

Member Engagement in the Lambeth and Southwark Stroke Peer Support Network

April 2015



Introduction	2
2012 Engagement.....	3
Member feedback from the event	3
2013 Engagement.....	6
Member feedback from the event	6
2014 Engagement.....	8
Member feedback 2014.....	8

Introduction

Disability Advice Service Lambeth (DASL) secured funding to run the Lambeth and Southwark Stroke Peer Support Network from Guy’s and St. Thomas’s Trust.

This report highlights member engagement from 2012 to 2014. In December of each year, members were invited to a 2 hour meeting and social event at “We are 336” on Brixton Road to talk about what they would like to do in the following year. In 2013 and 2014, they also reflected back on the sports and leisure activities people had taken part in.

This report summarises these meetings.



2012 Engagement

The Stroke Peer Support Network had just launched so the December event was used to introduce it to stroke survivors.

The Stroke Association, a Network partner, began with a session on working together. The audience then broke into groups to focus on:

- what things people liked doing
- what's stopping them doing them, and
- what help would they like to do them.

Another session brought speakers from other groups to talk about what they could offer members. This included the National Theatre "People" project workshops, Wheels for Wellbeing (a local accessible cycling project) and the Aphasia Café.



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A new service for
stroke survivors

Stroke Peer Support Network

- Are you a Stroke Survivor who wants to get out and about again?
- Are you non-disabled and have an interest in supporting Stroke Survivors?

Then come to our next

Meeting and Social Event
on
12th December 2012
from
10:30 – 12:30
at The Accord Centre, 336 Brixton Road, London SW9 7AA

Call **Manuela** on 020 7642 2054
or e-mail manuela.gouveia@disabilitylambeth.org.uk
if you would like to come or if you have any travel needs
with regards getting to this event.

Member feedback from the event

Things people want to do

- Barter system
- Bird watching
- Exercise
- Flower arranging
- Gardening
- Going on holiday
- Going out
- Going shopping
- Going to the cinema
- Going to Church
- Going to cricket and concerts (Stan)
- Going to theatre
- Making Art – printing cards/calendars, doing exhibitions, etc
- Painting
- Setting up a cooking group

- Socialising
- Swimming
- Visiting friends and family
- Walking in the country
- Walking the dog
- Want to take part in education but difficult due to speech difficulties

What's stopping people doing things?

- Transport issues:
- Getting anywhere and back is difficult
- Dial-a-ride could be improved
- Accessing public transport difficult – getting on and off buses, trains, working out how to get somewhere, etc

Things that have helped

- Physio
- Speech therapy
- Stroke support group
- Accessing Connect

What would help going forwards

- Help from DASL, Stroke Assoc, to set up a cooking group
- Mobility issues requires someone to push chair, help with stairs, etc so assistance with getting out needed
- Support with communication as this is difficult in all sorts of situations, such as buying tickets, arranging transport, etc
- Someone to support with everything, especially going out, because of visual problems where stroke survivor doesn't know where they are
- Support to tell authorities about going away on holiday so that benefits start/stop at the right time
- Support with cost of doing things such as going to the cinema or to see a cricket game
- Getting funding enabling producing artwork and making cards and calendars
- Timebanking – sharing expertise
- More language and speech therapy to improve speech
- Support, especially at night
- Companionship
- Someone to interpret for people with Aphasia regarding various issues (not advocate)
- Support to be re-housed
- Help with accessing benefits might help to resolve the cost of transport which could mean getting out more and doing more things
- Resolving housing issues due to speech problems
- Transport – inaccessible, expensive, unreliable. Improve dial-a-ride.
- Assistance with hospital visits and outings
- Help with reading mail because of reading difficulties
- Help filling in forms
- Having an advocate to explain the difficulties being encountered



Places / organisations to do things

- Brixton Recreational Centre (has hoist but need support from carers? Volunteers?)
- Peckham Pulse (Find out about facilities available)
- Wheels for Wellbeing – accessible cycling (Problem getting there? Organise flyer about meeting up at say Herne Hill Station? Issue of sessions being cancelled at last minute – what happens to dial-a-ride people who have to wait to be picked up at the allotted time? Find indoor venue for Wheels for Wellbeing to run sessions?)
- Sportability (Usually outside London so might be difficult to get there but once there they support you.)
- Find out what's on for the year
- Ucandoit (Find out what it's all about and how it could fit in with the Network)

Volunteering suggestions

- Support others by giving advice about systems, what's available, etc.
- Support people to go to museums & galleries (Richard)
- UCL has partnership with British Museum – several trips arranged for staff, stroke survivors and volunteers – previews of exhibitions (Stan)



2013 Engagement

The December 2013 event focussed on what members had done the previous year, provided another opportunity for the project worker to establish what members wanted to do the following year and enabled “keep warm, keep well” messages to be promulgated.

The group session specifically looked at:

- What members enjoyed the most
- What members enjoyed the least
- What members would like to do more of next year.



Member feedback from the event

What have you enjoyed most?

- Loves swimming. Less time in summer but interested in other groups
- Games Club.
- Cycling
- swimming & Choir. Horticulture for wellbeing
- Choir, Choir, Choir
- Nordic walking & rambling- in the parks

What have you enjoyed least?

- Cycling - problem being outside
- games
- Problems getting to events/activities
- Need more information about accessibility of activities

What would you like to do more of next year?

Physical activity

- Cycling (mentioned 5 times)

- Swimming (mentioned 6 times). " Makes walking better. Would be good if physio can come back", "Wants to try swimming but needs more info + support. ""Would do swimming if confident about which bus to use "
- Choir (mentioned 3 times)
- Gardening & horticulture (mentioned 5 times)
- Sportability (Richard to organize at Cafe Nero)
- Exercise. Six out of six people
- Wants to try table tennis
- Walking/Nordic walking/rambling
- Horse riding (Mudchute, farm/riding for the disabled)
- Would like more exercise (at 336). Want to sweat! Aerobics/Zumba/ Going to gym as a group/ trying something new/ horseriding –Vauxhall City Farm/Mudchute
- Would like to do more 'sportability' activities Aerobics & music. Zumba, gym as a group
- More exercise at 336 & chance to sit & have a chat
- Games (mentioned 3 times) "Games group- is social, like the cafe. More please", "nice & social"
- Karaoke

Education

- Adult education (mentioned twice) "Interested in adult education (eg maths, French) but times (evening) and venues not suitable", "Support access to adult education"
- Support each other with our own skills: artists, sewing, travelling, IT skills, tell stories which need to be written down

Transport

- Need more help with Dial a Ride and Taxicard
- Use our skills to support others- raw material: artists/storytelling/computer skills/ bus driver- money to train as MIDAS driver
- Support to plan journeys to activities – travel buddying
- Stephen could be trained to be a MIDAS-trained driver with community transport & go out to nice places with the group

Trips out

- Small groups to go out together eg Horniman Museum
- Pitt Rivers Museum- Oxford/ Kew Gardens/ Art galleries
- Would like to visit a farm
- Outing-Greenwich- Boat trip/ Zoo
- Would like to visit different boroughs.
- Try new things! Meet at Rookery Centre. Streatham Common
- Cafe at Rookery
- Outings- Greenwich on the boat (Victory). Rowing at Battersea Park. Zoo at Battersea Park

Volunteering

- Interested in fund raising



2014 Engagement

The December 2014 event highlighted the year's activities, provided an opportunity to feedback on the member survey and to inform people what was already in the pipeline for 2015 as well as to hear member's views.



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Stroke Peer Support Network

End of Year Festivities!

As another year bites the dust, it's time to get together again to see:

- What we've done this year.
- The impact it's had on you, our members.
- What's in store for next year!



And as Christmas will soon be upon us, we will finish with some songs, games and a celebratory lunch! 😊

December 2014

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Tuesday 16 December 2014



10:30

→



12:30

followed by LUNCH!





We are 336
336 Brixton Road
London SW9 7AA



I hope to see you on the day but please let me know that you are coming as this will help me to ensure I order enough food for everyone!

Also, if you would like to come but think you might find it difficult to get there, let me know and I'll see if I can help.

Very best wishes.

Manuela



Manuela Gouveia - Project Co-ordinator



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Member feedback 2014

What have you enjoyed most?

- Coffee mornings (Aphasia Cafe)
- Games club – helps with co-ordination and memory
- I love the singing – we used to go every Tuesday. I love the Stroke Choir. The concert was fantastic.
- Stroke choir – drills/exercises are better than speech therapy!
- Swimming – every Thursday. Good for exercising.
- Outings – to Brighton. Good to be able to do it, to hang out and have lunch together. Got to look around and see Brighton Eye, the pier and beach. Places I don't know. Nice to be with friends.
- I depend on these things.
- Boating in Kent.
- Kew Gardens – Getting out of the house and London. Socialising.
- Gardening
- Outings – enjoyed Kew Gardens, Brighton, Art Gallery, Olympic Park

Members were split into 5 groups and asked what activities they wanted to be involved in in 2015. The numbers in brackets give an indication of the number of times an item was mentioned in the groups overall.

Trips out

- Cinema – Imax, Ritzy, Odeon, Clapham Picture House (3)
- Galleries – Tate Modern / Dulwich Picture Gallery (3)
- Theatre – (2)
- Days out - at O2, capsule, vineyards, hampton court, boat trip, zoo, National Trust, Buck House (9)
- Trips to museums eg to Hendon Air Force Museum (3)

Page 12 of 20

Being creative

- Photography – practical, eg. Morley (4 people) (1)
- Computer – using an IPAD (5 people PC/laptop, 1 for Ipad, 1 for tablet) (1)
- Making Art – painting, pottery, etc (2)
- Acting sessions (1)
- Choir – Richard, Michael (3)
- Booking group (1)
- Sewing, knitting & crochet (for men & women) (2)
- Cooking – start with the basics (2 people with experience in the group) (1)

Physical activity/ exercise

- More gliding! (1)
- Gym – different activities at Aspire (5 people) and Clapham Pool (1)
- Cycling – Delroy, Richard, Tony, Marjorie, Michael (3)
- Gardening – 3 have done it before, 1 would like to (1)
- Fruit picking (1)
- Keep the swimming J (1)
- Gym sessions (1)
- Keep the games sessions (1)
- Exercise sessions and getting fitter (2)
- Sailing (1)
- Do more Sportability activities (2)
- Gym / netball / dancing (1)

Socialising

- Beer, pub (2)
- Quizzes (1)
- Link up with other local groups (1)
- Talks – local community groups, police, find out what's going on in the borough (1)
- Bingo once a month (1)
- Go for a coffee in a nice cafe – a general one (2)
- Picnic (1)

Other issues raised included visiting placers where access was good, and to look into the “2 boroughs” project. Someone wanted to explore discounts at London Attractions/theatre. One member wanted a stroke survivor to lead a group. They didn't want to feel like they were being treated as a child.

