

Summer 2024

Stroke News

For everyone affected by stroke

"I continue to struggle today, but I have a second chance at life."

Joel shares his stroke recovery journey and his experience living with aphasia

This issue:

- Our campaigns across the nations
- Tips from Chef Brian Turner on using less salt
- Advice on driving after stroke

Stroke
Association



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Editor's letter

I'm thrilled to edit Stroke News while Christine Webster is on maternity leave. Hearing from stroke survivors can help others in their recovery, and I'm honoured to help share their stories.

In this issue, we learn how support after stroke can make a big difference in recovery outcomes.

Our cover star, Joel, discusses how support from his family and the Stroke Association helped him rebuild his self-esteem after struggling with aphasia (page 8).

On page 20, we hear about our different campaigns advocating for life after stroke services across the nations and our manifesto for the new UK Government.



Chef Brian Turner talks about his own stroke recovery journey and shares tips on how to use less salt without sacrificing flavour (page 39). We also have advice about returning to driving after stroke (page 14) and discuss what financial assistance may be available for people with disabilities to fund a holiday (page 42).

Please keep sharing your stories with us.

Agnessa Kasumyan, Editor

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Over to you

I had a stroke on 24 May 2024. I was in the hospital for one week, but the first two days were a blur. The hospital staff were amazing and provided me with a lot of care, support and encouragement.

At home, my amazing wife and two children give me the time and support I need to slowly recover. Although my left leg and arm feel weak and my left eye twitches more than usual, I'm very lucky that I still have full use of my body. I still get very tired, and my medication upsets

my stomach, but my GP is very supportive and offers me great advice and guidance about how to cope.

Although I can't drive and have been signed off from work, I'm positive things will improve. I feel different and just want to be able to do the things I enjoy again. I always live with the fear that I may have another stroke, but all I can do is try to stay positive and work on my recovery.

Gurajit

Stroke Helpline: **0303 3033 100**

Find your local services, clubs and groups: **stroke.org.uk/support**

Join our Online Community: **onlinecommunity.stroke.org.uk**

Find information about stroke: **stroke.org.uk/publications**

Do you have something to share?



Email **strokenews@stroke.org.uk** or write to us at Stroke News, Stroke Association, 1 Sterling Business Park, Salthouse Road, Brackmills, Northampton, NN4 7EX

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From our Chief Executive

Stroke changes lives, but access to care and treatment can make all the difference in recovery outcomes.



Life-changing treatments like thrombectomy can not only reduce disability after a stroke but can also improve quality of life and lower long-term care and rehabilitation costs. However, access to thrombectomy remains limited and is still not available 24/7. Receiving one depends on where and when you have a stroke, which is unacceptable. Everyone deserves equal access to life-saving treatment.

In the UK, stroke is the fourth biggest killer and a leading cause of disability. The number of stroke survivors is projected to increase by 60% over the next 10 years and cost the government £75 billion. In the upcoming decade, we can make

big changes in stroke prevention, treatment and recovery. But we need the new UK Government to act now.

Before the General Election, we launched a manifesto calling on the new UK Government to make stroke a priority and we continue to campaign for life after stroke services. Learn more about our manifesto and campaigns across the nations on pages 20-24.

Whether it's through campaigning, fundraising or volunteering, you can also get involved and help us make a difference. Learn more about what you can do at stroke.org.uk/get-involved

Juliet Bouverie OBE

Hope and healing

"I didn't have the language to express my feelings. It felt very lonely, like I was a prisoner in my own body. I wouldn't wish it on anyone."

On 9 September 2022, Muhammed Fraser, who also goes by Joel, got up for work like any other day. He had a stroke while trying to get to the shower, and his two young daughters found him on the bathroom floor.

"I didn't realise my hand wasn't working. I tried to grab onto the towel rail, which I ripped off the wall, trying to steady myself. The next thing I remember, I was on the bathroom floor and couldn't get up," says Joel. "My daughter, Amirah, saw me and thought I was playing a game of 'zombies' with her. But my other daughter, Nazrah, screamed for her grandma when she saw I wasn't responding."

Suspecting that he was having either a stroke or a heart attack, Joel's mother-in-law called for an ambulance. Joel struggled to stand up, couldn't move his right arm and could only communicate through eye movements. He doesn't remember the journey to the hospital or receiving an emergency thrombectomy, a surgery that removes blood clots and restores blood flow to the brain.

"I woke up about four days later. I hadn't realised how much time had passed. It felt like a minute," says Joel.

The stroke left him with aphasia, a condition that impacts speech and language.



"I tried to get out of bed to go to the toilet. The hospital staff didn't know what I was doing because I couldn't speak. They thought I was confused. Having no speech is a scary ordeal because your needs aren't heard or met and there's miscommunication."

Over the next four weeks in Southampton General Hospital, his recovery became a family affair.

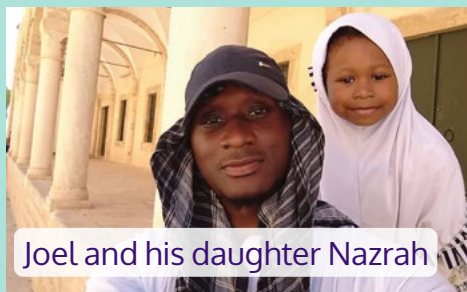
"My daughters enjoyed getting involved with my speech and language therapy. They made me flash cards with simple words and pictures for 'toilet,' 'shower,' 'hungry' and 'thirsty.'"

"Language is a horrible thing to lose. Although I knew everything in my head, I couldn't bring it out in speech."

Joel's wife, Janine, who's a nurse, describes the slow progress of supporting Joel in recovering his speech.

"Gradually, single words started to emerge, but he'd get stuck on certain ones and over-use these, which made it hard for other people to understand what he wanted. He'd repeat 'begin again' over and over, and call everybody 'Mike,'" she says.

Before the stroke, Joel also worked as a nurse and had more than two decades of experience in healthcare. But his aphasia forced him into early retirement and took a huge toll on his mental health.



Joel and his daughter Nazrah

"I experienced anxiety for the first time and lost all sense of confidence. I refused to leave the house," he says. "Language is a horrible thing to lose. Although I knew everything in my head, I couldn't bring it out in speech."

"I felt trapped in my own body. My world turned upside down. I was healthy and fit. I am young. I have a normal heart and cholesterol levels. I thought, 'Why me?'"

Joel's NHS Speech and Language Therapist referred him to the Stroke Association's Hampshire Communication Support service. Joel and Janine met Jo, a Stoke Association Stroke Support Coordinator, at a coffee shop.



Joel and his wife Janine

"At the time, I asked Janine to order my coffee for me because I felt too self-conscious about my speech," says Joel. "Jo gave us information to help us understand aphasia better. She also provided some tools to help me regain my independence, like a communication card that explains stroke and aphasia."

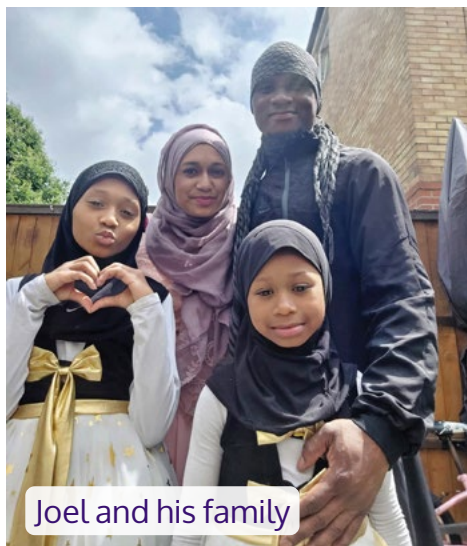
"Initially, I worried about Janine returning to work. Meeting Jo at a coffee shop really helped

"Jo gave us information to help us understand aphasia better."

me with my confidence. We had a few meetings and by the last one, I was even ordering my own coffee.

"I can now say my name, address and postcode. I can say longer sentences and I'm practising tenses. I take the girls to school and go to town by myself. Last week, I bought some screws for a new DIY project. I recently even started a conversation with a lady by asking what her dog was called."

Joel also attended a Stroke Association communication support workshop. Guided by a coordinator and trained volunteers, these group programmes offer stroke survivors a supportive space to practise their communication strategies through confidence-building activities and peer support.



Joel and his family

"The Stroke Association helped me gain back some confidence and self-esteem," says Joel. "I continue to struggle today, but I have a second chance at life. I have hope that my aphasia will get better, and I will reach my best potential."



We're here to support everyone affected by stroke. Contact us on **0303 3033 100**, helpline@stroke.org.uk or visit stroke.org.uk/support for information and guidance.

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Getting back on the road

After a stroke, effects such as vision problems, reduced coordination and concentration issues can make it difficult to drive again. Although it may be challenging, it may still be possible to get back on the road.

Hema from our Stroke Support Helpline team answers some commonly asked questions:

Can I drive after a stroke or mini-stroke?

By law, car and motorbike drivers cannot drive for a minimum of one calendar month after having a stroke or mini-stroke (also known as a transient ischaemic attack or TIA). After a calendar month, you may be able to return to driving if your stroke doesn't affect your ability to drive. Speak to your doctor first about any effects you're having.

It's important to know that rules about driving with medical conditions like stroke keep everyone safe on the roads.

There are different rules for bus and lorry drivers, so make sure you consult with the DVLA (or DVA in Northern Ireland).

Do I need to tell the DVLA/DVA?

You must tell them about your stroke if you think your ability to drive is affected in any way.

This includes:

- Weakness or reduced coordination in your hands or legs.
- Lack of sensation in your hands or legs.
- Vision problems, such as visual field loss or double vision.
- Issues with thinking or concentration.



You must also tell the DVLA/DVA if you:

- Needed brain surgery after your stroke.
- Had any seizures.
- Your doctor doesn't think it's safe for you to drive.
- If you had a stroke due to a subarachnoid haemorrhage.
- Have certain other medical conditions such as diabetes.

Contact DVLA medical enquiries online or call **0300 7906 806** for further guidance. Motorists in Northern Ireland can call the DVA on **0300 2007 861**.

A driving assessment centre can also give you individual advice and tell you whether you should inform the DVLA/DVA. They can also arrange a driving assessment and support you with going back to driving. Visit **drivingmobility.org.uk** to find your local centre.

Who else do I need to notify?

Make sure to tell your motor insurance company. If you don't, your insurance might be invalid in the event of a car accident.



Our Stroke Support Helpline team are here to help. Call us at **0303 3033 100** or email **helpline@stroke.org.uk**

Our Garden for Recovery's new home

Young stroke survivor's family helps create a space to heal and reflect

In May, the Stroke Association launched its first ever show garden at the RHS Chelsea Flower Show.

Sponsored by Project Giving Back, a charity that funds gardens for good causes, the Stroke Association's 'Garden for Recovery' was designed as a hopeful, positive space to support and inspire recovery.

Five-year-old stroke survivor Frederick Rushton, also known as Freddie, attended the garden's opening and placed the final trowel of soil.

Freddie's parents, owners of Topsoil and More, donated one

hundred tonnes of soil to help create the garden and support its permanent relocation to Chapel Allerton Hospital in Leeds. Launching on 13 August 2024, the garden will be visible from the stroke unit's windows. It will offer an inspirational view of strong, windswept trees and wildlife-friendly flowers.

The garden will also provide a space for stroke survivors and their families to rest and connect. Because hospital visits are limited to only two visitors at the bedside, the garden will allow survivors to connect with more of their family, friends and even pets.

"We also hope the garden will achieve heightened national awareness of stroke and help more people understand that stroke can affect anyone at any age," says Sarah, Freddie's mother.



Freddie at the RHS Chelsea Flower Show

Freddie was only four years old when he had a stroke in May 2023 and was rushed to the hospital.

"He couldn't stand up, and then he collapsed and rolled off the bed due to weakness all down his left side," says Sarah. "The paramedics didn't know what was wrong with him. Stroke was never mentioned, and it never occurred to me, either. I always thought stroke only happens to older people – not young kids."

An initial CT scan came back clear, and doctors treated Freddie for meningitis. But an MRI later revealed that he had a stroke, which was caused by the chickenpox virus. Although very rare, stroke in children is a possible complication following chickenpox.

"Freddie had chickenpox eleven months earlier, but we never thought it could cause this. The virus caused the blood vessels in his brain to constrict, leading to the stroke," says Sarah.



Freddie and Miria Harris, who designed our garden

"After his diagnosis, doctors told us it was 50-50 whether Freddie would ever walk or move his left side again. He started occupational therapy and physiotherapy right away, and was in the hospital for a month. He used a feeding tube for a few weeks, and had to learn how to eat and swallow again.

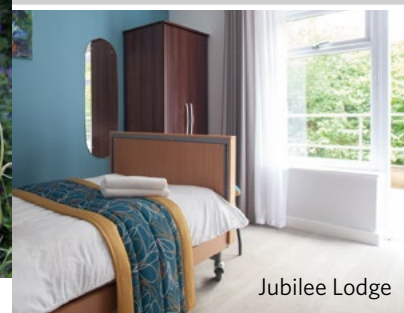
"We've had to go back to A&E multiple times. We never know what each day will bring. We feel paranoid if he gets a headache or seems a little bit more unstable or behaves differently than usual. We just take each day as it comes."

Although Freddie struggles with his speech, concentration and

emotional regulation, he has experienced improvement with his movement.

He and his family now work with the Stroke Association to raise awareness of stroke in children and younger people. The 'Garden for Recovery' is their first project.

"We are delighted to be involved with the Stroke Association's 'Garden for Recovery' because we know from first-hand experience how beneficial the relocated garden will be as a place to reflect, process what has happened and start the long road to recovery, for both stroke survivors and their families," says Sarah.



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Our campaigns across the nations

When stroke survivors like Paul, Veronica, Marwar and Aaron use their voices, they help make a real difference for stroke awareness and advocacy.

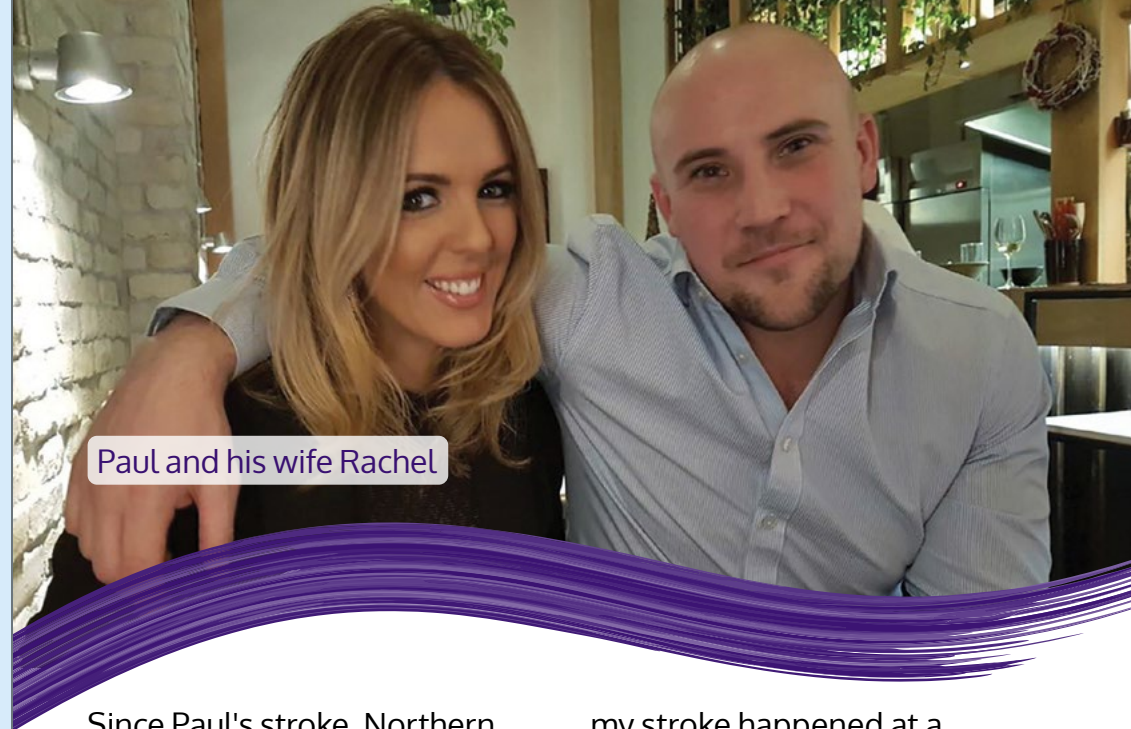


Northern Ireland

Saving Brains: Paul's story

Paul McCausland was an active, 39-year-old father of two when he had a stroke in 2021. He was rushed to Royal Victoria Hospital in Belfast, where he received a thrombectomy, the surgical removal of a blood clot in the brain. Once removed, blood in the brain can flow freely again, saving more of the tissue, and ultimately more of the person.

"Like most people, I'd never heard of a thrombectomy until I was wheeled into surgery to receive one," says Paul.



Paul and his wife Rachel

Since Paul's stroke, Northern Ireland now has the highest thrombectomy rate in the UK at 6.4%. But the surgery is still not available 24/7 due to lack of staff, funding and resources.

"I encourage everyone to sign the Stroke Association's petition to Northern Ireland's Health Minister, so we can make thrombectomy available 24/7," says Paul. "This treatment can be life-changing.

"Thankfully, I have no adverse physical affects after my stroke. I dread to think what my life would be like, or if I would even be here, had

my stroke happened at a different time. Access to treatment shouldn't be determined by timing."

Northern Ireland has the opportunity to be a UK leader in thrombectomy – to invest in, innovate in and expand the service.

Help us save brains, save money and change lives for stroke survivors in Northern Ireland. Visit stroke.org.uk/NIcampaign to learn more about our Saving Brains campaign to expand thrombectomy services and to sign our petition to the Health Minister.

Scotland

Thriving After Stroke: Veronica's story

Veronica Murphy, 70, had a stroke on her birthday in December 2023. She spent 13 days at Queen Elizabeth Hospital in Glasgow and couldn't swallow or move the right side of her body.

Veronica was transferred to University Hospital Wishaw, where she participated in a clinical trial and spent 10 weeks undergoing intensive physiotherapy.

"From then on, there was no stopping me. I learned how to stand, took my first step and then gradually took even more steps with the support of a rail. My physiotherapists put so much work into helping me."

Veronica continued to receive support when she returned home. A physiotherapist helped her achieve her physical goals, and an occupational therapist made sure that her house was accessible.

Unfortunately, not every stroke survivor gets the same level of support as Veronica.



Veronica and her husband Martin

Our Thriving After Stroke campaign launched in Scotland in May. It calls for all stroke patients to leave hospital with a personalised rehabilitation plan, contact information for ongoing support and a six-month progress review.

We believe every stroke survivor deserves to receive the rehabilitation they need, for as long as they need it.

Download a copy of our Thriving After Stroke campaign report at stroke.org.uk/scotland/campaigns/thriving
If you would like to get involved in the campaign, please contact EngagementTeamScotland@stroke.org.uk

England

A manifesto on stroke for the new UK Government: Marwar's story

Marwar Uddin, 41, from London, had a stroke in August 2022 and struggles with the effect it had on his physical abilities.

"Stroke has a long-term impact on you as a person," he says. "There is so much I can't do anymore."

Marwar receives Life After Stroke support services from the Stroke Association and regular care support to help him rebuild his life.

"My Stroke Association Support Coordinator calls me regularly to see how I'm doing. They've sent me so much information and pointed me in the right direction for getting a disability lanyard. I'm also set to start a phased return to work later this year," he says. "Without Life After Stroke services, my life would be massively different. I think I'd still be in a chair in my living room watching the world go by."

Ahead of the General Election, we created a manifesto to make stroke a priority. The manifesto sets out three asks the new



Marwar

UK Government must commit to in order to improve stroke care. These asks are: funding a stroke prevention plan, making thrombectomy available 24/7 and ensuring all stroke survivors can access the rehabilitation and Life After Stroke support they need in line with national guidelines.

"I back the Stroke Association's manifesto for the new UK Government," says Marwar. "It's important that they make sure every stroke survivor has access to essential rehabilitation and Life After Stroke support."

To read the manifesto, visit stroke.org.uk/election2024, where you can also support us in advocating for stroke by signing up to our Campaigns Network.

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Aaron at one of our Stroke Association events

Wales

Rebuilding Minds After Stroke: Aaron's story

Aaron Kent, from Llandysul, was a fit and healthy English teacher who loved sports when he had a stroke in October 2020. His wife, Emma, was told to plan his funeral due to his condition. Fortunately, Aaron survived. But his recovery journey has been challenging.

"When I left hospital, I became aware of how alone I was. Emma was a rock and supported me, but she had no first-hand experience of stroke."

Our recent report on "Rebuilding Minds After Stroke" shows that

many survivors like Aaron struggle with their mental health following a stroke and feel uncertain in their recovery.

The Stroke Association joined forces with Mind Cymru, a mental health charity based in Wales, to support stroke survivors. Together, we've set out five recommendations to help improve mental health support for stroke survivors across Wales.

Visit stroke.org.uk/rebuilding-minds to read our recommendations and learn more about our campaign.

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Recovery through connection

Our Online Stroke Activities can help support you in your recovery – however long you've been living with stroke. From sessions on understanding the effects of stroke to exercise groups, quizzes and more, our online activities are a great way to connect you with others and receive support in your recovery.

People tell us they better understand their own experiences with stroke and feel more confident after joining a session.

Claudette Jones, 72, was an active grandmother of five and a dedicated charity volunteer in her local community when she had a stroke in January 2020.

"I was an outgoing and fearless person before having a stroke," Claudette says. "I liked to be involved with the community and I spent a lot of time with my grandchildren. I was a young,

spirited grandmother despite my age."

The stroke paralysed Claudette's right side and impacted her confidence, making it difficult to leave the house. But with support from her family, carers and the Stroke Association, she rebuilt her confidence and feels more independent.

"At first, I couldn't walk or take care of my own personal hygiene," she remembers. "Having to rely on others was frustrating and felt like a big loss of dignity."

"I recommend the Stroke Association's online activities to others affected by stroke. It's an essential service."

Claudette was introduced to the Stroke Association early in her recovery. She received support from one of our Stroke Support Coordinators, who connected her with our online activities.

"I had huge support from my family, but they also had to work. One day, I suddenly thought, 'This is lonely.' This is where the Stroke Association's online activities have helped."

Claudette first joined Me and My Stroke, a four-week programme where stroke survivors and Stroke Association staff discuss the different effects of stroke.

"It really helped me, and it's still working for me today," she says. "It lets you reflect on what you've been through and encourages you to push yourself forward. It was vital to get this support after my stroke."





Claudette also participates in our online quizzes.

"I thoroughly enjoy them," she says. "I love competition, and the quizzes help my memory."

With her confidence back, Claudette once again plays an active role in her grandchildren's lives and fills her days with community and church activities.

"I recommend the Stroke Association's online activities to others affected by stroke. It's an essential service. I feel empowered and confident to talk about my experiences with others," she says.

"The discussions have helped me get back out there in the community and enjoy life. It means a lot."



Connect with people from the comfort of your own home.

Connecting with people who've had a stroke, and their families, can help support recovery and increase confidence. Join in one of our free online activities at stroke.org.uk/online-activities or chat to people about the things important to you by visiting stroke.org.uk/onlinecommunity

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CDRO-1

A Christmas Bear

Congratulations to Michelle Carter, the winner of our 2024 Christmas card competition, with her brilliant painting, 'A Christmas Bear.'

Michelle Carter, 39, was 27 weeks pregnant with her first child when she had a stroke. The stroke occurred in the middle of the night in September 2014, just a few weeks after her 30th birthday.

"I knew immediately that something wasn't right," says Michelle. "It felt like an elastic band had been pulled and then snapped against my head, followed by the sensation of boiling hot water running up and down my neck. I couldn't move my neck and became violently sick."



Michelle and her son Quinn

A hairdresser with an active social life, Michelle initially struggled with her new reality after stroke.

"I had to learn to accept the new person I had become while grieving for the person I had been before," she says.



"Sadly, I had to say goodbye to my beloved salon, which I had worked in for ten years. I found myself so, so tired. I think the fatigue and having to live with the headaches that came with the fatigue were my biggest challenges."

Michelle found strength in the birth of her son, which coincided with her recovery.

"In a way, I was lucky to have my son so soon after my stroke. He became my reason to get up, move, focus and try my best. He became the reason to look after myself and my needs, to smile, to love and to think positively. He saved me."

About six months after her stroke, Michelle also rediscovered her love of art and found that creativity can be therapeutic.

"I realised that my life no longer resembled the one I had before. Things that once came so easily to me now felt exhausting and unachievable, so I chose to look at what I had now that I didn't before. One of those things was time," says Michelle.

"It sounds silly, but I decided after reading a horoscope page in a magazine that I would create artwork for each zodiac sign. This gave me a goal. What I found was that, after each piece was complete, the sense of achievement made me feel a little less worthless, a little less helpless and ultimately created a sense of peace."

Michelle first learned of the Christmas card competition

by following the Stroke Association on Instagram.

"I was getting into ceramics at the time of the competition and researching ceramic bears of all things, which inspired my design for the card.

"I would encourage people navigating their stroke recovery journey to pick up a pen, a pencil or anything that they have at hand and create. It's not about the finished piece and what it looks like. It's the peace you create in your mind once you give up all expectations and go with the flow. You may be surprised by what you have created, not only on the page, but within yourself."



All our lovely cards, including Michelle's festive 'A Christmas Bear' design, are available at our Christmas shop from 8 August 2024. Visit stroke.org.uk/Christmas or call **0300 3300 740** to order yours.

Looking to become more independent and confident by reducing falls and trips and making walking less of an effort while living with the effects of a stroke?

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*OML Patient Survey 2023



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FES is a treatment which involves applying small electrical pulses to the nerve, activating the muscle which has become weakened due to a neurological condition.

Odstock Medical Ltd (OML) is the leading provider of FES treatment and equipment to the NHS.

FES is a recommended treatment in the National Guidelines for Stroke by the Royal College of Physicians

What our FES users say...

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Advancing stroke treatment outcomes

After a stroke, survivors can experience a persistent challenge: arm weakness. This can have a big impact on daily life and the ability to perform everyday activities.

While physiotherapy is the standard treatment option, this is often ineffective and leaves many stroke survivors with ongoing weakness. But promising new research is underway to improve treatment outcomes and empower survivors in their recovery.

Funded by the Stroke Association and the Association of British Neurologists, Dr Sheharyar Baig and his team are actively investigating ways to improve physiotherapy through stimulation of the vagus nerve, the longest nerve in the human body that connects the brain to various organs.

"Hand function is really essential to who we are and what we do,"

says Sheharyar, a neurologist at the Royal Hallamshire Hospital in Sheffield. "Being able to use our hands to do independent tasks – to make ourselves a cup of tea, to clean ourselves – allows us to navigate in the world. When people lose that function, it can have an outsized effect on their independence and ability to do what they want and to feel like themselves."

In 2021, a groundbreaking study revealed that vagus nerve stimulation (VNS) improves arm weakness in chronic stroke. But VNS requires invasive surgery that's too risky for many stroke survivors. Sheharyar and his team are testing a non-invasive approach called transcutaneous vagus nerve stimulation.



"Our study is part of a trial called TRICEPS and focuses on people with chronic stroke whose arm strength is not improving with physiotherapy, or whose treatment has ended," says Sheharyar.

"Participants wear an earpiece, which stimulates the nerve through the skin of the ear and sends electrical signals to the brain while the participants carry out arm exercises. This may help the brain form new connections," he says.

"The progress is really positive so far. We don't yet know exactly what's going on in the brain with VNS. But, through this research, we're aiming to better understand exactly how VNS works, and who might benefit most from the device."

Sheharyar's research began in November 2023, with results of his study expected in February 2026. The TRICEPS trial aims to recruit 243 participants to wear the earpiece during physiotherapy at home.

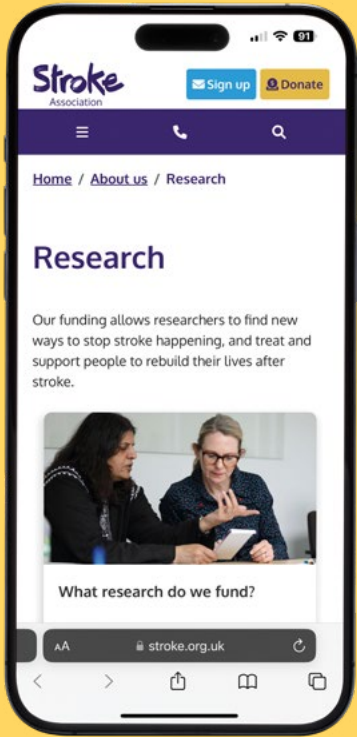
"It's quite a safe treatment," he says. "There are some things that we always monitor for, such as any ear redness or skin irritation. There doesn't seem to be any effect on heart rate or slowing heart rhythms, which the vagus nerve can do. But the part we stimulate in the ear doesn't have any direct connections to the heart. That makes it safe in terms of heart health."

With his innovative research, Sheharyar hopes to improve quality of life for stroke survivors.

"The impact and the challenges that survivors face on a daily basis motivate me. I want to help develop new technologies and treatments that help recovery from stroke," he says.

"The Stroke Association's funding allows us to push the boundaries of research to offer more effective treatment outcomes for survivors whose lives have been changed by stroke forever. As researchers dedicated to stroke recovery, we are thrilled to work with

a charity that advocates so strongly for survivors. We are confident that, together, we can build a future where stroke leaves less scars."



Visit stroke.org.uk/research to learn more about the research we fund or how to get involved in research studies.

Supporting stroke research

We're committed to funding research to build our understanding of stroke and to improve treatment, care and quality of life for everyone affected.

If you can, please support others whose lives have been changed by stroke. You can make a donation by visiting stroke.org.uk/donating, by calling us on **0300 3300 740** or by completing the form below.

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Funds raised will go towards vital services and pioneering research to help rebuild the lives of people affected by stroke.

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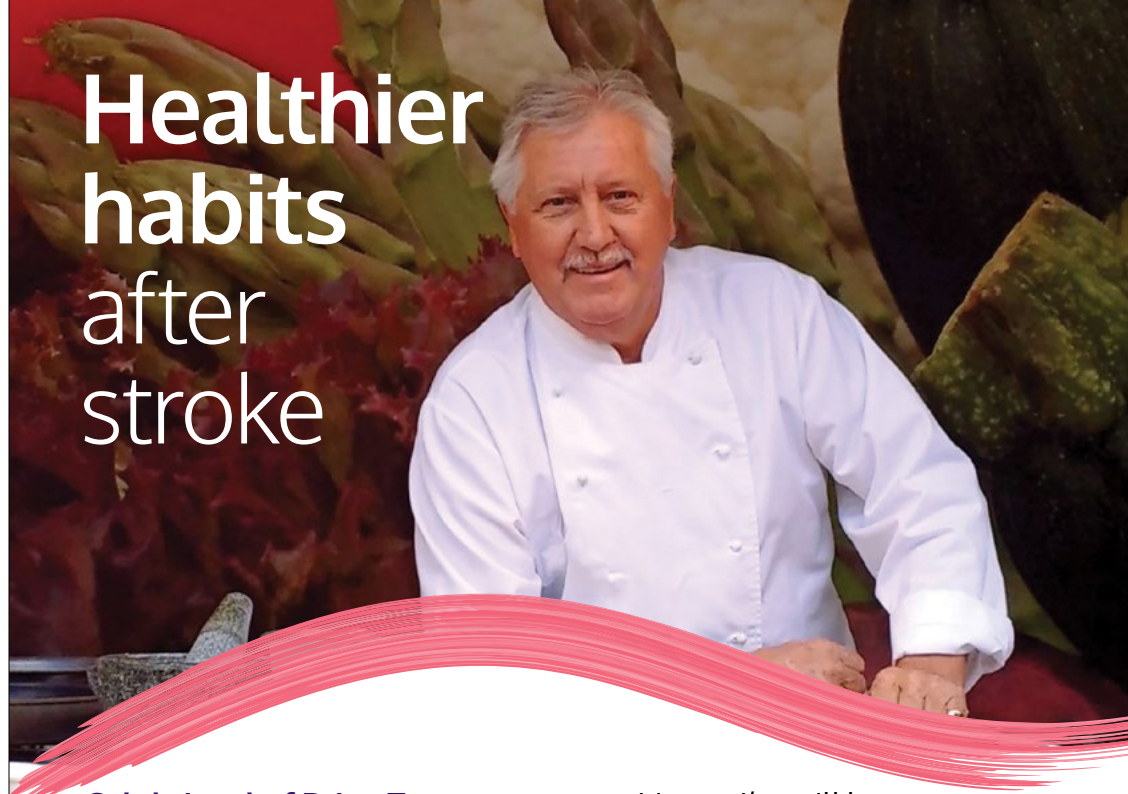
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Healthier habits after stroke



Celebrity chef Brian Turner spent his entire life in kitchens, sharing his passion for food at restaurants and on television screens. But a stroke in June 2022 changed his relationship with food and cooking forever.

"I loved my career in the cooking world," says Brian. "Fundamentally, the stroke changed my career. I've had to find alternative ways to stay involved in the culinary world, as I can't go to food festivals and cook in front of an audience or spend time cooking in kitchens anymore. But I look at the

positives – I'm still here, and I'm still very passionate about the hospitality industry.

"Although I can't cook professionally these days, I'm happy to say that I enjoy going out to dine at restaurants. I'm having smaller portions now, but my passion for eating has helped me in my recovery."

Brian has made several changes to his diet. As well as smaller portions, he eats less sugar and fatty foods. But one of the biggest changes he's made is reducing salt.



- LoSalt® is a blend of two natural mineral salts (sodium chloride and potassium chloride).
- If you take medication that affects potassium levels, for conditions including diabetes, heart or kidney disorders, speak to your GP first to check if reduced-sodium salt alternatives are suitable for you.

Eating high levels of sodium, the main ingredient in table salt, leads to high blood pressure and increases the likelihood of stroke. Brian learned about just how important it is to use less salt at a Stroke Association event, where our partner, LoSalt®, presented on the huge health benefits of salt reduction.

"It's now a big part of my diet," says Brian, who swaps out regular salt with LoSalt®, which contains 66% less sodium and can be used the exact same

way, whether cooking, baking or seasoning.

He recommends using local, fresh and seasonal ingredients to maintain flavour while using less salt.

"If they're in season, their flavours will be much stronger, which means you don't need to add too many elements to a dish. If you're cooking meat, try searing it before putting it in the oven to give it that extra bit of flavour. And of course, try using reduced-sodium alternatives like LoSalt®!"



Salmon and rocket pasta

Enjoy this tasty and refreshing dish.

Prep: 15 minutes

Cook: 20 minutes

Serves: 4



Visit uk.losalt.com for more reduced sodium recipes provided by LoSalt®.

Ingredients

- 300g pasta shapes
- 1 tsp LoSalt®
- 2 salmon fillets
- 1 tbsp olive oil
- 150g cherry tomatoes, halved
- 2 cloves garlic, crushed
- 1 red chilli, deseeded and finely chopped
- 50g low fat cream cheese
- 2 tbsp semi skimmed milk
- 100g rocket

Method

1. Cook the pasta in boiling water with ½ tsp LoSalt® according to pack instructions, adding the salmon fillets for the last 5 minutes. Drain and remove the skin from the salmon.

2. Meanwhile, heat the oil in a large frying pan and fry the tomatoes, garlic and chilli for 3-4 minutes. Mix the cream cheese with milk and remaining LoSalt® and add to the pan with the rocket, heat until the rocket wilts. Add in the pasta and salmon, broken into large flakes and stir to combine.

Holiday funding and support

If you have a disability following a stroke, taking a holiday can be more challenging and costly. But holidays play a big role in enhancing wellbeing, and financial support may be available to help you afford them.

Organisations that help fund and arrange holidays

Accessible providers and charities dedicated to holidays for people with disabilities can help you find the right getaway for you. Some offer subsidised holidays or financial support, making it easier for you to take a well-deserved break.

- **Revitalise** – provides respite holidays for disabled people and their carers. They have two holiday centres in England that offer short breaks. Guests are

supported by volunteers and there are a range of accessible excursions and activities. To learn more about how you can fund your holidays, visit revitalise.org.uk or call 0303 3030 145.

- **Shared Care Scotland** – helps you and your carer plan short breaks and respite care. To learn about the different services available and where you can apply for funding, visit sharedcarescotland.org.uk or call 0138 3622 462. You can also email office@sharedcarescotland.com
- **The 3H Foundation** – offers subsidised group holidays for children and adults with disabilities. Grants may be available for people with disabilities and their carers who are on a low income.

Visit the3hfoundation.org.uk or email info@the3Hfoundation.org.uk. You can also call 0189 2860 207.

- **Disability Aid Trust** – offers financial support for the cost of hiring help so that disabled people can go on holiday. Visit disabilityaidtrust.org.uk or email secretary@disabilityaidtrust.org.uk. You can also call 0800 0280 647.
- **Turn2us** – uses a free benefits calculator and grants search to find out what kind of financial help you may be entitled to. Visit turn2us.org.uk

Affordable travel insurance

Access to healthcare on holiday is essential, especially if you're travelling abroad.

- **AllClear Travel:** the Stroke Association has partnered with this specialist medical travel insurance company, which provides comprehensive cover to stroke survivors. Visit stroke.org.uk/insurance to learn more.
- **Global Health Insurance Card (GHIC):** the GHIC allows you to access state-provided healthcare in certain countries at a reduced rate or, in some cases, for free. Visit nhs.uk/ghic to apply online.



Visit stroke.org.uk/holidays to find out more about getting help with holidays and to check out our Holidays and Stroke guide. You can also call our Stroke Support Helpline on 0303 3033 100.

Puzzles



Puzzles can be a fun way to exercise your mind and improve concentration, understanding and memory.

Word search

B O A T F U A D H
Y P J S V U D X A
A S A Q H W N V T
D O R R C S U N K
I J F M K K S T L
L I A A P O O L O
O C F C I N C I P
H E K N B E A C H

BEACH	HOLIDAY
HAT	PICNIC
PARK	FUN
SUN	ICE
BOAT	POOL

Across

- 3 Elementary (5)
- 6 Pigeon variety (7)
- 7 Sternward (3)
- 9 Informal starter's orders (5,6,2)
- 10 Poet's muse (5)
- 12 Number symbol (7)
- 14 Plan of action (4,3)
- 16 Thick (of things) (5)
- 17 No way (3,2,4,4)
- 20 French water (3)
- 21 Dire (7)
- 22 Hunker down (5)

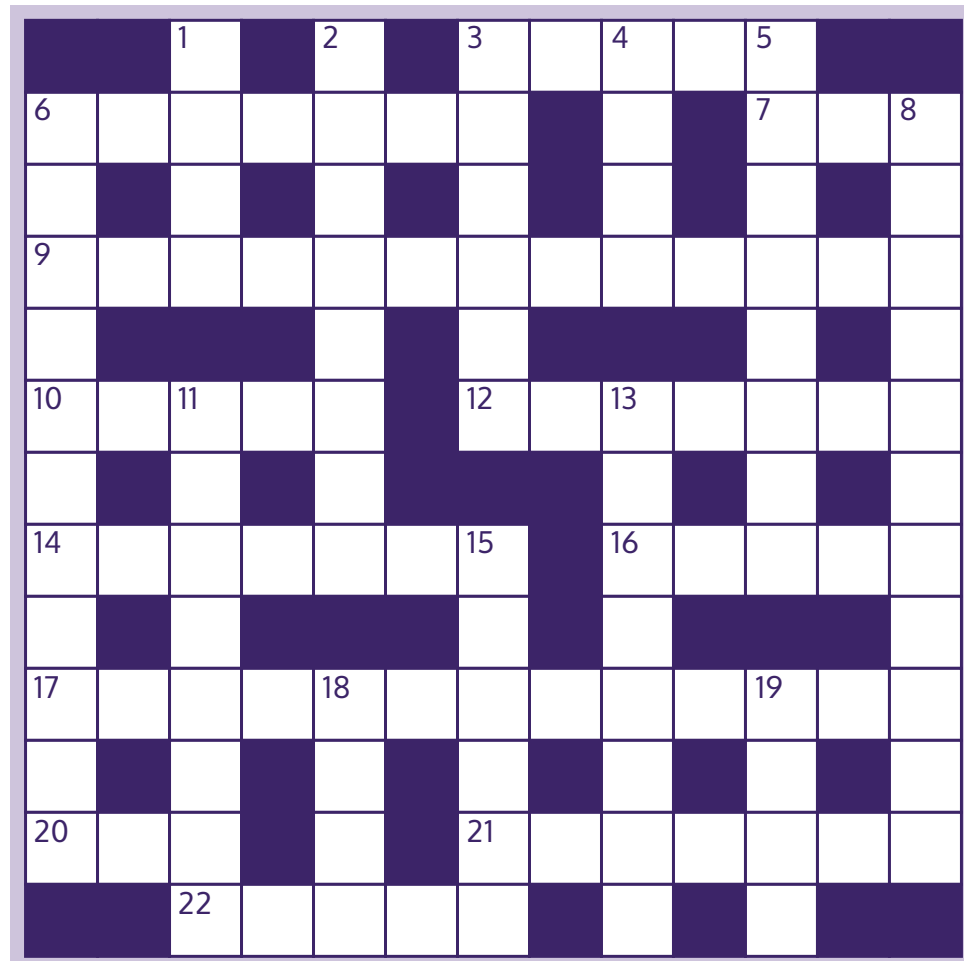
Lottery

For your chance to win £1,000 every week, play the Stroke Association Charity Lottery. Find out more at lottery.stroke.org.uk

Solutions
see page 50

Down

- 1 Early Peruvian (4)
- 2 Post-Second World War phenomenon (4,4)
- 3 Stain (6)
- 4 Settee (4)
- 5 Column in female form (8)
- 6 Restraint (11)
- 8 Insensitive (11)
- 11 Plant with prickly leaves (8)
- 13 Mexican hat (8)
- 15 Immediate (6)
- 18 Lower-class (3-1)
- 19 Press (4)



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Rebuilding lives after stroke

Our charity supports people to live the best life they can after stroke. But rebuilding lives is a team effort and we need your help. A huge thank you to everyone who has gone the extra mile to fundraise, volunteer and campaign with us. Your support means we can reach even more people who need us.



Dominic and Joseph Murphy
Congratulations to Dominic, 10, and Joseph, 5, who took on a fundraising challenge and raised £2,340. The brothers were inspired by their grandmother, Veronica, who had a stroke in December 2023. Dominic cycled from his home to four football stadiums in North Lanarkshire,



while Justin picked litter at Baron's Haugh nature reserve, Ayr Beach and his grandmother's local parks. To support the brothers in their efforts, St. Brigid's Primary School, where Veronica used to work, secured an additional £2,200. Together, they raised £4,540 for the Stroke Association.



Find out what events we've got coming up on page 40 or visit stroke.org.uk/donation to make a donation.

How does your donation help?



£10 supports our Helpline to answer a call from someone who urgently needs support after a life-changing stroke.



£25 could be part of a hardship grant for a stroke survivor who is struggling to pay for basics like food and clothing.



£50 could help us be there for children and families through our Childhood Stroke Support.

Lynn Stanfield Photography



Ceroc UK

Thank you to all at Ceroc UK for choosing us as their charity partner this year. In Northern Ireland, Ceroc Ignite put on a fabulous Spring Ball in April, showcasing local professional dancer Victoria Martin – a stroke survivor herself – and Strictly Come Dancing star Vincent Simone. Ceroc raised more than £3,000 for stroke survivors in Northern Ireland.



Volunteer spotlight

Stroke survivor Emilia Parrott and her husband, Guy, both volunteer for our weekly calls service.

"I enjoy sharing my experiences with recovery and hope it helps other survivors," says Emilia, who had a stroke in 2015. "I remember how alone I felt when I had my stroke. I don't want anybody else to experience that."

Guy also uses his lived experience to support survivors and carers as they face the challenging recovery process.

"After a stroke, people can feel down, dispirited or confused. It's important to give them a sense of hope and certainty," he says.

Visit stroke.org.uk/yoursupport to find out how you can volunteer.

Join Team Stroke

Get involved and fundraise at home, or join us at exciting events around the UK:

Thames Path Ultra Challenge 14-15 September

Prepare for an unforgettable challenge along England's greatest river. Whether you choose the 10km, 100km or a distance in between, you'll enjoy 25% off the registration fee when you sign up for the Stroke Association team at stroke.org.uk/thamespath2024



Vitality London 10,000 22 September

Join Team Stroke in this fantastic 10km running event, taking you past some of London's most famous landmarks. It's fun and vibrant atmosphere is not one to miss. Visit stroke.org.uk/vitality2024 to sign up.

Volunteer for Team Stroke

Help us cheer on our Team Stroke runners. Our supporters have trained and fundraised for months to help rebuild lives after stroke, so please come along and join us at one (or several!) of our events to give them a big cheer and show our thanks. Visit stroke.org.uk/events2024 to check out our opportunities.

See stroke.org.uk for more events and ways to get involved in our work.

Crossword solution

Across: 3 Basic, 6 Fantail, 7 Aft, 9 Ready steady go, 10 Erato, 12 Hashtag, 14 Road map, 16 Midst, 17 Not on your life, 20 Eau, 21 Parlous, 22 Squat

Down: 1 Inca, 2 Baby boom, 3 Blotch, 4 Sofa, 5 Caryatid, 6 Forbearance, 8 Thoughtless, 11 Acanthus, 13 Sombrero, 15 Prompt, 18 Non-U, 19 Iron

B	O	A	T	F	U	A	D	H
Y	P	J	S	V	U	D	X	A
A	S	A	Q	H	W	N	V	T
D	O	R	R	C	S	U	N	K
I	J	F	M	K	K	S	T	L
L	I	A	A	P	O	O	L	O
O	C	F	C	I	N	C	I	P
H	E	K	N	B	E	A	C	H

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