

Stroke
Association

We are the **Stroke Association**

Information on how our charity can
support you.



Inside this leaflet

We offer information and advice	Page 3
We give practical support	Page 8
We help people get together	Page 12
We fund pioneering research	Page 14
We take action	Page 16



Tip: shared reading

Sometimes having a stroke can make it harder to understand things. It may help to read and talk through the information in this guide with a friend or family member.



Around **1 in 6 men** will have a stroke in their life



Around **1 in 5 women** will have a stroke in their life

We offer information and advice

Our Stroke Helpline

One of our Helpline team will listen to you in confidence, talk through your concerns and answer any questions you have. We can explain what causes a stroke, how you can reduce the risk of it happening again, and how to deal with the physical and emotional effects. We can give you information about how to get the local help and support you need.

Contact the Stroke Helpline

Phone: **0303 3033 100**

Email: **helpline@stroke.org.uk**

Textphone: **18001 0303 3033 100**

If English is not your first language, please get in touch and we can arrange to speak with you using a free telephone interpreting service.

Jane called our helpline

Jane Brooks, 47, told us how she couldn't have got through the anxiety she felt after her stroke without our helpline.

"I went into emotional shock a few weeks after the stroke," Jane explained.

"I had no idea what had happened, why or how I was meant to feel. I was extremely scared. The woman on the Helpline took time to listen to how I was feeling and answer my questions. She said I could call back at any time. I felt so much better knowing there was someone to help me get through, and things were going to be ok for me."

If you have had a stroke, or have been affected by stroke, you may have many questions. You may need information, or just someone to talk to. That's where we can help.

Read our information

We publish lots of information online and in print about stroke and rebuilding lives after stroke.

To find out more visit stroke.org.uk/publications

Useful products and services

Daily Living

There are many useful products and services available to help stroke survivors and their friends, families and carers cope with everyday tasks. These include equipment to help with day to day living as well as items like travel insurance and mobile phones. You can find a list of these at stroke.org.uk/dailyliving

To receive any discounts that may apply, please quote "Stroke Association" when you contact any of our partners.

Our Shop

You can access a range of communication tools, guidelines and information leaflets by visiting stroke.org.uk/shop



We provide trusted online support 24/7

We provide an online support tool called **My Stroke Guide** to help you with your recovery. It gives you free access to trusted information, practical tools and over 200 videos. You can log on at any time of the day or night, no matter where you live. Our online community connects you to thousands of others so you can share stories and tips. It also has specific content for family and friends.

Log on to mystrokeguide.com today.



News and views

We produce a free magazine called '**Stroke News**' for everyone affected by stroke. We produce three issues a year, offering you shared experiences, support and guidance to help you rebuild your life after stroke. To request a copy, visit stroke.org.uk/strokenews

We have lots of news and discussion too on our social media channels. Why not join the conversations?

- Join our Facebook group at facebook.com/TheStrokeAssociation
- Follow us on Twitter twitter.com/TheStrokeAssoc



We give practical support

We provide tailored support for stroke survivors and carers from hospital to home and beyond through our Stroke Recovery Service.

Yusra Uney, one of our coordinators, explains: "We'll meet you while you are in hospital, or you may be referred to us by your social worker or discharge team when you leave.

We work with you in your own home, assess your immediate practical, emotional and physical needs, and can also offer support to your carer and family members close to you. We'll help you plan and prepare for the future and re-engage with life and your community."

We also have communication support, emotional support and exercise-based rehabilitation services which are available in some parts of the UK.

These services are largely funded by the health or social care teams in England, Wales and Northern Ireland. They are free to you, but only available in areas where they are commissioned locally.



Find out what is available near you:

Call our Stroke Helpline on **0303 3033 100**,
Email **info@stroke.org.uk**
or go to **stroke.org.uk/finding-support**

Reza's story

Father of two, Reza Curreem-Kalee, had a stroke at 47 which affected his speech and the movement on the left side of his body.

Reza said: "I'm so grateful for the Stroke Association's support. They helped me arrange for the lift in our building to be fixed so we can access our second floor flat. They also introduced me to a local support group which has done wonders for my confidence. Being with people who understand what stroke is like means I don't feel judged for using a wheelchair or having difficulties in finding the right words. I had to give up work so it's great to know I'm receiving the best benefits available and have someone to turn to when times are hard."



Life After Stroke Grants

When you've had a stroke, you might find yourself dealing with money worries on top of everything else. Perhaps you've had to give up work for a while or buy things to help with your recovery.



A Life After Stroke Grant could help. It's a one-off means tested payment of up to £300 for people affected by stroke. You can use it to pay for:

- Some essentials, like furniture, bedding, a freezer or washing machine.
- A short holiday in the UK to help with your recovery.
- A computer, tablet or other technology to help with your communication or any other challenges a stroke brings.
- Things to help with day-to-day life (sometimes called 'daily living aids') if they're not funded by the NHS or social services.

You can call our Stroke Helpline or ask your social worker or any healthcare professional to contact us at **Grants.External@stroke.org.uk** and we will send an application pack.

We can help you

Justine Smith was 44 when she had a stroke, one week before she was due to go on holiday. A year later, she was still on long-term sick pay and couldn't afford for herself and her daughter to go away so she applied for a Life After Stroke Grant to help fund her trip.

Justine said: "I was determined to go on that holiday. I don't know how but we did it. It helped us to wipe away the worst year of our lives and gave an eight-year-old her mummy back. I can never thank the Stroke Association enough."

We help people get together

Stroke groups and clubs

Meeting others affected by stroke at a group or club can make you feel less isolated or alone. It can help you build your confidence, find practical tips and get useful advice to aid your recovery.

Stroke Association Voluntary Groups

These are support groups led by our trained volunteers, who are often stroke survivors and carers. There are over 150 Stroke Association Voluntary Groups across the UK offering a variety of activities and opportunities including social, creative arts, exercise and gardening.

We also have groups run by and for people with communication difficulties after stroke.

Stroke clubs

These are run independently, although they often affiliate to us. These clubs are usually run by volunteers and they hold regular meetings in local halls or community centres. Each club is different, but most offer a variety of activities such as speakers, outings, art classes, communication and exercise sessions.

To find a club or group near you, **call our Helpline** or visit **stroke.org.uk/finding-support**



Erickson Lloyd had a stroke after he collapsed on the London Underground.

He explained: "I really wanted to speak to other people who'd had a stroke. So many things changed for me, I found it hard to follow what my friends and family said and it didn't feel like my doctors had actually been through it themselves. It was such a relief to make new friends and hear people say 'oh, you're at that stage' when I described the things which were troubling me. I go to my stroke group every week because it makes me feel much less alone and inspires me to do more things I enjoy like cycling."



We fund pioneering research

Research is essential to finding new treatments and improving existing therapies and care.

Over the last 25 years and thanks to donations from supporters across the UK, we have awarded more than £50 million through 500 research grants.

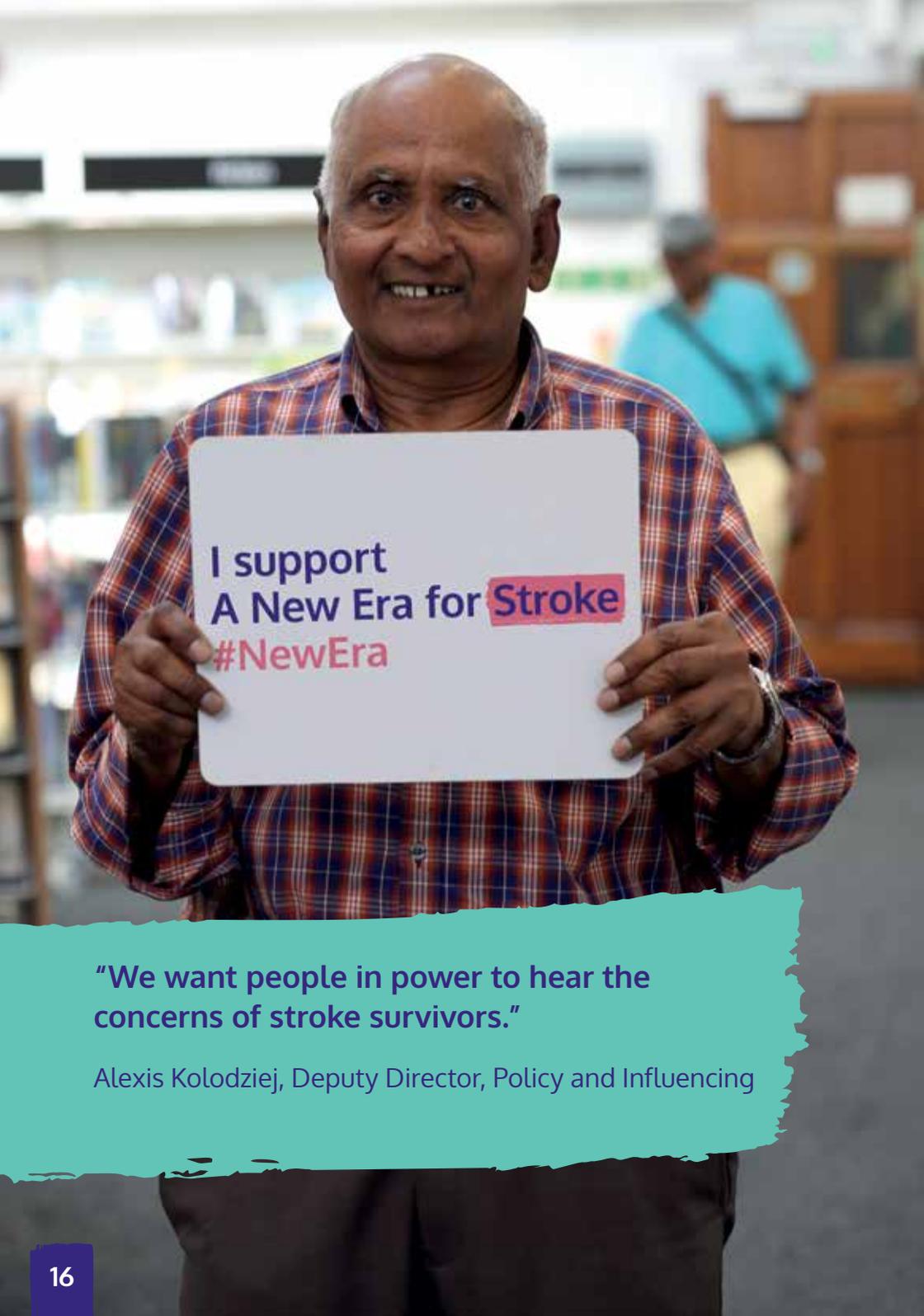
As a result, more people affected by stroke get better treatment and care.

We know that stroke research doesn't receive the same investment as other devastating conditions, such as cancer or diabetes. Together with our supporters, we want to change this.

Visit stroke.org.uk/research to find out more.

"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

A middle-aged man with a friendly expression, wearing a red and blue plaid shirt, is holding a white sign. The sign has the text 'I support A New Era for Stroke #NewEra' written on it. The word 'Stroke' is highlighted in a red box. The background is a blurred indoor setting, possibly a library or a community center, with bookshelves and other people visible.

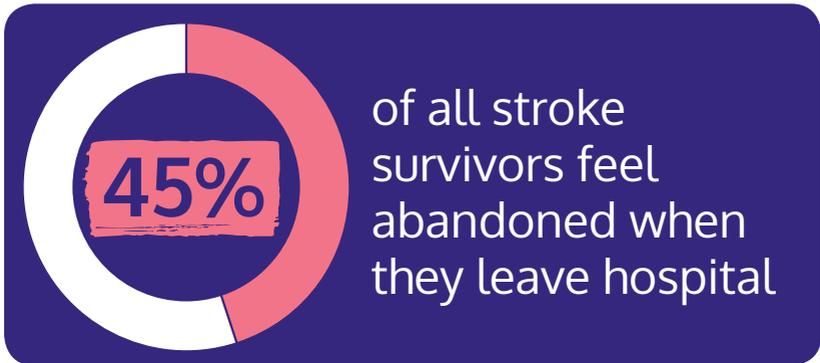
I support
A New Era for **Stroke**
#NewEra

“We want people in power to hear the concerns of stroke survivors.”

Alexis Kolodziej, Deputy Director, Policy and Influencing

We take action

We campaign to improve stroke treatment and care



Currently, not everyone who has a stroke receives the right care and support.

Through our campaigns, we are working to make sure all stroke survivors receive the right treatment and support at the right time.

Find out how you can get involved with our campaigning work. With your help, we can support people to rebuild their lives after stroke.

stroke.org.uk/campaigns

Stroke changes lives in an instant

Many strokes can be prevented. That's why our work includes campaigns to raise the awareness of risk factors for stroke.

- Know Your Blood Pressure events across the UK offer free blood pressure testing, information and advice on healthy living.
- We campaign to raise awareness of atrial fibrillation, a major risk factor.
- We support the Act FAST campaign to help people recognise stroke as a medical emergency.

To find out more about preventing and reducing the risk of stroke, visit stroke.org.uk/risk.

Learn it. Share it. You could save a life.



Facial
weakness



Arm
weakness



Speech
problems



Time
to call
999

Why support us?

Stroke is sudden and devastating and strikes every five minutes in the UK. Strokes happen in the brain and that impacts different areas of your body, identity and your whole life. A stroke can take away your speech, your ability to walk, your memory and your independence.

We need your help to provide life-changing support to stroke survivors and their loved ones. The need for stroke support is enormous and we have to do more.

We believe:

- Strokes can and should be prevented.
- Everyone has the right to make the best recovery they can.
- Research has the power to save lives.
- Recovery is possible, but it's a long, hard journey needing the right specialist support and lots of courage and determination. It's a team effort: us, stroke survivors, supporters and the whole stroke community. It's about adapting to a new normal.

Every five minutes stroke destroys lives. Your support can help us rebuild them.

How you can get involved

There are many different ways you can help us provide life changing support for people affected by stroke:

- **Volunteer:** you can join our network of volunteers.
- **Take on a fundraising activity:** help us raise money and hit a personal goal.
- **Sign up for regular updates:** learn more about our work and get involved.
- **Remember us in your will:** help those affected by stroke. Call our legacy team on 020 7566 1505 or email legacy@stroke.org.uk to find out more.
- **Donate:** use the form included or call 0300 3300 740 to support our work.

For more information go to stroke.org.uk/get-involved

We'd love to
hear from **you.**



Support our work

We are the UK's leading stroke charity. We rely on your support to change lives and find new ways to prevent and treat stroke.

If you are able to set up a monthly donation, please choose your gift amount below:

I/We wish to make a monthly gift of £7 £12 other £



Direct Debits will be taken on the 1st 15th of each month (please tick) (please make the start date at least one month from today)

Service User Number 676605
Reference (for office use only)

Complete your Direct Debit

Please fill in the whole form in CAPITALS using a ball point pen and send to: **Stroke Association, 1 Sterling Business Park, Salthouse Road, Northampton, NN4 7EX**

Instruction to your Bank or Building Society. Please pay the Stroke Association Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with the Stroke Association and, if so, details will be passed electronically to my Bank/ Building Society. Banks and Building Societies may not accept Direct Debit Instructions for some types of account.

To: The Manager

Bank/Building Society

Address:

Postcode:

Name(s) of Account Holder(s):

Signature(s):

Date:

Bank/Building Society Account Number

Branch Sort Code:

Banks and Building Societies may not accept Direct Debit Instructions for some types of account.

If you would prefer to give a one-off donation today, please complete your details here:

Surprise us! £ _____

Please enclose a cheque payable to Stroke Association OR please debit my:

MasterCard Visa CAF CharityCard

Card Number:

Expiry Date:

Signature:

Date:

Cardholder's name: (as printed on card)

Registered card address: (if different to address given on the next page)



Title: _____ First name: _____

Surname: _____

Address: _____

Postcode: _____

Telephone number: _____

Email: _____

Your Gift Aid status

Tick a box. Make your gift worth 25% extra and help to save even more lives.

To enable us to claim back the tax already paid on your donations, and add 25p to every £1 you donate, please tick and date the boxes below.

If I have ticked the box headed "Gift Aid it", I confirm that I am a UK Income or Capital Gains taxpayer and would like to Gift Aid this donation and any donations I have made in the past four years, or I make in the future to the Stroke Association. I understand that if I pay less Income Tax and/or Capital Gains Tax each tax year (6 April to 5 April), than the amount of Gift Aid claimed on all of my donations, it is my responsibility to pay any difference.

Sorry, I am not a UK taxpayer, and therefore cannot take part in Gift Aid.

Date: / / / /

giftaid it

Step 1 - Consent to stay in touch:

Join our community, supporting thousands of people and families affected by stroke across the UK.

Please tick here to find out about our vital support services for stroke survivors and their friends and family, and our ground-breaking research (tick below to tell us how you want to keep in touch).

Please tick here to hear about opportunities to support stroke survivors, both locally and nationally, through campaigning, volunteering and fundraising for us, including ways to donate. We can only continue to deliver these life changing services with public support (tick below to tell us how you want to keep in touch).

Step 2 - How would you like us to keep in touch?

Please tick: email phone SMS

Our promise to you

We will take great care to hold your personal information securely and never sell it to third parties.

For more details on how we use and look after your personal information, read our privacy policy at stroke.org.uk/privacy

If you change your mind at any time, please phone our supporter care team on **0300 330 0740** or email: supportercare@stroke.org.uk

Please enclose this form in an envelope and post your gift to:

FREEPOST RRZA-KCEU-UKSB, Stroke Association

1 Sterling Business Park, Salthouse Road, Northampton NN4 7EX

Thank you for your support



Our Life After Stroke Award winners, Marvin, Marcia and Bethany lost their mum, Jean Fray, to a stroke. Less than 24 hours earlier, the family had been celebrating together at Marcia's wedding. Three weeks later, on the day of Jean's funeral, Marvin, Marcia and Bethany's maternal grandmother, Audrey, sadly also passed away from a stroke.

Since then, they've dedicated themselves to helping us support people affected and at risk of stroke.

Marcia explains "We want to help stroke survivors and families, and to fund more stroke research. Anytime we do a challenge, we try to turn it into a fundraising opportunity"

When stroke strikes, part of your brain shuts down.

And so does a part of you. Life changes instantly and recovery is tough. But the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community. With more donations and support from you, we can rebuild even more lives.

Donate or find out more at stroke.org.uk

Contact us

We're here for you. Contact us for expert information and support by phone, email and online.

Stroke Helpline: **0303 3033 100**

From a textphone: **18001 0303 3033 100**

Email: helpline@stroke.org.uk

Website: stroke.org.uk

Rebuilding lives after stroke

Stroke
Association

Version 2. Published April 2019

To be reviewed: April 2021

Item code: **A01L01**

© Stroke Association 2019

The Stroke Association is 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).