



Stroke Support and Services

Fact Sheet No.9

The Carers Centre for Brighton & Hove
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Introduction

This Fact Sheet contains information about local and national organisations, which provide advice, support and services for adults who have had a stroke and their carers. It also includes some other online facilities providing help and support for people affected by stroke, some of which have forums to join to share experiences and tips for recovery.

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

Website: www.carershub.co.uk

The Carers Centre runs Community Coffee Mornings across the City for unpaid carers, which meet monthly. Contact the Carers Hub for more information.

National Organisations

Different Strokes

This charity offers information and support services to younger stroke survivors and their carers including a telephone information line and support groups. Information packs covering Life after Stroke, Work after Stroke and Caring for Somebody After a Stroke (and other topics) 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

Website: www.differentstrokes.co.uk

The Brain and Spine Foundation

This charity provides neurological 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 and an online support group for carers.

Address: 4th Floor, Canopi, 7-14 Great Dover Street, London SE1 4YR

Tel: 0808 808 1000 (Helpline)

Email: helpline@brainandspine.org.uk

Website: 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. It has a wide range of online activities and a network of support groups including carer groups. The Association publishes many guides and fact sheets which can be downloaded free from the website or ordered to be posted. These include "A Carers Guide to Stroke" and "Communication Problems after a Stroke". The Association runs a helpline - for details see below.

Address: The Stroke Association, 1 Sterling Business Park, Salthouse Road, Brackmills, Northampton NN4 7EX.

Tel: 0303 3033 100 (Helpline)

Email: helpline@stroke.org.uk

Website: www.stroke.org.uk

Local Support

Aphasia Befriending Service

Aphasia befrienders are people living with communication difficulties following a stroke who offer support to others with similar difficulties. They are trained 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

Website: www.sussexcommunity.nhs.uk

Brighton Stroke Survivors Whatsapp Group

This is part of the Stroke Group Network run through the Stroke Association. The Group provides practical advice and support for stroke survivors, carers and family members and helpful meet ups with opportunities to share experiences. There is a self-referral form on the website. The group leader can also be contacted - see below.

Location: The Laughing Dog, 31 The Octagon, Brighton BN2 5WA

Tel: 07515 596965 (Marie White)

Email: marie.white@stroke.org.uk

Website: www.stroke.org.uk/finding-support/stroke-support-groups

Dolphins Disabled Swimming Club

The Club aims to help people with physical disabilities or medical conditions who would benefit from 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: 07761 099590 (Membership Secretary)

E-mail: Dolphinsdisabledswimming@gmail.com.

Headway Sussex

The charity provides information and support for people with an acquired brain injury, including through stroke. It offers advice and services to these people, their families and carers. Daytime and evening support groups meet monthly at the Small Hall, Dorset Gardens Methodist Church, Kemptown, Brighton BN2 1RL.

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

Tel: 01825 724323

Email: info@headwaysussex.org.uk

Support Groups

Tel: 07776 528796 (Sam Shephard)

Email: sam.shephard@headwaysussex.org.uk

Website: www.headwaysussex.org.uk

Possability People

The Centre promotes independent living for disabled people and people with long-term health conditions. It offers information, advice and support 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

Website: www.possabilitypeople.org.uk

SayAphasia

This charity has drop-in groups in Hove and Woodingdean for people living with aphasia. They are part of the Stroke Group Network run through the Stroke Association and provide help and support for the people affected in a social environment.

Locations:

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

The Church of the Holy Cross, 2 Downsway, Woodingdean, Brighton BN2 6BD

Tel: 07796 143118 (Colin Lyall)

Email: colin@sayaphasia.org

Website: www.sayaphasia.org

The Four Deans Stroke Club

This is part of the Stroke Group Network run through the Stroke Association. The Club provides social activities, exercise and outings for people affected by stroke. It covers Saltdean, Rottingdean, Ovingdean and Woodingdean. Experiences and tips for dealing with stroke can be shared. The group meets weekly. Transport can be provided. There is a self-referral form on the website. The group leader can also be contacted - see below.

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

Tel: 07957 220652 (James Lynch)

Email: jameslynch2003@btinternet.com

Website: www.stroke.org.uk/finding-support/stroke-support-groups

The Friends of Hove Stroke Club

This is part of the Stroke Group Network run through the Stroke Association. The Club offers social activities for people to meet others affected by stroke. Experiences and tips for dealing with stroke can be shared. The group meets weekly. Transport can be provided. The group is open to residents of Brighton as well as Hove and Portslade and to family members/carers. There is a self-referral form on the website. The group leader can also be contacted - see below.

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

Tel: 07763 206091 (Daail Goodson)

Email: friendsofhovestrokeclub@btinternet.com

Website: www.stroke.org.uk/finding-support/stroke-support-groups

The Sussex Community NHS Foundation Trust

.1 Adult Speech and Language Therapy

This service offers specialist therapy for adults with speech communication and swallowing difficulties due to a neurological or degenerative condition including stroke. Therapists work closely with carers. Health care professionals and individuals can make referrals to this service. A referral form can be downloaded from the website. Initial appointments can be by telephone, video, clinic or home visit.

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

.2 Community Neuro Rehabilitation

This Team provides specialist therapy and support at home to people in Brighton and Hove with neurological conditions, including stroke. The team includes stroke nurses, speech and language therapists, occupational therapists, physiotherapists, clinical psychologists and social workers. Referrals are accepted for people who have had an acute stroke within the preceding six months. Initial contact may be by phone, video or home visit.

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/services

.3 Neuro Rehabilitation Outpatient 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. Appointments can be by telephone, video or face-to-face.

Address: Brighton General Hospital, Sussex Rehabilitation Centre, Elm Grove, Brighton BN2 3EW

Tel: 01273 242160

Email: sc-tr.srcreception@nhs.net

Website: www.sussexcommunity.nhs.uk/services

University Hospitals Sussex NHS Foundation Trust

Royal Sussex County Hospital

The hospital supports patients who have had a stroke or mini-stroke. Services include acute stroke treatment, inpatient rehabilitation and outpatient clinic.

Address: Royal Sussex County Hospital, Eastern Road, Brighton, BN2 5BE

Tel: 01273 696955 Ext. 64006 (Acute Stroke Unit)

Tel: 01273 696955 Ext. 63782 (Outpatient Unit)

Website: www.uhsussex.nhs.uk/services/stroke

Other Online Facilities

Carers UK

They have online meet ups for carers to share experiences and find information and support.

Website: www.carersuk.org/help-and-advice

Headway HealthUnlocked

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

Website: www.headway.org.uk/supporting-you/online-communities

Healthtalk.org

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

Website: www.healthtalk.org/introduction/stroke

The Tavistock Trust for Aphasia

The Trust has an Aphasia Software Finder which provides information on aphasia therapy apps and software for people with aphasia. It aims to help people find apps and software which are useful to them. Some of the apps are free, others have price guides.

Website: www.aphasiasoftwarefinder.org