

Life/After Stroke

The
STROKE
Association



We need you. The Stroke Association is piloting a scheme (with funding from the Surrey Stroke network) to offer stroke survivors of working age, post stroke workshops across Surrey and we are holding a local event which we hope will interest you.

We will be looking at the emotional impact of Stroke and the journey towards a new life now.



Celebrating talents and new skills we may have and not thought about using before, or learning new ones.





We may have guests who have experienced stroke and returned to work and people with disability who have found a new way of working to inspire and encourage us.

We hope you will meet like minded people with stroke and you will be able to support each other in your life after stroke; meeting informally for coffee or simply keeping in touch on the phone.



The meetings will be held across Surrey in the new year and if you would like to come along, please contact any one of the following Stroke support workers for further information-you will be welcome !

Alex Moore (Elmbridge, Mole Valley and Epsom) m-075155 96888

alexander.moore@stroke.org.uk

Anne Sargeant (Guildford and Waverley) m-075155 96967

anne.sargeant@stroke.org.uk

Carolyn Cheetham (Spelthorne and Runnymede) m-075155 96968

carolyn.cheetham@stroke.org.uk

**Carolyn Parfitt (Surrey Heath and
Woking) m-075155 96889**

**Zuher Panju (Reigate and Banstead,
and Tandridge) m-075155 96732**

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**We would really like you to attend the
sessions and then let us know what you
think, and what you would like included
in future programmes.**