

## STROKE FAMILY CARE

Stroke Family Care is a visiting service which provides information, literature and emotional support for stroke survivors, their families and stroke patients living alone. Strokes can bring about many changes for the stroke survivor and their family. The Stroke Family Care Adviser is available to help support families both emotionally and practically during these changes. It can be very beneficial to talk things over in a supportive, empathic and confidential environment.

### HOW TO ACCESS THE SERVICE

Initial contact with families and carers normally takes place whilst the survivor is in hospital and visits are offered before and after discharge.

The service can also be accessed at any time after a stroke by individuals or health professionals.

**Please phone: 01255 815916**

Our Stroke Family Care Adviser has a thorough understanding of the problems of a stroke and its effect on families.

We are also able to offer information about other statutory and voluntary organisations

Stroke Family Care works as a complementary service alongside other health professionals and we very much welcome referrals from GPs, nurses, speech & language therapists, dieticians, social workers and other health care workers.

## COUNSELLING SERVICE

**01255 815916**

We offer a free confidential counselling service for stroke survivors and/or their carer(s). The counsellor is a British Association for Counselling and Psychotherapy Accredited Member.

## PRIMARY AND SECONDARY STROKE PREVENTION

We offer advice and written information about healthy living, diet, blood pressure, cholesterol, diabetes, smoking cessation and other aspects of stroke prevention.

# TENDRING SPECIALIST STROKE SERVICES

A local charity caring for the community of Tendring by offering post stroke care and primary and secondary stroke prevention information and advice



## TSSS CENTRE

**85 FRINTON ROAD**

**HOLLAND ON SEA, ESSEX.**

**CO 15 5UH**

**TEL/FAX 01255 815905**

## STROKE FAMILY CARE

**01255 815916**

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

**[www.tendringsspecialiststrokeservices.org.uk](http://www.tendringsspecialiststrokeservices.org.uk)**

**Registered Charity No. 1054049**

## TENDRING SPECIALIST STROKE SERVICES

A local independent charity caring for the community of Tendring.

Our aim is to assist in any way possible during recovery, rehabilitation and in the long term.

We offer support in various ways to stroke survivors, their families, carers, friends and professionals involved in their care.

We provide activities for stroke survivors within a social setting.

We offer the opportunity to meet and share experiences and concerns.

We constantly press for improvements in services for stroke survivors and strive to increase public awareness of stroke and resulting trauma.

We offer education through information and training

We hold Stroke Prevention and Post Stroke Information Days at our centre.

## TSSS CENTRE

The centre is owned and run by the TSSS for its own activities and is let out to assist other disabled groups.

## DAILY GROUPS

We run groups which take place four days per week at our centre and our aim is to

- Reinforce daily living skills
- Develop effective communication skills
- Promote self confidence and initiative
- Increase independence and encourage social integration

There is a high dependency group for those who need a higher level of care due to lack of mobility

## CARERS' GROUP

These meetings are specifically for carers giving them a chance to meet informally with other carers . Advice, information and occasional speakers.

## INFORMATION

- Primary & secondary stroke prevention & awareness
- Post stroke care
- Healthy living

## SIGNPOSTING

- Social Care
- Pensions, benefits & financial assistance
- Health professionals
- Respite & sitting service
- Advocacy
- Aids & equipment
- Driving assessments
- Transport needs

Strokes do not discriminate. It could happen to YOU or to one of your family. A stroke can occur anywhere to anyone.

**STROKES ARE A  
MEDICAL EMERGENCY  
IF YOU SUSPECT A STROKE  
DIAL 999**