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Stroke Association calls for volunteers to help support service in Lincoln

The Stroke Association is calling on volunteers in Lincoln to help support their Family and Carer Support Service, and make a real difference to people in the area who have been affected by stroke.

The charity is appealing for volunteers to assist at Lincoln County Hospital Stroke Unit each Monday afternoon from 2pm-4.30pm. The role will involve ward visiting to provide information about the Stroke Association and its Family and Carer Support Service. The volunteers will also support the service co-ordinators with a drop in session on the unit for families and carers.

The Family and Carer Support Service provides information, practical advice and emotional support in the aftermath of a stroke. The charity begins working with a stroke survivor and their family immediately following a stroke, and will continue to provide the support people need, for as long as they need it – within their own homes and back into the community.

Jane Smith, Family and Carer Support Coordinator at the Stroke Association said: “We’d love for people in Lincoln to volunteer for the Stroke Association. Volunteering is a rewarding experience that helps the heart of your community. This is a really exciting opportunity to work with stroke survivors and their families, offering support and encouragement, and enabling them to build confidence.

“Our volunteers must have good communication skills and be empathetic. They need to be comfortable with giving emotional support and be a good listener. The Stroke Association will provide full training and support.”

If you are interested in volunteering for the Stroke Association, please contact Jane Smith on 01777 719802 / 07515 596905 or Caren Borchardt on 01522 790059 / 07515 596950. Alternatively, email jane.smith@stroke.org.uk or caren.borchardt@stroke.org.uk

The Stroke Association is the UK’s leading stroke charity which campaigns to improve stroke care; supports people to make the best recovery they can; and funds ground-breaking research to change the lives of people affected by stroke. For more information about stroke, visit www.stroke.org.uk or call the helpline on 0303 3033 100.

A stroke is a brain attack which happens when the blood supply to the brain is cut off, caused by a clot or bleeding in the brain. There are around 152,000 strokes in the UK every year and it is the leading cause of severe adult disability. There are over 1.2 million people in the UK living with the effects of stroke.

Stroke Association is a charity. We believe in life after stroke and together we can conquer stroke. We work directly with stroke survivors and their families and carers, with health and social care professionals and with scientists and researchers. We campaign to improve stroke care and support people to make

the best recovery they can. We fund research to develop new treatments and ways of preventing stroke. The Stroke Helpline (0303 303 3100) provides information and support on stroke. More information can be found at www.stroke.org.uk

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