

**Tending Specialist Stroke Services** meets 4 days each week at our centre in Holland on Sea and Monday afternoons in Harwich. The meetings start at 10 a.m. and lunch is provided for the members prior to departure between 1.30—3.30pm depending on which day it is day.

**Mondays**—include creative tasks, an art class and a gentle exercise period. The day ends with mental games such as crosswords, cards and quizzes.

**Harwich**—development of effective functional communication skills through alternative strategies & coping techniques. The maintenance of learnt skills, regaining of self confidence, increase independence and prevent social isolation. (1.30—3 pm)

**Wednesdays**—are given to communication skills with a TSSS Adult Education Tutor in attendance.

**Thursdays**—are for people who are mainly of a higher dependency and maybe restricted to wheelchairs. (10 a.m. to 3.30 p.m.)

**Fridays**—mental and verbal work is undertaken in the form of topical quizzes etc, and a gentle exercise period

See overleaf for more detail\*

## TENDRING SPECIALIST STROKE SERVICES

85 FRINTON ROAD  
HOLLAND ON SEA  
ESSEX  
C015 5UH

TELEPHONE: 01255 815905

FAX: 01255 815905

EMAIL: [tendringstroke@yahoo.co.uk](mailto:tendringstroke@yahoo.co.uk)

WEBSITE: [tendring-specialist-strokeservices.org.uk](http://tendring-specialist-strokeservices.org.uk)

STROKE CARERS &  
FAMILY SUPPORT:

TELEPHONE: 01255 815916

Visiting service providing information, literature and emotional support for stroke survivors, carers and families

## TENDRING SPECIALIST STROKE SERVICES



## DAILY ACTIVITIES PROGRAMME

**Annual membership** fee £5.00 payable each April.

**Optional Art Classes:** Please note: There is an additional cost of £3 for the Art Class to help defray the cost of the qualified Art Tutor.

Please be aware that transport costs are heavily subsidised by TSSS. If arranged transport is not used, TSSS still has to pay the full cost. Therefore a cancellation fee may be charged to the user unless cancelled in advance.

Fees and transport costs are reviewed annually. Dance fee of £7.50 for the day including lunch. £6.00 but may vary due to distance. There is an attention as transport schemes only cover a certain radius. Clients pay a contribution towards the cost of £5.50—

**Transport** can be arranged but is not always possible as transport schemes only cover a certain radius. Clients pay a contribution towards the cost of £5.50—

**A Physiotherapist** attends our Thursday group on a regular basis to advise on any problems members may be having (ie splints may be supplied) checks made on exercises etc.

**We hold open days** on a regular basis to promote stroke prevention awareness and healthy living. Health professionals carry out blood pressure checks and Diabetes checks.

**Training sessions** are organised for our staff and volunteers at regular intervals, incorporating Manual Handling Techniques, Food Hygiene, Stroke Awareness.

## SKILLS DEVELOPMENT AFTER STROKE

**MONDAY 9.30AM – 1.30PM**

**Format:** Skills development, social interaction and occupational therapy. Friday gentle exercise session. Tutor led art class on Mondays

**Aims:** To encourage members to use forgotten skills, or in many cases to discover new skills. Members are encouraged to produce work and in some cases this work has been sold at fetes etc.

The activities on this day promote feelings of self-worth and achievement. Self-confidence and initiative is developed. Social integration and communication skills are also greatly enhanced. Social isolation reduced and respite for carers.

### **Harwich - 1.30—3 pm**

To develop effective functional communication skills through alternative strategies and coping techniques, maintenance of learnt skills. Development of self confidence, initiative and social integration. Increased independence and prevention of social isolation.

## COMMUNICATION AFTER STROKE

**WEDNESDAY 10AM- 2PM  
(NOT DURING AUGUST)**

**Format:** Small groups are facilitated by a TSSS qualified Adult Learning Tutor and assisted by trained volunteers

**Aims:** To develop effective functional communication skills through alternative strategies & coping techniques & the maintenance of learnt skills. To develop self confidence, initiative and social integration. To increase independence and prevent social isolation.

### **Meeting others:**

It is difficult to return to an active social life if your speech and language is affected. The stroke group gives its members a chance to regain their confidence, practise alternative methods of communication and be accepted in their own right with people who understand their problems. New friends are made – it is often a relief to meet others who are going through the same experience.

## REHABILITATION AFTER STROKE

**THURSDAY 9.30AM – 3.30PM**

**Format:** Mixed ability, exercise session and occupational therapy.

**Aims:** To improve mobility, co-ordination, communication skills and provide mental stimulation. Prevention of social isolation and respite for carers. These aims are achieved in many cases by relearning/developing numeracy & literacy skills, money handling, gentle exercise, quizzes, physical games & other activities to enhance co-ordination.

### **Meeting others:**

The Thursday session enables many members to move forward, regain confidence and can indeed improve physical mobility in many cases and provide continued mental stimulus for most members. Social isolation reduced and respite for carers.

## SOCIAL INTERACTION AFTER STROKE

**FRIDAY 9.30AM – 1.30PM**

**Format:** Skills development, social interaction and occupational therapy. Gentle exercise session.

**Aims:** To encourage members to integrate socially again and to regain confidence in the company of others. Carers' respite.

### **Meeting others:**

This session is an ideal opportunity to meet others socially, to encourage self- confidence and to enjoy some fun at the same time.

Provision of therapeutic and social intervention to reduce social isolation and its attendant health problems.