



# **Dudley Stroke Association**

**Annual Report 2016-7**

**Charity No: 1100690**

**Company Limited by Guarantee No: 04873607**

**5 Watt House, Dudley Innovation Centre,  
Pensnett Trading Estate Kingswinford DY6 7YD**

**2016-7** has been another very busy year with all staff, trustees and volunteers working hard to ensure that the services we provide enhance the life of people after a stroke and prove that LIFE really does go on after a stroke. Whilst funding from the Dudley Clinical Commissioning Group to provide Family and Carer support, and carry out stroke reviews has been extended uncertainty remained over Local Authority funding and sadly in June 2016 notice was given that our funding to carry out Stroke Awareness was being withdrawn from September 2016

## **Dudley Clinical Commissioning Group Funded Activities**

### **Family and Carer Support:**

515 people with a Dudley GP were referred in the last twelve months, but all people admitted with a stroke to Russells Hall Hospital are referred to us. People who reside out of the Dudley Borough or have a non-dudley GP are referred on discharge, with their permission, to their local services for ongoing support and their 6 month stroke review.

We continue to endeavour to follow up all people within 7 days of discharge home, and then provide input according to their needs. Sharing of information between the statutory and voluntary sector provides challenges for all concerned to ensure it is timely and appropriate, at times this has not been achieved with the result follow up calls have been delayed but with good will on both sides this is now improving.

In the last twelve months over 3000 support calls were made providing for example, information, advice, emotional support, signposting to other organisations. Information sent out and home visits made to ensure that people and their family do not feel alone and know that support is available.

One of the strengths of the service is our ability to be flexible and respond quickly to need, whether a home visit, and referral to other agencies, provide information or just to listen.

### **Stroke Reviews**

Dudley Stroke Association continues to be funded to provide reviews for people at 6 weeks following discharge from hospital, and at 6 months and 12 months post stroke. Following their review, copies are sent to both the persons GP and the person themselves.

6 week reviews enable us to ensure that people have the information and services required following their discharge from hospital and to see how they are progressing.

Their 6 month home visit review is more detailed and looks at all aspects of their recovery, including taking their blood pressure. Visiting at home enables a more direct contact with the person and their family member as appropriate. All people regardless of whether they live in their own home, residential or nursing home are offered the same review.

The 12month telephone review enable us to check how a person has progressed in relation to the review carried out at 6 months and to check no new problems or concerns have arisen. Decisions are then made as to whether ongoing support, if any, is needed and information given about the groups that Dudley Stroke Association organise.

## **Local Authority Funded activities**

**Self-Management Programme/Expert Patient Programme** – is designed to support people in developing strategies to come to terms with living with long term conditions. Through attending the course people can develop their own strategies and set goals to ensure there is “Life after a Stroke”. Both the person with a stroke and as appropriate their carer are eligible to attend and thirty eight people successfully completed the course in the last twelve months.

**Raising awareness of the FAST – Face Arm Speech, Time to Call 999** – Stroke awareness message, through talking to groups and putting the message on football kits had been again extremely successful, but sadly due to withdrawn funding this was our last year.

## **Dudley Stroke Association Funded Activities and Groups**

This year for the first time we produced a booklet listing all activities and their dates. This was put into all stroke information packs provided whilst in hospital, to all group members, and sent out as required.

All group activities are funded entirely by donations and the challenge for the organisation in this economic climate is to ensure that we are able to continue with this important work. Our thanks are extended to the people who have raised money for us and donated money in memory of a loved one, without them this work would not exist

**TALKBACK - Our communication Support Group** continues to meet weekly providing much needed support. Some people have been benefitting from the group for several years and the challenge is to ensure that the activities meet their and new members ongoing needs, plus developing a series of outcomes to enable people to see for themselves how they are/have progressed.

TALKBACK lunch group continues to meet once a month at a local pub, for both people attending the support group and those who no longer feel they need to attend the weekly group but enjoy keeping in touch with friends they have made and gain ongoing support, whilst enjoying a meal and social chat.

### **Exercise after stroke.**

Two groups continue to be run:

**The Family and carer support with exercise**, a chair based exercise group which meets twice monthly and **The Dell stadium weekly exercise group** which is more challenging and enables people to also have a walk on the track, continue to show people that life does go on after a stroke and it has been great to see people continue to improve.

People from both groups took part in the **Dudley Stroke Association Challenge in Sept 2016** with people who had suffered a stroke plus carers attempting to walk 50 metres, 500metres, 1500 metres or even some brave people doing 5k. It was extremely emotional seeing a person who was told they would never walk manage to walk 50 metres, equally others who have worked so hard at their fitness managing to walk 5k together with some brave carers.

#### **Other Activities:**

Dudley Stroke Association continues to take an active part in **Rotary Stroke Awareness – Know your Blood Pressure** day with 153 people having their blood pressure and blood sugar taken at last year's event. Testing resulted in several people being advised to see their GP.

**PSIAMS** – As requested by the Clinical Commissioning Group we have been using this system to record details of people referred and the type of support needed. The data and information we record, will help us provide information on the needs of people and the help required after to live life after a stroke.

#### **The Future**

Next year, June 2017 will see Dudley Stroke Association become 30 years old. Surely a reason to celebrate stroke support in Dudley. It will also see us launch our new website, funded through a kind donation, which will help bring us into the 21<sup>st</sup> century.

We look forward to the challenges ahead and stay determined to work with both the statutory and voluntary sector to ensure that people after a stroke voices are heard when planning and delivering services so that needs continue to be met.

This annual report was approved at the meeting held on the 14.11.2017

#### **Trustees:**

Jeanne Hignett – Chairman

Alan Hackett – Vice Chairman

Graham Jones – Treasurer

Anne Adams – Company Secretary

Ann Cashmore

David Tuplin

Andrew Pardoe

Chris Charles

Derek Wheeler