



# Stroke Support and Services

## Fact Sheet No.9

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# **Stroke Support and Services**

## **Introduction**

This Fact Sheet gives information about local and national organisations, which provide advice, support and services for adults who have had a stroke and their carers.

**The Carers Hub is a new focal point to help unpaid carers in Brighton and Hove get the information, advice and support that they need. This may also be useful to you.**

**Tel: 01273 977000**

**Email: [info@carershub.co.uk](mailto:info@carershub.co.uk)**

**Website: [carershub.co.uk](http://carershub.co.uk)**

There is a Carers Group, which meets on the third Tuesday of each month, for people who are supporting someone with a life limiting illness. Carers who are looking after someone who has had a stroke are welcome to join this Group. Meetings are held at the Cornerstone Community Centre, Church Road, Hove BN3 2FL. Contact the Carers Hub for more details.

## **National Organisations**

### **Different Strokes**

This charity offers information and support to younger stroke survivors (under 65) and their carers including a telephone information line. An information pack covering Life after Stroke, Work after Stroke, Carers etc can be downloaded free from the website or copies can be posted on request.

Address: 9 Canon Harnett Court, Wolverton Mill, Milton Keynes MK12 5NF

Tel: 0345 130 7172 (Information Line) or 01908 317618

Email: [info@differentstrokes.co.uk](mailto:info@differentstrokes.co.uk)

Website: [differentstrokes.co.uk](http://differentstrokes.co.uk)

### **The Brain and Spine Foundation**

This charity provides information and support for adults and children affected by neurological conditions including stroke. It has fact sheets about strokes which can be downloaded from the website. It also has a helpline which can be reached by telephone or email. There is also an online community network.

Address: 4<sup>th</sup> Floor, CAN Mezzanine, 7-14 Great Dover Street, London E1 4YR

Tel: 0808 808 1000 (Helpline)

Email: [helpline@brainandspine.org.uk](mailto:helpline@brainandspine.org.uk)

Website: [www.brainandspine.org.uk](http://www.brainandspine.org.uk)

### **The Stroke Association**

The Association provides information, advice and support services for anyone who has recently had a stroke or is caring for someone with the condition. The Association publishes a range of guides and leaflets which can be downloaded free from the

website or ordered to be posted. These include “Stroke - A Carers Guide” and “A Complete Guide to Communication Problems after a Stroke”. The Association runs a helpline which can also be contacted by email – see below. See also “My Stroke Guide” under “Sharing Experiences” (page 6).

Address: Stroke Information Service, The Stroke Association, Life After Stroke Centre, Church Lane, Bromsgrove, Worcestershire B61 8RA.

Tel: 0303 3033 100 (Helpline)

Email: [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

Website: [www.stroke.org.uk](http://www.stroke.org.uk)

## **Local Support**

### **Aphasia Befriending Scheme**

Aphasia befrienders are people living with communication difficulties following a stroke who offer support to others who have had a stroke. They are volunteers. Contact: Kirsty Maguire, Community Neuro Rehabilitation Team .

Tel: 01273 242271

Email: [sc-tr.abs@nhs.net](mailto:sc-tr.abs@nhs.net)

Website: [www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)

### **Aphasia Speakability Self-Help Group**

This is a monthly self-help group for people living with aphasia (communication difficulties after a stroke) held on the third Tuesday of the month at 10.15am –12.15pm. Carers are also welcome to attend. This is a group affiliated to the Stroke Association.

Address: Methodist Church, Stanford Avenue, Brighton, BN1 6FD

Tel: 01273 680482 (Jean) or 01273 563159 (Phyllis)

### **Brighton and Hove City Council**

For help from Adult Social Care Services contact should be made with the Council's Access Point. Requests can be made for a social care assessment for the person being cared for and for a carer's needs assessment.

Address: 2nd Floor, Bartholomew House, Bartholomew Square, Brighton BN1 1JP

Tel: 01273 295555

Email: [accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

Website: [www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Brighton Moving Forward After Stroke**

This service run through the Stroke Association is for stroke survivors of any age and families and carers of people affected by stroke living in Brighton and Hove. It offers positive support including regular exercise and lifestyle groups, friendship networks and individual attention.

Address: Withdean Sports Complex, Tongdean Lane, Brighton BN1 5JD

Tel: 07799 436041

Email: [martin.haney@stroke.org.uk](mailto:martin.haney@stroke.org.uk)

Website: [www.stroke.org.uk/finding-support/brighton-moving-forward-after-stroke](http://www.stroke.org.uk/finding-support/brighton-moving-forward-after-stroke)

### **Dolphins Disabled Swimming Club**

The Club aims to help people with physical disabilities or medical conditions who may respond well to swimming and exercise in water. People recovering from stroke are included. Sessions take place on Tuesday and Thursday mornings at 9.30-10.30am.

There is an annual membership scheme. Carers and helpers are welcome.

Address: King Alfred Leisure Centre, Kingsway, Hove BN3 2WW

Tel: 01273 307647 and 479366.

### **Headway Hurstwood Park**

The charity provides information and support for people affected by an acquired brain injury, including through stroke. It offers advice and support to these people, their families and carers. A local Support Group meets on the third Wednesday of the month at Dorset Gardens Methodist Church, Dorset Gardens, Kemptown, Brighton BN2 1RL at 7pm - 9pm.

Address: Headway House, Jackies Lane, Newick, East Sussex BN8 4QX

Tel: 01825 724323

Email: [info@headwayeastsussex.org.uk](mailto:info@headwayeastsussex.org.uk)

Website: [www.headwayeastsussex.org.uk](http://www.headwayeastsussex.org.uk)

### **Information Prescriptions**

This online directory gives details of national and local organisations and services covering a range of health conditions including stroke.

Website: [www.mylifebh.org.uk](http://www.mylifebh.org.uk)

### **Possability People**

The Centre promotes independent living for disabled people or people with a long term health condition. It offers advice, support and information to these people and their carers, families and friends.

Address: Montague House, Montague Place, Brighton BN2 1JE

Tel: 01273 894040

Email: [hello@possabilitypeople.org.uk](mailto:hello@possabilitypeople.org.uk)

Website: [www.possabilitypeople.org.uk](http://www.possabilitypeople.org.uk)

### **SayAphasia Drop-In**

The charity SayAphasia has a weekly drop-in group for people in Brighton and Hove living with aphasia, which meets every Friday at 10.30am -1pm. The charity also organises trips and outings for these people. There is more information on the website.

Address: The Central United Reform Church, Ventnor Villas, Hove BN3 3YF

Tel: 07796 143118 (Colin Lyall)

Email: [hello@sayaphasia.org](mailto:hello@sayaphasia.org)

Website: [www.sayaphasia.org](http://www.sayaphasia.org)

### **The Four Deans Stroke Club**

The Club provides social activities such as exercise, games, craftwork and outings. It covers Saltdean, Rottingdean, Ovingdean and Woodingdean. Experiences and tips for dealing with stroke can be shared. The group meets on Fridays from 12noon-3pm.

Family members/carers are welcome when there are outings but are not invited to every meeting. Transport can be provided. Affiliated to the Stroke Association.

Address: St Patrick's Church Hall, Broad Green, Woodingdean, Brighton BN2 6TB.

Tel: 01273 303236 (David Hunt)

### **The Friends of Hove Stroke Club**

The Club offers social activities such as games, crafts and exercises. People can meet others affected by stroke and share experiences and tips. The group meets on Fridays from 1.30pm-4pm. Transport can be provided. Open to residents of Brighton as well as Hove and Portslade and to family members/carers. Affiliated to the Stroke Association.

Address: Bishop Hannington Church Centre, Holmes Avenue, Hove BN3 7NH

Tel: 01273 724960

Email: friendsofhovestrokeclub@btinternet.com

### **The Sussex Community NHS FoundationTrust**

#### **.1 The Community Neuro Rehabilitation Team**

This Team provides specialist therapy and support at home to people with long term neurological conditions, including stroke. The team includes specialist rehabilitation nurses, speech and language therapists, occupational therapists, physiotherapists, dietician, clinical psychologist, social worker and rehabilitation support workers.

Referrals are accepted for people who have had an acute stroke within the preceding six months.

Address: Brighton General Hospital, D3 (Dyke Building), Elm Grove, Brighton BN2 3EW

Tel: 01273 242271

Email: sc-tr.cnrtbrightonandhove@nhs.net

Website: www.sussexcommunity.nhs.uk

#### **.2 Speech and Language Therapy for Adults**

This service offers specialist therapy for adults with communication or eating and swallowing difficulties due to a neurological or degenerative condition including stroke. Therapists work closely with carers. A patient leaflet on "Communication Difficulties after Stroke or Head Injury" can be downloaded from the website. Health care professionals and individuals can make referrals to this service. A referral form can be downloaded from the website.

Address: Brighton General Hospital, D3 (Dyke Building), Elm Grove, Brighton BN2 3EW

Tel: 01273 242075

Email: sc-tr.brightonandhoveslt-adults@nhs.net

Website: www.sussexcommunity.nhs.uk/services

#### **.3 Sussex Rehabilitation Centre Out-patient Service**

This service provides assessment, treatment and advice to people with neurological impairment including stroke. The objectives are to improve physical wellbeing and functional status and decrease the care needs of patients. Referrals are received from GPs, hospital consultants and other health professionals in the community.

Address: Brighton General Hospital, D3 (Dyke Building), Elm Grove, Brighton BN2 3EW

Tel: 01273 242160

Website: [www.sussexcommunity.nhs.uk/services](http://www.sussexcommunity.nhs.uk/services)

## **Sharing Experiences**

### **Carers UK**

The website has an online forum for carers to share experiences and access information and support.

Website: [www.carersuk.org](http://www.carersuk.org)

### **Headway HealthUnlocked**

This is an online community run by Headway providing the opportunity for people affected by brain injury to seek help and support, share experiences and become better informed.

Web: <https://healthunlocked.com/headway>

### **Healthtalkonline**

This site contains many people's experiences of a range of health conditions including stroke. It includes information and details of resources.

Web: [www.healthtalk.org](http://www.healthtalk.org)

### **My Stroke Guide**

This is an online community run by The Stroke Association. You can meet other people affected by stroke, share stories and experiences and find out how they manage recovery. Information and support are also available to people affected by stroke including carers.

Website: [www.stroke.org.uk/forum](http://www.stroke.org.uk/forum)

### **Apps**

If you have a tablet or a smart phone there are a number of apps which can help you with daily life and recovery after a stroke. Examples are:

SmallTalk Oral Motor Exercises – exercises to help strengthen the mouth, tongue and lip muscles that aid speech.

SmallTalk Aphasia – support with everyday communication.

Lumosity – help to keep mentally active with problem-solving games and brain training exercises.

The apps can be obtained from iTunes App Store or Google Play.