You will undertake any training that is necessary to carry out your role.
- You will meet regularly with the staff member or person that supports you so that you can discuss your volunteering, depending on your role.
- You will provide as much notice as possible if you cannot meet agreed volunteering commitments or if you wish to stop volunteering.

**Note:** This agreement is in honour only and is not intended to be a legally binding contract of employment.



**"A highlight for me is the sense of belonging within this charity. This comes not only from the service users but also the wonderful support we all receive from the staff. It has made me feel confident and proud of what I do."**

*Volunteer*



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# Supporting you and each other while volunteering

Our aim is to support you in your volunteer role and to make your volunteering experience a productive, positive and rewarding one.

## Trial period

For some roles we have a trial period. This is a period of time at the start of your volunteering where we can both decide whether things are working out.

Occasionally, during the trial period volunteers may decide that the role is not for them or we might suggest that your skills would be better suited to a different role.

Whatever happens as a result of the trial period we will always make sure that we talk to you about it.

## Induction

As soon as possible after you start volunteering with us we will provide you with an induction. This will introduce you to our charity and allow you to learn more about stroke by giving you information on:

- our charity: past, present and future
- volunteering with us
- how to volunteer safely and effectively
- stroke and its effects.

As well as receiving a general induction to our charity and stroke, you will also receive a role specific induction. This may involve, for example, meeting the people you are going to be volunteering with or finding out how to use a particular database if you are going to be based in an office.

Induction sessions are usually face-to-face, either one-to-one or in group sessions that take place regularly across the UK. If you can't make a face-to-face induction then we do also have an online volunteer induction you can complete.

If you only volunteer very occasionally or at a one-off event then we will provide you with some information on the day that will enable you to carry out your role.

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## Support meetings

During your time with us we will ask you to attend support meetings. These are informal one-to-one or group support meetings and will be arranged by the staff member or person who is supporting you. The frequency of the meetings will depend on what your role is and how long you are with us and can take place in person, over the phone or using a web cam.

These meetings are important because they give you a chance to reflect on your volunteering, tell us what is going well, highlight support that you think you might need or explore challenges that you might be having. These meetings give us the chance to discuss future opportunities with you, share the difference you are making and provide updates on what is happening in the organisation.

**“By supporting stroke survivors on a one to one basis I feel I have helped them gain confidence in communicating again with others in the community.”**

*Volunteer*

## Learn and develop with us

While volunteering with us we want to make sure that you are happy and confident in carrying out your role. We hope that through your volunteering you will be able to gain valuable experience, learn new skills and have a positive impact.

That is why we offer role-specific learning and development to you in a number of different ways:

- Face-to-face sessions
- Online training via our online learning system called ilearn. Ilearn contains over 250 courses to support your learning and development with us
- Attending workshops and support meetings
- ‘Shadowing’ other volunteers to learn about your role
- Sharing resources such as books and websites
- Identifying what you want to achieve at your regular support meetings.

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## Keeping in touch

We think it is important to keep you up to date with news and updates about us. Here are some examples about how we do that. It is important our volunteers are involved in all that we do, so if you are interested in contributing then please let us know.

- Every month we include volunteering news in the Supporters' Network email and we welcome articles from volunteers. You can subscribe to the Supporters' Network by visiting [www.stroke.org.uk/campaigns/signup](http://www.stroke.org.uk/campaigns/signup). Every three months we collate the best of these stories in a newsletter called involved. The member of staff or person who supports you will let you know when each issue is published or you can download a copy from our website.
- There are also plenty of opportunities to share your ideas and comments with us and connect with other volunteers on the TalkStroke area of our website.
- You can access our intranet site. Here you can read new stories, interviews and blogs as well as access resources and collaborate with other volunteers and staff.
- Volunteer conferences and workshops are held regularly across the UK. These provide you with the chance to meet other volunteers, find out what is new in the stroke world and access training. The staff member or the person who supports you will keep you up to date with what is going on in your area.
- Why not "like" us on Facebook ([www.facebook.com/TheStrokeAssociation](http://www.facebook.com/TheStrokeAssociation)) or follow us on Twitter ([@TheStrokeAssoc](https://twitter.com/TheStrokeAssoc)).
- Stroke News is the Stroke Association's free magazine. Please talk to the staff member or person who supports you if you would like to receive a copy.
- Our Voices in Partnership (Volunteering) group is made up of Stroke Association volunteers who provide feedback to us in order to improve our services and improve the support we offer volunteers. More information can be found at [www.stroke.org.uk/support/voices-partnership](http://www.stroke.org.uk/support/voices-partnership)



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# Saying thank you

However you are involved in our work you are making a positive difference and we think it is important to recognise the contribution that you are making.

We do this in different ways – from awards and certificates to saying thank you for a job well done – but we are always looking for new ways to celebrate what you do and show the impact you are having.

## Life After Stroke Awards (LASA)

Every year we hold our Life After Stroke Awards (LASA) where we recognise stroke survivors, carers, volunteers and professionals.

The Stroke Association Award for Volunteering is presented to an individual who has made an outstanding contribution to the Stroke Association in their voluntary role.

## Volunteers' Week

This is a national celebration of volunteers and volunteering and is held annually between 1-7 June.

## Service and Achievement Awards

Awards are made for the number of hours and years of continuous service and for any significant achievements by volunteers.

## Local Events

Throughout the year there will be events and activities in your area to celebrate and recognise your achievements.

**"I hope to continue as a  
volunteer for many years  
to come."**

*Volunteer*



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# Policies and procedures

During your time with us you will need to be aware of some key policies and procedures to support your volunteering. In this part of the handbook we have summarised some of the main things you need to know about.

If you have any questions about any of the policies and procedures or would like to see the complete versions, then please talk to the member of staff or person who supports you.

## Volunteer Policy

Our Volunteer Policy is our written commitment to volunteering in the Stroke Association.

Our volunteer policy sets out how we define a volunteer, why we involve volunteers and how we involve volunteers to help us achieve our vision.

## Expenses

We believe that no one should be out of pocket as a result of their volunteering with us so will reimburse you for any reasonable, agreed out of pocket expenses resulting from your volunteering role with us.

We ask you to keep receipts and records of your mileage and complete a volunteer expenses claim form to claim back your expenses. The staff member or person who supports you will be able to authorise your expenses.

If you are volunteering in a Stroke Association Voluntary Group your expenses will be dealt with by the Group's

Treasurer and any claims should be submitted directly to them.

If you use your own car you can claim mileage (35p per mile). We can also reimburse agreed public transport costs. You can also claim up to £5 for food or drink for every five hours that you volunteer.

For some roles you might have to claim other types of expenses and we usually ask that these are agreed in advance with the member of staff or person that supports you.

If you are claiming benefits you should let the relevant agencies know. Most benefits are not affected by volunteering and we can provide you with information on volunteering when claiming benefits if you need it.

## Equality and diversity

We are committed to making sure that volunteering is open to all regardless of your age, gender, marital status, race, nationality, religion, ethnic or national origins, sexual, orientation, trans-status, political beliefs, HIV/AIDS status or adaptable needs.

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## Health and safety

It is important that when you are volunteering you, and those around you, are safe. We should all do everything that we can to make sure we look after everyone's health, safety and well-being.

We all have a part to play in making sure that our environments are as safe as possible.

You can do this by:

- Understanding all the health and safety issues in your area of volunteering, for example, the call-in-call-back system for people working on their own.
- Being responsible for good housekeeping in the area that you are volunteering in.
- Not doing anything that may be dangerous to yourself or others.
- Reporting all accidents, incidents, dangerous occurrences or near misses to the staff member or person that supports you – if it is an emergency contact the emergency services immediately.
- Not undertaking tasks or activities for which you have not received training such as first aid, moving stroke survivors or handling heavy objects.
- We will provide you with more information about health and safety and the things you need to think about as part of your induction.



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## If there is a problem or a complaint

Volunteering is generally a positive experience for everyone involved but sometimes things can go wrong or you may experience difficulties in your role.

We do our very best to deal with problems and complaints in an open, fair and prompt manner. This means we:

- Protect volunteers
- Respect volunteers
- Minimise any disruption to staff, people affected by stroke and other volunteers
- Protect the reputation and the values of our organisation.

Most problems can be solved informally but sometimes this is not possible which is why we have a problem solving procedure. This means we can deal with problems in a consistent, confidential and professional way.

If you experience any difficulties in your role, have a problem, or receive or wish to make a complaint then you should talk to the member of staff or person that supports you. If the complaint or problem is with the member of staff or person who supports you then talk to their line manager (you can find out who that is by contacting your Regional or country office).

## Maintaining effective boundaries in our work

Clear boundaries mean that we all know what is and is not acceptable behaviour and helps to protect everyone involved in our work.

Boundaries should also give us the confidence to deal with and challenge unacceptable behaviour or situations.

We should all try to follow the five key principles of our boundaries policy:

1. At all times we are ambassadors and representatives of the Stroke Association and our behaviour must be professional, appropriate and beyond reproach.
2. At all times we must value each other equally, and not discriminate against anyone or each other, on the grounds of age, gender, marital status, race, nationality, religion, ethnic or national origins, sexual orientation, trans-status, political beliefs, HIV/AIDS status or adaptable needs.
3. At all times we must respect and understand the need to maintain confidentiality in our work but also know when we are professionally or ethically obliged to disclose information that may impact on our work.
4. At all times we must ensure financial propriety, appropriate use of personal property and proper use of hospitality.
5. At all times we must all know the limits of our roles and responsibilities and not expose ourselves or each other to unnecessary harm or danger through our actions or inaction.

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## Confidentiality

The relationship between our charity, staff, volunteers, people affected by stroke and their families and carers is built on trust. We can only keep this trust if everyone is confident that confidentiality will be maintained at all times.

When you complete an application form to volunteer you agree to abide by our confidentiality policy. This means that any confidential information that is shared with you or anything of a confidential nature that you see during your volunteering should remain private. The exception to this is if you see or learn something which causes you concern.

If you are worried about something, even if it is only a suspicion, then you must immediately talk to the member of staff or person that supports you.

**"I have met some amazing people and now feel part of a very communal, supportive group, rather like an extended family."**

*Volunteer*



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## Personal details

By law, we have to have someone's permission to collect, store and use the personal information we have about them. We also have to make sure that we store that information in a secure place.

When you complete an application form to volunteer we ask that you give us permission to store and use your personal details for Stroke Association business.

In some roles you may have access to or handle the personal information of other volunteers, people using our services or staff. It is important that you know what you can and can't do with that information; this will be covered in your role-specific induction and training.

## Whistleblowing

If you see or discover something that someone associated with us has done wrong, could cause harm to someone or damage the reputation of the Association then you can do something that is called whistleblowing.

Our whistleblowing policy means that you can highlight the error or bad practice and not be branded a troublemaker. The policy also tells you about the support you can expect to receive. Whistleblowers are protected in law against those who would wish that they hadn't said anything.

## Insurance

We have insurance protection that covers you once you are a registered volunteer.

If you are using your car to carry out your volunteering you must inform your insurance company that you are doing so. We can provide you with a letter template that you can send to your insurance company.

There should be no additional charges to use your car during your volunteering. If your insurance company do try to charge you more money then discuss this with the staff member or person that supports you and we can help you to resolve this.

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## Child and adult protection

In your role you may be working with people (including children) who are considered vulnerable in the eyes of the law.

We have a duty to protect anyone who is considered vulnerable: this is known as safeguarding.

If you find out, or are told, that someone you are working with in the course of your volunteering is being harmed, neglected, bullied or taken advantage of you must report that immediately to the staff member or person that supports you. Even if you are not sure and only suspect something is wrong you should report your concerns immediately.

**“The highlight of my volunteering experiences has been meeting a whole host of extraordinary people who show exceptional courage and determination in overcoming a multitude of challenges.”**

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## Disclosure and Barring Service Checks

Some volunteer roles mean you will have direct contact with vulnerable groups, including children. If this is the kind of role that you are doing then we will ask you to agree to:

- A Disclosure and Barring Service (DBS) check in England and Wales
- Becoming a member of Disclosure Scotland Protecting Vulnerable Groups Scheme
- An Access NI check at an enhanced level in Northern Ireland

These checks will reveal any relevant cautions or convictions that you may have. If you have any criminal convictions it does not mean that you can't volunteer with us. We will treat everyone on an individual case basis, but sometimes we might decide that another role might be better or we may place restrictions on your volunteering.

If you are concerned that a check might show something then you can discuss this with the staff member or person that supports you before a check is made.

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## No smoking policy

As one of the leading health charities in the UK, providing advice and support to stroke survivors, we have a duty to promote a smoke-free working environment. Please speak to the staff member or person who supports you to see our smoke-free workplace policy.

Smoking is not allowed in any of our buildings, properties or premises. You should not smoke when you are on Stroke Association business or when wearing Stroke Association branded clothes. This also includes the inhalation of nicotine vapour using an electronic cigarette.

## Young people and volunteering

If you are under eighteen years of age then you can volunteer with us but you have to be supervised by a staff member or another volunteer.

If you are under sixteen years of age you can volunteer with us but will need to be accompanied by a parent or legal guardian. In both cases we will also ask your parent or legal guardian to sign a consent form.



## If you need a reference

If you would like a reference from us during or after your volunteering then please talk to the staff member or person that has supported you.

The reference will be objective and factual and will not contain personal statements.

That means we will say:

- What your role was and what that involved.
- When you volunteered and for how long.

You will need to have volunteered regularly for at least three months and we can provide a reference up to two years after you stopped volunteering. If you are supporting us by carrying out a special project that is less than three months long we will still give you a reference.

## Leaving us

If you decide to stop volunteering with us, or the project or piece of work that you have been doing ends, then we will ask you to tell us about your time with us by filling in a short form. We like to know what you enjoyed most about your volunteering, but also where we might be able to improve the volunteering experience that we offer in the future.

We will also ask you whether you would be interested in getting involved in other areas of work or whether we can keep in contact with you by sending you information in the post or on email. If you need to stop volunteering with us, for any reason, then please tell the staff member or person that supports you as soon as you can.

**“I have made some new friends and been given an opportunity to give something back to the community in a way that I enjoy and is also beneficial to my health and wellbeing.”**

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## Aphasia

Someone with aphasia has difficulty using language. It can affect someone's ability to speak, understand, read, write and use numbers. It is also called Dysphasia.

## Arteries

Blood vessels that carry blood with oxygen from the heart to the rest of the body.

## Atrial Fibrillation (AF)

The most common type of irregular heart beat as a risk factor for stroke. If you have AF, as well as being irregular, your heart beats very fast. This increases the chances of blood clots forming in the heart, and these clots can then travel in the blood stream to the brain and cause a stroke. It is usually treated with anticoagulant medication.

## Blood pressure

The pressure of the blood against the walls of the main arteries. High blood pressure is the main risk factor for stroke.

## Brain scan

Computerised imaging technique used to create pictures of the brain.

## Disability

You have a disability if you have an impairment that has a significant long-term effect on your day-to-day activities. Stroke can cause a range of disabilities including weakness or paralysis and visual problems.

## Hypertension

The medical term for high blood pressure.

## Impairment

A general term used to describe loss of function – for example, weakness in an arm or leg, loss of sensation, loss of speech, or visual problems.

## Paralysis

Complete loss of the ability to move your muscles. After a stroke, paralysis usually happens on one side of the body.

## Rehabilitation

Rehabilitation helps you recover and adapt to your situation. It usually involves specific therapies such as physiotherapy, speech and language therapy and occupational therapy.

## Risk factors (for stroke)

Things that increase the chances of a stroke happening.

## Stroke

A stroke happens when the blood supply to part of the brain is cut off and brain cells are damaged or die. This can happen because something is blocking an artery in the brain or if a blood vessel bursts and bleeds into the brain.

## Transient ischaemic attack (TIA)

A temporary stroke. The symptoms of a TIA are the same as a stroke but they only last for a short time, sometimes only a few minutes or hours. The person always recovers completely within 24 hours. It is sometimes called a mini stroke.

More information about the terms and language that are used when describing stroke can be found on our website. [stroke.org.uk](http://stroke.org.uk)

What we believe in

Our areas of work and how you can support us

What to expect from your volunteering

Supporting you and each other while volunteering

Saying thank you

Policies and procedures

Useful words

Learning and development

Useful Information



# Useful Information

## My main Stroke Association contact(s) are:

Name: _____	Name: _____
Role: _____	Role: _____
Telephone: _____	Telephone: _____
Email: _____	Email: _____
<b>My Regional/country office:</b>	<b>Volunteer &amp; Involvement Team:</b>
Telephone: _____	Email: _____
Email: _____	
<b>My volunteer ID number is:</b>	<b>I joined the Stroke association on:</b>
_____	_____

**Stroke Helpline:** 0303 3033 100  
**Website:** [stroke.org.uk](http://stroke.org.uk)  
**Email:** [info@stroke.org.uk](mailto:info@stroke.org.uk)  
**From a textphone:** 18001 0303 3033 100

 Our Facebook page: [facebook.com/TheStrokeAssociation](https://facebook.com/TheStrokeAssociation)

 Our Twitter pages: **@TheStrokeAssoc** is the main account  
**@StrokeWales** is the account for Wales  
**@Strokeassocni** is the account for Northern Ireland  
**@StrokeScotland** is the account for Scotland

### Registered Charity information

Stroke Association is a Company Limited by Guarantee, registered in England and Wales (No 61274). Registered office: Stroke Association House, 240 City Road, London EC1V 2PR. Registered as a Charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805) Isle of Man (No 945) and Jersey (NPO 369).

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# My Notes

## **We are the Stroke Association**

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 with you every step of the way,  
together we can conquer stroke.**

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**Website:** [stroke.org.uk](http://stroke.org.uk)

**Email:** [info@stroke.org.uk](mailto: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.**



Facebook - Stroke Association  
Twitter @TheStrokeAssoc

**Together we can conquer stroke**

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