

We are the Stroke Association

Stroke
association



**We are
the Stroke
Association**

**Information about our charity
and how we can support you**

We're for life after stroke

Need to talk?

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

You may also find our other leaflets helpful:

- What is a stroke?
- How to prevent a stroke
- When a stroke happens
- Life after stroke
- The road to recovery.

We also have lots more useful information. To order leaflets and factsheets, or to find out more about stroke, please call **0303 3033 100**, email **info@stroke.org.uk** or visit **stroke.org.uk**

We are a charity. We rely on your support to change lives.

For a list of all the sources that have been used in this leaflet, visit **stroke.org.uk**

Please call us on **0115 871 3949** or email **quality@stroke.org.uk** if you are unhappy with us in any way. We will happily discuss any issues and help sort them out.

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).

Introduction

We know that having a stroke can be devastating. You may feel frightened, confused and isolated, whether it's happened to you or someone close to you.

We're here to support you with your recovery. Whether you need support in the early days or you face challenges later on, we can help you and your family deal with the changes caused by a stroke.

"I'd say to anyone in my situation that they should not panic and take the support offered. Don't think your life is over if you have a stroke."

Claire, stroke survivor

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Information and support

"It's great to be able to provide a service that really makes a difference to people affected by stroke. Our callers really value the information and support we give them."

Stroke Helpline Manager

If you have had a stroke, or have been affected by stroke in any way, you may have many questions about what has happened and what is likely to happen in the future. You may need practical information or simply someone to talk to. That's where we can help.

Stroke Helpline

We can listen to you, talk through your situation and answer any questions you have. We can help to explain what causes a stroke, how you can reduce the risk of it happening again, and the different effects it can have. We can give you practical advice about how to cope after a stroke, and how to get the help and support you need. Anything we talk about will be in confidence.

We can also tell you about local services and stroke clubs, and help you find other support services in your area.

How to contact us

- Call our helpline on 0303 3033 100
- If you use a textphone, please dial 18001 0303 3033 100



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- If English is not your first language, you can speak to us using Language Line, a free telephone interpreting service
 - Email us at info@stroke.org.uk
 - Write to us at Stroke Information Service, Life after Stroke Centre, Church Lane, Bromsgrove, Worcestershire, B61 8RA.

Our website

We have lots of information about stroke on our website. Go to **stroke.org.uk**

You will find all of our information leaflets and factsheets, which you can download for free or order a printed copy to be posted to you.

You can also join **TalkStroke** – an online discussion forum where you can share your experiences, ask questions and receive advice and encouragement from other people affected by stroke.

Stroke News

We produce a free support magazine three times a year for everyone affected by stroke. To subscribe to *Stroke News* visit stroke.org.uk/strokenews

Did you know we offer a range of useful products for people who have had a stroke, such as mobility aids, insurance and personal alarms?

Visit our website at stroke.org.uk/dailyliving to see the full range, or call our [helpline for more information.](tel:08000232633)



Our services

We understand how a stroke can change your world overnight. We're here to help you cope with the aftermath of stroke.

Our Life After Stroke Services

Our services are here to help you achieve your goals after a stroke and support you along the way.

Information, Advice and Support Service

Your first contact with us will probably be with one of our Information, advice and support coordinators (sometimes called family and carer support coordinators). They often work as part of the team supporting you in hospital, or you may be referred by hospital staff when you leave hospital.

This service helps you and your family understand and prepare for the changes that happen because of a stroke. Coordinators provide you with information about stroke, practical advice and emotional support as you make the adjustments you need to.



How we can help

Our information, advice and support coordinators may visit you in hospital and make home visits afterwards. They look at your needs and those of your family and may:

- help you understand the effects of your stroke
- tell you how you can get help from health services, social services and voluntary organisations
- put you in touch with local groups and services, stroke clubs or carers' groups
- help you get financial support
- arrange for our trained volunteers to make further visits.

They can also refer you to our other services.

Communication Support Service

About a third of people who have had a stroke have some difficulty with speaking, reading or writing. This is called aphasia. If you can't express your needs, wishes and feelings properly, this can affect your morale, slow down your rehabilitation and be frustrating for you and those close to you.

"Being a carer can be incredibly hard. Talking to other people in a similar situation helps enormously."

Christine, carer



Our services

"I couldn't move my right side, and my speech had gone. I could read perfectly but I couldn't say even a simple word like 'coffee'."

David, stroke survivor

Our Communication Support Service can help you cope with aphasia. Our coordinators and volunteers can work with you to build up your confidence and help you achieve new and different ways of communicating.

You might be referred to the service by a speech and language therapist, your doctor, social worker or you can also refer yourself.

Our coordinators will visit you and your family to assess your needs, find out about your goals and agree a programme that will get you there. They will also let you know how we can help and support you to work towards them.

Our service can help you to develop or regain skills – although we cannot cure aphasia we can support you to live with the challenges it may bring. How we help is determined by what matters to you. So it may be through group sessions with other people who have had a stroke, or one-to-one support at home.



Other services are available in some areas.

We have a number of services, from return to work to carer and prevention services, but these are only available in some areas. You can find out what is available near you by contacting our helpline or visiting our website.

How do I contact your services?

You may be referred to our services by hospital staff, your GP or a social worker. If not, you can contact us directly to see if we offer services in your area by phoning 0303 3033 100.

Our services are free for people who have had a stroke and their families as they are paid for by local health or social services. Unfortunately, not all authorities pay for our services, so they are only available in certain areas of England, Northern Ireland and Wales.

If we don't have a service in your area, contact our helpline. We can tell you about other sources of help near you.



Stroke clubs and groups

Stroke clubs and groups provide valuable practical and social support. They can build your confidence and help you to recover.

To find out if there is a club or group near you:

- **call our helpline on 0303 3033 100**
- **visit [stroke.org.uk/support](https://www.stroke.org.uk/support)**
- **ask your GP, social worker or health visitor.**

Stroke Association Voluntary Groups are social groups that provide peer support. They are led by our trained volunteers, often stroke survivors and carers themselves. With our support, they set up groups to support stroke survivors in their local communities. There are over 100 groups across the UK offering a variety of activities and opportunities.

Stroke clubs are run independently, although they are often affiliated to us. Clubs are usually run by volunteers and regular meetings are held in local halls or community centres. Each club is different, but most offer activities. These can include everything from speakers, outings and art classes through to communication and exercise sessions.

Many clubs and groups are open to anyone affected by stroke, while others support people with specific needs such as communication difficulties.



Life After Stroke Grants

If you are experiencing financial difficulties, but need items to help your recovery, you may be able to apply for one of our Life After Stroke Grants worth up to £300.

This could be used towards a holiday in the UK for yourself, or for household items such as a washing machine, tumble dryer, microwave, a new bed or bedding – the sort of things that will help to improve your quality of life.

If you are in touch with one of our Life After Stroke Services, you can talk to your local coordinator about these and other grants you may be able to apply for.

If you're not already in touch with one of our services, call our Stroke Helpline on 0303 3033 100 or visit **stroke.org.uk** to see if there is one in your area.

If we don't have a service near you, ask your social worker or any healthcare professional to contact us and we will send them an application pack.

"I am really grateful to the Stroke Association for paying for my driving course. It has given me so much freedom and I don't have to rely on my children to get around."

Ex-lorry driver Graham learned to drive a specially adapted vehicle to get his licence back after his stroke.



Research

“The research funded by the Stroke Association has improved stroke rehabilitation immeasurably and patient care has improved as a result.”

Professor Marion Walker,
University of Nottingham



Research is essential to the development of new treatments, therapies and other types of care and rehabilitation that will ensure people who have a stroke have the best possible quality of life.

Over the last 20 years, we have awarded more than £40 million through 400 research grants, leading to many advances in stroke care. We have also nurtured a strong community of stroke researchers.

Despite our efforts, we know that stroke research doesn't receive the same investment as other conditions, such as cancer or diabetes. We want to change this. With our new research strategy, we are calling for greater funding so that we can strengthen stroke research in the UK.

We are promoting stroke research, teaching and training in universities and hospitals so that we can improve our knowledge of treatment, rehabilitation and prevention. We are also working to build capacity in stroke research and develop the next generation of stroke experts.



Taking action on stroke

We believe that everybody should have the right to make their best recovery after stroke. Unfortunately, people have told us this is far from the reality, with too many survivors and carers facing huge barriers.

We want everyone to be able to access the best quality stroke services and ongoing therapy, wherever they live. If people are unable to work they must be supported by a benefits system that does not force people into financial hardship.

We must ensure that our communities understand the needs of people affected by stroke and take action to ensure that everyone can play a full part in society.

The Stroke Association campaigns alongside people affected by stroke to make recovery a reality for more people.

With your help, we can conquer stroke. Find out more at stroke.org.uk/campaigns

"Raising awareness of the risk factors for stroke is vital in order to reduce the number of strokes in the UK."

Joe Korner,
Director of External Affairs
Stroke Association



How you can help

You can help us by:

- **making a donation**
- **becoming a supporter**
- **volunteering.**



We rely on the support of individuals and companies, whether through donations, your time or your involvement.

Make a difference today with a donation.

- £10 could bring comfort to people desperately worried about stroke.
- £50 could help fund research into new treatments and ways of preventing stroke.

Set up a Direct Debit

We rely on regular support. Direct Debits give us the confidence to plan our work and help to cut costs. Visit **stroke.org.uk** to find out how you can give regularly, or phone 0300 3300 740.

Remember us in your Will

Gifts left to us in our supporters' Wills mean that we can continue to help people affected by stroke. Call legacy giving on 020 7566 1505 to find out how to support us in this way.



Visit **stroke.org.uk/fundraise** to find out about all the different ways you can donate.

Become a supporter

There are a number of ways you can support us.

- **Volunteer** – there are lots of different roles to choose from
- **Join our Supporters' Network** and help stroke get the attention it deserves
- **Share your story** and help others affected by stroke
- **Help us fundraise** – we always need volunteers to help at events
- Join our Facebook group at **[facebook.com/TheStrokeAssociation](https://www.facebook.com/TheStrokeAssociation)**
- Follow us on Twitter **twitter.com/TheStrokeAssoc**



To find out more about any of these opportunities, visit **[stroke.org.uk](https://www.stroke.org.uk)**



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 into finding new treatments and ways of preventing stroke.

We're here for you. 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

Textphone: 18001 0303 3033 100

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