



Stroke Group Network Conference

Monday 25 - Tuesday 26 September 2023

Rebuilding lives after stroke

Stroke
Association

Housekeeping



Understanding health inequalities and why this matters to stroke groups

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What are health inequalities?

- Health inequalities are:
 - Avoidable
 - Unfair
 - Systemic
- **Differences** in physical and mental health **between** different groups of **people**.



What are health inequalities?

- These differences divide into four closely linked areas:
 - How **well-off** we are
 - **Who** we are
 - **Where** we **live** in the UK
 - Those who are **vulnerable**



What does this mean for stroke?

- We know that **some groups** of **people** are **more likely** to experience **stroke**
- Not everyone has **access** to **prevention, treatment** and **rehabilitation** support.

What can we do?

- We want **anyone** affected by **stroke** to have **access** to **treatment** and **support**.
- **Improving** our **services** and **influencing**
- Forming **equitable** **partnerships**
- Building **trust** and **credibility**
- **Developing** our **people** and **leadership**

What does this mean for groups?

- We can't tackle everything all at once
- It will **take time** to see whether we are **making a difference**.
- Groups have **wonderful** ways of **welcoming** new members and **reaching** out to their **community**
- But **what else** can we **do**?



Madhura Muralidharan

Inclusion and accessibility:
what could these mean for
groups?

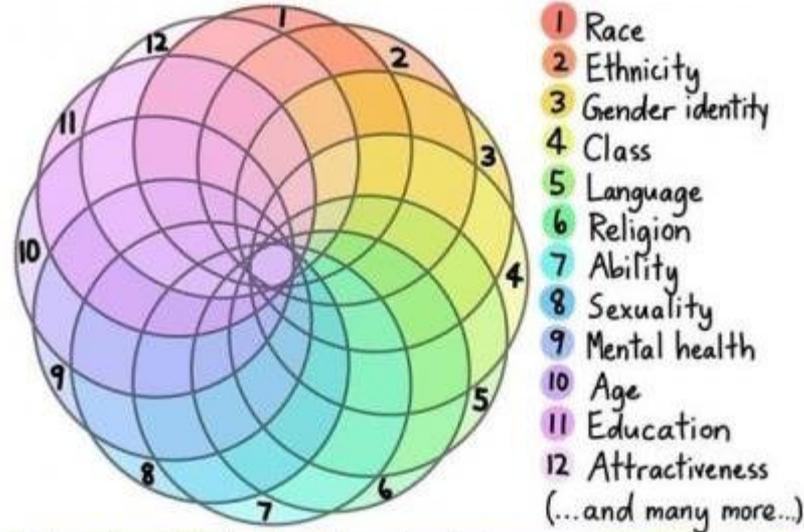
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What are health inequalities?

NHS England's definition

- Unfair and avoidable differences in health across the population, and between different groups within society.
- These include how long people are likely to live, the health conditions they may experience and the care that is available to them

Intersectionality



Intersectionality is a lens through which you can see where power comes and collides, where it locks and intersects. It is the acknowledgement that everyone has their own unique experiences of discrimination and privilege.

- Kimberlé Crenshaw -

Inclusion

What is it about?

- Feeling we belong
- Feeling welcome in spaces
- Understanding different perspectives
- Changing our mindsets to understand people who are different from us

What can support groups and volunteers do?

- Understand your community better and reach out
- Learn, listen, and partner
- Commit to growing and adapting
- Share your learning with your peers

References

Useful links

- [What is intersectionality? - YouTube](#)
- [What Is Inclusion - Inclusion Imperative - YouTube](#)
- [35 ideas for improving inclusion and accessibility — Diversity Forum](#)

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Community
Partnerships

Questions



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