



LIFE after Stroke NEWS

November 2011

Promoting social integration for stroke survivors

ENFIELD STROKE PATHWAY

The long awaited Enfield stroke pathway was implemented in July 2011. With it came the Enfield Stroke Navigator, the first point of contact for stroke survivors and their families. Then there is the Enfield Community Stroke Rehabilitation Team which will continue to offer therapy in your own home following hospital discharge, if needed. Then there is the Life Role Facilitator, who will support stroke survivors with accessing volunteering opportunities and signposting to the support available with helping stroke survivors to return to work after a stroke.

And finally, there is the Enfield Social Stroke Support Co-ordination team, based in Stroke Action. Our team will provide stroke survivors opportunities to promote health and wellbeing, regain self confidence, self-esteem and learn skills to become active citizens in the community. We are here to help and support you to overcome social isolation and social exclusion. So, be rest assured that **YOU ARE NOT ALONE !**

This newsletter will bring to you information about activities in the community that you may wish to participate in. We will also provide a monthly update of progress made by the Social Support Co-ordination Team —

Rita Melifonwu and Jacqui Thomas.

WHERE TO SOCIALISE:



If you are feeling that you are on your own and want to meet new people, there are opportunities to socialise in Enfield with other stroke survivors. You can meet and share your experiences of strokes, and, make new friends as well! In the process you will learn more about strokes — the causes, prevention and coping with life after a stroke.

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There are also several health and wellbeing events organised by either the Council, NHS Enfield or Community and Voluntary sector organisations within Enfield or surrounding boroughs that you can attend.

To access social support, just visit one of our stroke clubs. You can also visit a participating centre that is taking part in implementing the Enfield Stroke Pathway's social integration service, at the following venues:

Bush Hill Park Stroke Club:

Tuesdays 09.30 am—2.30 pm
Park Avenue Disability Resource Centre
65C Park Avenue, EN1 2HH

BE Active Social Stroke Support Group:

Tuesdays 12.00—2.00 pm
Southbury Leisure Centre
192 Southbury Road, Enfield EN1 1YP

Edmonton Stroke Clubs:

Mondays: 09.30am - 4 pm
Fridays: 09.30am - 4pm
Visitor Centre, Pymmes Park
Victoria Road, London N18 2UF

Ruth Winston Centre

1st & 3rd Mondays: 10 am—1pm
190 Green Lanes, London N13 5UE

Enfield Carers Centre

(for carers of stroke survivors)
Jan, April, July October.
3rd Mondays, 11.00 am —12.30 pm
Britannia House, 137—143 Baker Street
Enfield EN1 3JL

PLEASE HELP US TO—

“Treat people as if they were what they ought to be, and help them become what they are capable of being”

HOLISTIC STROKE CARE VOLUNTEERS wanted!

Do you want to make a difference to the stroke experience of other stroke survivors? If your answer is YES, then you can start by simply joining our **befriending scheme!** As a be-friender you can visit a stroke survivor in the hospital or in their home.

You can also become a **holistic stroke care volunteer** by helping to set up and run a stroke club with a carer OR by contributing to decision making on how stroke services are developed, delivered and evaluated. You will be supported in your volunteering role, which can be very enjoyable. Please contact ETHEL or JOAN on 020 - 8807 8023 to express an interest.

Welcome Volunteers



CONTACT US:

Stroke Action
Visitor Centre
Pymmes Park
Victoria Road
London N18 2UF

TEL: 020—8807 8023
Mob: 07946—622753
Fax: 020—8803 1890
Email:
stroke.action@virgin.net

WRITE TO US:

Stroke Action
PO Box 44989
London N9 0UW

Stroke Information Drop - in session:

Edmonton Green Library
1st Tuesday of every month. 11am—2pm

Ruth Winston House
1st Friday of every month
10 am—1 pm

Poetry Workshop:

“Quilting a Poem”
Salisbury House, Bury Street West , N9

Singing in the BRAIN:

Haringey Irish Centre
Pretoria Road N17 8DX
Thursdays 2 - 4 pm
020— 8937 7171
07946—452 913

Stroke Action Annual General Meeting:

Friday 25/11/11
Time 11.30 am
Venue: Visitor Centre,
Pymmes Park, N18

020—8807 8023
07946—622 753

Arts Competition:

Stroke Association 2012 Christmas Card competition. Enter by Jan 2012 e.g. painting, sketching, photo. Include a paragraph about yourself and submit to Debbie Walding,

1 Sterling Business Park,
Salthouse Road, Northampton NN4 7EX

Paralympic Festival 2011.

Enfield Sports Development Team have put together a programme of FREE activities to celebrate inclusive sports and physical activity.

To book phone 020-8379 3762 between 9am—5pm
Mondays — Fridays

Courses & Workshops:

Assertiveness
Anxiety Support
Confidence Building
Cooking on a budget
Relaxation
Stress Reduction

For more information contact:
Dawn Peters
MIND in Enfield
020-9997 1487


