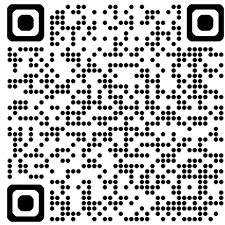


Advice and Support After a Stroke – Key Points



Email: sirona.communitystrokeservice@nhs.net

Scan the QR code to view our page on the Sirona care & health website.

About the Integrated Community Stroke Service (ICSS)

The Integrated Community Stroke Service (ICSS) supports people after they return home from hospital following a stroke.

Our aim is to help you live well after your stroke and lower the chance of having another stroke.

Support from a Stroke Nurse

A stroke nurse will usually contact you within 6 weeks of you returning home. The nurse can:

- Answer any health questions or concerns.
- Give information, advice and support about any changes caused by your stroke.
- Help you understand how to reduce your risk of another stroke.

You can discuss any issues that affect your daily life, such as sleep, pain, using the toilet, relationships and intimacy, medicines and diet and lifestyle.

Support from a Key Worker

Everyone will be offered support from a key worker. Your key worker can:

- Listen to your concerns and provide emotional and practical support.
- Help you find local services and community support.
- Signpost you to charities and other organisations that may help.
- Support you as you adjust to life after a stroke.

Service provided by

**Sirona**
care & health

Around 6 months after your stroke, your key worker will offer you a review. This is a chance to talk about your recovery, discuss any goals you have, and look at any support you may still need.

If You Need Help Between Reviews

Call 999 straight away if you have any new stroke symptoms,

For example, your face is drooping, your speech is slurred, you have new visual changes or you have one-sided weakness in your arm or leg.

Contact your GP or call 111 if you experience new symptoms that aren't related to your stroke,

For example, new pain, dizziness, feeling sick and vomiting, feeling light-headed, or having new palpitations.

Contact Sirona care & health's stroke nurses on 0300 125 5951 if you have any other stroke-related changes since leaving hospital.

For example, changes to your bladder or bowel control, changes to your food intake or your ability to move.

If you no one answers, please leave a message and we will call you back. Our service runs from Monday to Friday, 8am to 4pm, with a shorter service at weekends and on bank holidays.

Local Support

North Somerset: Stroke Association

Phone: 01275 401042

Email: Northsomersetstroke@stroke.org.uk

Bristol and South Gloucestershire: Bristol After Stroke:

Phone: 0117 964 7657

Email: office@bristolafterstroke.org.uk

Website: www.bristolafterstroke.org.uk

More Information About Stroke: Stroke Association

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

Helpline: 0303 303 3100

The helpline provides information and support but cannot give medical advice.

We want you and the people who help you to understand what we send. If you need help with this leaflet, please tell us.



NavLens GO App Accessible QR Code

You can phone us on 0300 125 6789 or email us at sirona.communitystrokeservice@nhs.net

Please scan the QR code to listen to an audio version of this statement.