

Explanation of Stroke Group activities

This is a club activity that actively encourages stroke survivors and their loved ones to engage in social integration.

Many stroke survivors have physical difficulties after their stroke. What is not seen are issues which are known as hidden agenda issues. Examples of these are cognitive difficulty, memory loss, communication problems (verbal, visual and written), emotionalism. Furthermore, many stroke survivors lose their independence and confidence which can lead to social isolation.

This group offers a safe haven where stroke survivors support each other, discuss stroke issues but ultimately regain their social activity and re-engage with others. We hope this transfers into their everyday lives and provide increased confidence and independence.

The group also endeavours to arrange for guest speakers to visit (often at a cost). These guest speakers can inform or support stroke survivors about various aspects of stroke, however we try to have a variety of guest speakers who are unrelated to stroke. In the past we have had guest speakers from Language Farm, The Donkey Sanctuary and Devon Free Wheelers who deliver blood around Devon.

How will you benefit?

This is a non-profit group and subs are only taken to enable finance of refreshments and the cost of guest speakers.

I have and do benefit from attending this group as I am a stroke survivor myself and through attending and volunteering within this group I have become more independent. More importantly I have seen how other stroke survivors and their love ones have benefitted from this peer support group.

How will this activity contribute to raising the profile of the community of Ivybridge or inspiring others?

As previously mentioned having this peer support group within our community enables those affected by stroke a safe and supportive environment.

This group provides an arena for local organisations to engage with people in their community as the group actively looks for guest speakers in the local area. Furthermore, it also shows that the Town Hall are happy to support those affected by stroke and any other condition through the use of their facilities.

Currently the group has 17 members, including a 6 who joined the group this year. We also have another 2 persons who is interested in joining the group but hasn't been able to make the meetings due to health issues.

The group meets once a month (second Wednesday of the month) for 2 hours from 1:30 to 3.30.

During the pandemic there was a sharp rise in people suffering Strokes who will need support with their onward recovery. Which is how our group could play a big part in the community.

Members are referred to the group by a Stroke Association co-ordinator following visits to Stroke survivors once they leave hospital & return home. We also use posters placed in doctors' surgeries, local libraries, sport facilities & shops, etc to spread the word of the group to perspective members.

Grant Application from Ivybridge Town Council for the Ivybridge Stroke Association Group.

The purpose of the group is to provide support to Stroke survivors from the Ivybridge & surrounding areas (that use Ivybridge for shopping & support services i.e. Doctors, library, banking, post office, etc.

100,000

People have strokes a year. Stroke strikes every five minutes.

What is a stroke?

A stroke is a brain attack. It happens when the blood supply to part of your brain is cut off.

While some effects of a stroke may be obvious to others, many effects like emotional changes, memory loss and extreme tiredness are harder to see.

We know that the hidden effects of stroke can turn people's lives upside down. We are dedicated to helping stroke survivors and their families lead the best life possible.

With time, courage and the right support, stroke survivors told us that they start to feel like they are on the road to recovery.

The physical, emotional and cognitive changes caused by a stroke can affect every part of a person's life. They can impact on their important relationships. They can prevent them from working. They can inhibit their social life.

These impacts also have a knock on effect. For example, losing your job can affect your finances, the way you feel about yourself and can put a strain on relationships.

More than 6 in 10 stroke survivors rely on the help and support of a carer to help them with day-to-day living – activities like getting dressed, making meals or going out to the shops.

Sometimes people are paid to carry out these tasks. But often it falls to family members or friends, who become unpaid carers.

To better understand the challenges facing stroke survivors and the help they need, we ran a representative survey of stroke survivors and unpaid carers.

From the results, it's clear that people who take on a caring role are absolutely vital to stroke survivors rebuilding their lives after stroke. But caring can be incredibly demanding.

Together we can do much more to support carers in all they do for stroke survivors.

Stroke can be devastating and long-lasting. Many stroke survivors are left with physical, cognitive, and emotional impacts that affect every part of their lives.

But help for many stroke survivors' stop when they leave hospital. They aren't given the vital and ongoing support they need to rebuild their lives. For some, the support just isn't there. Others aren't told about services which could help. And sometimes the quality of care is poor.

One in four stroke survivors told us they did not receive enough support when they needed it most. A third of stroke survivors felt that support was restricted to focusing on their medical conditions rather than them as an individual.

We want everyone affected by stroke to have access to the support they need and should expect, in line with national guidelines.

Someone in the UK has a stroke every five minutes, and each year we provide support, information and advice to over 100,000 people. As a charity, we rely on the generosity of the public to ensure that we can be there for people who are living with the devastation that stroke can bring. Protecting our supporters is of the utmost importance to us.

During a stroke, every second counts. Two million brain cells die every minute. There's no test that can tell paramedics that someone is definitely having a stroke, so treatment is often delayed.

There are now 1.3 million stroke survivors in the UK. This number is growing and, as a charity, our services have never been more stretched.

To reach everyone who needs us, we urgently need your support.

We help stroke survivors and their families to rebuild their lives in ways that no one else can. Our specialist support helps them find the hope they need to move forward with their recovery.

The Ivybridge Group was formed in September 2014. We began six members and met regularly at the Watermark, as the Library area at that time was closed and the space was free to use. When the library area reopened the Watermark offered us a room free of charge until another group wished to use the room and were able to pay the required charge.

Group numbers have varied over the years with the group reaching a maximum of 15 but is currently supporting twelve members. We have more people interested in joining the group but with Covid restrictions we are unable to accept any new members at this time.

Our ethos is to provide a friendly environment where stroke survivors can talk about their experiences and seek advice and assistance. The Stroke Association enable members to engage with others who are going through or have experienced the effects of stroke and through this support can offer knowledge and guidance through first-hand experience.

The group provides its members with peer & emotional support, as well as providing advice or being able to direct as person to another organisation that can provide the information/advise/support they need for a specific issue.

Sometimes at the group meeting we invite along guest speakers from groups or organisations that could support/advise on relevant issues to the members. Speakers have also included local authorities i.e. Police, Fire, Blood Bikers, charities & history buffs. Some of these speakers charge a small fee or ask for a donation to the charity.

For this reason we ask for the members attending the meeting to pay small fee/sub which is used to cover tea, coffee, milk, biscuits, and speaker's fees.

We feel that the group provides an important resource to the local committee as well as reducing the need for support from our local Health Authority.