




Lambeth and Southwark Stroke User Involvement Network

 A yellow emoji with a thoughtful expression, hand on chin, and two question marks above its head.	<h3>What is the Network all about?</h3> <p>With the support of our funders, DASL is developing a pan Lambeth and Southwark Stroke User Network to enable people living with stroke together to engage with service providers to:</p> <ul style="list-style-type: none">❑ Promote self care and self management❑ Develop and improve services❑ Raise awareness of stroke
 A cartoon illustration of a man sitting at a desk with a laptop. A speech bubble above him says "Who me?".	<h3>Who can join the Network?</h3> <p>The Network needs YOU!</p> <ul style="list-style-type: none">❑ People who have had a stroke❑ People who care for stroke survivors❑ People who work in services for people who live with stroke
 A blue ribbon award with a circular center and a long tail.	<h3>What are the aims of the Network?</h3> <p>The Network aims to make a difference in the lives of stroke survivors, their families and carers so they feel they are:</p> <ul style="list-style-type: none">❑ Less isolated❑ Better informed❑ More empowered❑ Well supported

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What will the Network do?

The Network aims to make a difference in the lives of people affected by Stroke.

The role of the Network is to create opportunities for volunteers to participate in:

- ✘ Providing peer support to individuals, families and groups
- ✘ Influencing policy development and service provision
- ✘ Raising awareness and understanding of stroke.

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Peer support scheme

The Peer Support Scheme offers face-to-face support for people who have had a stroke, family members and carers. It includes:

- ✘ Visiting, befriending and mentoring
- ✘ One-to-one and groups
- ✘ Short, medium and long-term

How it works


- ✘ In partnership with hospital wards, departments, clinics and rehab teams
- ✘ Criminal Record Bureau checks, training and ongoing support for volunteers
- ✘ Careful selection and matching
- ✘ Clients choose when and where to meet




Why it works


- ✘ As stroke survivors, peer supporters are able to relate to others going through similar experiences. They also:
 - ✘ Build trust and show empathy with people who are affected by stroke
 - ✘ Share knowledge and experiences
 - ✘ Help people to feel more positive and less isolated
- ✘ Support family members and carers


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	<h2>What is peer support?</h2> <p>The Peer Support Scheme offers one-to-one support for people who have had a stroke, family members and carers. The people who give support are specially trained volunteers. They are also stroke survivors. This means that they work with others with whom they have important aspects of their lives in common, for example:</p> <ul style="list-style-type: none">✘ Similar background and experiences✘ Similar problems, challenges and barriers✘ Similar interests and aspirations✘ Visiting, befriending and mentoring✘ Meeting in groups for emotional support
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	<h2>Why does peer support work?</h2> <p>Stroke survivors and carers can relate to others in similar situations to theirs. They can also:</p> <ul style="list-style-type: none">✘ Build trust and show empathy with people who are affected by stroke✘ Share information, knowledge and experience of living with stroke and the long-term effects✘ Help people to feel more positive and less isolated✘ Support family members and carers to cope.
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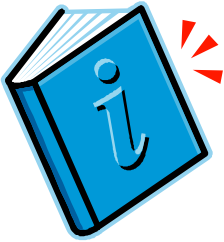
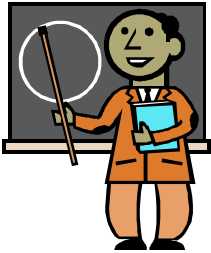
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	<h2>How can we help improve services?</h2> <p>Those who design, plan and deliver services need help to get it right and do it better. They can do this by:</p> <ul style="list-style-type: none">✘ Involving stroke survivors and carers in their work✘ Asking the experts (that's you!)✘ Drawing on the expertise of stroke survivors and carers✘ Value all contributions
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	<h2>You can help improve services!</h2> <p>Stroke survivors and carers have a lot of knowledge about different aspects of stroke. They can play a big part in what and how services are delivered. This is because:</p> <ul style="list-style-type: none">✘ Their perspectives are unique✘ Their experience is valuable✘ Their views and aspirations are important✘ Their ideas are needed✘ Everyone has something to contribute
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	<h2>How the Network will support involvement</h2> <p>The Network will offer information, support and training to enable stroke survivors and carers to:</p> <ul style="list-style-type: none">✘ Participate in research and consultations.✘ Represent other stroke survivors and carers on partnership boards and other bodies, for example:<ul style="list-style-type: none">✘ Advisory groups✘ Reference groups✘ Steering groups
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 	<h3>How the Network will help raise awareness of stroke</h3> <p>The Network will support and enable volunteers with experience of stroke to participate in a range of activities, for example:</p> <ul style="list-style-type: none">✘ Giving presentations✘ Designing publicity✘ Campaigning✘ Delivering training so other people will understand more about:<ul style="list-style-type: none">✘ What strokes are and how they affect people✘ The barriers for stroke survivors and carers✘ What stroke survivors and carers need
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What else will the Network do?

 	<h3>Activities and events</h3> <p>The Network will support and enable volunteers to set up, run and participate in a range of activities, for example:</p> <ul style="list-style-type: none">✘ User-led drop-in or social groups✘ Discussion groups✘ Talks and briefings✘ Information sessions✘ Social events, trips and outings✘ Activities for staying well and keeping fit <p>Above all, we will be responsive to the needs and aspirations of the members.</p> <p>The Network belongs to the members. It's your Network.</p>
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Other ways to get involved.

 	<h3>Help to run the Network</h3> <p>As the Network grows we will create more opportunities for being involved in and running the Network, for example:</p> <ul style="list-style-type: none">• Office and administration• Website and IT• Publicity• Working groups• Contacting members• Planning activities• Your ideas... <p>Please let us know how you would like to be involved.</p>
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If you would like join the Network or would like to talk about getting involved, we would be delighted to hear from you.

(020 76422054 ~ fax 020 7924 9621
email: stroke.network@disabilitylambeth.org.uk

Or write to:
Stroke User Involvement Network
DASL, 336 Brixton Road, London SW9 7AA

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