

# Stroke clubs

The majority of stroke clubs are affiliated to the Stroke Foundation. Clubs are organised by a coordinator and run by experienced volunteers. Phone the **Stroke Foundation (0800 787 653)** for details of the nearest club or ask the field officer for information.

Stroke club facilities include:

- informal socialising where ideas, experience and advice can be swapped and new, supportive friendships made
- the opportunity to learn and practice in a relaxed environment skills which enhance rehabilitation, eg, games, exercises, indoor sport
- outings planned to accommodate disability yet provide enjoyment and confidence-building experience, eg, meals in a restaurant, swimming
- opportunities to help others, eg, people with recent strokes.

Help with transport to club gatherings is provided where possible. Most clubs have a small library and are good sources of information about stroke. Participation in club activities can pave the way to resuming your former social life.