

# Dudley Stroke Association

## Annual Report

April 2012 – March 2013

24 hour answer phone helpline 01384 271982

Dudley Stroke Association

5 Watt House Dudley Innovation Centre Pensnett Est. Kingswinford DY6 7YD

Registered Charity No 1100960 Incorporated under the 1985 Companies Act No 4873607

[www.dudleystrokeassociation.org.uk](http://www.dudleystrokeassociation.org.uk)

Affiliated to the Stroke Association



## Chairman's Report



I would like to welcome you to this annual report on the work of Dudley Stroke Association for the past 12 months.

One of the strengths of the organisation continues to be that

majority of the trustees are themselves people who have suffered a stroke, ensuring the work we do is guided by people who have experience of living with “Life after stroke”

It has been another extremely busy and challenging year, and unsettling for our staff with the ongoing uncertainty of funding over the stroke reviews.

Our thanks go to our staff, trustees and volunteers (many of whom have suffered a stroke) without whose hard work and commitment none of the achievements in this report would have been possible

The next twelve months will be challenging but I am sure we will embrace these challenges and continue to build on the good work that has been undertaken.

**Jeanne Hignett**

**Chairman**

## Treasurers Report



It is my pleasure to present the accounts of Dudley Stroke Association for the year ended 31<sup>st</sup> March 2013.

Funding is, of course, a major issue, our core work continuing to be without grants from statutory partners.

However, we are extremely grateful for the continued financial support we receive from general donations and also those specifically in memory of loved ones. These donations account for nearly 50% of our unrestricted income in the year under review..

The deficit for the year of nearly £8,000, whilst not ideal, is bearable in the current economic climate but cannot obviously continue for too many years ahead. The Trustees are constantly looking for new income streams and funding opportunities to enable our work to continue.

I record my usual thanks to fellow trustees for their support and guidance throughout the year

**Graham Jones**

**Treasurer**

# The Work of Dudley Stroke Association

## **Our Vision**

Our vision is a borough in which people who have had a stroke, their families and their carers are supported and able to live fulfilled and independent lives and people are aware of strokes, its effects and preventions.

## **Our Mission**

Dudley Stroke Association aims to provide high quality advice, guidance and support to people, carers and their families who have experienced a stroke and to raise awareness of strokes and stroke prevention in Dudley borough.

## **Our Values**

**Respect and Confidentiality** – we will always treat others with respect and retain confidentiality

**Commitment and Support** – we are committed and supportive to the people who need our help

**Access** – we believe that people who have had a stroke, their families and their carers should have access to information and support

**Equality and Diversity** – we strive for equality of opportunity and value diversity

## Family and Carer Support



Wendy Jackson our Family and Carer Support Worker, continues to visit people who have suffered a stroke and their families. Visiting the ward at least 3 times a week, attending the ward carer support meetings, rehab reviews (as requested) and liaising with people working in the Dudley Stroke Services, Local Authority, voluntary sector, and other agencies as required to ensure the needs of people who have suffered a stroke are met. All people admitted to Russells Hall Hospital with a stroke, are contacted; with an information pack on stroke and its effects provided on admission and My Personal Stroke Record containing their discharge letter with space to record their own personal information along their stroke journey – on discharge.

Wendy also supports the **Coffee Morning**, an opportunity for people to meet twice a month for an informal chat and support.

**Stroke reviews** – the pilot funded by the Black Country Cardiovascular Network, was put on the NHS Improvement website as an example of good practice. and although it evaluated very well, the NHS Dudley were unable to initially identify funding for this work to continue when the pilot project finished on May 2012. Eventually funding was secured for reviews from December 2012 until March 2013 with a view to securing ongoing funding for this work from April 13.

## **Long Term Support – Living with Life after Stroke**

Stroke happens suddenly and without warning, and can have a devastating effect on both the person who has suffered a stroke and their family and friends. It is the highest cause of severe disability in adults in the UK with disability due to their stroke that is why the services we provide are so vital to enable people to come to terms and make the most of living with life after their stroke; many coming to more than one group and asking for more.

### **Expert Patient Programme**



Roger Edwards our Development Officer has again delivered the Expert Patient Programme this year specifically for people who have suffered a stroke with a total of 39 people completing the course. Once again positive feedback has been received on the course and how useful people find it.

### **Talkback**

Communication difficulties affect around one in three who suffer a stroke. Our weekly support group run by Roger Edwards (with support from the Community Stroke Rehabilitation Team) helps people come to terms with their stroke, improve their confidence and build up the skills required to enable them communicate effectively in a variety of situations. The choir formed last year continues to grow in strength, together with people's confidence in their ability.

**SPRIG - Stroke Patients Recreation and Information Group** meets in a local pub for lunch once a month and provides long-term support for people with communication difficulties in a social situation.

## **Family, Carers and Exercise after stroke group**

These continue to meet on the 2<sup>nd</sup> Wednesday and 4<sup>th</sup> Thursday of each month. Members enjoy an hour of exercise, sandwich lunch, the opportunity to meet others in a similar situation, listen to a speaker or enjoy a quiz.

## **The Dell Exercise Group**

This commenced in April 2012 at The Dell Stadium in Pensnett, providing people with the opportunity to use the outdoor gym equipment, walk on the track and take part in more strenuous exercise. The sessions run every Wednesday morning from 10.30am to 11.30am by the Park Activity Rangers have evaluated very well, with a combination of exercise outside – weather permitted – and exercise inside”

One of the spin offs has been that the partners of people attending are also joining in with the exercise.

### **Comments received include:**

“Have benefitted greatly with my arm and leg. Really enjoy it, much improved as I could not use my left arm and leg very well”



“Lovely people really interested in getting us fit and active”

“Exercises keep me mobile”

“A good balance of exercise”

“I try to do better each week. I find that my exercises make me forget about having a stroke. The group leaders are very helpful with any questions that I have” “I have been walking better”

“I find the exercise sessions invaluable to me, they stretch my physical range more than normal”

“Walking on the track surface has built up my confidence to walk so I now have more distance stamina”

“I always feel invigorated after each session”

“It took me some time to start attending, now I really miss a session if I can't make one”

“I prefer exercising outdoors but knowing we can get weekly



exercise is a big bonus”

## Prevention and Stroke Awareness



STROKE IS A MEDICAL EMERGENCY. One person every 5 minutes suffers a stroke somewhere in the UK, but the effects of the stroke can be reduced for some people if they can be taken to hospital in time. It is important that people of all ages recognise the signs of a stroke and ACT FAST.

In Dudley this involves Vanessa Gill taking the **Face Arm Speech Time call 999** message into schools and clubs throughout the borough together with information about the importance of a healthy lifestyle in reducing your risk of a stroke.

The message is also promoted by the FAST message being displayed on sports kits – football, hockey, running, cricket, cycling teams, the Golden Hammer speedway event, bowls teams and on posters, in newspapers, and local publications, with stands at libraries throughout the borough, Russells Hall Hospital and other events.

## Rotary Stroke Awareness Day

Once again an empty shop in the Churchill precinct was the venue for this years event. Over 150 people took advantage of the event to have their blood pressure, blood glucose, height and weight taken. Information was available on the services

provided by Dudley Stroke Association, the FAST message, stroke and its effects, together with information provided by other organisations within the borough

## **Representation at Meetings on Stroke Services**

These include trustee representation at:

### **Quality Practice & Development Group for Stroke - Russells Hall Hospital**

Alan Hackett

### **Black Country Cardiovascular Network Patient Lead Meetings**

Alan Hackett

### **Action for Disability and Carers**

Derek Wheeler

### **Dudley Stroke Implementation Group**

Anne Adams, Derek Wheeler – Patient Representative, Maggie Pearson – Carer Representative

## **Dudley Stroke Association Trustees 2012/13**

**Chairman:** Mrs Jeanne Hignett      **Vice- chairman:** Mr Alan Hackett

**Treasurer:** Mr Graham Jones      **Secretary:** Ms Anne Adams

### **User Representatives:**

Mrs Chris Charles      Mrs Pat Skinner      Mr Derek wheeler

### **Carer Representative:**

Mrs Maggie Pearson

## **Dudley Stroke Association Staff Team**

**Development Officer :** Roger Edwards

**Family and Carer Support Worker :** Wendy Jackson

**Stroke Review and Support Worker:** Lynne Evans

**Stroke Prevention and Awareness:** Vanessa Gill

**Admin Officer:** Gaynor Avison

**Admin Support:** Chris Fradgely and Karen Walters

**Plus our valuable team of volunteers.**