

Conference themes:

- Take action (TA)
- Share and inspire (S&I)
- Life after stroke (LAS)
- Developments in stroke care and research (SC&R)



Plenary talks



Workshops

Provisional Programme

Time	Programme – Day 1
1.00-2.00pm	Aphasia Voices – Invite only Contact Melanie Derbyshire on Melanie.Derbyshire@stroke.org.uk or call 0207 566 1516 for details
2-4pm	Registration and refreshments
3.00-4.00pm	Optional fringe workshops a) Who is your stroke hero? (LAS) Heroes are ordinary people that do extraordinary things. Find out how the Life After Stroke Awards celebrates the achievements of everyone affected by stroke.
	b) Living with aphasia (LAS) Aphasia is a complex and challenging communication disability. With the right advice and support, you can be an effective communicator. Join this session to share your top tips and learn from others.
	c) Speaking up and speaking out about stroke and the Stroke Association (LAS) The Stroke Association are determined that more people affected by stroke are able to live their best possible life. Join this workshop to help shape the Stroke Association's ongoing plans to raise its profile, increase support and reach more people living with the effects of stroke.
4.00pm	Bedroom check in
5.30pm	Drinks reception
6.00pm	Conference opens – Welcome address
	Plenary 1 Part 1 Giving back independence (SC&R) (LAS) Part 2 Shaping our future together (TA)
6.40pm	Plenary 2 Our story: inspirational talks by stroke survivors and carers (S&I)
7.15pm	Conference dinner

Time	Programme – Day 2
7.00am	Breakfast
9.00am	Exhibition and refreshments
9.15am	Conference opens
9.25am	Plenary 3 What's happening in stroke research and how you can get involved (SC&R)
10.25am	Exhibition and refreshments
11.00am	Workshops 1 a) Making our resources for you more accessible (TA) A look at the work carried out by the Stroke Association and others to make their publications more accessible. Those with communication difficulties, partially sighted or who speak other languages can help shape the next steps, have a voice and feed back on what more can be done.
	b) Could you be a Stroke Ambassador? (TA) Find out more about our Stroke Ambassador role that includes specialist areas in awareness, prevention and campaigns. You can meet some Ambassadors and find out how we support them to raise awareness of stroke, hold Know Your Blood Pressure events, and campaign to improve stroke services and support locally.
	c) Help shape what the Stroke Association thinks (TA) The Stroke Association needs strong policies on issues that affect stroke survivors, their families and carers in order to campaign for change. Your views are important to help shape what the Stroke Association thinks about key issues.
12 noon	Exhibition and lunch (Lunch will be served in two sittings)
1.30pm	Workshops 2 a) My Stroke Guide: a free online resource and community for stroke survivors and carers (SC&R, LAS) Learn more about My Stroke Guide which aims to support stroke survivors and carers through their stroke journey.
	b) Supporting carers and family members (LAS) Stroke can affect everyone in the family. This session will enable carers and family members to share coping techniques and hear the latest developments in carer support and resources available.
	c) Knowing you are not alone (LAS) Peer support is when people use their own experiences to help each other. This can have a huge impact on your recovery and can come in many different forms. Find out about the benefits of shared experiences through accessing peer support and what help is available to you.
2.30pm	Exhibition and refreshments
3.00pm	Plenary 4 Thanks to your support we can expect a new national plan for stroke, so what next?
3.30pm	Closing remarks and your UK Stroke Assembly experience
3.50pm	Depart