

Dudley Stroke Association

Annual Report

April 2011 – March 2012

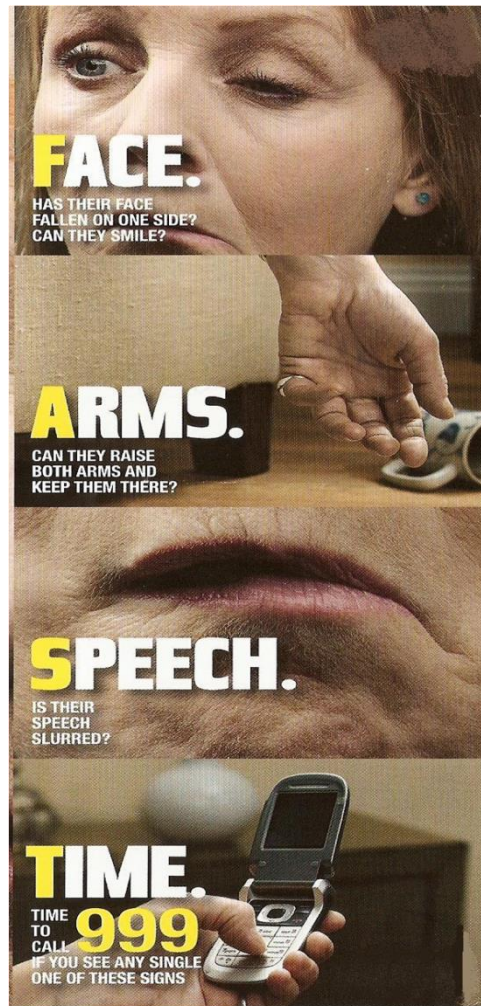
Suspect

a

Stroke

Act

FAST



24 hour answer phone helpline 01384 271982

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

Dudley Stroke Association

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

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.

It has been another extremely busy and challenging year, which after consultation finally saw the launching of Patient Held

notes. It is important people feel they are have some ownership of their condition. These, provided to all on discharge, enable people e.g. to have copy of their discharge letter, places to record their blood pressure, record progress made, with a list of useful telephone numbers and glossary of stroke terms.

We were successful in obtaining funding for a 12 month pilot project, through the Black Country Cardiovascular Network to carry out the 6 and 12 month reviews on behalf of the Dudley PCT. All people 6 months after their stroke are offered a home visit to discuss how they are managing, any difficulties they may be facing, and information required.

The NHS faces many challenges and changes over the next twelve months as we move from Primary Care Trust to Clinical Commissioning Group, but we look forward to working with them as these changes occur for the benefit of people who have suffered a stroke and their families.

One of the strengths of the organisation is 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”

Without the hard work and commitment of our staff, trustees and volunteers - many of whom have suffered a stroke, none of the achievements in this report would have been possible; our thanks go to all of them.

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 again my pleasure to present the accounts of Dudley Stroke Association for the year ended 31st March 2012.

Although unrestricted funds show a deficit of £4,432 for the year, the Trustees consider the position satisfactory, given the current economic climate.

The company's finances continue to be adequate going forward into 2012-13, however, the trustees are constantly aware of the financial constraints affecting both ourselves and our funding partners for the foreseeable future.

Finally, I record my thanks to fellow Trustees for their guidance and support and, as always, my thanks to those who remembered and supported us in memory of loved ones.

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. 462 people were admitted to Russells Hall Hospital with a stroke, all are contacted. Over 1200 telephone calls were made, 100 crises calls acted on, and 74 requests for information in addition to the 374 stroke information packs provided to all admitted.

Stroke reviews - The Accelerating Stroke Improvement Programme states that all people who have suffered a stroke should be reviewed 6 and 12 months following their stroke. Working with Dudley PCT, we were successful in gaining funding from the Black Country Cardiovascular Network to run a pilot to carry out the 6 and 12-month reviews on behalf of the PCT, using a web based review programme developed by the NHS Greater Glasgow and Clyde Stroke Service. People are visited in their own homes and asked a series of questions about their progress, how they are managing following their stroke and subsequent discharge from hospital and to identify any new difficulties they may be having. This resulted in 124 referrals being made to both other agencies and DSA services.

During the pilot, the reviews were favourably received. Examples of comments made include:

- 'good to know we have not been forgotten'
- 'reviews of benefit as without would not have attended EPP which was enjoyed'
- 'therapy excellent, EPP enjoyed, reviews helpful in recovery'
- 'support & therapy helped. We wouldn't get anywhere if we didn't have these reviews'

- 'reviews are of great benefit to client & carer'
- 'full of praise for Expert Patient Programme helped stroke survivor and carer'

In addition, the following benefits to patients were identified:

- Patients have a central point of contact to an organisation dedicated to stroke rather than having to contact their GP.
- Reviews can identify potential need for further rehabilitation. Some patients may not have been suitable previously but may be at the time of review.
- Reviews can identify gaps in equipment, making patients more independent. There may be some tasks that patients now want to carry out that they would not have considered before but do not have the necessary equipment to do so. DSA is also able to refer for a reassessment of equipment for patients so that they are not struggling with equipment that might not suit them.
- Reviews can identify gaps in high level cognitive aspects that patients are struggling with and refer on accordingly.
- Also to pick up potential support that the carer needs.

The NHS Improvement Programme has expressed interest in the pilot and it has been suggested that we submit it to them as an example of good practice for their website, which we hope to do in the coming year.

The pilot project ends in May 2012 we hope to work NHS Dudley to obtain funding for this work for this work to continue.

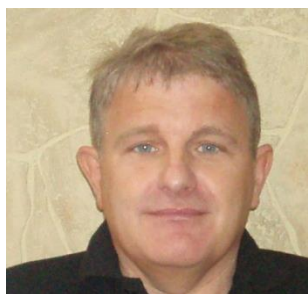
My Personal Stroke Record

After almost two years of consultation with users – both people who have suffered a stroke and their carer- to identify the content, these were eventually launched in May 2011 with the name Patient held notes, but very soon became “My Personal Stroke Record”. Supplied by Dudley Stroke Association and given out to all people who have suffered a stroke on discharge, they have been well received. Change is never easy and initially it took time working with acute services to ensure that all people receive them and that the discharge letter goes into them, so they people have their very own copy.

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 Office has delivered 3 Expert Patient Programmes this year specifically for people who have suffered a stroke with a total of 38 people completing the course. Once again feedback has been extremely positive with people stating how useful they have found it.

Coffee Morning

This continues to meet in a local pub twice a month giving people whether a carer or someone who has suffered a stroke the chance to meet others in a similar situation and is regularly attended by up to 25 people

Talkback

One in three people who survive a stroke will be left with some long-term communication disability (aphasia). The ability to communicate is something we all take for granted, but it is not just the ability to talk that can be affected, but both our understanding of the spoken and written word, the ability to find the words

we want to say, reading, writing, numbers. If you cannot add up numbers anymore then managing money and going shopping may be difficult.

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. A new activity over the last twelve months has been the formation of our very own choir. Between 20 and 30 people, attend the group that meets for 2 hours each Monday that is 1118 attendances over the last twelve months.

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 2nd Wednesday and 4th 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. Over the past twelve months the attendances of people with a stroke total 318 and by carers 122. For some people this is now not enough and we are starting an exercise group working with the Park Rangers at The Dell in April 2012. We look forward to reporting on the progress of this in next year's annual report.

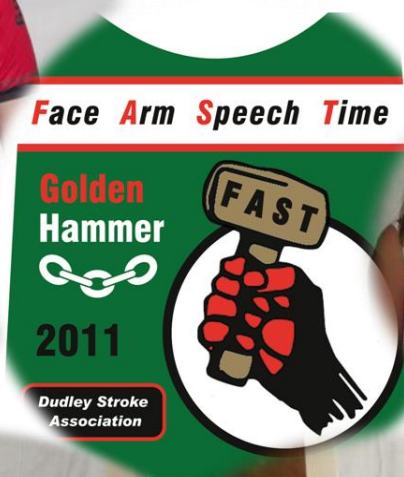


Prevention and Stroke Awareness



Vanessa Gill delivers our FAST stroke awareness programme funded by Dudley Public Health. This involves taking the FAST message into Schools and clubs throughout the borough, plus raising awareness by putting the FAST message onto 32 sports kits and at the Dudley Heathens Speedway Golden Hammer

Event, where the riders bibs all displayed the FAST message and prior to the event starting the audience, were informed about the importance of FAST, and what it stands for.



Red Hill School Volley Ball Team



Kingsley Olympics

Dudley Ladies Hockey Team

All audiences receive leaflets and a poster displaying the FAST message. In addition information has been sent to eg. Dudley Council Plus, Libraries, Dudley Hospital Radio Magazine and Local Newspapers. To coincide with a re-run of the TV advertising campaign in February 2012 we had a stand in the foyer at Russells Hall Hospital.

Rotary Stroke Awareness Day

An empty shop in the Churchill precinct was the venue for this years event. 157 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 Dudley Stop Smoking Service, Weight Management Team, Healthy Eating, Health through Warmth and Dudley Carers. We thank them all for their ongoing support and look forward to working with them in the future.

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 2011/12

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