

### **Early Supported Discharge Service**

Anglian Community Enterprise and Tendring Stroke Services would like to invite you to a series of Information Workshops which we hope will be of interest to you. Please call in or phone 01255 815905 to book a place.

Each Workshop will be held at Tendring Specialist Stroke Services Centre, 85 Frinton Road, Holland-on-Sea, CO15 5UH, where there will be presentations by guest speakers, followed by question and answer sessions.

**Thursday 13th August. 14.15 – 16.00**

#### **Understanding Stroke**

Presented by ESD.

What is a Stroke?

The Brain and how it recovers after a Stroke.

Discussion on problems after Stroke, i.e. cognition, memory, attention deficit, information processing and vision.

Vascular dementia explained.

Question and Answer session.

**20th August 14.15 – 16.00**

#### **Blood Pressure Management and Atrial Fibrillation**

Presentation by ESD.

Causes of high blood pressure and how it contributes to Stroke.

What is Atrial Fibrillation and how it is managed.

Medications for Atrial Fibrillation.

Surgery for Atrial Fibrillation.

Question and Answer session.

**27th August 14.15 – 16.00**

#### **Diabetes and Stroke**

Presentation by Diabetic Nurse Specialist on Diabetes management and how it relates to Stroke.

Question and Answer session.

#### **Healthy Lifestyle**

Presentation by The Ace Health Trainer's on how to help keep yourself healthy.

Question and Answer session.

**Thursday 3rd September 14.15 -16.00.**

#### **Emotional Changes**

Presentation by TSSS and ESD.

How Stroke causes emotional changes and how relationships are affected.

Depression, its causes and how to combat it.

Question and Answer session.

**Thursday 10th September 14.15 -16.00.**

#### **Fatigue Management after Stroke**

Presentation by ESD and TSSS.

Fatigue issues after Stroke.

Why does it happen, how long will it last and strategies on how to combat it.

Tai Chi and how it can help after a Stroke.

The use of alternative therapies after Stroke.

**Could you please tick which Workshops you would like to attend, how many people will be attending and send back to, The Tendring Specialist Stroke Services Centre, 85 Frinton Road, Holland-on-Sea, CO15 5UH as soon as possible or use one of the alternative methods below.**

**By phone:** Rosemary Garrey, Tendring Specialist Stroke Services 01255 815905

**By email:** rosemary\_garrey@tendringstroke.org.uk

**By post:** TSSS, 85 Frinton Rd, Holland on Sea, Essex, CO15 5UH

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I/we would like to attend the Workshop(s) with Tendring Stroke Services and ACE ESD team

Name (please print) ..... No of people attending .....

Phone number .....

***Please tick workshops you would like to attend***

**Workshop 2.** Thursday 13th August. 14.15 – 16.00. Understanding Stroke.

**Workshop 3.** 20th August 14.15 – 16.00. Blood Pressure Management and Atrial Fibrillation.

**Workshop 4.** 27th August 14.15 – 16.00. Diabetes and Stroke. Healthy Lifestyle.

**Workshop 5.** Thursday 3rd September 14.15 -16.00. Emotional Changes.

**Workshop 6.** Thursday 10th September 14.15 -16.00. Fatigue Management after Stroke.