

Contact us

**Information, Advice & Support Service
Southern Derbyshire and Erewash**

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Get involved!

We'd love to welcome you as part of our volunteer team. To find out more, please contact us using the details above.

About us

We are the Stroke Association

We are a charity and we believe in life after stroke. That's why we support stroke survivors to make the best recovery they can. It's why we campaign for better stroke care. And why we fund research into new treatments and ways of preventing stroke.

We're here for you. If you'd like to know more please get in touch.

Stroke Helpline: 0303 3033 100

Website: stroke.org.uk

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Southern Derbyshire
Clinical Commissioning Group

Stroke
association

Information, Advice and Support Service

Including

My Stroke Guide

**Southern Derbyshire
and Erewash**



Together we can conquer stroke

Information, Advice and Support Service

Including **My Stroke Guide**

If you or someone you care about has had a stroke, our service can provide practical advice, essential information and emotional support, including access to our self-management tool, My Stroke Guide.

What does this service offer?

- Home visits available
- Telephone advice
- The opportunity to practice communication and gain confidence
- Access to support groups
- Help with returning to work
- Assistance with accessing local leisure and social activities
- Support for carers
- Information leaflets and factsheets
- We can refer you to other organisations that can also help
- Access to My Stroke Guide



Who is this service for?

- Stroke survivors
- Carers
- Family members

My Stroke Guide

My Stroke Guide is an interactive website designed to allow users to take control of their recovery following a stroke, by enabling them to manage their own health and wellbeing through its wide range of features and trusted information.

We'll work closely with you to set your own goals on the guides personalised goal setting tool, whilst providing the practical tools to help people understand stroke and deal with its effects. We also offer peer support to help combat isolation.

How does it work?

- Either you, your carer, your GP or a healthcare or socialcare professional can contact us to refer you
- We'll arrange to visit you at home
- We offer information, advice and support to you, your family or carer, and if applicable introduce you to My Stroke Guide
- We'll design a programme to help you achieve your goals
- You can choose to join a local group for additional activities and support.