

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 a CSA 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, e.g. games, exercises, indoor sport
- outings planned to accommodate disability yet provide enjoyment and confidence-building experience, e.g. meals in a restaurant, swimming
- opportunities to help others, e.g. people with recent strokes