

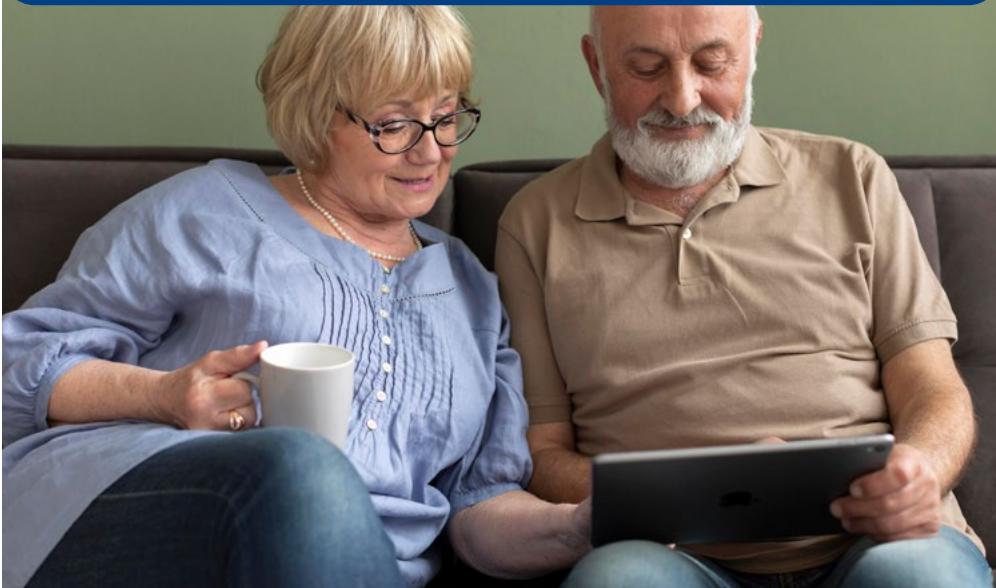
Outstanding Care,  
Compassionate People,  
Healthier Communities

NHS

Sherwood Forest Hospitals  
NHS Foundation Trust

# Stroke patients

## Information and support



**Stroke**  
association

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

 **0303 3033 100**  
(Stroke Support Helpline)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
 **0800 144 8848**

**citizens  
advice**

For Adult Social Care enquiries:

**[www.nottinghamshire.gov.uk/care/  
adult-social-care/contact-us](http://www.nottinghamshire.gov.uk/care/adult-social-care/contact-us)**

 **0300 500 80 80**

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

Information and services, all in **one place**



**[www.nottshelpyourself.org.uk/kb5/  
nottinghamshire/directory/home.page](http://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page)**



**[www.ageuk.org.uk](http://www.ageuk.org.uk)**  
 **0800 678 1602**

**Carers  
Hub  
Service**

**[www.carershushub.carersfederation.co.uk](http://www.carershushub.carersfederation.co.uk)**

 **0808 802 1777**

 **carershushubinfo@carersfederation.co.uk**

 **07814 678460** (Text or Whatsapp)



[www.carersuk.org/](http://www.carersuk.org/)

[www.carersuk.org/help-and-advice/practical-support/conditions-hub/caring-for-someone-who-has-had-a-stroke/](http://www.carersuk.org/help-and-advice/practical-support/conditions-hub/caring-for-someone-who-has-had-a-stroke/)

**0808 808 7777**

**advice@carersuk.org**



We help working-age stroke survivors and their families in the UK to reclaim their lives through active peer support.

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

**0345 130 7172** or **01908 317618**

**info@differentstrokes.co.uk**

#### Returning to driving after your stroke

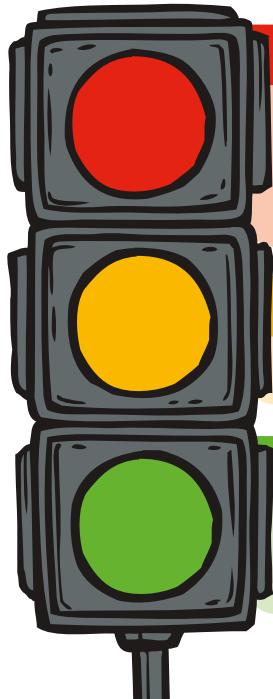
[www.eastmidlandsisdn.nhs.uk/documents/East\\_Midlands\\_ISDN\\_Driving\\_Patient\\_Poster\\_Acute\\_-\\_Final.pdf](http://www.eastmidlandsisdn.nhs.uk/documents/East_Midlands_ISDN_Driving_Patient_Poster_Acute_-_Final.pdf)

**0300 790 6806** (DVLA)



[www.gov.uk/health-conditions-and-driving](http://www.gov.uk/health-conditions-and-driving)  
(DVLA Website)

# Support for your mental health



## Mental health crisis

Crisis Line: **0808 196 3779**

Crisis Sanctuaries: **0115 844 1846**

Text **NOTTS** to **85258**

## Depression, anxiety, stress

Talking Therapies: **0333 188 1060**

## Looking after yourself

Every Mind Matters website:

**nhs.uk/every-mind-matters**



SystmOne – Electronic Patient Record Sharing consent information sheet:

**[www.tpp-uk.com/wp-content/uploads/2021/03/367ba420c-6f32563378a85f883e3b150.pdf](http://www.tpp-uk.com/wp-content/uploads/2021/03/367ba420c-6f32563378a85f883e3b150.pdf)**

# SSNAP

## Sentinel Stroke National Audit Programme

Information on the Sentinel Stroke National Audit:

**[www.strokeaudit.org/SupportFiles/  
Documents/Patient/SSNAP-Patient-Leaflet-  
EngWal.aspx](http://www.strokeaudit.org/SupportFiles/Documents/Patient/SSNAP-Patient-Leaflet-EngWal.aspx)**

Easy access version:

**[www.strokeaudit.org/SupportFiles/  
Documents/Patient/Patient-Information-  
sheet-EngWal-EAV\\_v4.aspx](http://www.strokeaudit.org/SupportFiles/Documents/Patient/Patient-Information-sheet-EngWal-EAV_v4.aspx)**

All other patient resources:

**[www.strokeaudit.org/Patient-information/  
Information-sheets.aspx](http://www.strokeaudit.org/Patient-information/Information-sheets.aspx)**