

## Stroke Family Support

Stroke Family Support is a visiting service which provides information, literature and emotional support for stroke patients, their families and stroke patients living alone.

Strokes can bring about many changes for the stroke person and their family. The Stroke Family Support 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 patient 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 Support 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 Support 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

We offer a free confidential counselling service for stroke survivors and/or their carer(s).

**01255 815916**

### Primary and Secondary Stroke Prevention

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

## CLACTON & DISTRICT STROKE ASSOCIATION

REGISTERED CHARITY NO 1054049

CLACTON & DISTRICT



**A local charity caring for the  
Community of Tendring by offering  
post stroke care and stroke  
prevention information and advice**

### CDSA CENTRE

85 FRINTON ROAD  
HOLLAND ON SEA, ESSEX.  
CO15 5UH  
TEL/FAX: 01255 815905

### STROKE FAMILY SUPPORT

01255 815916

Email: [cdsa@freeola.com](mailto:cdsa@freeola.com)  
[www.cdsa.org.uk](http://www.cdsa.org.uk)

**Strokes do not discriminate. It could  
happen to YOU or to one of your family.**

## The Clacton & District Stroke Association

is 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 social, leisure and other activities for stroke survivors and their families and carers.

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.

## CDSA Centre

The centre is owned and run by the CDSA 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

Recovering from a stroke is a gradual process. The time it takes and the degree of recovery varies.

## What is a stroke?

Strokes do not discriminate. It could happen to YOU or to one of your family.

A stroke can occur anywhere to anyone.

A stroke is an interruption of the blood flow to the brain which can cause a variety of disabilities and problems:

- Paralysis
- Loss of feeling and sensations
- Depression
- Impaired speech and language
- Perceptual problems
- Impaired memory
- Inability to concentrate
- Tiredness
- Confusion
- Emotional anxiety