

Affected **by Stroke** ?

We can help

Call **01279 308313**

HSSG

Harlow Stroke Support Group

email: harlowstrokegroup@hotmail.com

www.harlowstrokesupportgroup.org

Charity Number 1099071



LOTTERY FUNDED

Many Stroke survivors and their families/ carers suffer from feelings of isolation and a loss of confidence and concern about the future.

Harlow Stroke Support Group (HSSG) aims to help Stroke Survivors and their families, to overcome these feelings, by offering information, support and friendship. We can show, by example, a positive outlook for the future.

Our services are designed to help the survivor to achieve their individual potential following a stroke, and to provide ongoing support to them and their family/carer.

In Britain, someone has a stroke every 5 minutes. Most of those affected are over the age of 65, but 20% of strokes happen to people under 65, including children and babies.

Stroke is the biggest single cause of serious disability and the third most common cause of death in the UK. All of our services and support are offered in a friendly and supportive environment.



Offers non-medical help and support to stroke survivors and their family and carers.

SERVICES INCLUDE:

- **Information on strokes and how they affect people.**
- **1 to 1 session to talk about their personal stroke and the physical and mental stresses that come with it.**
- **Help with referrals, form filling and practical advice.**
- **Support for family and carers.**

REGULAR SOCIAL GROUPS:

1. Chair Base Exercise Class

Wednesday 2pm to 4pm.
This caters for all abilities, including if you are a wheelchair user. This group also provides information on nutrition and healthy living.

2. Speech, Language Group

Thursday 10am to 12pm.
To help with communication skills and memory.

3. Social and Rehab Group

Fridays 10am to 1230 or 1pm to 3pm. (Afternoon session mainly for people under 60 years old.)

All group sessions are held at GPCA, Abercrombie Way, Harlow, CM18 6YJ.

Also Regular Social Events and outings.

Events and outings may incur charges.

HOW TO CONTACT US

For further details about any of HSSG Services or to volunteer your time and expertise please contact us on;

T: 01279 308313

E: harlowstrokegroup@hotmail.com

www.harlowstrokesupportgroup.org

You will also find us on Facebook and #Twitter

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