



## **Success AfterStroke**

Registered Charity No. 1115016

**Success After Stroke is an active and supportive self-help group for stroke survivors, based in Sudbury.**

**Our team of professional therapists and dedicated volunteers are there to encourage the rehabilitation, confidence and independence of our members.**

**During Covid-19 restrictions we are currently unable to enjoy our twice weekly face-to-face meetings at the Stevenson Centre in Great Cornard.**

**We are however offering the following services:**

**Twice weekly Zoom exercise classes ( Tues and Fri 9.30—10.30 am) with our Neuro Physiotherapist.**

**Weekly Zoom conversation group (Friday 10.30—11.30am) with our Speech and Language Therapists.**

**Monthly Zoom meetings for carers, held with our Mental Wellbeing therapist.**

**In addition we have IT support for any member who feels they may need help in setting up their Ipad/tablet/ computer in order to participate in the above.**

**Fortnightly news bulletins sent to all members, together with regular telephone contact with our volunteers.**

**If you are interested in joining up as a member or simply wish to find out what we do and how we can help, please don't hesitate to contact us.**

**Contact details are:**

**Sarahjane Lewis ( Manager) Telephone: 07434 931962**

**E mail : [info@successafterstroke.org.uk](mailto:info@successafterstroke.org.uk)**

**Website: [www.successafterstroke.org.uk](http://www.successafterstroke.org.uk)**

**Facebook: Success After Stroke Registered Charity no 1115016**