

Your Personal Data and Information Sharing

Any personal information you share with us is confidential. However, there are times when it is beneficial to you for information to be shared with other health or social care professionals

Consent

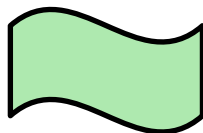
We will always ask your permission before sharing your information

Your Life after stroke Wellbeing Practitioner will discuss and explain what support this service can offer.

You can then decide whether you would like to proceed with the support of our team.

Comments

We welcome any comments about our service. Please talk to your key worker, or contact the team on the number provided



Office contact number:

There is somebody available to contact between 1pm and 4pm on Mondays and Thursdays (excluding Bank Holidays)

Telephone

01495 363461

Outside of these hours Monday-Friday 8-4pm one of our friendly admin team members will take your name and contact details and pass them on.

We are not a 24 hour
or emergency service:
If you are concerned or your
condition deteriorates contact
111 or 999

A Welsh version of this leaflet is available on request

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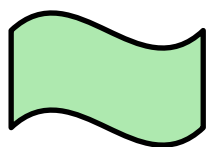
Living Well after Stroke Service

Supporting personal recovery after a stroke



Community Neurological Rehabilitation Service (CNRS)

The CNRS Living Well after Stroke Service supports people who have had a stroke & also their families. Our aim is to enable you to take control of your daily life, or support you to adjust to any difficulties you are experiencing



We can :-

Support you, your relatives or carers to adjust to life after stroke

Help you to understand how a stroke affects your brain and body

Help you to regain and maintain your independence

Assist you to get back into community life, social events, managing your life and health

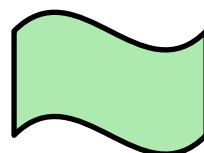
Help you to develop strategies to manage any difficulties you may be experiencing

You will be considered for support with this team if:

You or a family member have had a stroke in the last year

you live in Blaenau Gwent, Caerphilly, Torfaen, Newport, Monmouthshire

We can identify areas of life that you require support with due to your stroke



Until the Coronavirus restrictions lift, the team are mainly providing support via telephone or online consultations using Attend Anywhere— an NHS Wales consultation platform

The team will work with you to identify what matters to you and support you to get back to enjoying the important things in your life

With your permission we may refer you to other services such as the department of work and pensions, outpatient services or community groups to help you to gain your maximum potential and live well after your stroke

The Stroke Support team are part of the ABUHB Community Neuro Rehabilitation Service which runs a range of group activities aimed at supporting people to live well after stroke and brain injury

