

# Club Together

Issue 47: Spring/Summer 2017

North West

## Make May Purple

Join the thousands of people going **purple this May** to **Change the Story** for those who have been **affected by stroke**.

By supporting **Make May Purple**, you can help us to make sure stroke gets the **attention it deserves**, and **fund vital, innovative research** into **stroke care and treatment**.



Our **clubs and groups** raise **much needed awareness of stroke**, year on year, and we can't **thank you** enough.

We'd like to show everyone the **support you give to us**, to **celebrate all that you do** and **share moments** that demonstrate what Make May Purple is all about.

And, after the success of our **photography competition** last year, we're running it again!

We'll be putting all of your photos

on our intranet for your club or group members to see. Then **Baroness Floella Benjamin** will judge the entries and pick a winner!

All we're asking is that you turn your upcoming events, plans and activities **purple!** From hosting a **purple dress-up day**, to creating **purple snacks** or holding a **purple-themed quiz**, whatever you're doing this May, make it **purple for stroke**.

Our photo competition is open for all **Stroke Association Voluntary Groups** and **Independent Stroke Clubs**, and we'd love to see your entries.

Get involved with Make May Purple and help to **change the story for stroke survivors**.

For more information, visit [intranet.stroke.org.uk](http://intranet.stroke.org.uk)



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Together we can conquer stroke

**Stroke**  
association

# UK Stroke Club Conference 2017



Put the date in your diary for this year's conference, taking place **Friday 29 - Saturday 30 September**, at the **East Midlands Conference Centre** in **Nottingham**.

The UKSCC is an annual event that **brings together** those involved in **running and volunteering at stroke clubs and groups** across the UK, where delegates can **network** with like-minded people and hear the **latest news** from the stroke community.

In 2016, over **150 representatives from 82 stroke clubs and groups** attended the inspiring event,

**sharing experiences and ideas**, finding out more about support available for their groups and their members.

**Further information and booking forms will be posted to the main contact of all clubs and groups in June.** Space is limited so book early.

Here are a few comments from people who have attended the UKSCC in 2016:

**"I learnt lots of new information about being a possible peer, and how I can help to support members of my group effectively."**

**"You can get so much from attending the conference; you make new friends and learn so much that you possibly didn't know before."**

**"It's a warm and welcoming friendly event, with lots of good ideas."**

**"It is great for meeting other groups and seeing what they're doing."**

Find out more about our event at: **[stroke.org.uk/UKSCC](http://stroke.org.uk/UKSCC)**

## Could an Essential Aid help with your recovery?

We've partnered with **Essential Aids** ([essentialaids.com](http://essentialaids.com)), a retail website that offers a huge range of rehabilitation items that can aid you while you're in recovery and help you adapt to life after stroke.

Their products cover all aspects of **day-to-day living**, ranging from bathing and dressing, food preparation and dining, to work and leisure activities. Some popular items include a multi-functional rolling walker with a seat and basket, to enable you to walk, carry shop and rest.



They also sell a selection of adapted kitchen and eating aids, many designed for use with one hand, like the ingenious Knork, a combination knife and fork (pictured). Essential Aids also have a wide variety of shower stools and grab rails, which can help to provide stability and security while you're bathing.

For more ideas, go to **[stroke.org.uk/daily-living-aids](http://stroke.org.uk/daily-living-aids)**, visit **[essentialaids.com](http://essentialaids.com)** or phone Essential Aids on **01273 719 889**. If you're a stroke survivor, or buying on their behalf please **tick the box** at the checkout and **Essential Aids will donate 5% of the item price to us**.

## Inspired ideas

You might think that writing is a solitary activity, but it can be something that the whole of your club or group can do together.

Writing is a really good way to get your feelings out, to confront issues you may not want to talk about directly, or to share experiences with your group in a new way.

Here are a few exercises that your club or group could do together:

### Write a short story

Start off by developing the main characters first, then your plot for the short story. Each group member could then write the story from a different character's point-of-view, only writing a couple of paragraphs. If you're a large group, split into teams and take on one character together. You could use this as a way to confront something that's on your mind, or to be as creative as possible! Read out your collaborative story one team, or person, after another. See where the story takes you!

### Describe a scene

You could reflect on your stroke journey, and visualise where you are, where you've come from, and perhaps, where you're heading. You could focus on something from your daily life, your past, or something you've imagined. Make sure to use the senses in your description of the scene - using sight, sound, touch, smell and taste will make it easier for others to imagine what you're describing.

### Choose a category

This is a great way to talk about things that are on people's minds without having to directly talk about them. Put category suggestions into a hat and pass it around, choosing a category as you go - it could be a question, or a thought. Write a 'flash fiction' paragraph of 50 words - you'll get some very interesting stories this way and some different points of view. Do this for as many categories as you'd like.

## "I have lost my words, not my intellect"



June is **Aphasia Awareness Month**. We need your help to **share stories of communication difficulties**, and to show everyone how to **support people affected by aphasia**.

We're sending **Aphasia International Association (AIA)** postcards to our **Speakability groups** to distribute across the UK, as part of a worldwide **month of action**.

All of our **clubs and groups** can support Aphasia Awareness Month by **sharing postcards**, and by **using social media** to share your stories of **living with aphasia**.

We'll be sharing stories of people like **John Smejka**, who said, "**I couldn't speak or write after my stroke, but I was desperate to get my voice back.**"

Thanks to **stroke research**, John is now **relearning the speech he needs** to enjoy life - from ordering a family meal out to volunteering with other stroke survivors. We want to **raise funds for research** that can **change the story** for people like John, who are affected by stroke.

Share your stories on **Facebook, Twitter** and **Instagram** using the hashtags **#Aphasia** and **#ChangetheStory**.

Order your AIA postcards from **stroke.org.uk/aphasia** or call **01604 231000** and help us to **raise awareness of aphasia** this June.



# Volunteer survey shows positive results for clubs and groups volunteers

In January, we sent a survey to our volunteers across the UK, including Stroke Association Voluntary Group volunteers. We do this survey to **inform our work**, and to gain a **better understanding** of the 3,500 volunteers who support us.

We wanted to share **some insight we gained and the responses** we had from **volunteers who support clubs and groups**:

**The overall volunteer satisfaction rate was 80%, while the SAVG satisfaction rate was a little higher, at 82%.**

**When asked what the best thing about volunteering for the Stroke Association was, nearly 58% said it was helping, supporting, or seeing improvement in stroke survivors.**

**A further 26% said it was meeting people, making new friends, giving them a sense of purpose or independence.**

**90% felt that their volunteering role(s) have had an impact on the wellbeing of stroke survivors and carers.**



There were some very **touching and positive comments** made that we're keen to share:

**"It gives me great pleasure to see people who I take to the group meetings get real enjoyment, and start to communicate again, because meeting people is a vital part of the recovery. Out of the darkness, light begins to emerge."**

**"My personal impression is that I do somehow seem to make a difference. A survivor recently said "I feel safe when you're here" which made me feel proud."**

**"I have had a stroke myself and have been given a second chance, I need to help those survivors all I can. There is life after stroke."**

## Christmas comes early this year

We're pleased to offer your stroke club or group an opportunity to **buy and sell Stroke Association Christmas cards and stocking fillers** again, in order to help you raise money for your group.

You can buy all items from our Christmas catalogue at a **15% discount**, to **resell at retail price**, with the **funds generated going directly to your stroke club or group**.

Last year, you gave us feedback to let us know that not all of our groups had **enough time to get their orders in**, so we wanted to get the word out a little

earlier this year. Please note that only the **stroke club or group order form will be subject to a 15% discount on items**, and each club or group can order a **maximum of 200 items**.

Your group can order these items up until **1 December 2017**. By ordering these at a discounted rate, you're **agreeing to sell them at the original retail price**.

To request your order form or for more information, please call **0207 566 1540**.

# Get involved in your community by taking on a challenge or two - or three!

Our **Community Challenges** were introduced to encourage your group to work towards making your community **stroke friendly**, and to **increase fundraising, stroke awareness and local support** for those affected by stroke in your area. The year ahead is filled with events and opportunities, the perfect time to think about what challenge **your group** could undertake.

There are **three community challenges** that your group could complete to help make your community stroke friendly, and you can complete just one, two or all three.

The community challenges are:



## Prevention

To increase local people's understanding of how strokes occur and how they can be prevented



## Working Together

To engage with other groups and organisations in your area to increase awareness and support for stroke in the community



## Fundraising

To provide volunteer opportunities for local people and increase the financial sustainability of your group

Each challenge has **three themes** to consider and implement. These are to **take action**, **engage with local people** and **spread the word** to ensure that your group is as involved with your community as possible.

Recognition of your challenge will be awarded to **registered groups** that complete one or more challenges, and these include **certificates**, **wristbands** and **pin badges** to wear with pride.

## Community Challenge

Sign up for a challenge today



We have plenty of events that you can link a Community Challenge to, such as Take a Moment, Know Your Blood Pressure, Resolution Runs, Make May Purple, Step Out and Give a Hand.

We have produced our **Let's Take Action** resource for your group to use as a guide, and all groups who register to take on a Community Challenge will be offered support from us throughout your challenge.

Let us know if you'd like to sign up to a Community Challenge by emailing [clubtogether@stroke.org.uk](mailto:clubtogether@stroke.org.uk).

If you have any questions, please call **0207 566 1540**.





# Volunteer conferences 2017

We were delighted to welcome **110 volunteers**, from **stroke clubs and groups** across the North West, to our volunteer conferences. This year, we held our annual event in **Widnes** and **Preston**, two locations we haven't visited before. We're very pleased that this meant a lot of new faces were able to join us and meet other volunteers. It was a pleasure to see many familiar faces too.

A **big** thank you to everyone who was able to attend. We know some attendees travelled for two hours through a rather cold winter morning. We hope you enjoyed the day - Particularly the surprise disco!

See page eight for a list of all our free local volunteer workshops throughout 2017.



## Training for clubs and groups

Come along to our fascinating half-day course, **Supporting People with Aphasia**, which is being held in **Tameside on 8 June, Liverpool on Monday 3 July** and **Blackpool on Thursday 20 July**. Learn how to promote your group by attending our **Spread the Word** half day training session in **Liverpool on Friday 2 June, Blackpool on Thursday 27 July** or **Salford on Friday 28 July**. **Health and Safety** training for clubs and groups will also be in **Liverpool on Wednesday 2 August**.

For more information and to book, please email [rebecca.murray@stroke.org.uk](mailto:rebecca.murray@stroke.org.uk) or call **0161 745 8222**.

## Welcome to new groups

**Fylde and Wyre Stroke Group** have joined the Stroke Association Voluntary Group family. They have been extremely active and have already received a donation as the main charity for **Fleetwood and Cleveleys Lions Club** annual swim marathon.

They have also started a **Get Into Golf** project, with eight stroke survivors taking part in playing golf. Busy, busy, busy - **well done, everyone!**



## New Community Development and Partnerships team member

We are delighted to welcome **Elaine Pye** to the **North West Community Development and Partnerships Team**. Elaine has a wealth of experience working for the Stroke Association, and will be taking the lead on an exciting new **Young Stroke Network** project.



## Anniversaries

There have been some amazing milestones to recognise in this edition. Starting with the **South Manchester Stroke Support Group** is celebrating **five years** and the **Manx Stroke Foundation** is celebrating **20 years**. **JIGSAW** in Bolton has gone silver, celebrating **25 years** - look out for our celebration photos in the next edition!

Also, a **big purple congratulations** to **Maghull and Aintree Stroke Club** who celebrated their **30th anniversary** in March. They even have the original list of attendees from their first meeting!



## Resolution Runs

Our Resolution Run events in **Manchester**, **Delamere Forest** and **Blackpool** were the most successful and well-attended we've ever hosted!

A **big thank you** to everyone from stroke clubs and groups who took part running either five, 10 or 15km.

A special thank you to volunteers from **Frodsham and District Stroke Club** who supported our event at Delamere Forest.

### Top tip #6

A healthy diet can help you feel better and have more energy. When eating out, look for food that is **steamed, boiled, baked, grilled, poached** or **roasted**. These will be lower in fat and calories than food which is fried, au gratin, crispy, escaloped, pan-fried, sautéed or stuffed.



### Contacts

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## 2017 General Election

Time is running out for stroke survivors: from **December 2017** there will be **no national plan in place for stroke**. We need support in parliament now more than ever, so throughout the elections and beyond, we'll be continuing with our **A New Era for Stroke** campaign, calling for a new national stroke strategy for England.

We are calling on candidates in the **2017 General Election** to pledge their support for a **new national plan**, so that care and treatment for stroke survivors is prioritised, and not overlooked or pushed down the agenda by the new government.

The improvements we want to see are **cost effective** and **vital to patient recovery**, but a national plan is needed to make these improvements possible.

Find the candidates in your area by visiting **stroke.org.uk/GE17** Put in your postcode to be taken to the right information for your area.

We're committed to making sure improvements are made so that **vital support for stroke survivors** is in place.

If you have any questions, please contact **campaigns@stroke.org.uk**

## Calendar

### Dates for your diary

#### Make May Purple

Monday 1 - Wednesday 31 May

#### Step Out for Stroke

Saturday 6 May -

Croxteth Park, Liverpool

Tuesday 16 May - Mesnes Park, Wigan

Saturday 20 May -

Grosvenor Park, Chester

Saturday 20 May - Queens Park, Heywood

Saturday 27 May - Stanley Park, Blackpool

#### UK Stroke Assembly, Crewe

Tuesday 30 -

Wednesday 31 May

#### UK Stroke Club Conference

Friday 29 -

Saturday 30 September

#### Training:

##### Spread the word

Friday 2 June - Liverpool

Thursday 27 July - Blackpool

Friday 28 July - Salford

#### Supporting people with aphasia

Thursday 8 June - Tameside

Monday 3 July - Liverpool

Thursday 20 July - Blackpool

#### Health and safety

Wednesday 2 August - Liverpool

#### Hidden effects and emotional impact of stroke

Friday 1 September - Liverpool

  Join our stroke community on Facebook and Twitter