

Stroke

association

The following programmes are designed for anyone who has had a TIA or people affected by stroke and their carers. If you would like more information please contact **Helen Gilbertson**, Stroke Association Support Coordinator, **Tel: 0161 742 7482 or Mobile: 07983 343003**.
Tea/coffee available at all venues.

We also have an active **WhatsApp group**, this is a very friendly group of Stroke Survivors, carers and volunteers sharing stories, supporting each other and having a good old chat. If you are interested send Helen a **WhatsApp message** to **07983 343003** and she will add you to the group.

Or, check our Facebook page **Central, South & North Manchester Stroke Groups**

GROUPS 2022 Contact Helen: 0161 742 7482 or 07983 343003

WHERE?

- **Friends Meeting House**, 82 Wythenshawe Rd, Northenden, M23 0DJ

WHEN?

- Monday from **10.00am - 12.30pm**
9 May, 13 June, 11 July, 8 August, September – no group, 10 October, 15 November (Tuesday), 12 December

WHERE?

- **Elmswood Park, Mosscares St Vincent Housing Care**,
Bowes Street, The Depot, Moss Side, Manchester M14 4UZ

WHEN?

- Monday from **2.00 pm – 4.00 pm**
9 May, 13 June, 11 July, 8 August, September – no group, 10 October, 15 November (Tuesday), 12 December

WHERE?

- **The Centre, Harpurhey Neighbourhood Project**
Carisbrook St, (opposite Conran St Market), Harpurhey M9 5UX

WHEN?

- Wednesday from **10.00am – 1.00pm**
11 May, 8 June, 13 July, 10 August, 14 September, 12 October, 9 November, 14 December

WHERE?

- **Trinity Baptist Church**, Wellington St, Gorton, Manchester, M18 8BE

WHEN?

- Monday from **10.00am - 1.00pm**
30 May, 27 June, 25 July, 22 August, 26 September, 31 October, 28 November, 19 December

An 8 week programme of health promotion and supported exercise focusing on exercise and healthy lifestyle choices

The programme is for anyone who has had a **TIA** or **people affected by stroke** and their **carers**. People affected by stroke can participate in **chair based exercise** with a qualified 'Extend' trainer.

Carers are given the opportunity for a **break** or to meet other carers and participate in activities such as **relaxation** and **therapy** etc. The second half of the session is aimed at the **whole group** and looks at issues around **stroke** and **healthy living**.

WHERE? • Trinity Baptist Church, Wellington St, **Gorton**, Manchester, M18 8BE

WHEN? • Thursday mornings **10.30am - 1.00pm**

TRANSPORT: • **Ring and Ride:** to register call **0161 200 6011** (You must book your journey on **0161 200 6011** before **4.30pm up to 7 days** before you want to travel)
• **Bus services:** 201, 203, 204, 205, 206 from Manchester

Below are the dates and topics that we will be covering each week in the second half of the morning.

Dates	Topic (Courses subject to change)
Rolling programme throughout the year	Introduction and all about stroke
	Healthy eating & diabetes
	Physio, OT and SALT
	My Stroke and My Emotions
	Benefits
	Manchester Carers/Manchester Health and Wellbeing Services
	Bowel Cancer
	Me and my Waterworks
	Open forum – Expert Patient Programme
Care and Repair	

WHAT NEXT?

If you want to be **referred** to this programme, please tell the **person who gave you this leaflet**. With your permission they will pass on your details to the Stroke Association, who will contact you.