

Stroke

Surviving

»Support

Ever wondered what it would be like, suddenly in the blink of an eye, or as you wake up one morning, not to be able to control all or part of one side of your body?

On average, 12 people suffer a stroke every hour in the UK. Of those, three will be under 65. However, only one in five strokes are fatal and there is help on hand with recovery and rehabilitation.

October 29th is World Stroke Day, and the World Stroke Organisation is helping publicise local support should you either have a stroke or be a relative of a stroke survivor. High blood pressure is the most important risk factor for strokes, contributing to 50 per cent of cases, with smoking, obesity, diabetes and high cholesterol increasing your chances.

Hopefully by now everyone has seen the Act FAST publicity; **F**. Face – Can they smile, does one side of their face droop? **A**. Arms – Can they lift both arms, is one of them weak? **S**. Speech – Is their speech slurred or muddled? **T**. Time – Time to call 999 and get specialist medical help. Stroke Care, Newbury & West Berkshire's Family Support Unit makes contact with every survivor

offering them help, support and advice. Survivors are invited to join one of the group's weekly sessions, offering physiotherapy, exercise and nutritional advice as well as friendship and support, confidence-building, information, and a personal rehabilitation programme.

Sometimes the group is lucky enough to go out on a visit. This year the group visited the Gainsborough Stud and the picture above shows one of the Stroke survivors enjoying petting one of the horses.

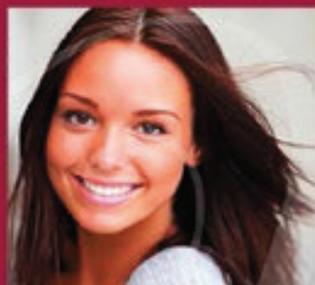
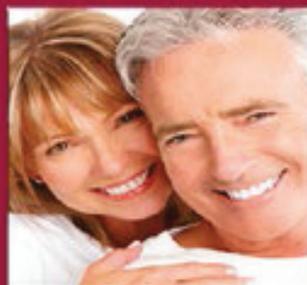
A stroke survivor, is someone who has been referred to Stroke Care in the first two years after a stroke. You are welcome to call the family support service on **01635 861666**. Ask for Sue Harding or Judy King.

• For further information on avoiding and recognising Strokes, go to www.stroke.org.uk or, for information on Stroke Care Newbury & West Berkshire, visit strokecarenewbury.org

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