



Get Involved!



A Newsletter for Cardiac and Stroke patients and their carers, family & friends

Issue 6
May 2011

Shropshire & Staffordshire
Heart and Stroke Network



Working together for a stronger NHS: Leaflet

This document describes why the way we provide health and care needs to change and the plan to modernise the NHS, and invites readers to get involved in the process.

Download the full leaflet:

[Working together for a stronger NHS \(PDF\)](#)

Alternatively, you can visit the Department of Health website to find out more. If you don't have access to the internet just call the office and we'll be happy to post one out to you. Get involved - They want to hear your views on the modernisation of the health and care system.



NHS says: Text 'HEART' to take part

Young people across the country wanting to take part in the consultation on proposals to change children's heart services will be able to respond via a new text service set up by *Safe and Sustainable* – the NHS consultation on children's congenital heart services.

Safe and Sustainable is also launching a young person-friendly summary of the consultation document – ['Better care for your heart - a summary'](#) – which is designed to provide easy to read information about the proposals for change.

Responding to the consultation couldn't be easier with the new text service – young people can text **'HEART'** to **85001** free of charge and will be sent a question asking them for their view on the proposals for change.

Texting 'HEART' is just one of the ways young people can take part in the consultation. Young people have been invited to discussion groups in London, Birmingham and York and will have the chance to attend a number of focus groups around the country. They can also attend any one of the consultation events taking place in 12 locations across England and Wales. Alternatively, they can fill out a response form online or write in to the freepost address at the bottom of the response form.

For a copy of the young person-friendly summary and for further information on the consultation please click [here](#).

Paula Wells, Patient & Public Involvement Lead, Shropshire & Staffordshire Heart and Stroke Network, Lambda House, Hadley Park East, Telford, TF1 6QJ

Main Office Tel: **01952 228490** Mobile Tel: **07775 994584**

email: p.wells2@nhs.net

Have you been discharged from a hospital in Shropshire, Telford & Wrekin? – Did you feel that everything was explained to you?

We would like to arrange for people who have been discharged from hospital and have had both good and bad experiences to provide feedback. The staff that work within the hospital want to know how they could have made your experience better. Were you waiting for transport to be arranged? Did you have to wait for your medication to come from the pharmacy? Or, did a member of staff look after you so well that you want everyone to know about it!

If you are interested in sharing your views and experiences please get in touch. You may not have been the person being discharged but were a friend or relative that would like to comment and have your say. Your views really count. If we don't know if something is broken then we don't know it needs fixing!



CONNECT delivers training to people with aphasia giving them the tools to be able to communicate effectively. The network agreed to fund the training and coordinate the delivery. The Communication group within Stafford led by Peta Bell from the Stroke Association were keen to be involved and a number of names were put forward from across Staffordshire dates were set, 10 and 11 May 2011.

A two day CONNECT workshop took place in Stafford and 10 people with aphasia were given the knowledge and skills to be able to communicate effectively with not only professionals but with anyone they encounter. These skills are transferable and the people with aphasia who undertook the training would be able to use these skills in every aspect of their lives.

This group of people who have now completed the training will be invited to speak to those who have recently experienced a stroke and have aphasia to share their experiences and demonstrate how they have improved

The two day course was very interactive and by the end of the second day confidence among the group had escalated. There was much frivolity and opportunity to share the various skills and expertise of those in the group, we had writers, painters, those skilled in crafts who were able to bring along their work and share it effectively within the group. Much discussion ensued regarding the recent Stoke City Football match against Manchester City. This was a truly uplifting event for both the people with aphasia, carers and trainers alike.

The trainers then met again on the 18th May to be interviewed by health professionals nursing, SLT's, OT's and Physio's. The feedback from this event was 'when can we do this again!'. Excellent day for all involved.

Paula Wells, Patient & Public Involvement Lead, Shropshire & Staffordshire Heart and Stroke Network, Lambda House, Hadley Park East, Telford, TF1 6QJ

Main Office Tel: **01952 228490** Mobile Tel: **07775 994584**

email: p.wells2@nhs.net



Carers Week: 13th–19th June 2011 - “The True Face of Carers”

As part of Carers Week The Carers Contact Centre in Lightmoor, Telford will have an information stand at The Princess Royal Hospital in Telford on Friday 17th June between 10am and 4pm.

Directory of Stroke Services for Shropshire

A big Thank You to all of you who attended our event on 10th May to discuss the way forward for producing a Directory of Stroke Services . The Network are now putting together a draft version which will be presented at the next meeting that is going to be held on 12th July at the Hamar Centre, Royal Shrewsbury Hospital.

If anyone is interested in coming along that didn't come to the event in May or you just want more information about the project then please call the Network Office for more details.

Make your voice heard – join our Network Voices!

Listening to the experiences and opinions of people who have been affected by cardiac and stroke related health problems is at the centre of all we do. Share your experiences to help improve stroke and cardiac services in your area. You don't need any special skills to join our network of voices, just be willing to share your experiences and your views and opinions. Help us to help you make a difference. We are particularly looking for people to come forward from Shropshire, Telford & Wrekin. Have your say about how future stroke services should be provided and where you want them to be.

How can you get involved?

Telephone, send a text, send an email or write to us. All contact information is at the bottom of this page. We look forward to hearing your views.

Paula Wells, Patient & Public Involvement Lead, Shropshire & Staffordshire Heart and Stroke Network, Lambda House, Hadley Park East, Telford, TF1 6QJ

Main Office Tel: **01952 228490** Mobile Tel: **07775 994584**

email: p.wells2@nhs.net

Stroke survivors walking 'Bench-2-Bench' across Staffordshire

'Bench-2-Bench' is an initiative started by Anne and Ted Corfield in February 2011, with support from Peta Bell and The Stroke Association. Anne became involved with Peta and the Communication Support Service when she had a stroke which affected her communication. Anne was able to practice conversation with other stroke survivors, and greatly improved her speech and confidence.

Believed to be the first of its kind, Anne and Ted devised Bench-2-Bench, created to encourage stroke survivors to meet outdoors, in a social environment, to promote their recovery. Bench-2-Bench started in February this year, with the first walk being held at the Wolseley Bridge Wildlife Trust Centre. (Picture below)

Anne and Ted have completed Volunteer Walk Leader Training with Stafford Borough Council, and now regularly organise walks where the emphasis is on a gentle stroll – with lots of convenient seating - through some of the beautiful parks and areas in and around Stafford.

'The benefits of walking are tremendous, but some stroke survivors have trouble with their mobility, and can't walk a great distance without taking short, frequent rests. Having regular encouragement to carry on, as well as the opportunity to have a chat along the way, really helps build confidence, improve speech and general well-being,' says Anne.

Many stroke survivors have joined in, and the walks have all been a great success. The beauty of the area and abundance of wildlife ensures that there is always something of interest to see and appreciate and encourages everyone to take part in future walks, many more of which are planned.



Paula Wells, Patient & Public Involvement Lead, Shropshire & Staffordshire Heart and Stroke Network, Lambda House, Hadley Park East, Telford, TF1 6QJ

Main Office Tel: **01952 228490** Mobile Tel: **07775 994584**

email: p.wells2@nhs.net