



Enfield Stroke Support Group



Mary Seacole 1805 - 1881

Celebrating Nursing Leadership

This year, we celebrate thirteen years since the birth of Stroke Action Enfield as a pilot stroke support group operating on Fridays. The meeting was convened in January 2000 at the end of a Department of Health funded Mary Seacole Nursing Leadership award research project to develop and evaluate the role of the nurse in evidence based stroke care. The research study which took place in Chase Farm Hospital NHS Trust identified that there was very little support for stroke survivors and their carers in the community. The study also showed an improvement in stroke risk factor management and stroke knowledge among participants.

Rita Melifonwu the award winner who was a



nursing sister in Chase Farm at the time proceeded to seek support from colleagues to establish what is now known as Stroke Action, to provide stroke care and support in the community. This is the time to say a special thank you to Dr Theva Nathan, Consultant in Stroke Medicine, Cllr Anne Marie Pearce, Cllr Kate Anolue and Rev (Mrs) Ethel Oyekwe for their ongoing support and commitment to Stroke Action.

Mary Seacole was a Jamaican born woman of Scottish and creole descent who Nursed and cared for British soldiers in the Crimean war. She is today remembered as a nursing pioneer, and, the study of her life and work is included in the British National Curriculum and around the world.

Chair's Report 2013

I am delighted that 2013 sees not only the thirteenth year of Stroke Action, but also the second year of the implementation of the Enfield Stroke Pathway. The consultation on the stroke pathway in May 2011, and its subsequent implementation in July was the culmination of the hard work by agencies and professionals across Enfield to improve the quality of stroke care and support received by stroke survivors and carers. Today we know that, more people survive strokes, are discharged early and sustain less disability as a result of strokes in Enfield. Carers of stroke survivors also feel that they are supported. The local authority and the health sector are also more engaged in joint working to sustain better stroke services.

Stroke Action was commissioned to deliver the social integration strand of the Enfield Stroke Pathway resulting in stroke survivors becoming active citizens, returning to work and being able to cope with life after a stroke. I will like to once again thank all our staff and volunteers for their hard work.

**Dr Theva Nathan, FRCP, Chair
Consultant in Stroke Medicine**

What we do

Stroke Action works with stroke survivors and their carers to: recreational and therapeutic activities for the relief of disability .

1. Raise awareness of the causes of strokes and its consequences,
2. Provide advise, information and support to stroke survivors, and to those at risk of strokes.
3. Provide health promotion activities
4. Provide community-based services for stroke prevention, social inclusion,

Our services include:

- Befriending scheme
- Carers forum
- Physical activity
- Social stroke support
- Time out respite for carers



The impact of Direct Payments Transition



At the Annual General Meeting last year, there was much discussion about the impact of Direct Payment under the personalization agenda. Personalization offers the service user choice and control over how they spend their allocated budget. However the financial scrutiny involved in assessment meant that many service users refused to be financially assessed putting organizations into a difficult position. Of the 70 names submitted by Stroke Action for financial assessment, only 20 were eligible for direct payments. The others either refused to be assessed or were found to be ineligible.

This led to a significant number of service users not being able to continue attending the Enfield Stroke Support Group on Fridays due to lack of financial support from the Council. A weekly Peer - led carer and stroke survivor befriending group emerged out of this.

Befrienders at Christmas celebration 2012



Christmas is a time for service users, carers, friends, staff and volunteers to come together and celebrate achievements that was made during the year, Last year, was no exception. Dinning and celebrating the Christmas at the Toby's Cavery in Crews Hill was an excellent experience. Watch out for Christmas lunch 2013!



Lifelong Learning after Stroke

Mrs Annie Enweani, Director Health Stripes Nigeria was amongst the team of missionaries that visited Stroke action Enfield during the UK Mission month in May 2013. Annie is also the Director of Nursing at the Orthopaedic Hospital Enugu, Anambra State Nigeria, She shared an innovative approach to 'Lifelong Learning' with service users and staff in Stroke Action during her visit to the Enfield Stroke Support Group.



Action on Stroke Month 2013

Stroke Ambassador Lily Maxwell, Elizabeth Brown and Timothy Okolonji - support workers, were joined by Rita Melifonwu CEO during the Action on Stroke month advocacy and stroke awareness outreach at Morrison's Enfield borough in May this year.



Carers enjoyed **Time Out with Mr Andy Love, MP** for Edmonton at a breakfast meeting in May 2013 as part of the Action on Stroke month activities.

The **quarterly carers forum** also continue in partnership with the Barchester Nursing Homes and is held in Southgate Beaumont each first Monday in the months of January, April, June, September.



Enfield Stroke Support Group

TRUSTEES

Dr Theva Nathan, FRCP, Consultant in Stroke medicine, Chair

Cllr Anne Marie Pearce, Vice Chair

Mrs Deborah McCourt, Stroke survivor representative

Ms Mandy Ngo Muir, Speech and Language Therapist

MANAGEMENT

Rita Melifonwu, CEO

Ethel Oyekwe, Director

Kate Anolue, Director

ACCOUNTANT

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BANKERS

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PATRONS

Cllr Anne Marie Pearce, LBE

Cllr Andreas Constantinedes, LBE

Cllr Christiana During, LBE

Prof Anthony Rudd, Clinical Stroke Director for the London Region

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