

UK Stroke Club Conference 2021
Online Event

Rebuilding lives after stroke

Stroke
Association

Stroke Group Network

Exchange Area

**Sharing the achievements,
successes and creativity of
groups across the network**

Contents:

Nailsea Stroke Group	Page 2
Neath Port Talbot Stroke Group	Page 3
Falmouth Stroke Club	Page 4
Time to Move	Page 5
Second Chance Stroke Group	Page 6
Stroke Survivors Group (Crewe)	Page 7
BAME Peer Support Group	Page 8
Stroke Support Volunteer West Norfolk	Page 9
South Zone Zoom Programme	Page 10
Community Steps	Page 11
Stowmarket Stroke Support Group	Page 12
Strike a Chord Choir	Page 12
Art for Stroke	Page 12
Saffron Walden Stroke Club	Page 13
Bangor, Ards and North Down Group	Page 14
North and West Belfast Stroke Support Group	Page 15

Nailsea Stroke Group

A Smile

When someone's having a bad day
A smile could go a long way,
So make sure to put one on
And keep it til the day is gone.
You don't know what this deed
Could do for a friend in need.
It might save them from the pain
Of a sadness they cannot contain.
Don't ask what a smile can do
Because I'm sure it once helped you.



Poetry Provided by Janet and Lori to make us smile.

Check out further poems sent in by this group in the Exchange area.



Neath Port Talbot Stroke Group

When lockdown started our immediate response was to go online via Zoom and engage with as many of our members as possible. Hosting zoom sessions **seven nights a week** to replicate their weekly face-to-face group meetings.

We also provided our 80 members with regular wellbeing deliveries including food hampers, crafts, activities, newsletters, puzzle books, sunflower seeds to grow. We even provided **Sunday lunch and afternoon tea**.



One of the most loved activities members got involved with was the sunflower growing competition.



The members also stayed in touch via our large WhatsApp group and everyone would regularly share their growing skills; **they loved it!**

We then introduced craft sessions on Zoom and provided members with the materials needed to participate. They have done all manner of things from felting rabbits to acrylic painting, pot painting, canvas painting, it goes on and on and on.

We have a really active website and Facebook page and private group to engage people in as many different ways. Please take a look at their COVID section on our site www.nptsg.org.uk.

Falmouth Stroke Club

Falmouth Stroke Group has been run by volunteers for **nearly 20 years**, we met again face to face again after 18 months apart.

Despite very active twice weekly zoom meetings, newsletters and phone calls to each other during the pandemic that was nothing to the joy of seeing each other again - there was lots of **tears, chatter and laughter**.



The Committee is providing the entertainment for now - quizzes and bingo - we have not resorted to singing to our members yet!

We were worried about keeping everyone safe but we are taking every precaution and it has been an absolute joy to be together again!

Ally James, Falmouth Stroke Club

Time to Move – Music Therapy for Stroke survivors group

'Time to Move' is written and performed by stroke survivors in **South Essex** as part of the Time to Move - Music Therapy for Stroke survivors group, with organisation TIME Essex and funded by Active Essex LDP.



TIME session - It's time to move video V3 with logos.mp4

Check out the full video in the exhibition area.



Second Chance Stroke Group

Laura, who is a familiar figure at sporting events worldwide says: **"Singing can be a powerful therapy."**

The famous soprano Laura Wright has been giving singing lessons to stroke survivors in her home county of Suffolk. Among the people at the session was her dad, Paul, who had a stroke five years ago and attends the Second Chance Stroke Group.

"The support that the Stroke Association gave him made him able to have more independence as time went on and to be involved in things and to reintroduce him into society as well in a completely different way. Your life has changed so for me I experienced that. I experienced my mum going through that in supporting and caring for him and I experienced that as his daughter so that's really hard."

– Laura Wright

Watch the ITV news footage



Stroke Survivors Group (Crewe)

We had a great time with Andy Molyneux from Everybody Sports this week where we all enjoyed various sporting activities. There was a lot of fun and laughter and at times very competitive!

We love to try different activities where speech and communication are used and these activities were very good for physiotherapy too.



BAME Peer Support Group

In October 2021 the BAME peer support group celebrated their **first anniversary** from when it originated during Black History Month in 2020.

Mary Sagoe, Stroke Survivor and Stroke Ambassador attends the BAME peer support group once a month and talks about what the group means to her.

Mary says:

"I appreciate the fact that it concentrates on the BAME groups. Being from a minority myself, it is good to know what others are experiencing and to share knowledge. The BAME peer support group is an opportunity to socialise, to be educated and to educate each other. It lifts me up and keeps my brain going. I am happy to see everybody and I look forward to it. My aim is to give back to general society after my stroke. To actually get to know and understand people is important."

As part of the one year anniversary and to tie in with the theme of this year's Black History Month - *Proud to be* - members shared things about themselves which they feel proud of:

"I am proud to have been the first ever Black manager at British Telecom". Fitzroy

"I am proud of learning to understand my recovery better, gaining confidence and speaking more." Jennifer

"As a member of the Windrush Generation, I am proud of the way that I rose above the racism I encountered after arriving in the UK." Vance

"I am proud of the way that, after arriving in the UK as a fully qualified midwife but being forced to work with the elderly instead of in my chosen profession, I used my knowledge of families caring for elderly relatives in Ghana in order to develop a respectful and dignified care service for elderly people in the UK, eventually retiring as a community matron." Mary

Stroke Support Volunteer West Norfolk

Stroke Support Volunteer West Norfolk share their **achievements and success...**

Since the first covid lockdown we have depended on virtual services in order to provide the links with our support groups.

Maybe a welcome but surprising success in that our members **have mastered the techniques of logging into these services.**

We have established support groups led by both Stroke co-ordinators and volunteers at the rate of four weekly. These will continue as they are of great value to members unable to join face to face groups.

We now have in addition face to face groups at three West Norfolk venues and numbers are increasing.

Our fabulous Stroke Co-ordinators and Volunteers have overcome many challenges. But the **willingness and determination** of our service users to conquer modern technology has promoted this success.

Al Ware

Stroke Support Volunteer West Norfolk



South Zone Zoom Programme

Throughout 2020 the Stroke Association staff and volunteers from the South area brought those affected by stroke together over zoom for a variety of **weekly information sessions**.

These included talks on a huge range of subjects including **photography skills, submarines, history of London** and more practical sessions from cooking, gardening and seated exercises.

Check out the short video of their activities in the Group Exchange montage area.



Community Steps

Community Steps is a four year project to help stroke survivors in **Wales** become more active in their **community** so that they feel less isolated and can make a better recovery. It will run from 2018 to 2022.

Recognising that the past year has been difficult and wanting to celebrate the positives in life, we held a Photography Competition focusing on 'What makes you happy'. The competition was open to all stroke survivors and their families in Wales and TV presenter Sian Lloyd, Celebrity weather woman was kind enough to agree to judge the entries for us.

The photographs that were sent to us were truly wonderful. They were all very different but all showed what makes people happy.

The winner was **Jonathan Bird**. Jonathan's photo showed him participating in his first Step Out for Stroke walk in Bridgend following his stroke. The runner up was **Geoff Smith** with these photos of his dogs enjoying the shade on a hot day and of his garden.

Community Steps has also seen stroke survivors join in gold session, Peer Support returns to face-to-face meetings and bowls.



Stowmarket Stroke Support Group

The Stowmarket Support Group is a Stroke Association voluntary group that provides information and peer support to stroke survivors and their carers. It also offers exercise sessions run by a trained instructor and a range of outings and social activities.

Recently the Stowmarket Stroke Support Group have received an extremely generous donation from the Rookery Club, thanks to Peter and Pat B.

They have now been meeting indoors at MEAL since August, with several activities, such as quizzes, a chat about sentimental things we value, and a **Name that Tune game** that triggered lots of memories.

They also recently enjoyed visiting speaker, Chloë, who spoke about her Speech and Language Therapy course and life in the City during lockdown. The group found her talk really interesting and informative.

Strike a Chord Choir

Strike A Chord Choir continued to meet up throughout lockdown via zoom and produced the lovely uplifting 'Bring Me Sunshine' piece for last year's UK Stroke Club Conference. **Check out the full video in the group exchange area.**



'Bring me sunshine' Strike a Chord choir (used for UKSCC 2020).mp4

Art for Stroke

When not on the canal trips Art for Stroke have been busy being creative with their artwork. Check out their wonderful images in the montage video in the exhibition area. **Check out the full video in the group exchange area.**



Art for Stroke Group (from VH).mp4

Saffron Walden Stroke Club

The Saffron Walden Stroke Club meet **every Monday** at a restaurant run for the community in the town. The club offers an opportunity for members/their family and carers to **socialise**. This is followed by an hour's **chair exercises** at the same venue.



Dijana Warrender
Club Secretary & Treasurer

Bangor, Ards and North Down Stroke Support Group

This is the Bangor, Ards and North Down Stroke Support Group last week doing some **pumpkin carving!**



North and West Belfast Stroke Support Group

Now that the easing of Covid-19 restrictions allow our stroke support groups to start cautiously meeting up face to face again, it's great to see how much this means to all members.

Here's a few photos taken at our North and West Belfast group as they enjoyed a **Halloween party** last week.

Meeting together, sharing experiences and supporting each other along the stroke recovery journey is what makes these peer support groups so vital to members.

