



A weekly chat

Whether you've had a stroke, or a family member or friend has, you might find it useful to talk things through on the phone.

Stroke
Association

Finding **strength** through **support**

A **weekly phone conversation** with one of our **trained volunteers** can support you in your recovery journey. You can share your experience or **chat about things important to you**, like your hobbies or interests.

What's involved?

For **eight weeks**, a volunteer will chat with you for around **30 minutes**. If you speak limited English, we may have volunteers who can support you in a different language.

Talking things through on the phone can **build confidence**. It can help you **feel more connected, supported** and able to take the next step in your recovery.

Sign up or sign up someone else

Visit stroke.org.uk/weekly-volunteer-calls to fill out a short form or call our Stroke Support Helpline. One of our friendly team will get in touch and connect you to a volunteer based on the things you've told us.

Calls are free and available wherever you are in the UK. You'll need to have your own phone and commit to a regular call each week at a time and day best for you.

Get in touch

Stroke Support Helpline: **0303 3033 100**

Textphone: **18001 0303 3033 100**

Email: **helpline@stroke.org.uk**

Website: **stroke.org.uk/weekly-volunteer-calls**