

DUDLEY STROKE ASSOCIATION

ANNUAL REPORT 2018 – 2019

Charity No. : 1100690

Company Limited by Guarantee No.: 04873607

16 High Street, Pensnett, Kingswinford, West
Midlands DY6 7YD

Aims and Objectives

Our Vision

Our vision is a borough in which people that have had a stroke, their families and 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

1. Respect and Confidentiality – we will always treat others with respect and retain confidentiality
2. Commitment and Support – we are committed and supportive to the people who need our help
3. Access – we believe that people who have had a stroke, their families and their carers should have access to information and support
4. Equality and Diversity – we strive for equality of opportunity and value diversity

Governance

Board of Directors:

Alan Hackett	-	Chair
Andrew Pardoe	-	Vice-Chair
Graham Jones	-	Treasurer
Anne Adams	-	Company Secretary
Ann Cashmore		
Christine Charles		
David Tuplin		
Derek Wheeler	-	(resigned September 2018)

Staff

Jayne Emery	-	Chief Officer
Roger Edwards	-	Development Officer/Long Term Support
Pauline Caines	-	Support/Stroke Reviews
Wendy Jackson	-	Support/Stroke Reviews
Lynne Evans	-	Support/Stroke Reviews
Cathy Watson	-	Support/Stroke Reviews
Gaynor Avison	-	Admin Officer
Chris Fradgley	-	Admin/ Long Term Support
Rita Taylor	-	Admin Support
Karen Walters	-	Long Term Support

Volunteers:

Matt Hazeldine
Neil Fulton
Brian Holliday

Chairman's Foreword

2018-19 marked an important phase in the development of the Association as we welcomed to our ranks a new Chief Officer, Jayne Emery, bringing with her considerable experience in the Dudley Health sector and an anticipation of a fresh perspective on our work.

The main focus of our work continues to be to support those persons who suffer a stroke within Dudley Borough. Our first point of contact is mostly while they are still receiving early treatment in Hospital. Our Support workers will then follow them through discharge to recovery at home. We will be in touch with them and their families for the first twelve months, providing information and advice, reviewing their recovery, and providing written reports to NHS Primary Care. We are contracted for this part of our work and receive funding for it from NHS commissioning. We regularly monitor our processes to optimise the use of this income.

During this twelve month period, stroke sufferers will be introduced to a second important aspect of our work namely facilitating regular support groups to improve well-being by appropriate exercise, learning from their peers and regaining confidence in their abilities. For this aspect of our work we have to rely on financial donations which is particularly difficult in these times of austerity. Despite this, the majority of our groups are held weekly to maintain the pace of recovery for the stroke person. Some attend several groups each week determined to build a 'life after stroke'.

The pressure on donations is such that some groups will come under threat unless our finances are consolidated.

For all services we are indebted to our staff colleagues and volunteers who go beyond the bounds of duty to support those who have had the misfortune to suffer this most debilitating of health events.

I also have to thank my fellow Trustees for guiding and supporting our Association through stressful times. I remain hopeful that we can continue to develop our essential work.

Alan Hackett

Current Year

2018 – 2019 has been a very busy year for Dudley Stroke Association, with all staff, trustees and volunteers continuing to provide high quality services that enhance the lives of people who have had a stroke. We firmly believe that 'life goes on after a stroke'.

Stroke Reviews and Family and Carer Support

Dudley Clinical Commissioning Group continued to fund the stroke review and family and carer support services.

Stroke Reviews

Support Workers provide reviews for stroke survivors at 6 weeks following discharge from hospital and at 6 months and 12 months post stroke. Copies of reviews are sent to the stroke survivor along with their GP.

6-week reviews ensure that stroke survivors have the appropriate information and services required following their discharge and to see how they are generally progressing.

6-month reviews take place at the stroke survivors' home and look at all aspects of their recovery, including taking their blood pressure.

12-month reviews take place over the telephone and enable our Support Workers to check how a stroke survivor has progressed from their 6-month review and to check if there are any new concerns.

Family and Carer Support

691 stroke survivors were referred predominantly from Russell's Hall Hospital to Dudley Stroke Association during the year.

Our Support Workers follow up all referrals within 7-10 working days of discharge home, providing support depending on the need of the individual. Support includes sending out a vast array of information,

signposting to other organisations and providing emotional support. Follow up calls are also made to stroke survivors who live outside of the Dudley borough or have a non Dudley GP, where with their permission, referrals are made to their local service for ongoing support.

One of the key benefits of our stroke support service is our ability to be flexible to meet and respond to people's needs.

Following discussions with commissioners and recognising the overlap with support provided by our Support Workers, our contracts have been merged and condensed into one contract.

Group Activities

We continued to run a variety of group activities throughout the year providing valuable long-term support to stroke survivors, their families and carers. These activities include:

Talkback – weekly support group for stroke survivors who have ongoing speech and communication difficulties.

Talkback Lunch Club – monthly club providing peer support to stroke survivors, their families and carers in a relaxed and friendly local pub.

Coffee Morning – meeting every two weeks the group provides an opportunity for stroke survivors, their families and carers to chat and share concerns and ideas.

The Dell Exercise Groups – weekly exercise groups held every Wednesday at the Dell Stadium for stroke survivors, their families and carers. Members also have the opportunity to walk round the track.

Family and Carer Support – weekly friendly and supportive group for stroke survivors, their families and carers. A variety of activities take place including chair-based exercise, quizzes, craft sessions and sing-a-longs.

Public Health Self-Management Programme

Dudley Office for Public Health provided funding during the year for a number of voluntary organisations to deliver Public Health Self-Management Programme (SMP) courses. The 6-week course aims to improve quality of life by giving people confidence, skills and information to help them manage their long-term condition or caring role better on a daily basis. Our contract was extended into 2019 which means more people will benefit from the courses delivered by us.

People attending the course stated how beneficial they found it and following on from the course some then started to attend our groups

Rotary Stroke Awareness Day – Churchill Precinct

Once again we took part in this event offering free blood pressure and blood sugar checks to members of the public. 160 + members of the general public participated. Referrals were made to GP's or advice to attend an appointment, where it was found to be high, was given to 5 people

Board Development

A number of Trustee training and support sessions were held throughout the year. These valuable sessions were facilitated by colleagues from Dudley Council for Voluntary Service.

Patient Activation Measure (PAM)

Dudley Stroke Association were approached by Dudley Clinical Commissioning Group to take part in NHS England's PAM project. We recognise the potential for personalised care interventions to transform and modernise the way our services are delivered. Support Workers attended multi-agency training sessions to identify opportunities for implementing the approach and redesigning review paperwork in order to place the stroke survivor, their families and carers at the centre of their care. This will be an on-going exciting project but will take time to implement

Looking forward....

2019 will be an exciting year for Dudley Stroke Association. New office premises have been identified that provide more space and a presence on the High Street for the staff team. The move is planned for June 2019.

To support the relocation of the offices, a new logo and marketing materials are being developed.

Utilising the revised Greater Manchester Stroke Assessment Tool (GM-SAT2) and Patient Activation Measure training, our Support Workers are reviewing and streamlining our stroke review paperwork to make it more person centred and will be launching it in November 2019. This will ultimately provide our Support Workers with more time to support stroke survivors, their families and carers.

Dudley Clinical Commissioning Group have confirmed funding for the Stroke Review Service and Chief Officer post until 31 March 2021. In addition, Dudley Office for Public Health have extended the funding to deliver the Self-Management Programme until the end of March 2020. Core funding however, continues to be a challenge for us like many other voluntary organisations and identifying additional funding streams will be a priority during 2019 – 2020. We need to ensure that the long term support for people after 12 months and the groups, offering this support continue.