

**Stroke**  
Association

# How the **Stroke Association** can help you

We're here to support you from day one  
and for as long as you need us.





"I don't know how I would have coped without the Stroke Association. They were so supportive to me. But it's not just me they've helped. It's also my family and friends."

**Stevie, stroke survivor**

## Stroke turns your world upside down without any warning. But you're not alone.

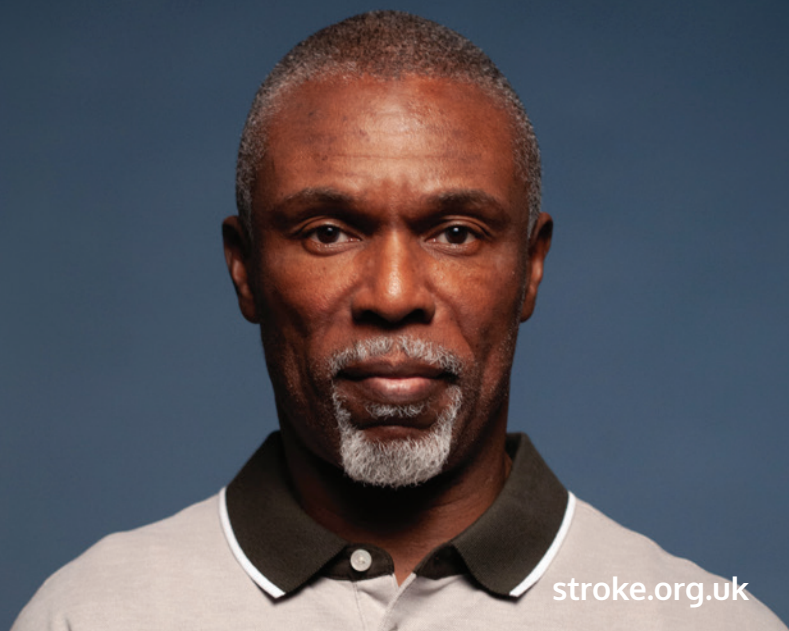
We're here to support you from day one and for as long as you need us.

We'll help you find answers to your questions, and connect you with practical information and support to help you move forward.

We'll also connect you to other people affected by stroke who understand what you're going through.

We'll support you to have the confidence and tools to move forward in your journey, take back control and do the things that are important to you.

If you need help and support after stroke, call the Helpline on **0303 3033 100** or email [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)





# Here are some of the ways we can help you



Find **accurate information** that can help you understand more about stroke and its effect, at [stroke.org.uk/support-publications](https://stroke.org.uk/support-publications)



Receive a **printed Stroke Information Pack** in the post by visiting [stroke.org.uk/information-pack](https://stroke.org.uk/information-pack)



**Connect with others affected by stroke** to share experiences and recovery tips.

- Visit the forum to find your online stroke community at [stroke.org.uk/my-stroke-guide](https://stroke.org.uk/my-stroke-guide)
- Sign up for eight weeks of phone calls with one of our trained volunteers – either they've had a stroke or care for someone who has. Visit [stroke.org.uk/here-for-you](https://stroke.org.uk/here-for-you) or call the Stroke Helpline: **0303 3033 100**.
- Find a friendly and supportive stroke support group at [stroke.org.uk/finding-support/stroke-support-groups](https://stroke.org.uk/finding-support/stroke-support-groups) or call our friendly Helpline.



If you're feeling more alone since your stroke, sign up for **weekly social phone calls** with one of our friendly volunteers. Visit [stroke.org.uk/here-for-you-support](https://stroke.org.uk/here-for-you-support)



**Join an online activity.** We offer a wide range of free activities. From sessions where you can learn more about the effects of stroke to a stroke exercise group, social quizzes and more. Visit [stroke.org.uk/online-activities](https://stroke.org.uk/online-activities) to see what's on and to sign up.



Call or email our confidential **Stroke Helpline** on **0303 3033 100** or [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk). We can help if you have questions or need support on anything to do with stroke and its impact. If you'd like to speak to us in a language other than English, please let us know at the start of the call.



Our local Stroke Association Support Coordinators provide dedicated **support for you and your family**. Visit [stroke.org.uk/local-support](https://stroke.org.uk/local-support) to see if there is a service near you.



We have a dedicated **Childhood Stroke Support Team**. This is for anyone affected by childhood stroke, including perinatal or neonatal. Visit [stroke.org.uk/childhood-stroke-support](https://stroke.org.uk/childhood-stroke-support) to find out more.

# Keep up to date

You may not need support now, but you can **sign up today to our monthly email newsletter** to hear the latest about stroke, the support we offer and the work we are doing. Visit **[stroke.org.uk/stroke-support-newsletter](https://stroke.org.uk/stroke-support-newsletter)**

Sign up for our Stroke News magazine which is full of helpful information and articles about how to live well after stroke. You can receive Stroke News in the post, via email or on audio CD. Visit **[stroke.org.uk/stroke-news-sign-up](https://stroke.org.uk/stroke-news-sign-up)**

If you're on social media, why not share your experience and get support from other stroke survivors on our **Facebook**, **Twitter** and **Instagram** pages.



# Help us support others

If you want to support the work of the Stroke Association, there are lots of ways you can get involved.

Discover how you can help us raise funds, support our stroke community, and shape the future of the Stroke Association.

Visit [stroke.org.uk/get-involved](https://stroke.org.uk/get-involved)

“Since having a stroke, baking has been an important part of my recovery. It helps me to use areas of my brain that were affected by stroke, and work on my handgrip exercises. It’s also given me a fun and challenging way to fundraise by selling my bakes to family and friends. It’s wonderful what raspberry jam doughnuts can do!”

**John, stroke survivor  
and supporter**



**When stroke strikes, part of your brain shuts down.**  
And so does a part of you. Life changes instantly and recovery is tough. But the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community. With more donations and support from you, we can rebuild even more lives.

Donate or find out more at [stroke.org.uk/welcome](https://stroke.org.uk/welcome)

## Contact us

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We're here for you. Contact us for specialist information and support by phone, email and textphone.

Stroke Helpline: **0303 3033 100**

Email: [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

Website: [stroke.org.uk](https://stroke.org.uk)

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Rebuilding lives after stroke



Find us on



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The Stroke Association is registered as a charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in the Isle of Man (No. 945) and Jersey (No. 221), and operating as a charity in Northern Ireland.