

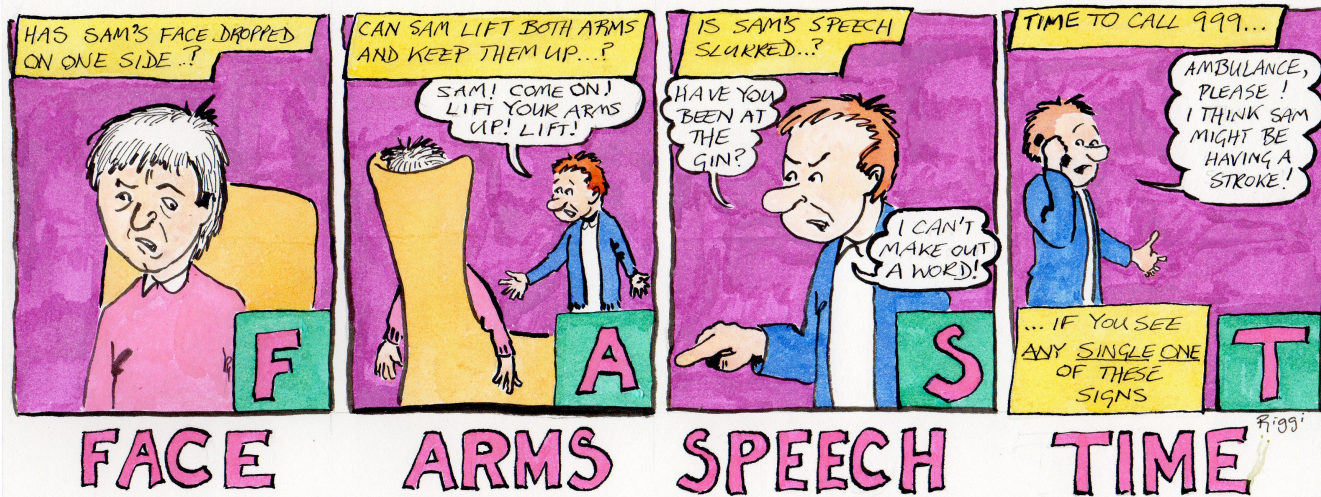
Dudley Stroke Association

Annual Report

April 2013 – March 2014

Stroke a Medical Emergency

IS SAM HAVING A STROKE?



SUSPECT A STROKE CALL 999

Dudley Stroke Association

5 Watt House Dudley Innovation Centre Pensnett Trading Estate Kingswinford DY6 7YD

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

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. Last year we welcomed some new trustees to the board representing the varied groups that are available to people and their families after a stroke, this continues to ensure that the majority of trustees are people who have a personal knowledge of stroke and its impact to share with us, to ensure that our users voices are heard and our work guided by people who have experience of living with “Life after stroke”

It seems incredible the amount of work that has been carried out in the last twelve months. 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 last twelve months have been hard work and challenging, as I am sure, the next twelve months will be 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 31st March 2014.

Funding continues to be a major issue with no continuing statutory funding to secure our core functions. (Long Term Support) We are extremely grateful for the continued financial support we receive from general donations and also those specifically in memory of loved ones.

Dudley Stroke Association was chosen as one of the Mayor's charities during the year, receiving an amazing £12,500. Our huge thanks to Councillor Melvyn Mottram and all involved in raising those funds.

The resulting deficit for the year of £1,262 in our unrestricted funds for the core work providing long term support is considered satisfactory by the Trustees in the current economic climate. However, the one-off donation above distorts the figures for the year and 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 that have had a stroke, their families, their carers are supported, 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

Our Family and Carer Support service aims to contact all people admitted to Russells Hall Hospital with a stroke, and within 7 days of their discharge to offer support for up to twelve months before transferring them to our long-term support team. Support may be offered in many ways, this includes meeting people initially on the ward; visiting them at home; putting them in touch with groups that may help them or referring to other agencies. For some, that regular contact may be a call once a week, fortnight, or month to check all is ok and let them know that they are not alone, that there is a friendly voice, and sympathetic ear always willing to listen, that we are always only a phone call away.

Stroke Reviews – Funding was secured to enable this important work to continue on behalf of the Dudley Clinical Commissioning Group. In addition to 6 month and 12 months reviews, people are now offered a review at 6 weeks post discharge from hospital. The reviews enable us to contact people to see how they are managing, identify any ongoing needs, and offer support and signposting to services as required. 6 week and 12 month reviews via the telephone and 6 months via a home visit. This year also saw the development of our own bespoke review tool, enabling the information gained to be put in a more user-friendly format, but we are grateful for the Greater Glasgow and Clyde network who originally let us use their assessment tool, and without which we would not be where we are today. All people who have suffered a stroke are sent a copy of the review for their information and where referrals are made to other agencies, contacted to ensure this has happened.

Long Term Support –

Living with Life after Stroke

Support is offered in various formats, eg. via groups, one to one contact, home visits, telephone support. The format being decided by the people themselves. It is important that our service tries to be as flexible as possible. No two people who suffer a stroke are the same, it 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.

Family and Carer and Exercise after Stroke Groups are run on the second Wednesday and fourth Thursday of each month, offering an hours chair based exercise programme, cup of coffee, and chance to meet others in a similar situation.

The Dell Exercise Group run by the Park Activity Rangers meets every Wednesday offering people a more intensive exercise regime and the chance to build up their walking tolerance on the running track. Partners join in as well, and finish with a cup of tea/coffee and often a piece of homemade cake.

TALKBACK the support group for people with communication difficulties after a stroke meets every Monday, with support from the Speech and Language Therapists working with stroke in the community. This group enables people to further develop their skills and gain confidence in their communicative ability. They even formed their very own TALKBACK choir, and some members old and new meet on the first Thursday of every month for a pub lunch.

Lunch Club – new for this year initially met on the third Thursday but now meets on the third Wednesday for a pub lunch and replaces the lunch offered as part of the Family and Carers and Exercise Support Group. It is open to all

people who have suffered a stroke and family member/friend and meets at a local pub for a lunch and chat.

Coffee Group - this meets twice a month for in informal chat over a cup of coffee.

Expert Patient Programme

Once again we were able to offer for Expert Patient/Self Management Programme and during the course of the year were successful in gaining our own licence from Stamford University to become a standalone provider with two members of staff becoming qualified tutors. The programme focuses on enabling people to learn to live with their condition and always evaluates well.

Prevention and Stroke Awareness

The message that stroke is a medical emergency continues to be taken into schools, clubs, and groups throughout the Dudley Borough, and promoted on sports kits eg football, cricket, bowls, darts, together with information into newspapers and local magazines. This last year saw the development of the FAST cartoon as shown on the front of this report, together with a revamped poster and information leaflet. As services for stroke develop, it becomes more and more important that people of all ages can recognise the signs and realise that TIME is BRAIN, the faster someone can reach hospital the faster they can receive treatment and hopefully reduce the severity of their stroke.

Rotary Stroke Awareness Day took place at Tesco Burnt Tree Island, over 180 people had 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. We were grateful for support from Dudley Rotary Club who signposted people to the event and FIRST AID - Community First Responders who came along and helped with the checks, we could not have done it without them.

Staff and Trustees also represented the views of people with a stroke at their carers and various meetings throughout the borough

Dudley Stroke Association Trustees 2013/14

Chairman: Mrs Jeanne Hignett

Vice- chairman: Mr Alan Hackett

Treasurer: Mr Graham Jones

Secretary: Ms Anne Adams

User Representative:

Mr Derek Wheeler

Carer Representative:

Mrs Maggie Pearson

Dudley Stroke Association Group Representatives

Mrs Ann Cashmore Mr David Tuplin

Dudley Stroke Club

Mrs Chris Charles

Stourbridge Lunch Club

Mr Andrew Pardoe

Dudley Stroke Association Staff Team

Development Officer : Roger Edwards

Family and Carer Support Worker : Wendy Jackson

Stroke Review and Support Workers:

Lynne Evans, Pauline Caines, Lynne Moore

Stroke Prevention and Awareness: Vanessa Gill

Admin Officer: Gaynor Avison

Admin Support: Chris Fradgely and Karen Walters,

Plus our valuable team of volunteers.