

BRAINWAVE[©]



A StrokeInformation Ltd Publication

We propose Issues, March, July & October 2016.

Meet Eddie The Editor



Dry Jan: As some of you will be aware, Nick completed dry Jan, a whole 31 days without touching a drop of Alcohol, not only did Nick achieve it, he managed to get supported to do it raising a total of £460 and after crowdfunding take their percentage, added another £430 *approximate figure to StrokeInformation. Nick would like to thank everyone who pledged and believed that he could achieve. He also lost over 1 stone in weight during the month.

Drop Ins: StrokeInformation are continuing with the drop ins and they are currently on a Wednesday 10am - 12pm, Disability Stockport, High Street, Stockport, SK1 3BS and at Life Leisure Avondale, SK3 0UP, Friday 10m - 12pm. We are also open to suggestions as if the drop in is required near you, then please get in touch via contactus@strokeinformation.co.uk or 07752 777009

Bucket Collection: Our next Bucket collection will be at the Stockport County FC v Curzon Ashton FC on Saturday 30th April 2016, why not come down and celebrate the end of the season at Edgeley Park, Hardcastle Road, SK3 9DD.

Office Update: We have decided to put our toes in the water! We are pleased to announce we have a trial permanent base in Landmark House, Station Road, Cheadle Hulme SK8 7BS - 0161 4863355





Lee Bennett: Do you remember the SCFC supporter who lost their life last year? Well...We thought it would extremely fitting for Lee to have a piece of the ground, so StrokeInformation as a result of the last bucket collection agreed to pay for a brick on the Cheadle End as a permanent reminder of Lee's passion for the club. God Bless Lee. *The brick in the picture is a prototype and the real one is UP to ensure Lee has a permanent place at Edgeley Park.

Charity Status: Its all systems go, the deadline date for our application with the charities commission was Wednesday 10th February 2016. However because of the backlog of applications and all the recent press coverage regarding certain charities exploiting their position and structured deals with energy providers and such like we anticipate that the news we all want is not too far away now, as we have been told the application has been accepted awaiting verification.

Live Web Chat: As we know what its like to have a stroke and the many questions you ask whilst you start the recovery journey, along with the many family members who also would like to pose questions to us. We would like to know if you would like take part with a live web chat with Stroke survivors who can help mentor your recovery process as well as cover subjects which you might not be inclined to talk to everybody about. Please get in touch if this is something you would like, contactus@strokeinformation.co.uk /07752 777009 / 01614863355

TickBox: What would you like to be covered in future issues?? Disability Allowance ? Driving? Getting back to work? Holidays? Blue Badges? Whats on in the community for you?

Advertise with us: Would you like to reach out your services to our subscribers, then don't shell out for expensive advertising space, take a section within our newsletter and reach out to those impacted by Stroke.

Golf Day: Our solicitors are planning a golf day at Mottram Hall for teams of 4, some great prizes and a spa day for the ladies followed by a fundraising auction and dinner dance, would you like to attend?

Useful Numbers:

Mobility 0300 456 4566

DWP 03457 123456

DVLA 0300 790 6802

StrokeInformation 077752 777009

PIP 0345 050 3322

Disability Stockport 0161 480 7248

BlueBadge Scheme 0161 474 3422



Activity; As we have experienced a STROKE, we truly understand what it feels like, emotionally, physically, mentally so we truly have not only first hand experience but we are fully empathetic and sympathetic to your needs. Would you like to partake in something but don't have the confidence? How would like to get involved with our bespoke mentoring programme? Whether it is going top the gym, cafe, cinema or even simply to go for a walk, then please get in touch -

contactus@strokeinformation.co.uk

The Wheatley News As you maybe aware, one of our patrons, Michelle Wheatley had a stroke aged 27, whilst she was bathing her 2 year old daughter, Hollie. Michelle became "Locked in" with (LIS) locked in syndrome and now communicates with her family by eye movement alone. We made Michelle a patron last year because we believe that there has to be HOPE. Any Stroke survivor will tell you that with determination you can achieve your immediate goal, on the subject of goals, Stockport County have the 3rd kit with Michelle's name on it as well as StrokeInformation's and this week they have agreed to donate a percentage to Michelle from every sale of the PINK kit , Stockport County Lottery have also agreed to donate a percentage of their sales to StrokeInformation and Michelle's Fund, so why not get involved, sign up to the lottery for £1 a week and have a chance of winning anything from £5 to £10,000 so show your support not only to County but also the many fantastic causes they support.



Stroke Information advise and support stroke suffers and families. Their founders, Nick and John have suffered strokes and understand the trauma of this condition.They can advise and support based on their own experiences.

They can advise both the suffer and family to which agencies to approach for assistance.we as a family know,our daughter who has Locked in Syndrome,has been supported greatly by Nick and John. Our association came from Stroke Informs involvement with Stockport County FC,who have adopted Michelle as their charity for the season.

TREASURE HUNT: Remember the old channel four programme with Annabel Rice? Well we re looking to do an edition competition, whereby our loveable Steady Eddie will be placed in and around our local community and if you correctly discover where Steady Eddie is and are the first one to enter with the correct details then StrokeInformation will send you a prize.**Coming up:** Walking football, learning new skills or brushing up on others such as English, Maths and IT all at your own pace. **Ideas for future issues : Jokes, Recipe's, Useful tips and Eddie's Lettuce**

(Letters) My Secret Kitchen fundraising

Pete's Post: Here's a brief history I've recently supplied for my footballer friend survivor, Nick Clarke, who does such a sterling job for StrokeInformation. I hope it will encourage all you others impacted by Stroke of this life-changing condition and help you get back on your feet!

My name is Pete Coghlan and I am 38 years of age. In March 2010 (?), I was struck down by a blood clot, after hitting my head on a sharp piece of concrete while helping my stepfather to lay pipes. The impact penetrated my skull, damaged the area of the brain known as 'pons' and caused a stroke of massive proportions, which left me like something out of 'I Robot', the Will Smith film. Lifeless!!!! For the first few days, I was totally blind, unable to swallow, talk or even move my lips. Everything had been wiped out; I was a dribbling mess and petrified!!!

The only parts of my body I could move were my eyelids (hence the title of my book:

'In the Blink of an Eye'*) and without the support from my (then) wife Jade, my Mum and my sister Vicky I would have given up. My communication – or alphabet – board was the only thing I could use to make myself understood – and use it I did. A few letters (day 1), words (day 2), then, weeks

later I was able to blink out my thoughts.+ I've come along long way since those dark days, having tried everything over the last few years, working on every little movement for hours every day. And now I can

work, drive, talk (thank God) and walk 15 kilometre marathons for charity as I did recently with my friend and neurologist Professor David Blacker.~

So physically, I'm feeling that my goal is in sight and my endless days of waiting around and training, pushing the boundaries of my previously tortured body are for the first time taking a back seat...and life's tooooo fast!! I am keeping up, though and progressing mentally, thanks to my latest initiative.

Yes, Peter Coghlan, the scourge of my former school (sorry teachers!) has turned over a new leaf; not only have I written a book about my experiences with locked-in syndrome*, but am currently taking a course in health care, studying to become a therapy assistant – which means I've already taken in more information than I have over the previous 20 years!

Tiring, but I feel this might be the push I need to stimulate my mind. For too long it's just been pool, gym and sidewalks! Forcing my mind to work is frustrating and hard, but it's a necessary part of my journey. Another giant step towards my goal.

Although I've won this battle from hell, I was never completely sure I'd come this far, but I just looked forward, forward, forward and if I had bad days I'd just tell myself: "Tomorrow, Pete – tomorrow!" When recovering from stroke, you must have that mind-frame...and mean it!

As a child you struggled, learning to walk, talk, tie your own shoelaces...that's how you developed!! Learning to ride a bike was hard, especially when you fell off, but you just got up, brushed yourself down and got back onto the saddle. It's the same today. No matter how old you are, you're still developing, learning, improving bit by bit. So keep up the fight, get back on your 'bike' and try, try, try again.

Keep pedalling, folks!

* <http://petercoghlan.com/my-book-in-the-blink-of-an-eye/>

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<http://petercoghlan.com/2014/06/19/to-all-you-great-nurses-please-please-learn-to-use-a-wordboard-for-locked-in-patients/>

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<http://petercoghlan.com/2015/11/08/the-big-walk-did-it-15-kilometres-in-4-hours-just-over/>

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contactus@strokeinformation.co.uk**