



# Stroke Support and Services

## Fact Sheet No.9

The Carers Centre for Brighton & Hove  
18 Bedford Place, Brighton BN1 2PT

Tel: 01273 746222

Fax: 01273 933688

[info@thecarerscentre.org](mailto:info@thecarerscentre.org)

[www.thecarerscentre.org](http://www.thecarerscentre.org)

Registered Charity No. 1015728  
Registered Company No. 2758481

January 2020

# 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 focal point to help unpaid carers in Brighton and Hove get the information, advice and support that they need. This may be useful to you in connection with stroke support and services.**

**Tel: 01273 977000**

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

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

The Hub runs a Carers Group, which meets on the third Tuesday of each month, for carers 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 Hub for more details.

## National Organisations

### Different Strokes

This charity offers information and support services to stroke survivors of working age and their carers including a telephone information line. Information packs covering Life after Stroke, Work after Stroke and Caring for Somebody After a Stroke 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 people affected by brain and spine conditions including stroke. It has a fact sheet about strokes which can be downloaded from the website. It also has a helpline which can be reached by telephone or email.

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 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 or Rachel Murphy, Community Neuro Rehabilitation Team.

Address: Sussex Community NHS Foundation Trust, Brighton General Hospital, D3 (Dyke Building), Elm Grove, Brighton BN2 3BW

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 self-help group for people living with aphasia (communication difficulties after a stroke). Meetings provide support and allow sharing of experiences. They are held on a Tuesday monthly at 10.30am –12.15pm. Carers can attend. The group is run by Stroke Association volunteers.

Address: Alcampo, London Road, Brighton, BN1 4JF

Tel: 0750 7400284 (Lynn Vincent)

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

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

### **(1) Brighton and Hove Stroke Recovery Service**

### **(2) Brighton Moving Forward After Stroke**

Both these services are run through the Stroke Association. The Stroke Recovery Service provides practical advice and planned support for stroke survivors, carers and family members. The Moving Forward After Stroke service provides a 12 week programme of exercise and support for stroke survivors designed to improve mobility and explore lifestyle changes.

Tel: 0779 9436041 (Martin Haney)

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

Website: [www.stroke.org.uk/finding-support/support-services](http://www.stroke.org.uk/finding-support/support-services)

### **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.

Carers and helpers are welcome. There is an annual membership scheme. A medical clearance letter is required.

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

Tel: 0781 7470914 (Katie Dawes, Membership Secretary)

E-mail: [Dolphinsdisabledswimming@gmail.com](mailto:Dolphinsdisabledswimming@gmail.com).

### **Headway East Sussex**

The charity provides information and support for people affected by an acquired brain injury, including through stroke. It offers advice and services 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, Kempton, 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)

### **My Life Brighton and Hove**

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**

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 – 12.30pm. The charity also organises activities and outings for these people. There is more information on the website. The charity is affiliated to the Stroke Association.

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

Tel: 0774 4040404 (Ben McDonald)

Email: [ben@build14me.com](mailto:ben@build14me.com)

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)

Email: fgjenks@googlemail.com

### **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: 0776 3206091 (Nina Shaw)

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](http://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, 2nd Floor, Arundel Building, Elm Grove, Brighton BN2 3EW

Tel: 01273 242075

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

Website: [www.sussexcommunity.nhs.uk/services](http://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, Sussex Rehabilitation Centre, Elm Grove, Brighton  
BN2 3EW

Tel: 01273 242160

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

## **Sharing Experiences Online**

### **Carers UK**

The website has an online forum for carers to share experiences and access information and support on topics including stroke and aphasia.

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.

Website: [healthunlocked.com/headway](http://healthunlocked.com/headway)

### **Healthtalkonline**

This site includes many people's experiences of stroke on video. It also includes information and advice on support and coping strategies..

Website: [healthtalk.org](http://healthtalk.org)

### **My Stroke Guide**

This Guide run by the Stroke Association gives free access to trusted information and advice to people affected by stroke. It includes an online community where people affected by stroke can share stories, experiences and tips about recovery.

Website: [stroke.org.uk/finding-support/my-stroke-guide](http://stroke.org.uk/finding-support/my-stroke-guide)

### **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 the Apple App Store.