

## April 2024 update

### Happy birthday to us!

The Cornwall Emotional Support Service is **TWO!**

Since our service was launched, **440** stroke survivors or their carers have been referred for counselling support. In the past year **260** referrals have been made to our service which has increased from **180** referrals in our first year of delivery. This demonstrates that the need for our service continues to increase, year on year.

We want to say a **HUGE** thank you to all of our local partners and stroke survivors who have championed our service to ensure that stroke survivors have benefitted from our support. Our service has been made possible by funding from **The Elwyn Thomas Memorial Fund**. This funding has ensured that bespoke emotional support is available to stroke survivors and their carers, living in Cornwall.

### Introducing a new service for Cornwall.

We are pleased to announce that there will be a new **Stroke Recovery and Communication Support Service** starting in Cornwall soon which will provide key worker support to people after a stroke. The new service will work with stroke survivors to help them to identify their priorities and what's important to them in order to support them to rebuild their life after stroke. If the stroke survivor has a communication difficulty, the service can help them to build their confidence and to find new ways to communicate.

Watch this space for more information but if you have any questions, please contact: [cornwallstrokesupport@stroke.org.uk](mailto:cornwallstrokesupport@stroke.org.uk)

### Hello and goodbye!

In April, we will welcome Jem Udeshi and Fiona Killick who will be joining the team on placement as Student Counsellors. These placements will support them to gain their professional counselling qualifications.

In May, we will sadly be saying goodbye to Michael Hutton who leaves us for a new adventure! He will be greatly missed and we wish him every success in his new role.

## Feedback about our counselling service – a selection of comments received between January and March 2024

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"I think we've had some really good conversations over the last few weeks. There's been a lot of things I've needed to get out and I know I've been quite emotional at times. Honestly, this has done me the world of good, I can't thank you enough".

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"You've hit the nail on the head, that's exactly how I'm feeling. You know these sessions have really helped me see things in a much clearer way. I always feel better after we talk."

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"This has been positive, and I've actually learnt a lot. I understand now why I react a certain way and I feel I communicate better with my wife."

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"It's been helpful. I now feel that I still have a future."

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"I wish I had done this earlier. I've always thought I've got to be 'the man' and shut all my stress away. The stroke has given me a kick up the backside and I have a second chance now."

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## Stroke Association news

### My Stroke Guide

The My Stroke Guide website is no longer active. All of the [information and support pages](#) and the [Blog](#) have moved to the main Stroke Association website; [www.stroke.org.uk](http://www.stroke.org.uk) This move is part of the Stroke Association's ongoing commitment to ensure that all of the valuable resources, support, and guidance available are easily accessible and all in one place.

### The Online Community

The Stroke Association understands the importance of community support and so the Online Community itself remains unchanged. The only thing that has changed is the website address which is now: [onlinecommunity.stroke.org.uk](http://onlinecommunity.stroke.org.uk)

## Online Activities Hub

Did you know that the Stroke Association offers a wide range of **free** online activities for anyone affected by stroke in the UK?

The sessions are a great way to meet new people, feel more supported and can help increase a stroke survivor's confidence after stroke, all from the comfort of their home. Sessions include learning more about the effects of stroke, a stroke exercise group, social quizzes, a dedicated group for people aged 18-45 and more.

To find out more about the sessions or to sign up to join one please visit: [Online Stroke Activities Hub | Stroke Association](#) or email [online.activities@stroke.org.uk](mailto:online.activities@stroke.org.uk)

## The Unusual Suspects

The Stroke Association is supporting an NHS England blood pressure campaign called '**The Unusual Suspects**'. The campaign aims to raise awareness of undiagnosed high blood pressure, which can increase people's risk of a stroke.

Anyone in the UK aged 40 or over can get a [free blood pressure check](#) at their local pharmacy. [The Stroke Association guide](#) explains what high blood pressure is and how to lower the risks, so please share our guide with others and help spread the word!

## Contact us

If you have any questions about the Cornwall Emotional Support Service or would like any information, please do contact the team on;

**Phone:** 01872 301 689

**Email:** [cornwall@stroke.org.uk](mailto:cornwall@stroke.org.uk)

**Visit:** [www.stroke.org.uk/cornwall-emotional-support](http://www.stroke.org.uk/cornwall-emotional-support)

The Cornwall Emotional Support Service has been made possible by  
**The Elwyn Thomas Memorial Fund.**

