

**Dudley Stroke Association
Annual Report
2017-2018**

***Past, Present
&
Future***

**The person with a stroke
and their family are at the
centre of our
Service**

“Life goes on after stroke”



Welcome to our Annual Report this year celebrating 30 years of Dudley Stroke Association. Our primary objective remains long-term support for Stroke sufferers and their families. The feedback we get endorses that we are accomplishing our aims.

When support by the acute NHS inevitably tapers off, our service users need friendly, knowledgeable reassurance that what they are experiencing is 'normal' following a stroke. We create opportunities to meet with people in similar circumstances and work together to improve abilities under the guidance of our experienced staff, to achieve a fulfilling life again.

By contacting Stroke sufferers 6 weeks, 6 months and 12 months after their event, we can report back to clinicians on recovery or continued areas of concern. At the same time we can signpost people to services that will make their journey easier. This reviewing procedure is recommended in the National Stroke Strategy and has therefore attracted valuable funding to our Association. Planned changes in the commissioning process will need careful management to retain this level of service.

As economic austerity continues to bite, funding streams remain a high concern for our trustees. As a direct result of cuts, our proactive approach to raising Stroke awareness in the general public took a setback in 2017-8. This has long-term implications as we rely on an informed public to trigger prompt treatment at the onset of Stroke. Our dissemination of information by a person who had herself suffered a Stroke gave an effective and lasting impression.

It remains for me to thank the Trustees for their commitment and support for the Association. They bring a range of experience and skill to their obligation to ensure that the Association is well run and achieves its prime objectives.

The staff continue to be our most important asset. The devotion to delivering person-centred care and their empathy with our users never fails to impress and deserves our unreserved thanks.

Alan Hackett

Chairman

The Past

2017 WAS AN IMPORTANT YEAR

WE CELEBRATED OUR 30TH BIRTHDAY

HOW DID IT ALL BEGIN?

Dudley Stroke Association was launched on the 26th June 1987 in the Market Place Dudley by Sir David Atkinson, Director General of the Chest Heart and Stroke Association (it became The Stroke Association in 1992)

- 1987** - Nowhere local to get information
- In hospital weeks and months, even a year after a stroke
 - No co-ordinated approach to stroke care, people were admitted to a variety of hospitals throughout the Dudley Borough

We were based at Burton Road Hospital



A 24 hour telephone help line was put in place, and stroke information packs provided

1998 Adopted the CHSA constitution to become *CHSA Dudley Association of Stroke Support Services* – known as Dudley Stroke Association. We were the second group in the country to do it.

1993—2007 saw Dudley Stroke Association based at The Guest Hospital

1998 People who had themselves suffered a stroke started to visit people on the stroke rehabilitation ward at Corbett Hospital every Friday afternoon and took part in the stroke information evenings

and

The first TIA /Mini stroke Awareness

campaign was launched with concern amongst medical personnel regarding how would they cope if all people with these symptoms were referred —

How times change!!!

Warning

Have you had a mini-stroke?

One or more of the following may be a warning sign of a stroke:

- Sudden weakness or numbness of the face, arm or leg.
- Sudden dimness or loss of vision, particularly in one eye.
- Sudden difficulty speaking or understanding speech.

Warning signs may last only a few moments - then disappear.

If you observe any of these signs, contact your doctor as soon as possible.

PRODUCED BY DUDLEY STROKE ASSOCIATION

Working with Dudley Health Authority posters and tapes were produced in English, Gujarati, Hindi, Arabic, and Cantonese, backed up by talking to local community groups

2003 Charitable status was gained and we became a company limited by guarantee

2005 The Guest Hospital closed and the trustees decided it was time we moved into our own office space we moved into our first premises at Pensnett House

2006 we appointed Roger Edwards as Development Officer 16 hours a week, providing phone support, home and hospital visits to the stroke rehab ward at Corbett Hospital

2008 Funding was obtained to provide the Family and Carer Support Service—Wendy Jackson joined us with Gaynor Avison providing much needed Admin support.

Celebrated our 21st birthday at the Village Hotel. Consultation took place on the information people would like in “My Personal Stroke record”

2010—2016 Funding was obtained to promote the FAST stroke awareness campaign from Public Health, initially through NHS Dudley and then from 2013 the local authority when public health medicine moved to be under their umbrella

Posters and leaflets were developed with Vanessa taking the message into schools, groups, GP surgeries and promoted on a variety of sports kits. Dr Damien Jenkinson from the National Improvement Programme, asked for details and pictures, to use us as a good example in his talks.



2010 We moved into our present offices 5 Watt House on the Pensnett Trading Estate

2011 Funding obtained from the Black Country Cardiovascular Network to carry out 6 month stroke reviews as a pilot study, following that success and good evaluation in

2012 Dudley PCT agrees to fund the 6 month stroke reviews and subsequently review at 6 weeks and 12 months.

Representation -In the last 30 years representatives from Dudley Stroke Association have taken an active part in ensuring the views of people after a stroke have been heard from being involved in developing community stroke services, local and regional stroke implementation groups and nationally as part of the stroke improvement programme.

December 2017 celebrating 30 years with a meal at Brierley Hill Civic and news that our long needed funding for a Chief Officer was to be met by the CCG. Jeanne Hignett – founder member became our president, and our new website was launched.

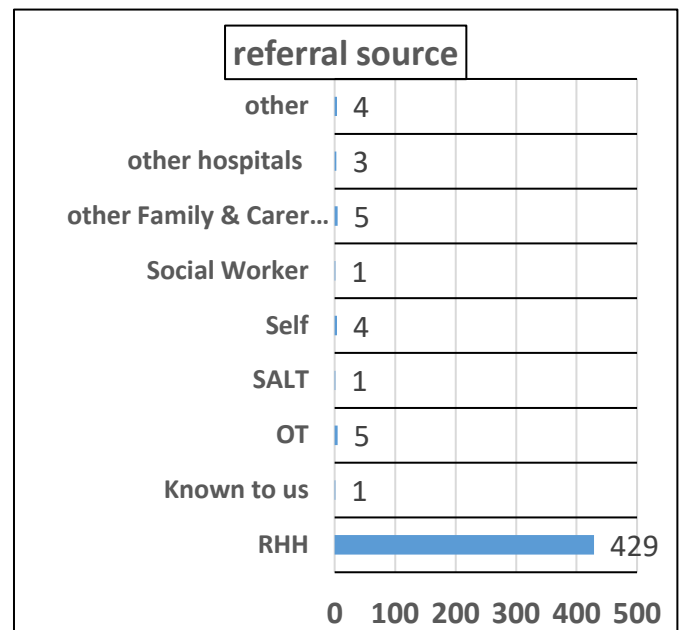
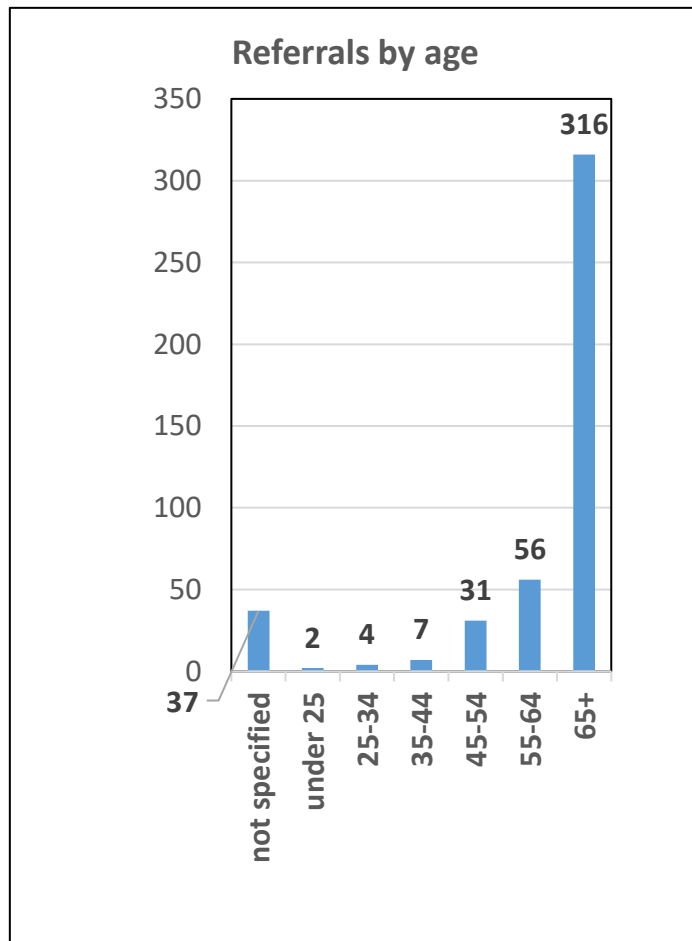
The Present

2017-2018

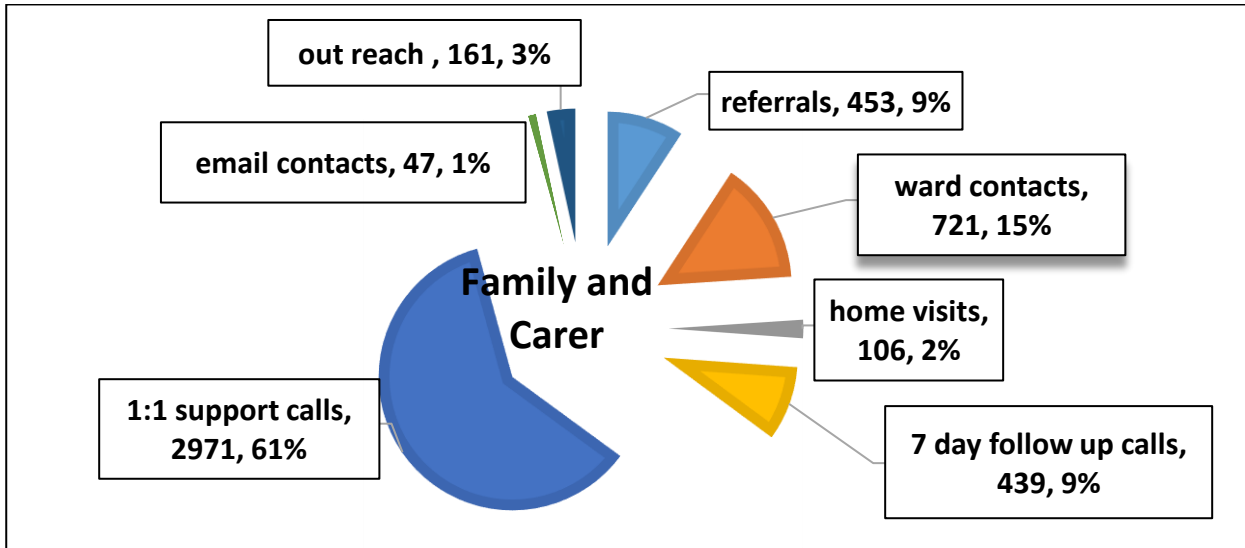
Dudley Stroke Association are funded by Dudley Clinical Commissioning Group to provide:

Family and Carer Support service All people who are admitted to Russells Hall Hospital (RHH) with a stroke are referred to us, visiting the ward to make contact with people who have suffered a stroke and their families, contacting them within 7 days of discharge and providing ongoing support for up to 12 months

Referrals also come from other Family and Carer support workers, where Dudley residents may have been treated in a hospital outside the area. Likewise DSA refers people, admitted to RHH to their local relevant support service



Whilst majority of our referrals are 65 plus, stroke affects people of all ages, and different challenges face the younger stroke and people of working age, in returning to work and family life. Like all organisations we need to look at how we can best support these people whose individual needs are often very different

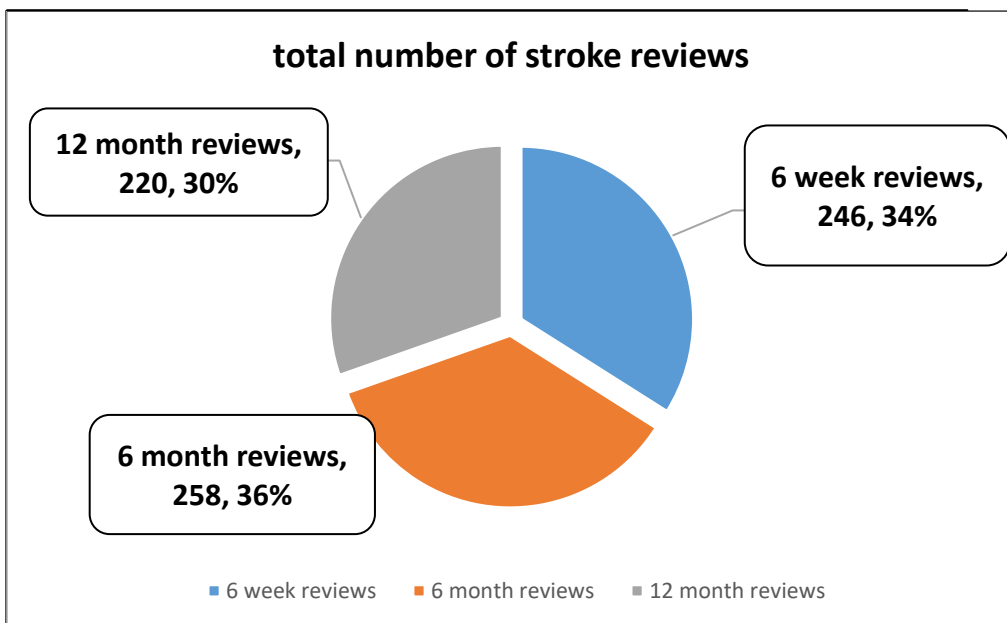


Information packs on stroke and its effects are provided for all admitted to RHH with a stroke together with other information on stroke and its effects as requested, e.g. benefits, tiredness, memory problems, holidays

6 week, 6 month and 12 month stroke reviews—all people are entitled to a 6 month review between 4 and 6 months after their stroke, at 6 weeks post discharge from hospital and at 12 months post stroke.

Copies of all reviews are sent to both the person who have suffered a stroke and their GP

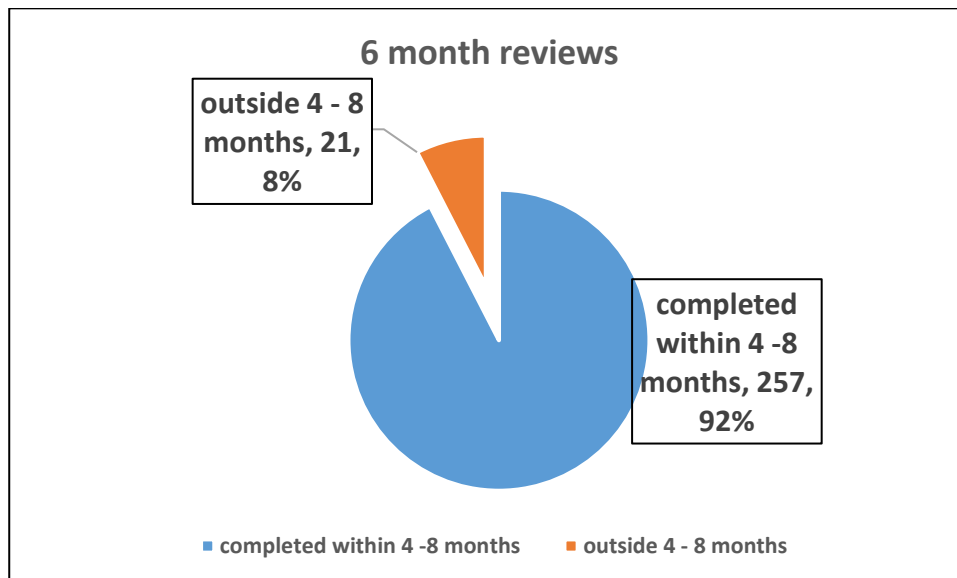
Where problems or difficulties are identified people are referred or signposted as appropriate.



Problems identified included, depression, incontinence, medication compliance, concern over debts, memory, poor appetite.

Information sent out included: Blue badge, cholesterol, memory difficulties, benefits, visual difficulties after a stroke, emotional difficulties, depression, smoking and stroke

Referrals made included: pharmacy for medibox, GP, Action Heart for exercise programme, DSA groups, CADAL (Citizens advice and Disability helpline), Psychology



.Dudley Stroke Association does not work in isolation, we work with both the statutory and the voluntary sector to signpost and refer where help may be required

The Self-Management programme funded by Dudley MBC is a 6 week course that 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. By taking part in a programme people were able to:

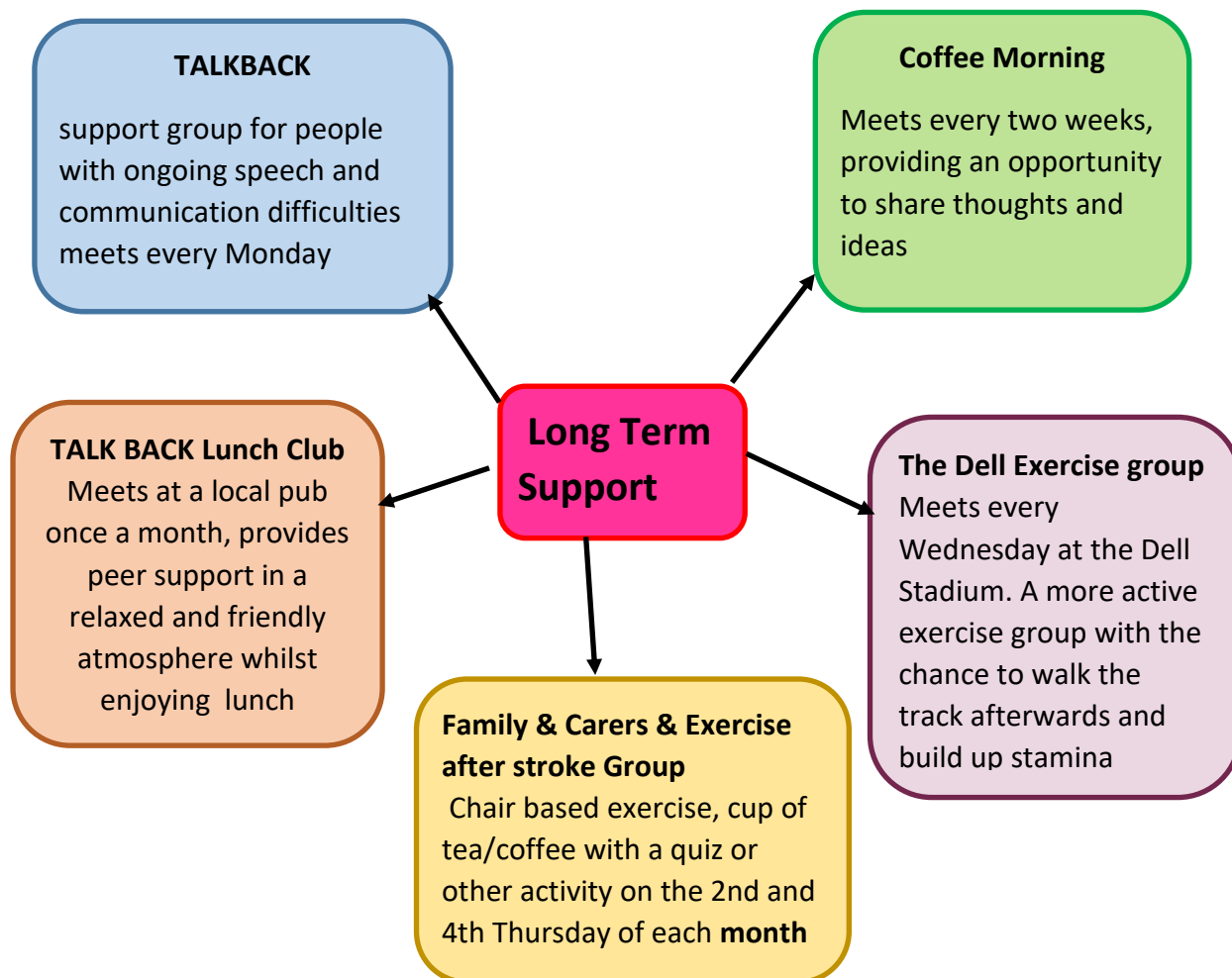
- Learn new skills to manage your health condition
- Develop confidence in the daily management of your specific condition
- Meet others and share similar experiences
- Learn how to develop more effective relationships with healthcare professionals

Topics included:

- Getting a good nights sleep
- Coping with difficult emotions/depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with friends and family and health professionals
- Dealing with pain and extreme tiredness

53 people completed the course, BUT sadly funding ceased in March 2018

BUT Stroke is for life, its effects often do not stop at 12 months so the unfunded long term support we provide is invaluable... It is often when therapy stops that the impact of stroke on the person and their family becomes a reality. **WE** firmly believe that **“Life goes on after a stroke”** and try to work with people to help them come to terms with it.



Rotary Stroke Awareness / Know your Blood Pressure Day

Dudley Stroke Association has been taking part in this event for several years as we feel it is an important opportunity to raise awareness into stroke and encouraging people to be aware of their risk factors.

This year our venue was an empty shop in a shopping centre.

Health checks carried out were: height, weight, blood pressure, blood sugar and with the support of public health colleagues cholesterol. Over 168 people took part, and people identified with high blood pressure or high blood sugar levels were referred to their GP for advice and assessment.

THE FUTURE

Like all voluntary organisations the future is always uncertain, BUT as we have met the challenges in the last 30 years, then we will in the next.

We look forward to welcoming Jayne Emery as Chief Officer from June 18, and working with her to both develop the services we provide and to ensure they are of the highest standard.

The Family and Carer Service, Stroke Reviews and our Chief Officer post are at the present funded by the Dudley Clinical Commissioning Group, as they move toward the MCP, then challenges lay ahead for us to ensure our services are still funded.

The Local Authority will be looking at going out to tender for some services, and to ensure we can be involved the organisation decided to become part of a Limited Liability Partnership. With other voluntary organisations within the Dudley Borough. ,

Funding is always a challenge, with the Long Term support we offer and so needed by people funded through donations.

More and more pressure is being put on therapy services to discharge people earlier and that is where both our communication support group (TALKBACK) and exercise groups can play a vital role with referrals received both from speech and language therapy and physiotherapy, enabling people to build up on their skills and abilities.

With all these challenges ahead the challenge for us like many voluntary organisations that are funded to provide services is to ensure we stay true to our beliefs, be willing to challenge, and never forget that the views of the people we represent are heard and the wellbeing of people after a stroke and their family at the core of our service. That we are there to support people whether funded or not. so looking at fundraising will need to continue to be part of us.

Dudley Stroke Association

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www.dudleystrokeassociation.org.uk