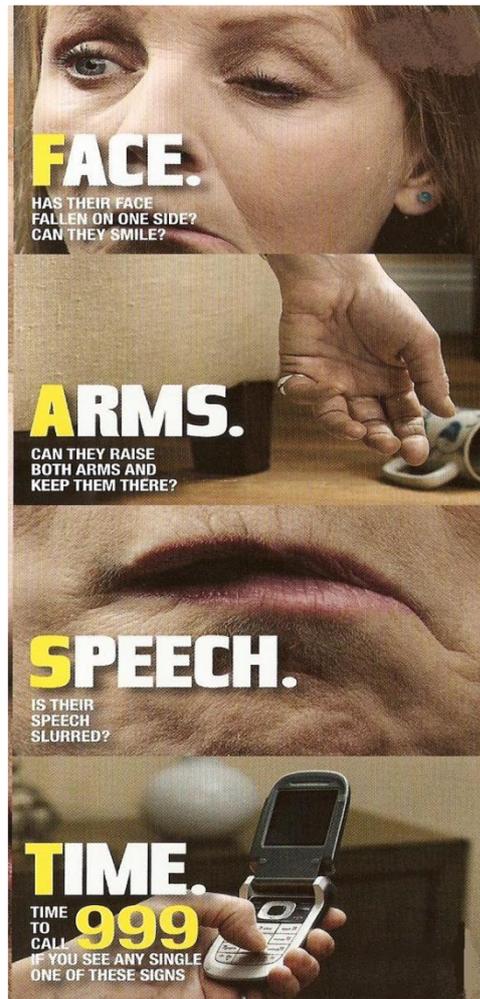


# Dudley Stroke Association Annual Report

April 2010 – March 2011

Suspect  
a  
Stroke  
Act  
FAST



24 hour answer phone helpline 01384 271982

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

Affiliated to the Stroke Association

Dudley Stroke Association

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



## **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.

Over the past twelve months the organisation has taken part in the Dudley CVS Building Blocks toolkit to help us ensure we are “fit for purpose” and meet the challenges ahead, by enabling both trustees and staff develop skills in governance, business planning, human resources, money matters, marketing and promotion, tendering for contracts, policies and procedures, partnership working, networking and engagement, and we would like to thank DCVS for all their support over the last twelve months

The extreme weather in November and December last year saw us sadly have to cancel our Christmas party for the groups, but an Easter party is going to be organised instead.

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 with uncertainty over funding, 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 31<sup>st</sup> March 2011.

The results for the year are considered satisfactory, my thanks to all funders for their continued support.

Our unrestricted funds were boosted by some £10,000 as one of the chosen charities to benefit from the Mayor of Dudley's Appeal Fund. My sincere thanks to Councillor Pat Martin, Mayor of Dudley for the year under review.

The company's finances continue to be healthy going forward into 2011-12; however, the trustees are constantly aware of the financial constraints affecting both ourselves and our funding partners for the years to come.

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

The role of Wendy Jackson our Family and Carer Support Worker, includes visiting the ward at least 3 times a week, attending the ward carer support meetings, rehab reviews (as requested) and liaises with both 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. Wendy also attends the Quality and Practice Development Group run by the hospital that monitors and looks at service delivery for stroke within the hospital.

All people admitted to hospital are referred to our Family and Carer Support service and provided with a stroke information pack. Following discharge from hospital, all people are contacted 1 week, 1 month, 3 months and 6 months or as required by them.

Two new staff, both of whom have suffered a stroke so can add their own very special knowledge and experience, joined us in the last year. Karen Walters to help with the telephone follow-ups and Chris Fradgely to help Gaynor Avison our Admin officer ensure our records and information is kept up to date.

Between April 1<sup>st</sup> 2010 and 31<sup>st</sup> March 2011 687 people have been referred to us, with over 1374 telephone call made, 364 requests and information sent out (in addition to the Information packs), and 104 crises telephone calls dealt with.

## Information

All people who are admitted to hospital are provided with an information pack on stroke and its effects and those referred to the Transient Ischaemic Attacks clinics with a TIA information pack.

Our 24 hour answer phone help line enables people to make contact outside of office hours.

Training Events attended by staff and volunteers (to ensure they are able to respond appropriately) include, Benefits, Carer Aware, Safeguarding Vulnerable Adults, Deaf Awareness, Stroke Research Network Events.

## **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 estimated that approximately 1 in a 1000 people in Dudley may have some disability following a stroke, which 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 Officer successfully completed his training to deliver the Expert Patient Programme, a 6 week course that aims to help people take more control of their health by learning new skills to manage their health condition better on a day to day basis.

Topics covered include:

- Dealing with pain and extreme tiredness.
- Dealing with difficult emotions.
- Relaxation techniques.
- Healthy eating and exercise.
- Communication with family, friends and healthcare professionals.
- Planning for the future.

Twenty people have completed their training and the 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 between 15 and 25 people

# Talkback

Our weekly support group run by Roger Edwards and Vanessa Gill (with support from the Community Stroke Rehabilitation Team) for people with communication difficulties after a stroke, has continued to go from strength to strength with 25 -30 people regularly attending.



Communication after a stroke can be affected in many ways, not just the act of talking but other areas including

understanding both the spoken and written word,

writing, numbers, and money can also be affected.

Each week activities are organised, on a topic chosen by the

group, to help improve their confidence and build up the skills identified by

them as needed to improve their ability to communicate with people in a variety of situations.

## **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 2<sup>nd</sup> Wednesday and 4<sup>th</sup> Thursday of each month. Members enjoy an hour of exercise, sandwich lunch, the opportunity to

meet others in a similar situation and occasionally a speaker.

Over the past twelve months the attendances

of people with a stroke total 347 and by carers 104



## Prevention and Stroke Awareness

A leaflet was produced explaining the FAST message, what a stroke is, reducing the risk and the importance of a healthy lifestyle, which is given to all people whom we talk to about the FAST message and stroke, and made available at events. The message has been delivered to over 2000 school children and to various clubs around the borough including Dudley Asian Women, Age UK, Queens Cross Day Centre, Yemeni Association/Asian Men and Women, St. Thomas's Community Network - Teachers, New Testament Welfare Association (Afro-Caribbean), and Roseville Day Centre

Information on the FAST message has been put into the:

- ECHO – Dudley council for Voluntary Services Newsletter that goes out to all voluntary organizations registered with them – approx 600, and also electronically to those who receive the newsletter in that format.
- Age Link (publication of Age UK),
- Dudley Together,
- Community Matters( produced by the Express and Star that is put into hospitals, GP surgeries. , health centres)
- On Beacon and Bridge Radio.

### FAST message on sports kits:

Successful applicants representing, football – all ages, cricket, rugby, and bowls, have been presented with sports kits displaying the FAST message,



Kits were presented at an evening event, where the FAST message and its importance was explained.

These teams have all been presented with leaflets and banners that they display matches, and they in return have put the FAST message into their programmes.





October 2010 saw the FAST message being promoted at Dudley Heathens speedway Team prestigious Golden Hammer event in front of approximately 1200 people who were given a leaflet as they entered the stadium and informed of what the FAST message stood for, before the start of the event

## **Rotary Stroke Awareness Day**

This was held in Dudley Market Place, working with smoking cessation, leisure services, etc.

Despite the weather which turned cold and wet at times 141 people had their blood pressure, blood glucose, heights and weights taken, offered advice where applicable and give information on the FAST message.

## **Representation at Meetings on Stroke Services**

These include trustee representation at:

### **Quality Practice and Development Group for Stroke - Russells Hall Hospital**

Alan Hackett

### **Black Country Cardiovascular Network Patient Lead Meetings**

Alan Hackett

### **Action for Disability and Carers**

Pat Skinner

### **Dudley Stroke Implementation Group**

Anne Adams

Derek Wheeler – Patient Representative

Maggie Pearson – Carer Representative

# Dudley Stroke Association Trustees 2010/11

Chairman: Mrs Jeanne Hignett

Vice- chairman: Mr Alan Hackett

Treasurer: Mr Graham Jones

Secretary: Ms Anne Adams

Trustees:

Stroke Representatives: Mrs Chris Charles

Mrs Pat Skinner

Mr Derek wheeler

Carer Representative: Mrs Maggie Pearson

