**Helpful resources for R4VAD patients.**

The resources detailed below are intended to help people who are struggling during this difficult time. These can be provided to R4VaD patients at their follow up appointment.

If you feel particularly concerned about any patient, give them the number for the **Samaritans 24 hour helpline (116 123)**. Please then contact the R4VaD office with details of your concern and the patient ID and we will then contact the PI at the recruiting center who can take the issue further.

**Stroke Association**

The stroke association can support patients with information and advice on stroke. Their helpline is **0303 3033100** or patients can email them on [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

The Stroke Association have information and practical advice about life and wellbeing after stroke on their website, including tips from their helpline staff on [managing loneliness and isolation](https://www.stroke.org.uk/finding-support/managing-loneliness-and-isolation).

<https://www.stroke.org.uk/>

The online self-management tool, [My Stroke Guide](https://mystrokeguide.com/), offers patients the opportunity to speak to other stroke survivors and carers online who can provide them with advice, information, videos and support.

They also have public-facing information on COVID-19 and how it might affect stroke patients at [www.stroke.org.uk/coronavirus](http://www.stroke.org.uk/coronavirus)

Their website offers support and details of clubs and groups according to postcode e.g. self-help and support groups

<https://www.stroke.org.uk/finding-support/support-services?field_coverage_array_value=W6+8RF>

**Age UK**

**Age UK advice line:** 0800 678 1602 is a free confidential national phone service for older people, their families, friends and cares which is open 365 days a year (8am-7pm). Patients can contact them if they are feeling lonely or need some practical help and support.

**Age UK telephone befriending service:** Free telephone friendship service for people 60 and over. They will be matched with a likeminded person who is keen to make a new friend and every week they’ll give them a call.

You can sign up on their website or get someone to sign up on your behalf.

<https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>

**Different strokes**

Different strokes helps younger stroke survivors reclaim their lives though active peer support and independent recovery. Due to the current social distancing measures the in person support groups have been temporarily suspended.

However, support is available by telephone. Call them on 0345 1307172 or email them on [info@differentstrokes.co.uk](mailto:info@differentstrokes.co.uk) and they will arrange to call you for support.

**Chest, Heart, Stroke Scotland**

CHSS website has lots of useful information <https://www.chss.org.uk/>

**Other useful phone support**

**Alzhiemer’s Society support line:** 0333 1503456

**SupportLine:** 01708 765 200 offer confidential emotional support to anyone of any age.

**The Silver Line Helpline:** 0800 470 8090 offers friendship and advice to older people

**Regional support**

Alzheimer Scotland

Alzheimer’s Scotland 24 hour freephone dementia helpline: **0808 808 3000** or [**helpline@alzscot.org**](mailto:helpline@alzscot.org)

Dementia advisors: Alzheimer Scotland provide dementia advisors to those living across Scotland. These advisors can provide information and advice to those suffering from dementia or those caring for someone with dementia. They can help patients find the dementia support needed and connect people with local groups and services.

**C001 Edinburgh**: Elizabeth Campbell 0131 551 9350

**C003 Monklands Hospital**, Lanarkshire: Lorna Hart 01698 275300

**C005 Aberdeen**: Lesley Gray and Sarah Howe 01224 644077

**C013 Glasgow**: Kevin Black 0141 410 0106 [kblack@alzscot.org](mailto:kblack@alzscot.org)

**C015 Victoria Hospital,** Fife: Faye Smart and Janine Adair 01592 204541

**C027 Ninewells Hospital**, Dundee Tayside: Wendy Rankin and Jeni Sinclair 01382 210200

Stroke Association

The Stroke Association website has an extensive list of support groups and clubs available across the UK for stroke survivors. Due to the current COVID-19 situation volunteer groups which offer only in person support have been temporarily suspended and are not included in this document. The following resources, which are given by site, are those which appear to be available remotely in some capacity. Further resources can be found on the website.

Not all regions have local support services. If a you unable to find a suitable service in your area patients can contact the stroke helpline on **0303 3033100** or email **helpline@stroke.org.uk**.

**Scotland**

**Telephone Befriending Scotland Pilot**

All Scottish sites (C001, C003, C005, C013, C015, C023) are eligible for the telephone befriending Scotland Pilot.

The telephone befriending service in Scotland offers individuals an opportunity to talk to one of their trained volunteers about their stroke journey and experiences, and find out about services and support within their community. When you sign up to the service, you’ll take part in an eight week programme with one phone call a week at a pre-set time.

* Contact name: Maureen Hunter
* Contact email: [Maureen.hunter@stroke.org.uk](mailto:Maureen.hunter@stroke.org.uk)
* Contact number: 07703 319220

**C013 Glasgow Royal Infirmary**

[Clackmannanshire Stroke Support Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/clackmannanshire-stroke-support-group)

The Stroke Association is working in partnership with the Clackmannanshire Tenants and Residents Federation to provide peer support for people living in the Clackmannanshire area who have been affected by stroke

Contact name: Dawn Price

Contact email: [Dawn.Price@stroke.org.uk](mailto:Dawn.Price@stroke.org.uk)

Contact number: 07776 508630

**England**

Many sites in England and Wales have local stroke recovery services. These services provide practical advice, emotional support and high quality information following a stroke. They will support stroke survivors, careers or family members to rebuild their life after stroke. They will also identify and address any physical needs through a personalised plan.

Stroke recovery services are listed here by site. Some sites however do not have a dedicated stroke recovery service and patients at these sites can contact the generic Stroke association hotline to find out what is available in their area. Alternatively, they can visit the stroke association website.

**C002 Nottingham**- There is no dedicated stroke recovery service in this area. Only face-to-face stroke clubs are available. Please give patients the general stroke helpline.

**C004 Sandwell and West Birmingham**

[Birmingham - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/birmingham-stroke-recovery-service)

Contact name:  Nicola Kenny

Contact email: [bsolteam@stroke.org.uk](mailto:bsolteam@stroke.org.uk)

Contact number:  01213 145092

**C006 Wrexham Maelor Hospital**

[Wrexham & Flintshire - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/wrexham-flintshire-stroke-recovery-service)

Wrexham Maelor Hospital

Contact name: Marie McCarthy

Contact email: [Marie.McCarthy@stroke.org.uk](mailto:Marie.McCarthy@stroke.org.uk)

Contact number: 01978 727559

**C007 Royal Devon and Exeter**

[East Devon - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/east-devon-stroke-recovery-service)

Exeter & District Stroke Association, Forde House

Contact name: Elle Fletcher

Contact email: [Elle.Fletcher@stroke.org.uk](mailto:Elle.Fletcher@stroke.org.uk)

Contact number: 01392 447361

**C008 Penine Acute Hospital Trust**

[Pennine Stroke Support Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/pennine-stroke-support-group)

The Pennine Stroke Support Group is a Stroke Association voluntary group

Castleton Community Centre

Contact name: Christine Pitt

Contact email: [Chris-48@hotmail.co.uk](mailto:Chris-48@hotmail.co.uk)

Contact number: 07747 634399

**C009 Lancashire Teaching Hospitals**

[Central Lancashire - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/central-lancashire-stroke-recovery-service)

Contact name: Debby McCormack

Contact email: [CentralLancashire.Team@stroke.org.uk](mailto:CentralLancashire.Team@stroke.org.uk)

Contact number: 07515 597259

[Preston Life After Stroke Support Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/preston-life-after-stroke-support-group)

The Preston Life After Stroke Support Group is the main social contact point between Stroke Association staff, volunteers and stroke survivors in the Preston area.

Contact name: Paul McGovern

Contact email: [eandpmc@hotmail.com](mailto:eandpmc@hotmail.com)

**C010 Poole Hospital:** There is no dedicated stroke recovery service in this area. Only face-to-face stroke clubs are available. Please give patients the general stroke helpline.

**C011 Yeoville**: There is no dedicated stroke recovery service in this area. Only face-to-face stroke clubs are available. Please give patients the general stroke helpline.

**C012 Salford Royal**

[Salford - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/salford-stroke-recovery-service)

Contact name: Dawn Dwyer

Contact email: [Salford.SRS\_CS@stroke.org.uk](mailto:Salford.SRS_CS@stroke.org.uk)

Contact number: 0161 2064028

[Trafford Heart Stroke Club](https://www.stroke.org.uk/finding-support/clubs-and-groups/trafford-heart-stroke-club)

The Trafford Heart Stroke Club welcomes new members and offer a range of activities including outings, meals and exercise. They provide social support to people affected by stroke. For more information, please get in touch

Contact name: Edmund Slater

Contact email: [traffordheartstrokegroup@ymail.com](mailto:traffordheartstrokegroup@ymail.com)

Contact number: 0161 7469503

[South Manchester Stroke Support Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/south-manchester-stroke-support-group)

We offer social, peer and communication support, speakers, entertainment for those affected by stroke.

Contact name: Susan Cattermole

Contact email: [cat6362@live.co.uk](mailto:cat6362@live.co.uk)

Contact number: 0161 2928164\07884 227020

**C014 KCH Denmark Hill:** There is no dedicated stroke recovery service in this area. Only face-to-face stroke clubs are available. Please give patients the general stroke helpline.

**C016 Leicester Royal Infirmary**

[Leicester - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/leicester-stroke-recovery-service)

Leicester General Hospital Nhs Trust

Contact name: Dolores Watters

Contact email: [dolores.watters@stroke.org.uk](mailto:dolores.watters@stroke.org.uk)

Contact number: 07538 795269

[4Ward Strokes Leicester](https://www.stroke.org.uk/finding-support/clubs-and-groups/4ward-strokes-leicester)

Long term peer and social support is a vital lifeline for everyone affected by stroke. As a Stroke Association voluntary group, we play a significant role in providing such support and we aim to provide the necessary assistance so that, together, we can conquer stroke. We want to make a difference to the long-term wellbeing of people affected by stroke.

Contact name: Julie Monk

Contact email: [julie.monk@stroke.org.uk](mailto:julie.monk@stroke.org.uk)

Contact number: 07530 907712

**C017 Addenbrooke’s**

[Cambridge Stroke Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/cambridge-stroke-group)

This stroke group provides information and support to stroke survivors and their carers. The group always offers a warm welcome, friendly faces and the opportunity to talk to someone who understands what you are going through, because they've been through it too. You'll be able to share experiences and ideas and receive support from others who know how stroke changes lives.

Contact name: Helen Long

Contact email: [info@cambridgestrokegroup.co.uk](mailto:info@cambridgestrokegroup.co.uk)

**C018 Morriston hospital**

[Swansea & Neath Port Talbot - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/swansea-neath-port-talbot-stroke-recovery-service)

Contact name: Jason Haynes

Contact email: [Jason.Haynes@stroke.org.uk](mailto:Jason.Haynes@stroke.org.uk)

Contact number: 01792 702222ext4232

[Community Steps South West Wales - Community Integration Service](https://www.stroke.org.uk/finding-support/support-services/community-steps-south-west-wales-community-integration-service)

Our Community Integration Service has a variety of groups to help people reconnect with their local community, and gain peer support and encouragement to access the resources on hand.

Contact name: Amanda Cox

Contact email: [Amanda.Cox@stroke.org.uk](mailto:Amanda.Cox@stroke.org.uk)

Contact number: 07717 275765

**C019 PRUH**

[Lewisham Stroke Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/lewisham-stroke-group)

Contact name: Barry Coppock

Contact email: [barry.coppock@stroke.org.uk](mailto:barry.coppock@stroke.org.uk)

Contact number: 02085 239443

**C020 UCL:** There is no dedicated stroke recovery service in this area. Only face-to-face stroke clubs are available. Please give patients the general stroke helpline.

**C021 St Georges Hospital**

[Wandsworth - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/wandsworth-stroke-recovery-service)

Contact name: Phoebe Heinrich

Contact email: [Phoebe.Heinrich@stroke.org.uk](mailto:Phoebe.Heinrich@stroke.org.uk)

Contact number: 07946 085279

**C022 Leeds General Infirmary**

[Leeds - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/leeds-stroke-recovery-service)

Contact name: Carolyn Dunwell

Contact email: [leeds.ias@stroke.org.uk](mailto:leeds.ias@stroke.org.uk)

**C024 Royal Hallamshire Hospital**

[Sheffield - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/sheffield-stroke-recovery-service)

Contact name: Jane Hammond

Contact email: [Sheffield@stroke.org.uk](mailto:Sheffield@stroke.org.uk)

Contact number: 07717 275705

[Sheffield - Emotional Support](https://www.stroke.org.uk/finding-support/support-services/sheffield-emotional-support)

Sheffield Emotional Support service provides counselling and emotional support to stroke survivors and their carers. Together, we can explore issues such as loss, adjustment, relationships, understanding guilt and anger, and building confidence and self-esteem.

Contact name: Charlotte Gutu

Contact email: [Charlotte.Gutu@stroke.org.uk](mailto:Charlotte.Gutu@stroke.org.uk)

Contact number: 07342 049977

**C025 St Thomas’ Hospital:** There is no dedicated stroke recovery service in this area. Only face-to-face stroke clubs are available. Please give patients the general stroke helpline.

**C026 Queen Elizabeth King’s Lynn**

[West Norfolk - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/west-norfolk-stroke-recovery-service)

Contact name: Vanessa John

Contact email: [Vanessa.John@stroke.org.uk](mailto:Vanessa.John@stroke.org.uk)

Contact number: 07515 596698

[West Norfolk - Long Term Support](https://www.stroke.org.uk/finding-support/support-services/west-norfolk-long-term-support)

The West Norfolk Long Term Support Service aims to help stroke survivors achieve independence. We can provide high quality information, practical advice and emotional support following a stroke.

Contact name: Gemma Smith

Contact email: [Gemma.Smith@stroke.org.uk](mailto:Gemma.Smith@stroke.org.uk)

Contact number: 01366 377803

**C028 Southampton General Hospital:** There is no dedicated stroke recovery service in this area. Only face-to-face stroke clubs are available. Please give patients the general stroke helpline.

**C029 Kingston Hospital**

[Kingston Stroke Support Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/kingston-stroke-support-group)

Contact name: Martin Sandom

Contact number: 07773 696780

**C030 The Princess Royal Telford**

[Shrewsbury & District Stroke Club](https://www.stroke.org.uk/finding-support/clubs-and-groups/shrewsbury-district-stroke-club)

What does your local stroke group offer? Information about stroke and local services that might help, Support for you, your friends and family through a range of social activities, help in regaining your confidence after a stroke, A warm welcome and a friendly face & the opportunity to talk to someone who understands because they’ve been through it too.

Contact name: Olive Ellis-Morgan

Contact number: 01743 352885.

**C032 Arrowe Park Hospital**

[Wirral - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/wirral-stroke-recovery-service)

Contact name: Matthew Hebden

Contact email: [Matthew.Hebden@stroke.org.uk](mailto:Matthew.Hebden@stroke.org.uk)

Contact number: 01516 257038

**C034 Blackburn**

[Blackburn - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/blackburn-stroke-recovery-service)

Contact name: Maureen Duffy

Contact email: [Blackburn.Team@stroke.org.uk](mailto:Blackburn.Team@stroke.org.uk)

Contact number: 01254 367430

[Preston Life After Stroke Support Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/preston-life-after-stroke-support-group)

The Preston Life After Stroke Support Group is the main social contact point between Stroke

Association staff, volunteers and stroke survivors in the Preston area.

Contact name: Paul McGovern

Contact email: [eandpmc@hotmail.com](mailto:eandpmc@hotmail.com)

**C035 Royal United Hospitals of Bath**

[Bath - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/bath-stroke-recovery-service)

Contact name: Philippa Gordon

Contact email: [Philippa.Gordon@stroke.org.uk](mailto:Philippa.Gordon@stroke.org.uk)

Contact number: 01225 831544

**C036 Pilgrim Hospital**

[Lincolnshire - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/lincolnshire-stroke-recovery-service)

Contact name: Stroke Helpline

Contact email: [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

Contact number: 07515 597262

**C037 Lincoln County Hospital**

[Lincolnshire - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/lincolnshire-stroke-recovery-service)

Contact name: Stroke Helpline

Contact email: [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

Contact number: 07515 597262

**C040 University Hospital North Durham**

[Durham Stroke Recovery - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/durham-stroke-recovery-stroke-recovery-service)

Contact name: Laura Heatley

Contact email: [Laura.Heatley@stroke.org.uk](mailto:Laura.Heatley@stroke.org.uk)

Contact number: 01388 771524

[County Durham Stroke Club](https://www.stroke.org.uk/finding-support/clubs-and-groups/county-durham-stroke-club)

Contact name: I Wylie

Contact email: [info.durhamstrokeclub@gmail.com](mailto:info.durhamstrokeclub@gmail.com)

Contact number: 01913 861291

**C041 Hull Royal Infirmary:**

[Hull Talk The Stroke Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/hull-talk-stroke-group)

The group provides information and peer support and offers social and recreational activities as a social support group.

Contact name: Jo Chapman

Contact email: [pauljo@pauljo.karoo.co.uk](mailto:pauljo@pauljo.karoo.co.uk)

Contact number: 07958 514352

**C042 Broomfield Hospital**

[Mid Essex - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/mid-essex-stroke-recovery-service)

Contact name: Beverly Reynolds

Contact email: [Beverly.Reynolds@stroke.org.uk](mailto:Beverly.Reynolds@stroke.org.uk)

Contact number: 01621 725302

**C043 St Peter’s Hospital**

[Surrey - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/surrey-stroke-recovery-service)

Contact name: Tony Baxter

Contact email: [surreystrokerecovery@stroke.org.uk](mailto:surreystrokerecovery@stroke.org.uk)

Contact number: 02079 401340

**C044 Scarborough Hospital**

[Scarborough Stroke Club](https://www.stroke.org.uk/finding-support/clubs-and-groups/scarborough-stroke-club)

0.4 miles

1 Plaxton Court

Contact name:

Eleanor Paterson

Contact email:

[eleanorpaterson@btinternet.com](mailto:eleanorpaterson@btinternet.com)

Contact number:

01723 870956

**C045 Royal Lancaster Infirmary**

[Morecambe Bay - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/morecambe-bay-stroke-recovery-service)

Contact name: Sam Lord

Contact email: [MorecambeBay.Team@stroke.org.uk](mailto:MorecambeBay.Team@stroke.org.uk)

Contact number: 01524 69672

**C046 Stepping Hill Hospital**

[Stockport - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/stockport-stroke-recovery-service)

Contact name: Emma Falokun

Contact email: [Stockport@stroke.org.uk](mailto:Stockport@stroke.org.uk)

Contact number: 07392 082791

**C047 University Hospitals of Coventry**

[Earlsdon Stroke Support Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/earlsdon-stroke-support-group)

Contact name: John Wilkin

Contact email: [j\_wilkin@icloud.com](mailto:j_wilkin@icloud.com)

Contact number: 07980 162748

**C048 Aneurin Bevan**

[Caerphilly - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/caerphilly-stroke-recovery-service)

Contact name: Jacquelyn Moore

Contact email: [Jacquelyn.Moore@stroke.org.uk](mailto:Jacquelyn.Moore@stroke.org.uk)

Contact number: 07903 402287

[Blackwood Stroke Support Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/blackwood-stroke-support-group)

Contact name: Mike Rees

Contact email: [mikerees650@gmail.com](mailto:mikerees650@gmail.com)

Contact number: 07941 786918

**C049 Gloucestershire Royal Hospital:** There is no dedicated stroke recovery service in this area. Only face-to-face stroke clubs are available. Please give patients the general stroke helpline.

**C050 Royal Victoria Infirmary**

[Stroke North](https://www.stroke.org.uk/finding-support/clubs-and-groups/stroke-north)

Stroke North is an informal club to aid those who have been affected by stroke, either directly or indirectly.

Contact name: Daniel White

Contact email: [dan.twhite@yahoo.co.uk](mailto:dan.twhite@yahoo.co.uk)

Contact number: 01912 363619

**C051 Bradford Royal Infirmary**

[Calderdale Stroke Support Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/calderdale-stroke-support-group)

Contact name: Eric Taylor

Contact email: [catherine.scoggins@stroke.org.uk](mailto:catherine.scoggins@stroke.org.uk)

Contact number: 07971 442780

**C052 Pinderfields Hospital**

[Wakefield - Stroke Recovery Service](https://www.stroke.org.uk/finding-support/support-services/wakefield-stroke-recovery-service)

Contact name: Kayleigh Ratcliffe

Contact email: [Wakefield.Team@stroke.org.uk](mailto:Wakefield.Team@stroke.org.uk)

Contact number: 01924 372525

**C052 Charing Cross Hospital**

[Hammersmith & Fulham Stroke Group](https://www.stroke.org.uk/finding-support/clubs-and-groups/hammersmith-fulham-stroke-group)

Contact name: Sonia Timlett

Contact email: [w\_bando@hotmail.com](mailto:w_bando@hotmail.com)

Contact number: 07925 130325