

Deal Strokes: Resources

17 March 2019 (v3)

This document tries to pull together many of the bits of information or support that may be available or helpful to people who have had a stroke, and their families and friends.

This document is correct as at the date above, and will be checked and updated **occasionally** (NOT continuously).

This document is **not** intended to be complete; it is to give ideas and pointers to what may be available. Most of the information is available on the internet, and it's always worth checking there for updates or changes.

There are sections on:

- Finance including Department. of Work and Pensions (DWP) benefits and how to help manage someone else's finances
- Transport
- Health / Home
- Deal and District Strokes
- The Stroke Association (including a list of their factsheets etc).

We welcome helpful comments or additional information!

Other useful sources of information are:

Citizens Advice Bureau (CAB)	<p>Help on a range of issues, including</p> <ul style="list-style-type: none"> - help you with form filling eg benefits, housing, court, etc - refer you to specialist advisers or agencies if necessary <p>Lots of helpful information is available on the website, eg health, housing, benefits etc.</p>	<p>Adviceline on 01304 374128</p> <p>The Cedars, 26 Victoria Road, Deal, CT14 7BJ 9:30am - 3pm Monday – Wednesday</p> <p>Guildhall Cattle Market, Sandwich, CT13 9AH 10am - 3pm Thursday</p> <p>https://www.citizensadvice.org.uk/</p>
Age UK	Free information and advice about a wide range of subjects.	<p>Age UK Advice Line 0800 678 1602 Free to call 8am – 7pm 365 days a year</p> <p>www.ageuk.org.uk</p>
<p>The Deal Centre for the Retired</p> <p>Age Concern Sandwich</p>	<p>Information leaflets, social activities, refreshments, meals etc available from the local centres.</p> <p>Contact them to find the full range of services and activities.</p>	<p>The Deal Centre 3 Park Street, Deal, CT14 6AG 01304 372608 http://dcr.btck.co.uk/ email: admin@deal-cr.org.uk</p> <p>Age Concern Sandwich 19/21 Cattle Market, Sandwich, CT13 9AP 01304 614237</p>

Finance: What	Why	How
Finance		<p>For the Department of Work and Benefits (DWP) benefit claims it is a good idea to get help with the application.</p> <p>Help (to identify what you might be entitled to, or with filling in forms etc) is available from the Citizens Advice Bureau (if you can get to one of their offices (see page 1), or may be available from a Care Navigator (see below, "Health / Home" section).</p> <p>www.gov.uk (the Government website) is also a good source of information.</p>
Personal Independence Payment (PIP)	<p>A Department of Work and Pensions (DWP) benefit, paid to recognise the additional costs of having a disability, if you are between 16 and 64 years of age.</p> <p>The amount you get depends on how your condition affects you, not the condition itself.</p> <p>It is NOT means-tested.</p>	<p>Claim by telephone or textphone Telephone: 0800 917 2222 Textphone: 0800 917 7777 Monday to Friday, 8am to 6pm</p> <p>It is likely that you will also have to have a meeting to assess your ability to carry out activities and how your condition affects your daily life. The meeting can be either at your home or at an assessment centre, and will take about an hour.</p>

Finance: What	Why	How
Attendance Allowance (AA)	<p>A Department of Work and Pensions (DWP) benefit, paid to recognise the additional costs of having a disability, if you are age 65 or over.</p> <p>The amount you get depends on how your condition affects you, not the condition itself.</p> <p>It is NOT means-tested.</p>	<p>Download the form from the internet, or get a copy from the Attendance Allowance helpline:</p> <p>Telephone: 0800 731 0122 Textphone: 0800 731 0317 Monday to Friday, 8am to 6pm</p>
DWP Universal Credit (UC)	<p>A DWP benefit for people of working age. It MAY be available if your income is judged to be ‘too low’ compared to DWP figures.</p> <p>It may be possible to include financial help towards your rent.</p> <p>Universal Credit IS means-tested, and depends on your circumstances, your income and your capital.</p>	<p>You need to apply for Universal Credit online, or get help from Citizens Advice Bureau (page 1).</p> <p>If you and your partner live together you have to apply as a couple. You do not need to be married.</p> <p>If you have a disability or illness that affects your work you may need a Work Capability Assessment to see how your disability or health condition affects your ability to work.</p> <p>After you apply, you must contact your local Jobcentre Plus within 7 days to make an appointment with a work coach.</p> <p>https://www.gov.uk/apply-universal-credit</p>
DWP – Employment and Support Allowance (ESA)	<p>A DWP benefit for people of working age.</p> <p>It MAY be available if you have paid appropriate National Insurance contributions, and depending on your circumstances.</p>	<p>Look online to see if you might be entitled and how to claim, or</p> <p>Seek advice from Citizens Advice Bureau</p>

Finance: What	Why	How
DWP – Pension Credit	<p>A DWP benefit for pensioners.</p> <p>It is means-tested and depends on each person's (or couples') circumstances (for example your income, savings, if you're a carer, severely disabled, responsible for a child or young person, or have certain housing costs).</p> <p>If you get paid Pension Credit you may also get money towards your Council Tax and rent (possibly even enough to pay all your Council Tax and rent).</p>	<p>Pension Credit claim line: Telephone: 0800 99 1234 Textphone: 0800 169 0133 Monday to Friday, 8am to 6pm</p> <p>You can use a paper application if you're unable to make a claim by phone. Contact a voluntary organisation (for example Citizens Advice Bureau or AgeUK), or get a friend or family member to call the helpline to ask for a paper application.</p>
VAT relief – including on vehicle adaptations	<p>If you're disabled or have a long-term illness, you will not be charged VAT on products designed or adapted for your own personal or domestic use. Eg</p> <ul style="list-style-type: none"> - adjustable beds - stair lifts - wheelchairs - medical appliances - alarms - building work like ramps, widening doors, installing a lift or toilet <p>Also, you should not be charged VAT on the installation and any extra work needed as part of this, repairs or maintenance, spare parts or accessories.</p>	<p>To get the product VAT free you must have a long term physical or mental impairment that affects your ability to carry out everyday activities.</p> <p>When you purchase you'll need to confirm in writing that you meet the conditions. Your supplier may give you a form for this.</p>
Council Tax Support	<p>May be available from Dover District Council to help towards your Council Tax bill.</p> <p>Council Tax Support IS means-tested, and depends on your circumstances, your income and your capital.</p>	<p>Email: revenues@dover.gov.uk</p> <p>Phone: 01304 872199</p>

Finance: What	Why	How
Council Tax Reductions	<p>The Council Tax for a property may be reduced, eg if:</p> <ul style="list-style-type: none"> - Using a wheelchair indoors - A room has to be set aside specifically for the use of the person with a disability. - One of the residents in a property is caring for another resident due to a disability. This does NOT apply if caring for a spouse or partner. - One or more of the residents has a “severe mental impairment” such as dementia or as a result of a brain injury, and has an appropriate disability benefit (eg PIP / Attendance Allowance) 	<p>https://www.dover.gov.uk/CouncilTax/Discounts-and-exemptions/Home.aspx</p> <p>Phone 01304 821199</p>
NHS Low Income Scheme (LIS)	<p>If you have a low income, you may be able to get help with NHS costs. The scheme covers:</p> <ul style="list-style-type: none"> - prescription costs - dental costs - eye care costs - wigs and fabric supports - healthcare travel costs (see Transport section: Healthcare Travel Costs Scheme (HTCS)) <p>You can apply for the scheme as long as your savings, investments or property (not counting the place you live) don't exceed the capital limit. In England, the limit is £16,000 (different if you live in a care home)</p>	<p>To apply for your certificate, you'll need to complete an HC1 form and post it to the address provided on the form.</p> <p>You can order an HC1 form online or download it from the internet. It may also be available from your local Jobcentre Plus office or NHS hospital. Your doctor, dentist or optician may also be able to give you one.</p> <p>If you need help making your claim or have questions about the LIS, call 0300 330 1343 to speak to an adviser. They can also fill in the form for you and post it to you to sign and return it to them.</p>
Electricity and Gas - prices	<p>Social tariffs are regulated so that you pay no more than a company's lowest available plan. Energy suppliers may provide a social tariff for vulnerable customers, which can include people with disabilities.</p>	<p>Contact your gas / electricity provider(s) to see if you can get a cheaper bill.</p> <p>They will ask for some details from you that will help them identify whether or not you're eligible, then talk you through the process from there.</p>

Finance: What	Why	How
Benevolent Societies eg SSAFA	<p>Some trades or occupations have Benevolent Societies that may be able give financial support etc.</p> <p>Eg SSAFA (The Armed Forces Charity) - exists to relieve need, suffering and distress amongst the Armed Forces, veterans and their families in order to support their independence and dignity. It provides practical and emotional support.</p> <p>There may be a benevolent society for your occupation, eg Musician's Benevolent Fund Transport Benevolent Fund</p>	<p>The Guide to Grants for Individuals in Need guidebook may be available from your local library</p> <p>Apply online, or freephone 0800 731 4880</p> <p>You could consult old employment paperwork, or search online. Some societies are listed at: http://www.ukcharities.org/linkcategories/Benevolent-Funds/</p>
Water supply etc - prices	<p>Water companies in England, Wales and Scotland are able to offer capped water bills to those with a disability or on certain benefits.</p> <p>Before you apply you need to have a meter fitted. This is fairly straightforward and can be organised quickly. It is usually free of charge.</p> <p>Once you have a water meter and if someone in your household gets benefits or has a relevant disability it may be possible to get the water bill capped.</p>	<p>Each Water company has its own criteria - check with your local supplier for the exact conditions.</p>
Phone bills	<p>If you're getting DWP benefits you might be able to get a low cost landline phone service from BT.</p> <p>'BT Basic' is a simple, low-cost phone service that is easy to understand and helps you keep in touch if you are on specific low-income Government benefits.</p>	<p>Look online, or</p> <p>Get a "BT Basic" application form by phoning 0800 800 864 (8am to 6pm Mondays to Fridays).</p>

Finance: What	Why	How
Warm Home Discount	<p>The Warm Home Discount scheme is a government led scheme to provide support to low income and vulnerable energy customers.</p> <p>Pensioners on a low income may qualify.</p> <p>Assistance may also be available for those on a low income with a disability, long term illness or those with young children.</p> <p>The energy suppliers have their own eligibility criteria (approved by Ofgem) for non-pensioners and have a limit on the number of customers who can benefit.</p>	<p>If you have a general query regarding the scheme call the Warm Home Discount Scheme Help Line on 0845 603 9439 (Monday to Friday 9.00 am to 5.00 pm).</p> <p>Or contact your energy provider to see if they are involved in the scheme.</p>
Grants	<p>Many UK charities and trusts provide grants to help with the extra costs of ill health or disability.</p>	<p>Use the Turn2us Grants Search tool:</p> <p>The Turn2us website has a free Grants Search tool that lets you look for grants based on your circumstances and needs.</p> <p>https://grants-search.turn2us.org.uk/</p>
Disability Grants and Discounts	<p>Search for grants or discounts there are discounts available for disabled adults and children with special needs.</p> <p>Discounts for the disabled are provided by Government, tourist attractions and organisations both locally and nationally.</p> <p>Reductions can be for the disabled person or their carer, or both.</p> <p>Many don't advertise their discounts, so don't be afraid to ask.</p>	<p>https://www.disability-grants.org/</p> <p>https://www.disability-grants.org/disability-discounts-national.html</p>

Finance: What	Why	How
Appointee – to help someone else manage their DWP benefits.	A partner, friend etc can apply for the right to deal with the benefits of someone who cannot manage their own affairs because they're mentally incapable or severely disabled. This only applies to DWP benefits, but may be useful.	DWP will arrange a visit to check that the person needs an Appointee, and that the Appointee is an appropriate person. There are different phone numbers for different benefits. Refer to the benefit letter.
Lasting Power of Attorney (LPA) – to help someone else make decisions, manage their finances, etc.	A lasting power of attorney (LPA) is a legal document that lets you (the 'donor') appoint one or more people (known as 'attorneys') to help you make decisions or to make decisions on your behalf. This gives you more control over what happens to you if you have an accident or an illness and can't make your own decisions (you 'lack mental capacity'). There are 2 types of LPA: <ul style="list-style-type: none"> • health and welfare • property and financial affairs You can choose to make one type of LPA, or both types.	As usual there's a form to fill in for each LPA. The LPA forms are quite long, but not difficult. They can be filled in online, or a paper form, or with a solicitor (you will have to pay the solicitor, who may be expensive). The form(s) must be registered with the Office of the Public Guardian before they can be used (there is a fee that is currently up to £82, but you may be exempt from the fee if you have a low income). Office of the Public Guardian: Telephone: 0300 456 0300 Textphone: 0115 934 2778 Email: customerservices@publicguardian.gsi.gov.uk
Deputy – to help someone else manage their finances.	If someone has already lost the ability to make their own decisions (they lack mental capacity), a partner, friend etc may apply to the Court of Protection to become their Deputy. As a deputy, you'll be authorised by the Court of Protection to make decisions on their behalf.	Send the application forms and the fee (currently £385) to the Court of Protection (as above, in Lasting Power of Attorney). There are ongoing costs as well eg an annual Supervision Fee, which can be very expensive.

Transport: What	Why	How
Transport		
Blue Badge	<p>The Blue Badge scheme helps you park nearer to your destination if you have a disability.</p> <p>Blue Badges cost £10 whether it's your first one or you're renewing or replacing it.</p>	<p>For all enquiries contact Kent County Council (KCC) on 03000 416262 or email: bluebadgeteam@kent.gov.uk.</p> <p>You may download an application form from the KCC website. https://www.kent.gov.uk/social-care-and-health/care-and-support/disability/apply-for-a-blue-badge</p> <p>You can apply in person at the Dover Gateway 69 - 71 Castle Street, Dover, CT16 1PD You will need to make an appointment, either by visiting directly or telephoning 03000 41 62 62. Check beforehand which documents you need to take with you.</p>
Motability car / scooter	<p>The Motability Scheme can help you with leasing a car, powered wheelchair or scooter. You'll need to be getting one of the following:</p> <ul style="list-style-type: none"> - the higher rate of the mobility component of DLA - War Pensioners' Mobility Supplement - Armed Forces Independence Payment - the enhanced rate of the mobility component of PIP 	<p>https://www.motability.co.uk/</p> <p>0300 456 4566</p> <p>Monday 9am-11am is their busiest period. You may find it easier to call outside these times.</p>
VAT relief for vehicles	<p>You may not have to pay VAT on having a vehicle adapted to suit your condition, or on the lease of a Motability vehicle - this is known as VAT relief.</p>	<p>As well as other criteria, you're normally a wheelchair user.</p> <p>There's a form to fill in, VAT1615A , available online (or from the supplier / mechanic?)</p>

Transport: What	Why	How
<p>Vehicle Tax exemption</p> <p>or</p> <p>Vehicle Tax reduction</p>	<p>You can apply for exemption from paying vehicle tax if you get the:</p> <ul style="list-style-type: none"> - higher rate mobility component of Disability Living Allowance (DLA) - enhanced rate mobility component of Personal Independence Payment (PIP) - War Pensioner's Mobility Supplement - Armed Forces Independence Payment <p>The vehicle must be registered in the disabled person's name or their nominated driver's name.</p> <p>It must only be used for the disabled person's personal needs. It cannot be used by the nominated driver for their own personal use.</p> <p>You can only have one vehicle tax exemption at any one time.</p> <p>You can get a 50% reduction in vehicle tax if you get the PIP standard rate mobility component.</p>	<p>You claim the exemption when you apply for vehicle tax. If you're claiming for a vehicle for the first time, you have to claim at a Post Office. You must do this every time you change your vehicle.</p> <p>Apply to the DVLA. Various items of paperwork are required. More info online or from DVLA</p>
<p>Volunteer Driver scheme</p>	<p>A volunteer led community transport scheme, to enable people living in the area to remain as independent as possible, and to help prevent isolation. Has to be booked in advance. Useful for eg medical appointments, shopping, visiting family.</p> <p>Drivers pick you up from your home and will wait for you for up to two hours. If you need longer than two hours it will involve two journeys, so the cost will be more.</p> <p>Users have to be able to manoeuvre themselves into and out of the vehicle. Most vehicles will take folding wheelchairs, zimmer frames, additional passengers – check at time of booking.</p>	<p>Phone the Volunteer Centre on 01304 367898</p> <p>Or email: transport@ddvc.org.uk</p> <p>You pay for the service, currently:</p> <ul style="list-style-type: none"> - £15 one-off fee ("setting up"). - £4.00 admin fee per journey (£7.00 if over 100 miles) - 45 pence per mile for the round trip (which starts and ends at the driver's home address). - Minimum charge of £7.00 per trip (so journeys of up to six miles cost £7.00).

Transport: What	Why	How
<p>Healthcare Travel Costs Scheme (HTCS) NHS</p>	<p>You may be able to claim a refund of reasonable travel costs under the Scheme if you're referred to hospital or other NHS premises for specialist NHS treatment or diagnostic tests by your doctor, dentist or another primary care health professional.</p> <p>At the time of your appointment, you or your partner must</p> <ul style="list-style-type: none"> - receive one of the qualifying benefits or allowance, or meet the eligibility criteria for the NHS Low Income Scheme. - have a referral from a healthcare professional to a specialist or a hospital for further NHS treatment or tests (often referred to as secondary care). <p>Your appointment must be on a separate visit to when the referral was made.</p>	<p>To claim, you should take your travel receipts, appointment letter or card, plus proof that you're receiving one of the qualifying benefits etc to a nominated cashiers' office to claim your travel costs.</p> <p>Nominated cashiers' offices are located in the hospital or clinic that treated you. They're responsible for assessing your claim and making the payment directly to you. In some hospitals, the name of the office you need to go to may be different (for example, the General Office or the Patient Affairs Office).</p> <p>If you're not sure, ask reception or Patient Advice and Liaison Services (PALS) staff where you should go.</p> <p>https://www.nhs.uk/using-the-nhs/help-with-health-costs/healthcare-travel-costs-scheme-htcs/</p>
<p>Bus pass</p>	<p>Get free off-peak bus travel with a disabled person's bus pass</p> <ul style="list-style-type: none"> - if you're a Kent resident and 1 or more of: <ul style="list-style-type: none"> - have a disability or have suffered an injury which has a substantial and long-term adverse effect on your ability to walk - blind or partially sighted - profoundly or severely deaf - without speech 	<p>Kent County Council (KCC)</p> <p>Call 03000 41 83 83, Monday to Friday, 9am to 5pm.</p> <p>Download a disabled person's bus pass application form https://www.kent.gov.uk/social-care-and-health/care-and-support/disability/bus-passes-for-older-or-disabled-people</p> <p>Get a form from any Library or the Dover Gateway (See “Blue Badge”, above)</p> <p>Staff in Dover library can put your details onto the application system for you. You will need to take your eligibility evidence with you.</p>

Transport: What	Why	How
Wheelchair taxi	Some taxi companies will have a wheelchair taxi. Ask them when booking.	Eg Direct Cars in Deal / Walmer – 01304 382222
Disabled Person's Railcard	A Disabled Persons Railcard allows you - and one adult travelling with you - to get 1/3 off most rail fares throughout Great Britain. A one-year card is £20. A three-year Railcard is also available for £54.	Information is available online: https://www.disabledpersons-railcard.co.uk/ or ask at your local railway station.
Disabled parking bay	Contact Dover District Council to find where disabled parking spaces are, or to apply for a disabled parking bay outside your house.	Email: parking@dover.gov.uk Tel: 01304 872459

Health / Home: What	Why	How
Health / Home		
Police – alternative phone number	Some phone numbers to the police may be expensive.	Phone 01622 690690 to get a cheaper rate. Phone 999 in emergency
Carers Support	Supporting those who care for a relative or friend. Provides access to support, information and services for Carers	Carers' Support – Canterbury, Dover & Thanet phone 01304 364637, email: support@carers-doverdistrict.org

Health / Home: What	Why	How
Crossroads	<p>Crossroads Care Kent support Carers and the people they care for.</p> <p>They help Carers to make a life of their own outside caring by providing quality care services offering peace of mind while they enjoy some time to themselves eg someone to sit with your relative while you go out.</p>	<p>Phone 03450956701</p> <p>email: enquiries@crossroadskent.org</p>
Lifeline – pendant or bracelet	<p>To get you help when you need it the most.</p> <p>As soon as the Lifeline unit or pendant is pressed a call is made to the Control Centre within seconds. The operators talk via the Lifeline so you don't need to pick up your phone, they will listen to assess the situation and respond appropriately.</p> <p>Available 24 hours a day to offer you reassurance or get you in touch with the people you need.</p>	<p>Shepway Lifeline, a Telecare Service based at Folkestone & Hythe District</p> <p>Tel: 01303 242615 https://www.folkestone-hythe.gov.uk/shepway-lifeline</p> <p>You will need a working telephone socket close to an electrical socket. You will need to nominate two key-holders who live nearby who you trust to look after your doorkey and who are willing to respond if they are contacted.</p> <p>One-off installation cost from £39. Quarterly rental charge £44.20 (payable in advance)</p>
Other helpful gadgets!	<p>Shepway Lifeline can also provide eg</p> <ul style="list-style-type: none"> - Smoke or carbon monoxide detectors - Bed or chair sensors (that can detect long periods of absence) - Fall detectors <p>It's also worth asking at eg the Mobility Shop in Queen Street, Deal, to see what other gadgets and gizmos are available for purchase.</p> <p>They also hire out Scooters, Stairlifts and Wheelchairs.</p>	<p>Shepway Lifeline, as above Charges may apply.</p> <p>Deal Mobility, Queen Street, Deal. CT14 6ET</p> <p>01304 369184</p>

Health / Home: What	Why	How
Phone apps etc: Eg Pill Reminder Pro	A phone app that sends you notifications telling you what medication to take and when. There are probably loads of other apps.	Available on Apple. From the Apple shop? Look on your app store! Or “ask Alexa” etc.
Fire Safety Check – home visit	Kent Fire and Rescue service can visit you in your home and advise on fire safety, exit plans, fit smoke detectors, etc.	Phone 0800 923 7000 Email: hsv@kent.fire-uk.org
Kent County Council (KCC)	You can apply to your council for equipment or help to adapt your home if you have a disability: Disabled Facilities Grant / Occupational Therapy (OT) / aids and adaptations Also Carer’s Assessment / possibly a care package	https://www.kent.gov.uk/ https://www.kent.gov.uk/social-care-and-health 03000 41 61 61 (Monday to Friday, 9am - 5pm) email social.services@kent.gov.uk
Revitalise Holidays	For a proper holiday – excursions, activities and entertainment, complete with 24-hour on-call nurse-led care and full accessibility. Centres at Chigwell (Essex), Southampton, Southport.	http://revitalise.org.uk/ Phone 0303 303 0145

Health / Home: What	Why	How
Care Navigator	<p>Generally, navigator and link services are for older people or those with long term-health conditions or disabilities, living in their own homes.</p> <p>Both kinds of services aim to help you remain living as independently and actively as possible in your own home. They can also help to reduce isolation by linking you in to social opportunities in the local area. They generally provide short term visiting support to help you with things like:</p> <ul style="list-style-type: none"> - Identify your needs - Provide information and advice - Signpost to other support services, clubs and opportunities in the local area - Arranging a meals on wheels service - Ordering minor equipment for your home - Linking in with specialist support for particular health conditions - Completing forms for welfare benefit applications - Befriending services - Volunteering - Handyman services 	<p>Provided in partnership with KCC, NHS, Deal Centre for the Retired Ltd, by Peabody</p> <p>Phone 0800 028 3172 (then select option 2)</p> <p>Or</p> <p>email: skc.carenav@nhs.net</p>
Physiotherapy		Speak to your GP or specialist
Speech Therapy		Speak to your GP or specialist
Occupational Therapy		Speak to your GP or specialist

Health / Home: What	Why	How
The Cinnamon Trust	<p>The Cinnamon Trust volunteers help owners to provide vital loving care for their pets. For example The Cinnamon Trust will walk a dog for a housebound owner, will foster pets when owners need hospital care, will fetch the cat food, or even clean out the bird cage, etc.</p> <p>When staying at home is no longer an option, the Pet Friendly Care Home Register lists care homes and retirement housing happy to accept residents with pets, and (providing previous arrangements have been made with them) the Cinnamon Trust will take on life time care of a bereaved pet.</p>	<p>http://cinnamon.org.uk/home/</p> <p>Tel: 01736 757 900</p>

Deal & District Strokes: What	Why	How
Deal and District Strokes		<p>https://www.dealdistrictstrokes.org/</p>
Monthly meetings	<p>Monthly meetings with speakers, games and activities. There is also time for a cup of tea/coffee and an opportunity to chat.</p> <p>The meetings provide stroke survivors and their carers with an opportunity to share experiences and enjoy the company of fellow members.</p>	<p>Golf Road Community Centre</p> <p>28 Golf Road, Deal CT14 6PY</p> <p>01304 373880 07929 028016</p>

Deal & District Strokes: What	Why	How
Exercise classes	<p>Exercise Classes – weekly.</p> <p>Seated exercises designed for stroke survivors. The exercises are very beneficial and all well enough are encouraged to try the class, including partners etc.</p> <p>Free to stroke survivors.</p>	<p>Every Wednesday 3.00 - 4.00 pm.</p> <p>Golf Road Community Centre</p> <p>28 Golf Road, Deal CT14 6PY</p> <p>01304 373880 07929 028016</p>
Weekly walk	<p>Many of our members enjoy a very gentle walk. You can join us every Thursday at the entrance to Deal Pier for a relaxed walk including a visit to the pier café for a cuppa. The walk is gentle and ideal for beginners or those recovering from illness or surgery. Wheelchair and mobility scooters users are welcome.</p>	<p>Every Thursday.</p> <p>Meet at the entrance to Deal Pier.</p> <p>10.45 for 11.00 am start.</p>
Mid Month Munch	<p>The Mid Month Munch – lunch! (and a chat!).</p> <p>The third Friday of the month.</p>	<p>Golf Road Community Centre</p> <p>28 Golf Road, Deal CT14 6PY</p> <p>01304 373880 07929 028016</p>
Outings	<p>Throughout the year we have outings to local attractions and restaurants.</p> <p>Refer to the programme for the next outings.</p>	<p>https://www.dealdistrictstrokes.org/activities/</p>

The Stroke Association: What	Why	How
The Stroke Association		
Helpline	The Stroke Helpline is a place for information and support. If you or someone you know has been affected by stroke or you want to know more information on how to reduce your risk of a stroke, get in touch.	0303 3033 100 email helpline@stroke.org.uk
Fact sheets and resource sheets	A number of fact sheets etc are available – either from an advisor or online. Listed below **	0303 3033 100 email helpline@stroke.org.uk https://www.stroke.org.uk/publication-type/health-information
Stroke News magazine	Free magazine offering support and guidance to everyone affected by stroke. Stroke News offers loads of helpful information and advice on how to enjoy life after a stroke. Each edition includes details on the latest stroke research as well as compelling case studies from a number of stroke survivors.	https://www.stroke.org.uk/stroke-news-magazine The page includes information on how to subscribe to the magazine, or how to view it online.

** Stroke Association information:							
A01F01	Transient ischaemic attack (TIA)		A01F02	Driving after stroke		A01F03	Helping someone with communication problems
A01F04	Stroke: A carer's guide		A01F05	Dealing with swallowing problems		A01F06	High blood pressure and stroke
A01F07	Problems with memory and thinking		A01F08	Healthy eating and stroke		A01F10	Depression and other emotional changes
A01F11	Blood thinning medication after stroke		A01F12	Continence problems after stroke		A01F13	Alcohol and stroke

** Stroke Association information:						
A01F15	Diabetes and stroke		A01 F16	Physiotherapy after stroke		A01F17 Occupational therapy after stroke
A01F18	Fatigue after stroke		A01F19	Smoking and the risk of stroke		A01F20 Accommodation afterstroke
A01F21	Stroke in African-Caribbean people		A01F22	Balance problems after stroke		A01F23 Bereavement and stroke
A01F24	Epilepsy after stroke		A01F25	Bleeding in the brain: haemorrhagic stroke		A01F26 Atrial fibrillation (AF) and stroke
A01F27	Holiday information		A01F28	Migraine and stroke		A01F29 Vascular dementia
A01F30	Pain after stroke		A01F31	Sex after stroke		A01F32 Stroke in South Asian people
A01F33	Physical effects of stroke		A01F34	Childhood stroke		A01F35 Ischaemic stroke
A01F36	Changes to your behaviour		A01F37	Visual problems after stroke		A01F38 Women and stroke
A01F39	Rare effects of stroke		A01F40	Carotid artery disease		
A01R01	Benefits and financial assistance		A01R03	Aids and equipment for independent living		A01R06 All about stroke: information for children (aged 9+)
A01R07	Exercise and stroke		A01R09	Leisure activities after stroke		A01R10 Private treatment