

Melksham Health and Wellbeing Group

Chaired by Cllr Nick Holder

Care Home Volunteers

Sue Denmark

Volunteer Coordinator -
West Wiltshire



CareHome
VOLUNTEERS

Reg Charity no 1158654

Stroke Overview

Mary Cullen

Melksham Health and Wellbeing Group 02/08/21

Stroke
Association

stroke.org.uk



100,000

There are more than 100,000 strokes in the UK each year.



1.2 million

There are over 1.2 million stroke survivors in the UK.



£26 billion

The cost of stroke to society is around £26 billion a year.



4th

Stroke is the 4th biggest killer in the UK. 4th in England and Wales, and the third biggest killer in Scotland and NI.



Two thirds

Almost two thirds of stroke survivors leave hospital with a disability.

What is a stroke?

- **Permanent damage** to part of the **brain**.
- Caused by an **interruption** in its **blood supply**.
- '**Blockage**' or '**burst**' in the **arteries** which supply blood.
- Usually **happens quickly** and strikes suddenly - **brain attack**.

Types of stroke

Ischaemic stroke

(a blockage)

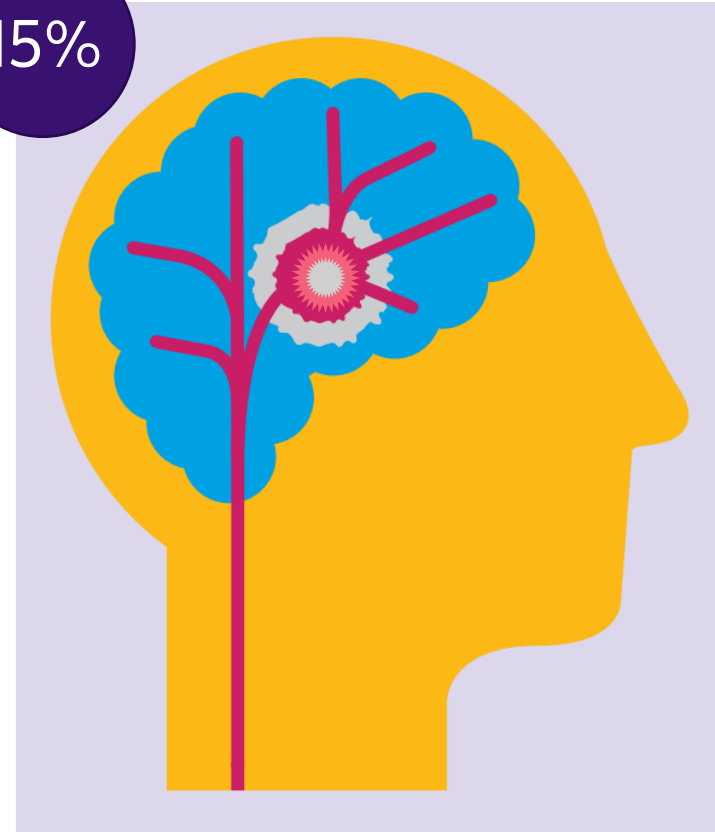
85%



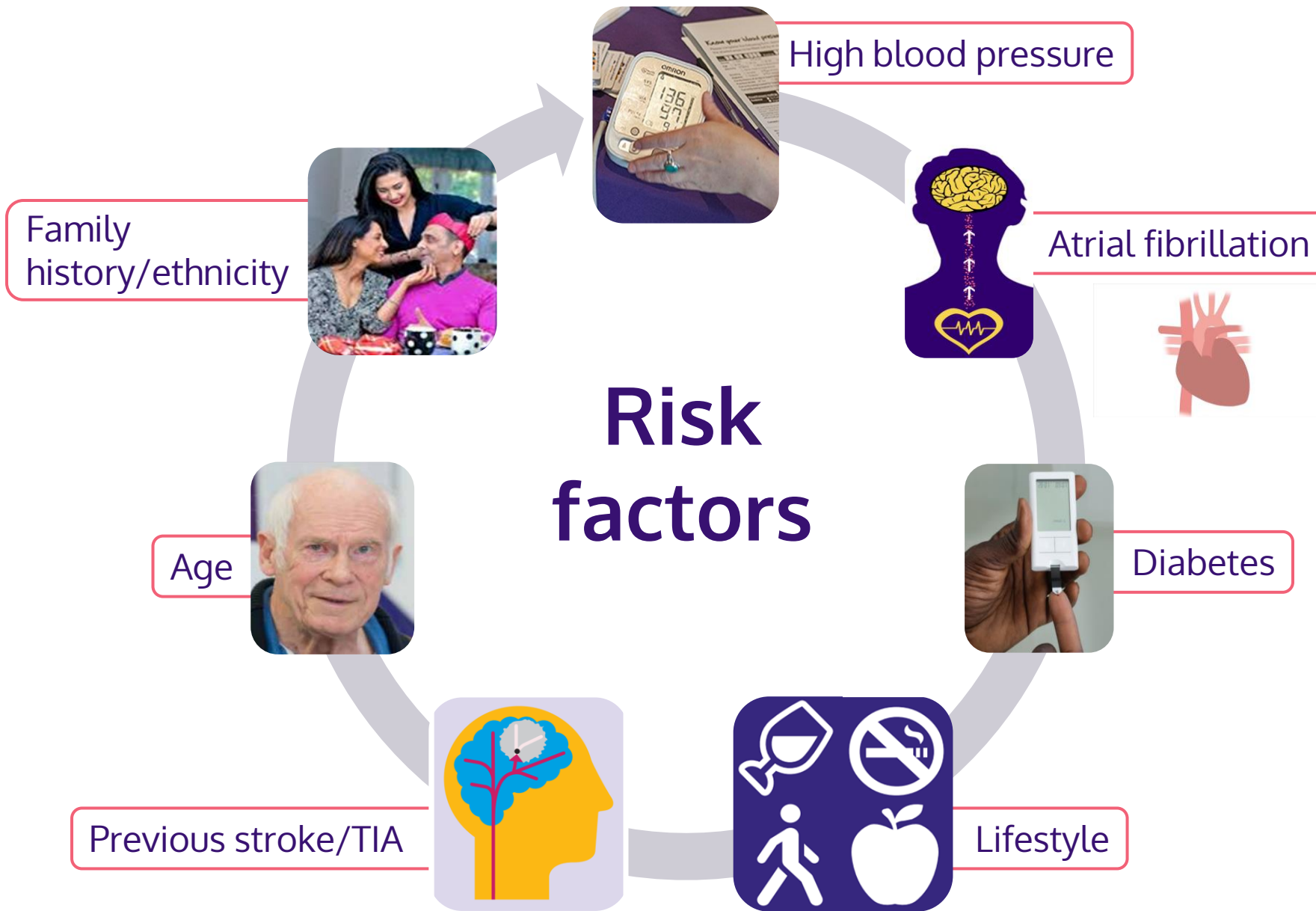
Haemorrhagic stroke

(a bleed)

15%



Risk factors



F A S T



Face



Arms



Speech
problems



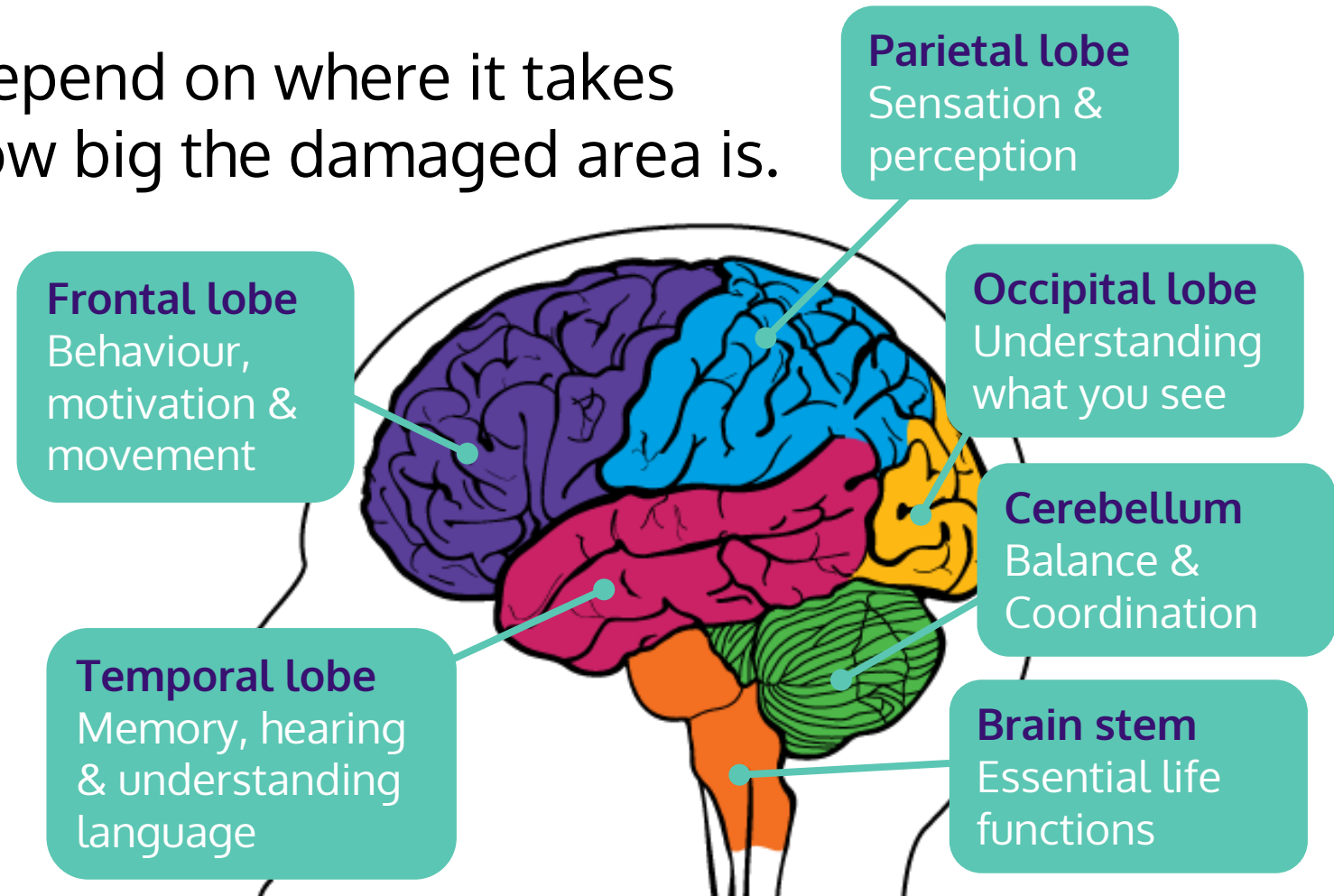
Time to call
999

Other symptoms:

- Sudden **weakness** or **numbness** on one side of the body
- Sudden **confusion**
- Sudden **dizziness** or **unsteadiness**
- Sudden **visual problem**
- **Severe headache**

Stroke can be devastating

- Stroke is the leading cause of adult disability in the UK.
- The effects of a stroke depend on where it takes place in the brain and how big the damaged area is.
- Stroke causes a greater range of disability than any other condition.

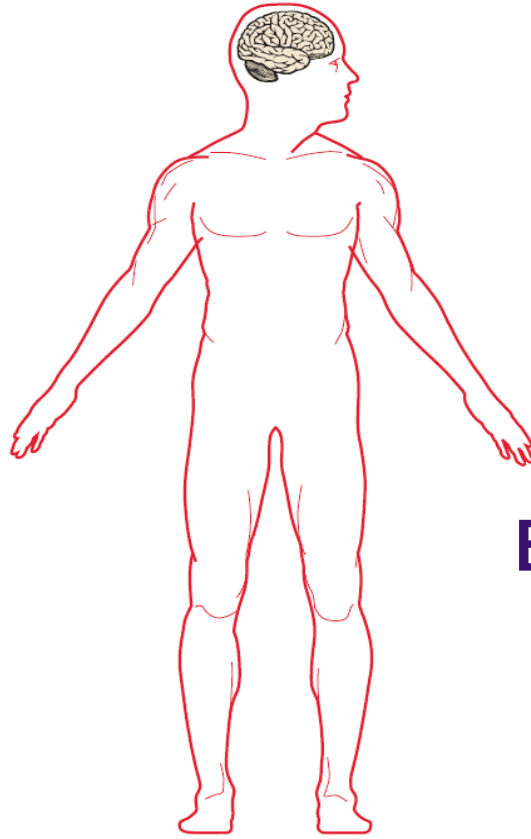


PHYSICAL

- Weakness/paralysis
- Incontinence
- Shoulder problems
- Drop foot
- Swallowing problems
- Speech problems
- Fatigue
- Sleep problems

SENSORY

- Visual problems
- Taste and smell changes
- Proprioceptive difficulties
- Hearing problems
- Loss/reduced touch/temp sensation
- Paraesthesia - tingling, numbness, pins and needles etc



COGNITIVE

- Attention problems
- Memory problems
- Perception problems
- Aphasia
- Problems planning/problem solving
- Motor planning
- Confusion

EMOTIONAL & BEHAVIOURAL

- Anger
- Anxiety
- Depression
- Emotional lability
- Apathy
- Confidence problems
- Impulsive, aggressive or sexually inappropriate behaviour

Communication problems may include difficulty with...



Speaking



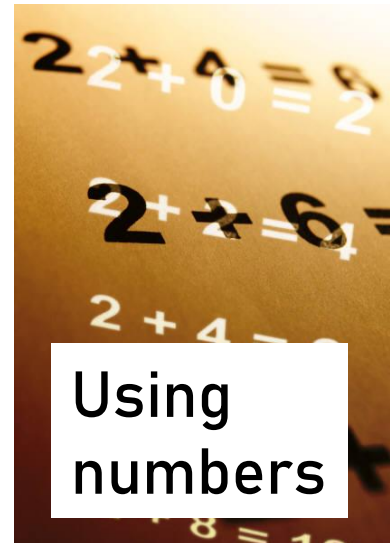
Writing



Understanding



Concentrating

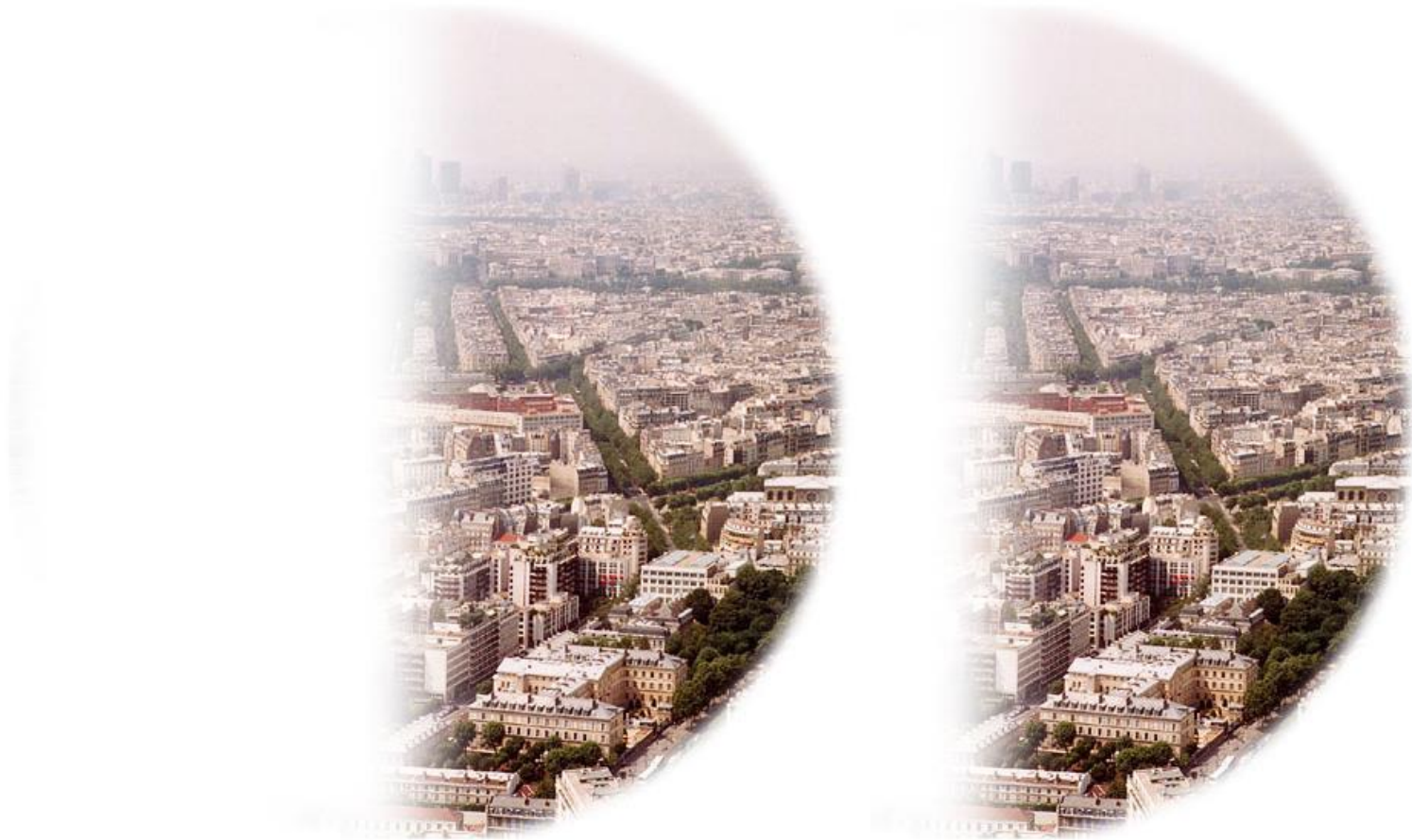


Using numbers



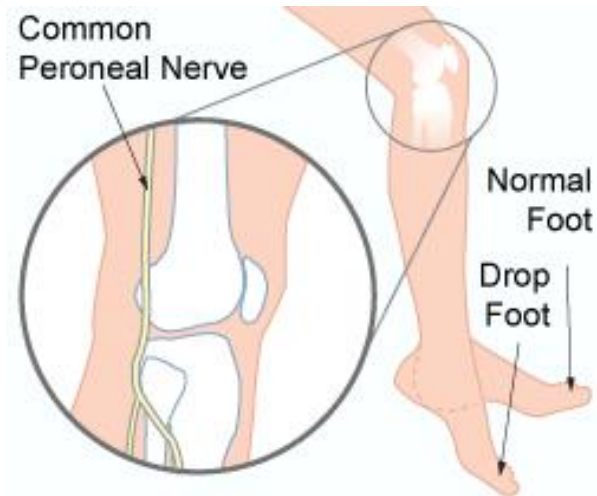
Reading

Visual field loss: Hemianopia



Drop foot

- Toes on the affected side catch the ground when stepping forward
- Makes walking difficult and increases the risk of a trip/fall

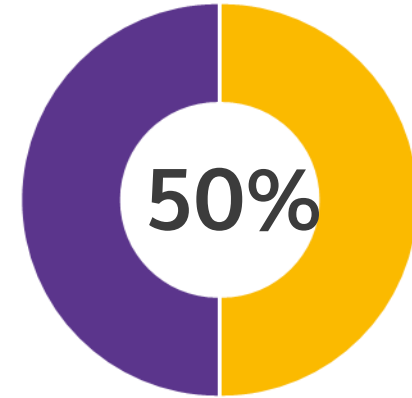


Shoulder problems

- Affects up to one quarter of stroke survivors
 - **Frozen shoulder** – weakness, stiffness and gravity put strain on the shoulder ligaments, causing them to become inflamed or damaged
 - **Shoulder subluxation** – partial dislocation of the shoulder



Swallowing



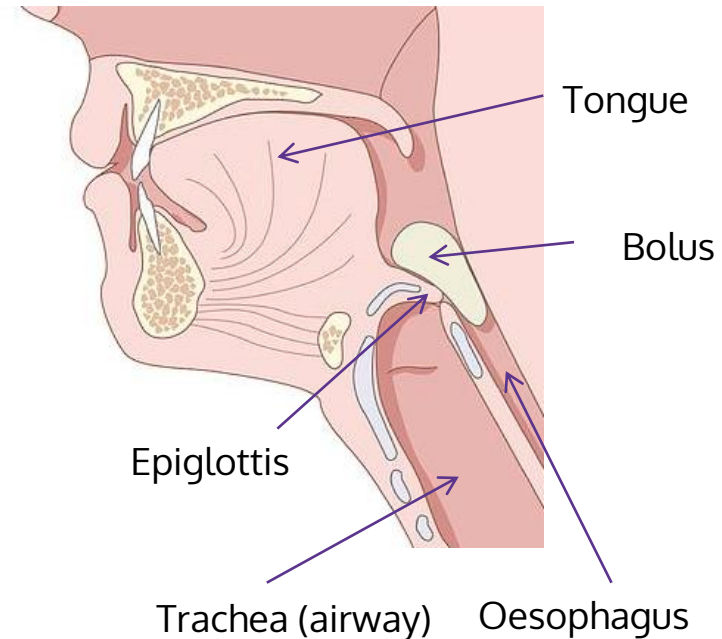
- What's the medical term used to describe a swallowing problem?

Dysphagia

GULP

- How do we swallow?

1. Oral preparatory stage
2. Oral stage
3. Pharyngeal stage
4. Oesophageal stage





For **69%** of people stroke had impacted their independence.



64% of stroke survivors told us their hobbies had been impacted by their stroke.

43%



of stroke survivors of working age have been financially impacted by their stroke.

37%



of stroke survivors had seen their income go down as a result of their stroke.

16%



of stroke survivors of all ages faced increased costs as a result of their stroke.



More than a **third** of working age stroke survivors gave up work following their stroke.



A further **16%** of stroke survivors of working age reduced their working hours.

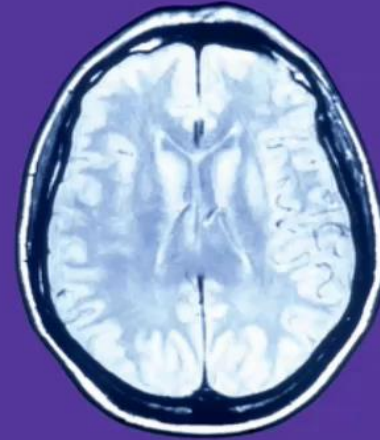
Neuroplasticity

'**Neuroplasticity** allows the cells in the brain to **compensate for injury**.

The brain's ability to **reorganise** itself by forming **new pathways** throughout life.'

"I'm still slowly recovering 10 years later."

Alan, stroke survivor



Stroke
association



DIVERSION
→

**ROAD
CLOSED**

**WORKS
ACCESS**

Variable
speed
limit

Queues
Likely

40

**WORK
TRAFF ONLY**

50

We are the Stroke Association



Stroke Helpline

- 0303 3033 100



Here For You

- Telephone Support



My Stroke Guide

- Online Resource

We are the Stroke Association



Practical and emotional support

- Services, grants and groups



Campaigning

- For better stroke care



Research

- Prevention, treatment and rehabilitation

Wiltshire Stroke Recovery Service

- Commissioned to support 120 highest need stroke survivors in Wiltshire
- Works with ESD teams
- Personalised support planning includes all aspects- emotional support and reassurance, information needs, financial, health and lifestyle changes, rehabilitation, social, family and carer's
- Links people into stroke clubs and groups
- Signposts to other sources of support e.g. Age UK, CAB, Mind, Carer's Support
- Refers to Exercise After Stroke and other resources e.g. walking groups

Engagement Officer Wiltshire Role

- Mapping and gapping support services
- Supporting stroke clubs and groups
- Asset mapping
- Networking and building relationships
- Stimulating and supporting community action in support of stroke survivors e.g. stroke cafes, access to groups
- Developing Community Access points

Melksham discussion questions

- What level of support currently exists in our community area for stroke survivors?
- How could we support stroke survivors more effectively and enable them to participate more in the life of the community?
- What opportunities are there to bring people together to take action on stroke, that is meaningful to them?
- How can we ensure that the voice and lived experience of stroke survivors is heard and responded to?

Melksham and Bradford on Avon Primary Care Network

Amanda Brookes

**Primary Care Network
Manager**



**Bath and North East Somerset,
Swindon and Wiltshire**
Clinical Commissioning Group

Age Friendly Melksham update

Phillipa Huxtable

Age Friendly Co-ordinator



Age Friendly
Melksham

An update from Age Friendly Melksham and the Melksham Community Support Project

Melksham Community Support



- Meeting the continuing needs of those unable to get out
- Worked with 203 people within the last 3 months
- Review of the service – evaluation of users and volunteers
- Additional offer at times of crisis
- Volunteer update and recruitment to establish a more connected team

Friendly Phone Calls



- In the last 12 months we have supported 41 people with regular welfare "Friendly Phone Calls"
- To date, we have records of over 1500 calls having been made – worth noting that some volunteers have stopped reporting as they now just feel they are phoning a friend, not volunteering

Face2Face



- Helping people have video calls with family where they don't have the equipment/knowledge to do so
- Currently paused as we can't ask volunteers to enter people's homes to set up calls
- Plan to get fully up and running as soon as users and volunteers feel safe to do so

Age Friendly Action Plan



- Creating the action plan that is the core requirement for Melksham to be able to progress towards WHO Age Friendly Status
- Baseline Survey launched – 30th September
- Age Friendly Event – 22 October
 - Older Peoples' Forum
 - Stakeholders Forum
 - Area Board, Town and Parish Councils Forum

Any Questions

Support for Young Carers

CLlr Nick Holder



Appointment of Older Persons Champion for Melksham

- **Talk to and seek the views of older people or carers in the local community on matters related to services provided by the Council or NHS and represent these views at the area board.**
- **Advocate for older people or carers and be a focal point for identifying what service improvements or developments are required.**
- **Provide a focus for the exchange of views and information between older people or carers and the Council's adult care and housing services.**
- **Work with the Area Board on service improvements and developments to meet the needs of people in the Melksham community area.**

Grant application - Melksham Talking Newspaper requesting £ 500 towards costs

Brian Heath

**Chippenham and District
Talking Newspapers**



Grant application – Celebrating Age Wiltshire requesting £ 1,500 for Yr 2 of the project

Rebecca Seymour

Creative Producer

Celebrating Age Wiltshire



Year 1 activity

13 Individuals received a set of 10 weekly **Creative Conversations** on the phone during lockdowns, referred from Age Friendly Melksham, Community Connector and Local Area Co-Ordinator.

53 individuals had **outdoor concerts** on their doorsteps / front gardens and listened from the safety of their own homes.

1 individual received 3 **Noticing Nature** workshops in their garden.

12 **On line concerts**/ performances released from Wiltshire Music Centre's Youtube channel and shared with all contacts to cascade.



Year 2 planned activity

Creative Conversations available for referrals for those remaining isolated / housebound.

On line concerts / performances released quarterly via Youtube.

Outdoor / indoor events programmed 10 months of the year:

17 Sept

Florence Nightingale pop up pedestal at Blenheim House (outdoor)

7 Oct

The Mary Lou Revue Song and Dance cabaret at Wharf Court (outdoor)

CELEBRATING
Age Wiltshire

Recommendations to Melksham Area Board

CLLr Nick Holder

