

Summer 2024 Update

Welcome to the Summer edition of the Cornwall Emotional Support Service update. We hope that you can take a moment in the sunshine, to catch up on all of our news!

What difference has the Cornwall Emotional Support Service made?

Since our service began in 2022, **over 500 stroke survivors** and their family members or carers have been referred to our counselling service. This is incredible but also a reflection of the high need for emotional support that exists across Cornwall.

Between April and July this year, **80% of the referrals** that we received were from our health partners with **Rehabilitation Technicians** being the top referring role. The remaining **20% of referrals** were made by voluntary sector partners or as self referrals from individual stroke survivors.

Feedback about our counselling service – This is a selection of the comments received between April and June 2024 from stroke survivors.

'It's been good, I understand where my frustration comes from and have some strategies now. Things have been better with my family.'

'I've got things I can focus on until our next session. It makes me feel like I can get a little bit of control back and move forward'

"I'm going to miss our conversations; you've helped me think about things in a different way."

"I do look forward to our chats, I feel like I'm waffling away sometimes but it does help, I think it's just getting it all out that's good"

Welcome!

In July, we welcomed Lucy Johnson to the Cornwall Emotional Support Service team as a Stroke Association Support Co-ordinator/Counsellor. Welcome Lucy!

Cornwall Key Worker service

As of June, the Cornwall Key Worker service has a full team of key workers! The team is made up of Sara Vickery, covering Central Cornwall; Marnie Dutton-Waters covering North and East Cornwall and Krissie Aked covering West Cornwall. Since the service started in June, **51 referrals have been received** which is amazing!

For more information or if you have any questions, please contact:
cornwallstrokesupport@stroke.org.uk

Stroke Community Network – share your ideas!

Following on from conversations with local stroke groups and community partners we are looking at the interest for developing a **Stroke Community Network** in Cornwall.

We are at the exploring stage and would welcome your ideas! We envisage that the network would be open to anyone supporting stroke survivors and their families in Cornwall. It could be a space to share ideas and information about your group or service, bring people together either face to face or virtually and could also include a digital directory.

If you have any **questions** or would like to **share your ideas** please contact; Jo Garbett (Engagement Officer) via email jo.garbett@stroke.org.uk

Stroke Community Information Sessions – register your interest!

The Stroke Association and Cornwall Partnership NHS Foundation Trust have joined together to create **three FREE** stroke information sessions for community based practitioners. These sessions aim to increase your understanding of stroke, it's impact for stroke survivors and their carers and to raise your awareness of the support that is available for stroke survivors in your community.

If you would like to **find out more** or to **register your interest** in attending any of these sessions later this year (dates and venue to be confirmed) please contact; Kirsty Jones (Project Engagement Officer) via email: kirsty.jones@stroke.org.uk

Stroke Association news

RHS Chelsea Flower Show

In May, to mark Stroke Awareness Month, the Stroke Association launched its first ever garden at the **RHS Chelsea Flower Show**. Miria Harris, designer of the Garden

for Recovery, had a stroke in 2019. Gardening and being in nature were things that helped Miria reconnect with her old self after her stroke.

We are pleased to announce that the garden won a **bronze medal**. The garden embodies the belief there are paths to recovery for stroke survivors. It features accessible pathways, a wildlife pond, and rescued trees symbolising the challenging recovery process. To find out more visit: [Gardening Corner | Stroke Association](#)

The garden has now been reconfigured and moved to its permanent location adjacent to the stroke unit at Chapel Allerton Hospital, Leeds, where it will provide a place for connection and rest for stroke survivors and their families.

Stroke Association website

The Stroke Association website is full of great information for stroke survivors, family members or carers and professionals. It includes links to **peer support groups** that meet in the community, as well as, **activities that happen on line** and the **Online Community**: an online forum that is run by, and for, stroke survivors. Follow this link to explore the website further:
[Stroke Association | Rebuilding lives for stroke survivors](#)

Stroke Association survey

The Stroke Association invite you to participate in a brief survey aimed at gathering valuable insights to inform an upcoming discussion and report on advancing stroke care across the whole stroke pathway in England.

Your responses will contribute to developing policy recommendations for the new Government, increasing the priority of stroke, and enhancing efforts to reduce stroke mortality and disability.

The objective is to provide the new Government and the Department of Health and Social Care with a clear and actionable roadmap for enhancing stroke care. Your expertise is crucial, and we greatly appreciate your time and input.

The survey should take no more than ten minutes to complete. Responses will be anonymised. Please submit responses by **9 August 2024** by following this link: [HCP General Election Survey \(smartsurvey.co.uk\)](#)



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

Visit: www.stroke.org.uk/cornwall-emotional-support

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