

## How do I join Strokeness?

Complete the application form in this leaflet and send it to the address at the bottom of the page. If you are unable to, ask someone to do it for you. Then complete as many questions as are relevant on the form and post it back to us. We must have a signed copy returned. If you are unable to sign your name, someone else can sign on your behalf **using their own name**.

Your application will be accepted unless there is a very good reason why we cannot meet your needs, in which case we will tell you why you have not been accepted. Be aware also that the group is based in Inverness and we cannot provide transport.

## Help! I think I'm having a stroke!

If you think you are having a stroke, or someone near you is, it's important to seek medical advice quickly as this can reduce any after effects of the stroke. The following helps you remember what the main symptoms are and what to do

**F**ace - can they smile, does one side droop

**A**rms - can they lift both, is one weak

**S**peech - is it slurred or muddled

**T**ime - time to call 999



The sooner someone suffering a stroke receives medical attention the better will be the eventual outcome

But remember, not all symptoms will be present in every case. If someone is showing signs of being unwell and you suspect they may be having a stroke despite the absence of any obvious symptoms - call 999. They will thank you in the end.



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## What is Strokeness?

Strokeness is a new organisation with the aim of providing support to stroke survivors across the Inverness region. Through a combination of social gatherings, support meetings, education and representation we want to improve the lives of stroke survivors who often feel isolated by their condition. We want them to know they are not alone. All members of Strokeness are themselves stroke survivors.

Brain attack!!

Brain attack!!



A stroke is a brain attack from the inside. It's sudden, it's confusing, and it can be devastating. When it happens it can cause fear. Strokes have a bad reputation. But for many people there is life after stroke. Recovery might be slow but improvements can be made. Equally recovery can be dramatic.

## So what causes a stroke?

A stroke is caused by a blockage of the blood supply to the brain or by a bleed in the brain. Both can cause damage so that a region of the brain dies. The effects of stroke can be devastating on the individual and on their families and can affect every aspect of their lives - financial, social, family, employment, communication can all be affected. The exact nature of the problems experienced by sufferers depends on the location of the damaged area, although one effect just about all stroke patients complain about is fatigue. But with the right support many of the problems can be reduced and the lives of stroke patients and their families can be enhanced.