

# LETS TALK STROKE



The Stroke Project Part of TLC Care Services  
Registered in England No. 2698380  
Registered Charity No. 1016437

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Spring 2009

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**PART OF TLC CARE SERVICES**

## Service users give their views on Stroke Strategy Consultation Document in City & Hackney

- On 30th March 2009 over 50 stroke survivors, family and carers attended a consultation day event at the Hackney Empire. The consultation was presented by Healthcare for London Stroke Project Director Mr. Michael Wilson. The consultation explained the different proposals for the changes in the that stroke patients would receive treatment. The recommendations being made by Healthcare for London are based on the development of 8 Hyper acute stroke units based around London. These would provide specialist teams and services to help prevent and stop strokes as early as possible within the 3 hour time frame recommended by

the National Stroke Strategy, this would mean that anyone in London suffering a stroke would never be more than 30 minutes away from one of the specialist units. These specialist units would help to reduce the amount of strokes and reduce deaths from stroke across London of which there are 11,000 each year. In addition because of the faster access to appropriate specialist services this would help reduce the number of disabling effects that are caused by stroke. The consultation also recommends the development of 21 TIA/ minor stroke units these units will help prevent strokes by being able to take appropriate action



before suffering a full blown stroke which often occurs within the next seven days following a TIA/ Minor stroke. These units will also be able to provide information to at risk patients on lifestyle changes that can help reduce stroke. The consultation also recommends that there would be 21 dedicated stroke units across London to provide rehabilitation and recovery from trained stroke unit staff and allow patients to be nearer family whilst recovering .

## Know your numbers campaign in City & Hackney

The TLC Care Services Stroke Project also took the opportunity of the consultation event at Hackney Empire to launch its 'Know your Numbers Campaign. The campaign is aimed at raising public awareness of regularly getting your blood

pressure checked. High blood pressure is one of the early warning signs of the likelihood of a stroke and if caught early enough then an appropriate course of medication can be taken to reduce blood pressure this along with other lifestyle

changes will help to reduce the number of strokes. 150 Hackney London Transport buses will be displaying adverts about hypertension and blood pressure monitoring. The project has also produced leaflets and monitoring cards please contact us for further information.

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### Contact us:

- Email:  
[strokeproject@tlccare.org.uk](mailto:strokeproject@tlccare.org.uk)
- Tel:020 7017 2810
- [www.tlccare.org.uk](http://www.tlccare.org.uk)
- Easy access versions

available



Developing upper arm rehabilitation methods

## Community Project Worker

The Stroke Project has successfully obtained funding from Hackney Social Services to provide community based support to stroke survivors in Hackney. Robert O'Loughlin has been appointed to this new service. Roberts role is to provide the extra support some stroke survivors may need to help them gain greater independence and

empower them to take a more active role in life and the community. This exciting role will also provide information on where there may be service gaps when people are recovering from stroke in the community. These gaps in services can then be fed back to relevant departments so that appropriate action can be taken and help pro-

vide a person centered seamless service for stroke survivors on the stroke care pathway. The service is caseload based with outcomes measured by individual goal setting and planning to meet individual needs for a 13 week period. For further information contact the Stroke Project

**“We need more stroke focused rehabilitation exercise” - Evaluation report comment from user**

## Communications Project

The Stroke Project was also successful in its bid to fund communication projects within Hackney. This project has been developed through the stroke project and speech and language therapists at Homerton University Hospital, Adult community

Rehabilitation Team and Therapy at home. One of the major affects of suffering a stroke are communication difficulties this can have a devastating effect not just on the individual but also on families friends and carers. This project aims to provide peo-

ple with the tools to develop communication skills. These tools will help to prevent isolation and develop skills that can help people regain the confidence to return to as normal a pre stroke life as possible.

## Volunteer Recruitment & Training

The Stroke Project is working to Achieve the Investors in Volunteers Award. We have recently advertised for further volunteers to join us in our work supporting people affected by stroke in the community.

This round of applications has been processed. We carried out the selection process

and have provided the 2day induction training program for new volunteers which was held at TLC Care Services, East Road offices on the 25th & 26th February . TLC & the Stroke Project would like to welcome on board **Alice, Susan & Ann Marie** . They are really looking forward to working with the groups. They were very motivated by

the training & the work the project does. We wish them well in their roles and developing their community health care skills & experiences. **If you or someone you know would like to know more about volunteering call Laura at the project for more information**

## Stroke Project Evaluation Report 2008— 2009

- The Stroke Project Evaluation & Consultation for 2008— 09 took place in March 2009. 70 members of the stroke project were interviewed (41 currently attend a group and 22 are past members or on a waiting list). The majority of group members would like to attend a stroke survivors group more than once a week. The vast majority of stroke survivors are attending a stroke project support group to meet other stroke survivors(66%) and to exercise (61%). Approximately half of all stroke project members could not attend a community group if they had to arrange their own transport. From those who have or had the experience of a group would rate the venues as good and enjoyed meeting other people and exercising. All the stroke survivors who took part would like groups to have more and greater variety of activities and more exercise. For further information contact the stroke project.

## Northeast London stroke network

Commissioning Quality Stroke Rehabilitation Services — A commissioning and clinical collaboration event was held in London on 20th March. The Keynote speaker was Professor Roger Boyle, National Director for Heart Disease and Stroke. The event was attended by over 100 people including health professionals, commissioners and the third sector. Other presentation topics included — ***What is stroke rehabilitation, Long Term Care,***

### ***Independent providers and Commissioning.***

Workshops and group discussions were held with local leads and commissioner in groups looking at what current service provision there is in the sector? What pathway do we want for our sector? What are the local opportunities, drivers and challenges? The event closed with an action planning review. There were a number of PowerPoint presentations and these are being

made available from the North East London Stroke Network website.

**“The Shape of things to come — major trauma & stroke Services”**

Easy access versions of the consultation document available from :-

[www.healthcareforlondon](http://www.healthcareforlondon)

Email : [hfl@ipsos.com](mailto:hfl@ipsos.com)

Telephone : 0808 238 5481

Answers & Comments by 8th May 2009

**Training Care Staff —  
working with people affected by stroke**



Above : Janet Hawthorn  
Director of Care Services,  
TLC Care

TLC Care services have had 49 of their own care staff trained during January of this year. The training was provided to give care staff the skills and knowledge to understand more about stroke and its effects as well as providing FAST training on recognizing peo-

ple who are suffering stroke and taking the appropriate emergency action. As many of the people who they care for are often rehabilitating following stroke this training provided the insight into the often complex needs of stroke survivors. If you think that your or-

ganization would benefit from learning more and understanding more about stroke then please contact us. ( Stroke is the leading cause of adult disability in England over 300,000 people are living with moderate to severe disability as a result of stroke).

**Know your numbers—  
manage high blood pressure prevent a stroke**

**Group support sessions diary**

Mondays between 2:00pm and 4:00pm

(supported group) at The Sharp End, ( Dalston Methodist Church), 11 Richmond Road,

Hackney E8 3HY

Nearest bus stop: Kingsland Road/Richmond Road.

Contact: Nansia 020 7017 2810

Wednesdays between 1:30pm & 3:30pm

(self help group) at The Haggerston Road Community Centre, 179 Haggerston Road.

Hackney E8 4JA

Nearest bus stop: Queensbridge Road/ Regents canal

Contact Robert 020 7017 2814

Tuesday & Thursday between 1:30pm & 3:00pm

Survivors groups at Marie Lloyd Day Centre 329 Queensbridge Road

Hackney E8 3LA

Nearest bus stop: Queensbridge Road/ Middleton Road/ Kingsland Road

Contact Laura 020 7017 2815



More from the consultation event held at Hackney Empire

**Up & Coming Events**

A consultation day is being organized by City & Hackney PCT the event is being held at Liverpool Street Station on the 21st April between 11:00am and 6:00pm.

The event is to promote the Healthcare for London ' The shape of things to come— Developing new, high

quality major trauma and stroke services for London.

The event also coincides with the 'know your numbers' campaign being run by TLC Care Services Stroke Project. Some project workers will be around the event taking blood pressure measurements and also offering health advice in particular

to target male members of the public as evidence shows that males are less likely to have their blood pressure checked regularly and may be suffering from hypertension without realizing it—hypertension is one of the major early warning signs of stroke.