

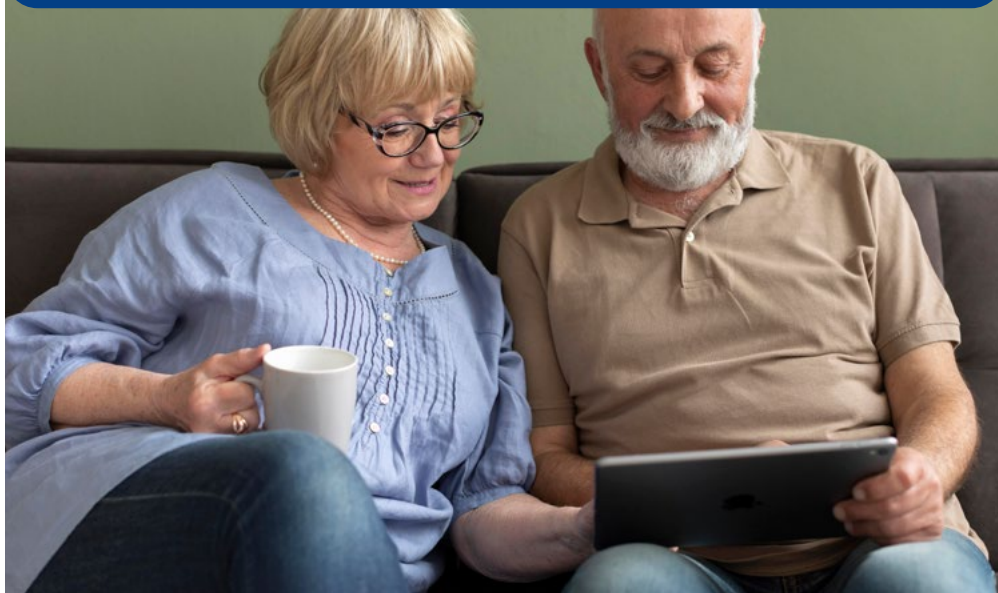
Outstanding Care,
Compassionate People,
Healthier Communities



Sherwood Forest Hospitals
NHS Foundation Trust

Stroke patients

Information and support



Stroke
association

www.stroke.org.uk

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

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 


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

-  Childcare
-  Things to do
-  Help in the community
-  Staying well
-  Local Offer

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



age UK
Let's change how we age

www.ageuk.org.uk

 **0800 678 1602**

 **Carers
Hub
Service**

www.carershub.carersfederation.co.uk

 **0808 802 1777**

 **carershubinfo@carersfederation.co.uk**

 **07814 678460** (Text or Whatsapp)



www.carersuk.org/

www.carersuk.org/help-and-advice/practical-support/conditions-hub/caring-for-someone-whos-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/



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

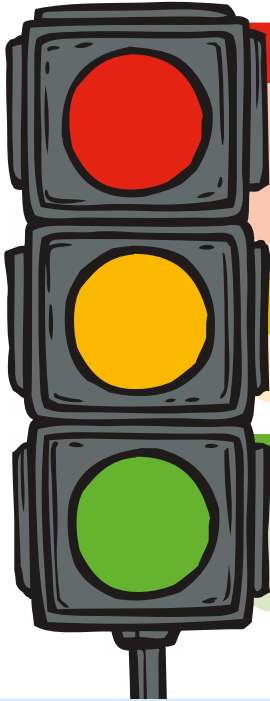


0300 790 6806 (DVLA)



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



**SystemOne – 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)**