

## INFORMATION FOR PATIENTS

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# Community services available following a stroke

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This leaflet is designed to inform you about a range of services available in the local area for people who have suffered a stroke.

### The Stroke Association Helpline

Providing information about:

- Strokes
- Local stroke services
- Emotional support for patients and their relatives/carers.

**Telephone:** 0303 303 3100

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

### Stroke Ability

These are gentle exercise and information sessions for stroke patients and their carers. Currently available at Blidworth Leisure Centre.

**Telephone: Newark Leisure Centres** 01636 655780

**Website:**

[www.active4today.co.uk](http://www.active4today.co.uk)

**Email:**

[enquiries@active4today.co.uk](mailto:enquiries@active4today.co.uk)

**Please note:** There is a small charge for each session.

### Notts Help Yourself

A website providing the place to find information and services for Nottinghamshire all in one place.

### Adults and Communities

Support for adults on employment, education, health, housing, financial advice and things to do in the community:

- Staying well
- Coming out of hospital
- Help in your home and community
- Somewhere to live
- Personal Assistant Directory
- Carers
- Financial and legal advice
- Work and volunteering
- What's on.

**Website:**

[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

If you do not have access to a computer, smart phone or tablet you can access Notts Help Yourself in any local library or children's centre.

You can also call Nottinghamshire County Council Customer Service Centre on 0300 500 8080.

## Further sources of information

NHS Choices:

[www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623  
672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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