

# Stroke Awareness

Scottish Community Links Worker Network

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

## What are we covering today?

- Who are the Stroke Association
- What is a stroke?
- Impact and effects of stroke
- Support for stroke survivors & carers
- Stroke prevention
- FAST test
- Take action on stroke



We are the  
Stroke Association

## Our vision

We provide specialist support, fund critical research, and campaign to make sure people affected by stroke get the very best care and support to rebuild their lives.

## Our key message

We're here to support people to **rebuild their lives after stroke.**

# What do we do?

Fund critical  
research


Campaign for  
people affected  
by stroke

Volunteering

Fundraising


# We campaign for people affected by stroke get the best care and support

Improvement in stroke prevention,  
treatment and care



We put stroke on the  
political agenda

We bring stroke to  
national decision makers'  
attention, to make stroke  
'unignorable'



We shape national  
programmes & systems

We work with with NHS  
systems to change stroke  
policy



We support local  
influencing

We work with  
campaigners to make  
improvements locally

# National Statistics

Almost  
**1 in 7**  
strokes  
are fatal



Around **1 in 4**  
strokes happen  
in people of working age



There are  
**1.3 million**  
stroke survivors



**1 in 5** women  
and **1 in 6** men  
will have a stroke  
in their lifetime



Stroke strikes every  
**five minutes**



One third of  
stroke survivors  
feel **abandoned** upon  
discharge from hospital

**22.4 million**

people are  
affected by or  
connected to  
stroke



Three quarters of stroke  
survivors experience at  
least one **mental health**  
**problem** following a stroke



Over **65%** of  
stroke survivors  
leave hospital  
with a disability



# 100,000

There are more than 100,000 strokes in the UK each year.



# 1.3 million

There are over 1.3 million stroke survivors in the UK.



# £26 billion

The cost of stroke to society is around £26 billion a year.



# 3rd

Stroke is the third biggest killer in Scotland and Northern Ireland, and 4<sup>th</sup> in England and Wales.



# Two thirds

Almost two thirds of stroke survivors leave hospital with a disability.



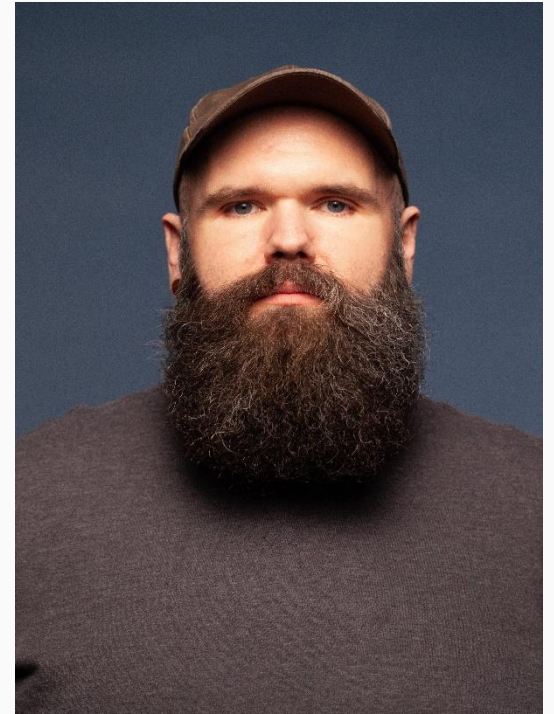
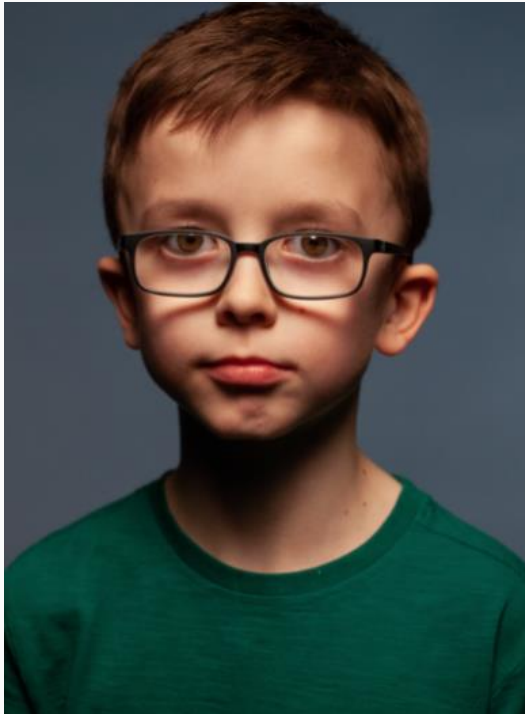
# Scottish statistics An example: NHS GGC



# What is a stroke?



# Stroke can happen to anyone

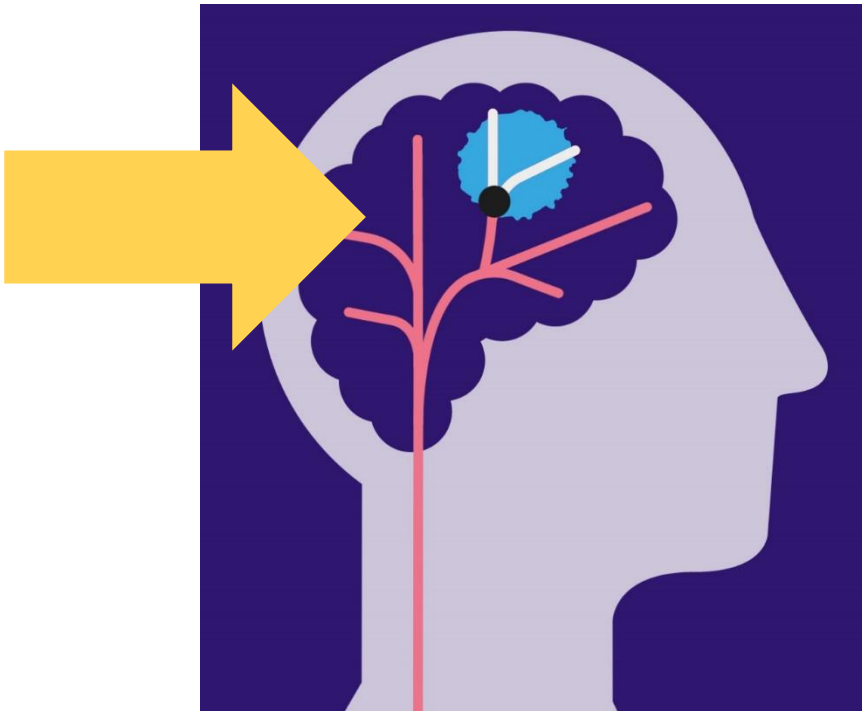


# Types of stroke

## Ischaemic stroke

(a blockage)

85%



## Haemorrhagic stroke

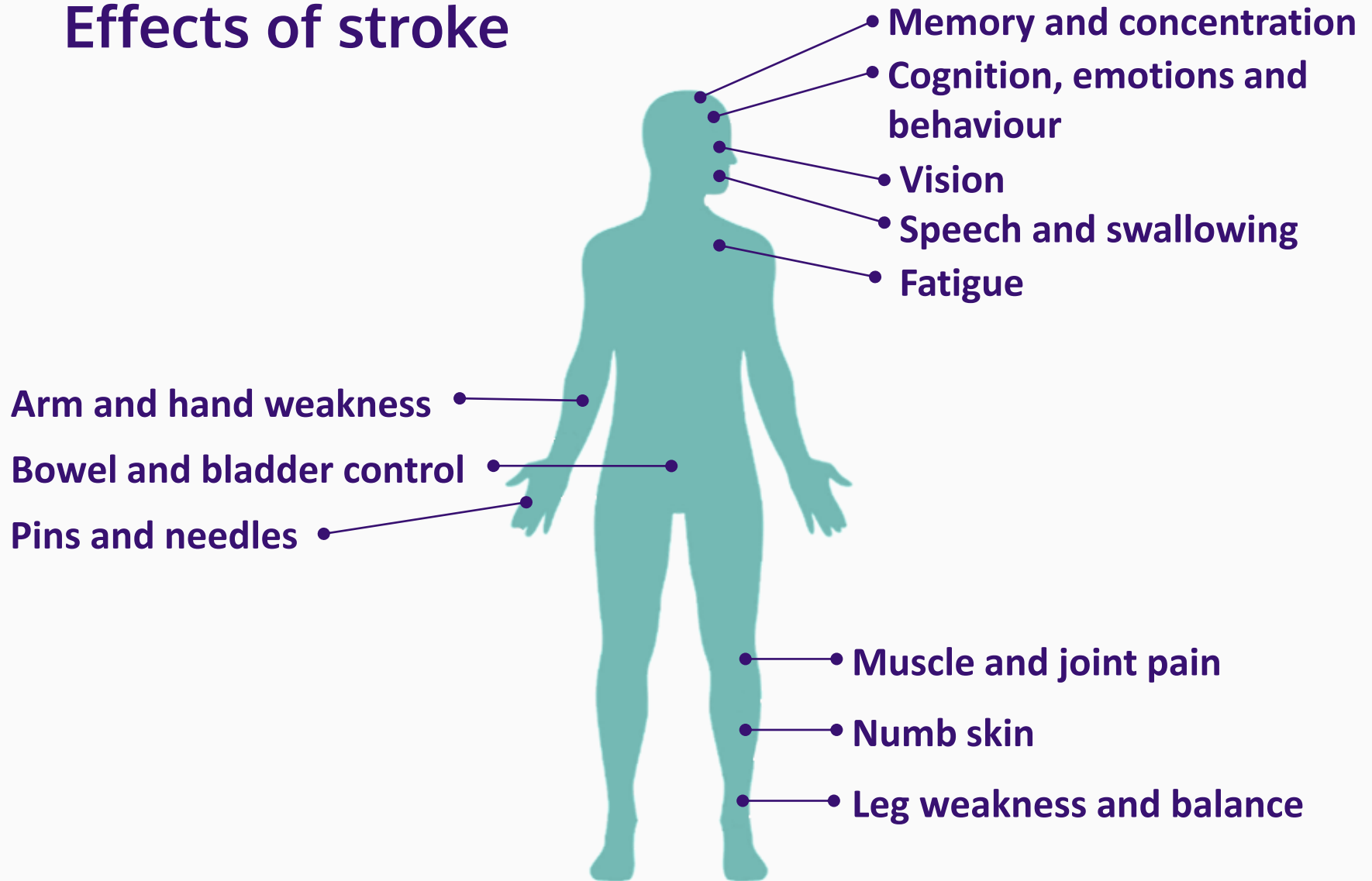
(a bleed)

15%



# Impact of stroke

# Effects of stroke





98%

of stroke survivors told us their lives had been affected by stroke. Many of these people felt this impact was significant.



**64%** of stroke survivors told us their hobbies had been impacted by their stroke.



**For 69% of people stroke**

had impacted their independence.



**Over half of stroke survivors** told us their relationships had been impacted by their stroke, but only a third had accessed relationship support.

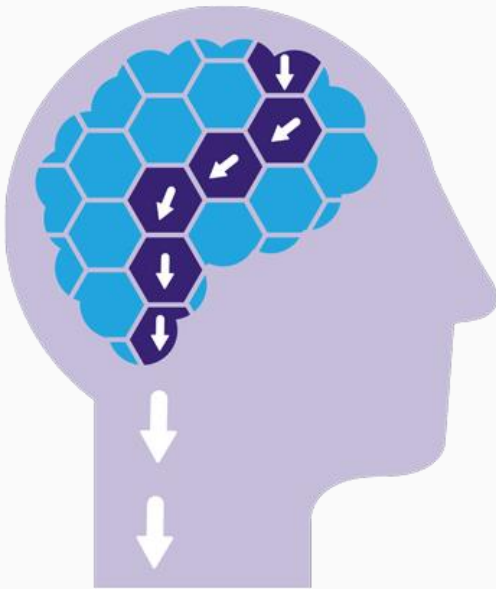


More than a **third** of working age stroke survivors gave up work following their stroke.

# Support and Information



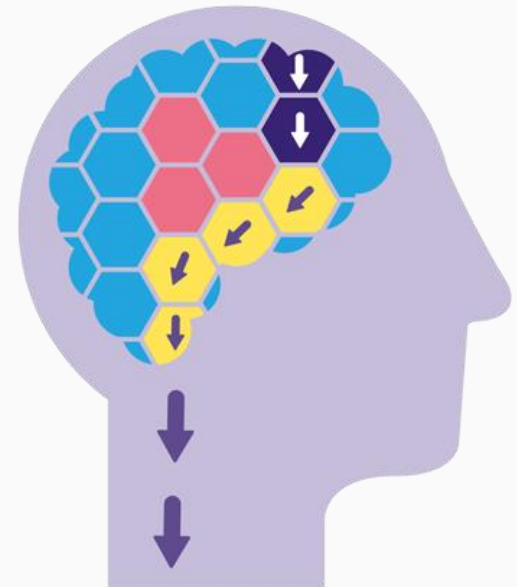
# Rebuilding lives after stroke



1. Signals go from one cell to another forming a connection in the brain.



2. When a stroke kills brain cells, it damages the connection.



3. Brain cells can sometimes form new connections, and start sending signals again.

# Free support we can offer you in Scotland

**Stroke**  
Association

## Here are some of the ways we can help you after stroke



### Stroke Helpline

Stroke Helpline is here to support anyone affected by stroke.  
Email: [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk) Telephone: 0303 3033 100  
Visit: [stroke.org.uk/finding-support/stroke-helpline](http://stroke.org.uk/finding-support/stroke-helpline)



### Our publications

We have a lot of useful publications to help your understanding of stroke, these are available in print, braille and in different languages.  
Visit [stroke.org.uk/our-publications](http://stroke.org.uk/our-publications)



### Communication Support Pack

Order an accessible pack to support people with communication difficulties.  
Visit: [stroke.org.uk/what-is-aphasia/communication-tools](http://stroke.org.uk/what-is-aphasia/communication-tools)



### Stroke Support Groups

Our face-to-face and online support groups are a great place to meet people affected by stroke. Visit: [stroke.org.uk/finding-support/support-groups](http://stroke.org.uk/finding-support/support-groups)



### Online community

Join our online community and connect with thousands of people on the forum.  
Visit: [forum.mystrokeguide.com](http://forum.mystrokeguide.com)



### Weekly volunteer calls – Here For You

Here For You A weekly phone conversation with one of our trained volunteers can help you to rebuild your life after stroke.  
Visit: [stroke.org.uk/finding-support/here-for-you](http://stroke.org.uk/finding-support/here-for-you)



### Childhood stroke

Our dedicated Childhood Stroke Support team is here to support parents and families after a child's stroke. Visit: [stroke.org.uk/childhood-stroke](http://stroke.org.uk/childhood-stroke)

Contact the Scottish Engagement Team for more information.  
Email: [engagementteamscotland@stroke.org.uk](mailto:engagementteamscotland@stroke.org.uk)



# Free support we can offer you in Scotland

We provide a wide range of support for people like you who have been affected by stroke.

For more information email:  
[EngagementTeamScotland@stroke.org.uk](mailto:EngagementTeamScotland@stroke.org.uk)

Rebuilding lives after stroke

**Stroke**  
Association



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The Stroke Association is registered as a charity in England and Wales (no 27009) and in Scotland (SC037709).  
Also registered in the Isle of Man (no. 214) and Jersey (no. 22), and operating as a charity in Northern Ireland.



If you have a question or need to talk, our confidential **Stroke Helpline** is here to support anyone affected by stroke including family and friends. Email: [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk) Telephone: 0303 3033 100 Visit: [stroke.org.uk/finding-support/stroke-helpline](https://stroke.org.uk/finding-support/stroke-helpline)



Join our **online community** and connect with thousands of people on the forum. Chatting to people who understand stroke first hand can help you feel more supported. Visit: [forum.mystrokeguide.com](https://forum.mystrokeguide.com)



Our face-to-face and **online support groups** are a great place to meet people affected by stroke. Built on friendships and fun, groups are a great place to try things again, learn more about stroke and increase your confidence. Visit: [stroke.org.uk/finding-support/support-groups](https://stroke.org.uk/finding-support/support-groups)



**Here For You**, a weekly phone conversation with one of our trained volunteers can help you to rebuild your life after stroke. Visit: [stroke.org.uk/finding-support/here-for-you](https://stroke.org.uk/finding-support/here-for-you)



Our dedicated **Childhood Stroke Support team** is here to support parents and families after a child's stroke. Visit: [stroke.org.uk/childhood-stroke](https://stroke.org.uk/childhood-stroke)



Join our Facebook group **Stroke Association - Scotland Stroke Connect** to meet people and share your experiences.



We also host a timetable of interactive **online activities on Zoom** to increase confidence, learn new things and meet new people from the comfort of your own home. Visit: [stroke.org.uk/online-activities-signup](https://stroke.org.uk/online-activities-signup)

# Stroke prevention

# What causes stroke?

- Age
- Health problems
  - Atrial fibrillation (irregular heartbeat)
  - High blood pressure
  - Diabetes
  - High cholesterol
- Lifestyle
  - Smoking
  - Being overweight
  - Drinking too much alcohol
  - Being inactive
- Family history
- Ethnicity

## What can I do to reduce my risk?

- Drink alcohol within safe limits
- Get help to stop smoking
- Stay a healthy weight
- Eat a healthy diet
- Be as active as you can
- Get regular health checks

# FAST test



Act **FAST** and call 999.



**Facial**  
weakness



**Arm**  
weakness



**Speech**  
problems



**Time**  
to call 999



## Other symptoms of stroke

- Sudden weakness or numbness on one side of the body, including legs, hands or feet.
- Difficulty finding words or speaking in clear sentences.
- Sudden blurred vision or loss of sight in one or both eyes.
- Sudden memory loss or confusion, and dizziness or a sudden fall.
- A sudden, severe headache.
- **If you spot any of these signs of a stroke, don't wait. Call 999 straight away.**

# Take action on stroke



## How can you help?

- **Share** – Like our social media channels, share posts and join our Campaigns Network
- **Volunteer** – Look at our website to see what opportunities are currently available locally
- **Fundraise** – [stroke.org.uk/fundraising](https://stroke.org.uk/fundraising)

- Contact us at:  
[Engagementteamsotland@stroke.org.uk](mailto:Engagementteamsotland@stroke.org.uk)
- Visit our website: [stroke.org.uk](http://stroke.org.uk)
- Facebook: [StrokeAssociation – Scotland](#)
- Follow us on Twitter: [@StrokeScotland](#)
- Check out our Instagram:  
[@thestrokeassociation](#)



Thank you for listening  
Any questions?





Rebuilding lives  
after stroke