

BBC Radio Shropshire Factsheet

Strokes

Mid Morning September 29th, 2005

Each year over 130,000 people in England and Wales have a stroke. 10,000 of those are under 55 and 1,000 are under the age of 30. It is the UK's third biggest killer and a leading cause of severe disability. A quarter of a million people are living with long-term disability as a result of stroke.

A free booklet entitled:

'After a stroke: a stroke handbook for Shropshire, Telford and Wrekin' has been published by the Telford & Wrekin Primary Healthcare Trust. It contains much useful information and contact details for many aspects of life after a stroke. Copies are available in large print, Braille, audio-cassette and CD-ROM. You can order a copy from

Shropshire Enablement Team
Mytton Oak
Royal Shrewsbury Hospital North
Cophorne
Shrewsbury, SY3 8XQ
Telephone 01743 261419
Email SET.shrewsbury@shropcomm.wmids.nhs.uk

or you can download a copy from

www.shropshirepct.nhs.uk/hosp_health_services/support_community_teams/AfterStroke/handbook.pdf

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The Stroke Association works to combat strokes in people of all ages.

The charity helps stroke patients, their families and carers through its community services. They can provide information and listening support and you can contact them by post, the internet or their telephone Helpline.

Stroke Information Service
The Stroke Association
240 City Road
London, EC1V 2PR
Helpline 0845 3033100 (Monday - Friday, 9am to 5pm)
Web site www.stroke.org.uk

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The Stroke Association has Regional Centres which can tell you about local Dysphasia Support, Family Support and Stroke Clubs in your area. The regional office covering Shropshire is

The Stroke Association,
1st Floor, Windsor House,
15 High Street,
Kings Heath,
Birmingham, B14 7BB
Telephone 0121 441 4044
Email Westmidlands@stroke.org.uk

Stroke Clubs provide a monthly meeting place for people affected by strokes to meet and share experiences. Here are telephone numbers for some of the Stroke Clubs in Shropshire but there are others in the West Midlands so contact the Stroke Association if none of those listed are near you.

Bridgnorth 01746 711052
Church Stretton 01694 725956
Market Drayton 01630 654520
Oswestry 01691 653228
Shrewsbury 01743 790699
Telford & Wrekin 01952 593880

Different Strokes is a charity that supports younger sufferers of stroke.

Different Strokes
9 Canon Harnett Court
Wolverton Mill
Milton Keynes
MK12 5NF
Helpline 0845 130 7172
Web site www.differentstrokes.co.uk

The BBC is not responsible for the content of external websites.

Email info@differentstrokes.co.uk

For people within easy reach of the Princess Royal Hospital in Telford, **Care for Carers** is a group that provides support through shared experience for people who have had a stroke and their carers. They meet on the 3rd Thursday of every month. The contact number is 01952 614233.

Local Carer Support Groups can also provide help and advice.
PRH Carer Support Group 01952 641222, extension 4557
Telford & Wrekin Carer Support 01952 201091
Bridgnorth Carer Support 01746 711052

The **British Red Cross Therapeutic Care Service** may be able to provide therapeutic massages for stroke sufferers. Contact 01743 280070 for more information.

The **Shropshire County Primary Care Trust Stroke Coordinator** can be reached on 01746 711021.