

Stroke



Information Booklet



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Have you been affected by stroke?

If the answer is yes...this booklet is for you.

We know how it feels.

You are not alone



This booklet will help you to find local stroke services, specifically tailored for you and your family in your local area.

Would you like to join a group with other stroke survivors, their loved ones or carers?

Neath Port Talbot Stroke Group is a friendly group of survivors, their family and carers that meet regularly to help each other build a more fulfilling life after stroke.



Come join us at Neath Port Talbot Stroke Group

By joining our group, the attendees have said it has helped them with:

- A sense of belonging
- Making new friends
- A better social life
- Emotional wellbeing
- Finding laughter again
- Self confidence

We are run solely by volunteers that are stroke survivors or their loved ones

Family & Carers

We at Neath Port Talbot Stroke Group not only welcome stroke survivors but also their family and carers. This is important as the family are also impacted by the effects of stroke and it gives carers a better understanding.

We meet:
Wednesdays 9am to 12pm
Briton Ferry
Community Hall,
Briton Ferry
Neath SA11 2NS

0333 358 0344
info@nptsg.org.uk
www.nptsg.org.uk



**Come along and see for yourself what we
are all about**



Are you a stroke survivor, their loved one or carer?

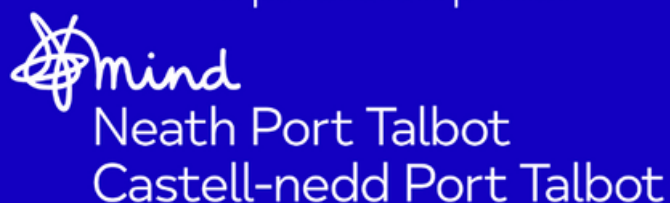
Do you feel isolated, sad or angry?

Do you need support with your mental health and emotional wellbeing?

If yes, NPT WASP may be able to help.

The Wellbeing After Stroke Project welcomes stroke survivors, their families and carers to this first of its kind service in the UK.

In partnership with



Funded by





NPT Stroke Group in partnership with NPT Mind have created a mental health and wellbeing service specifically for stroke survivors, their loved ones and carers.

The service will provide:

- **A Pathfinder to offer signposting and support**
- **One to one counselling**
- **One to one Active Monitoring (Supported self help)**
- **Wellbeing sessions**
- **Psycho-educational group courses**

The project welcomes self-referrals, as well as referrals from professionals.

Here's how you can refer into the project:

Phone: Rachel 07541760872

Email: rachel@nptmind.org.uk

Website: www.nptmind.org.uk/referral-form/

What NPT WASP Offers...

Counselling:

One to one support to help you deal with specific problems, cope with difficult situations and improve relationships. Counselling can help you understand your feelings and explore ways of coping.



Psycho-educational Courses:

These courses offer a safe space with your peers to explore the impact of stroke on your lives.

A wide range of topics are covered including anger, grief and managing difficult emotions.

Supported Self Help:

A 6 week programme with individual support from a Practitioner, where you can learn strategies to manage different life challenges and feel more like yourself.



What NPT WASP Offers...

Signposting Support:

Meet with our Pathfinder to co-create a personalised support plan, including help with benefits, help with social/peer support needs, accessing NPT WASP psycho-educational and emotional support and referrals to other agencies to support practical challenges such as home adaptations.

WASP Drop-In Group

Are you a stroke survivor?

Are you the loved one or carer of a stroke survivor?

Join us Every Monday
10am - 12pm for a cuppa
and a chat at NPT Mind,
21 London Road, Neath.



Stroke Myths

Strokes only affect the elderly



Stroke recovery plateaus after a few weeks/months



All strokes cause weakness in the arms or legs or both



Strokes cannot be prevented



Stroke Facts

Strokes can affect anybody at any age

Stroke recovery continues for many years

Strokes can cause weakness but there are times when a stroke won't cause any weakness at all

Strokes can be prevented by controlling risk factors like blood pressure and making lifestyle changes



Well known effects of stroke

Muscle weakness

Aphasia includes speaking, understanding, reading and writing difficulties

Memory loss

Balance problems

Foot drop

Headaches after stroke

Spasticity & contractures

Pain after stroke

Not so well known effects of Stroke

Fatigue

Sight problems

Emotional changes

Swallowing problems

Bladder & bowel problems

Behavioural changes

Seizures & epilepsy

Changes in sensations

Difficulty concentrating

Neath Port Talbot Stroke Group

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NPT WASP

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NPT Mind

21 London Road

Neath

Contact

Rachel 07541-760872

or email

rachel@nptmind.org.uk