

Understanding peer support for stroke survivors

Accessible summary

Holly Dorning and Rowan Dennison

Stroke
association

About this accessible summary

Stroke Association Voluntary Groups are peer support groups that are based in local communities across the UK and run by volunteers. They offer a range of activities for stroke survivors and carers such as exercise, art, music, gardening, talks and trips out. You can find out more about these groups at www.stroke.org.uk/take-action/stroke-clubs-and-groups/stroke-association-voluntary-groups .

The Stroke Association asked the Nuffield Trust to evaluate these voluntary groups and to look at the difference these groups make to stroke survivors and carers.

This is an accessible summary for stroke survivors. To read the full research report, go to www.nuffieldtrust.org.uk/SAVGs

This accessible summary was developed by the Nuffield Trust with input from the Stroke Association.

Acknowledgements

We thank the following stroke survivors with aphasia from Salford Communication Service, who reviewed this summary:

- Marjorie Power
- Eric Taylor
- Tom Stewart

Their time, enthusiasm and feedback is greatly appreciated and we are very pleased to have given them the opportunity to contribute to the project.

We also thank the project team members from the Stroke Association and the Nuffield Trust for their time, dedication and input throughout the project.

Thanks to Claire Atkinson (Stroke Association Volunteer) and Joanne Myers (Salford Communication Support Coordinator) for co-facilitating the feedback alongside Liz Roberts.

Thanks to the Stroke Association design team for their input and support in creating the icons included in this summary. Additional icons are courtesy of the Noun Project.

What is this summary and who is it for?



This is a **summary** of a **research report**.

Stroke Association
Voluntary Groups



The research is about **Stroke Association Voluntary Groups**.



This summary is for **stroke survivors**.

What was the research about?

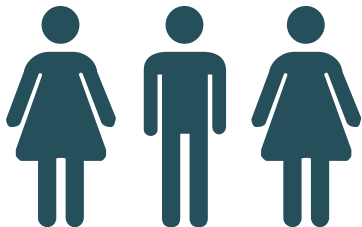
nuffieldtrust



Nuffield Trust did the research.

Nuffield Trust is a research charity.

Stroke Association
Voluntary Groups



The research looked at the **difference groups** make to stroke survivors and carers.



The research **will help** the Stroke Association to **support groups**.

What did we do?



We **interviewed** stroke survivors and carers to learn what it's like to be in a group.

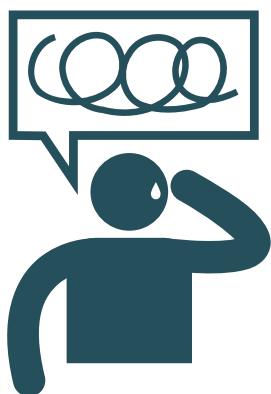


We also used a **questionnaire**.



We **talked to volunteers and staff** to learn what it's like to run a group.

What did we learn?



People said that having a **stroke** had **changed their lives**.



Stroke survivors said that they **felt low** after their stroke and that it **affected their emotions**.

Stroke Association
Voluntary Groups



We found that different local groups did **different activities**.

These activities were based on what group **members wanted**.

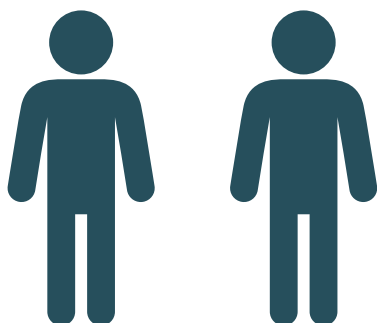
What did stroke survivors like about the groups?



Stroke survivors **really liked** being in a support group.



The best bit about the group was **making friends** and being with other people.



Being with **other stroke survivors** made them feel more **positive** about their own recovery.

How did stroke survivors think groups helped them?



People told us they **felt better** by going to a Voluntary Group and that they **felt supported**.



People felt the groups helped them with their **confidence**.



People said the groups helped them with **talking, moving and writing**.

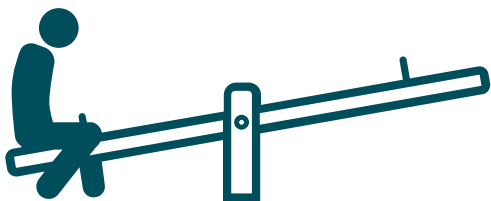
How did carers think groups helped them?



Carers liked the groups and found them **very supportive**.



Carers said it made them **happier** to be around **other people** who have survived and recovered from stroke.

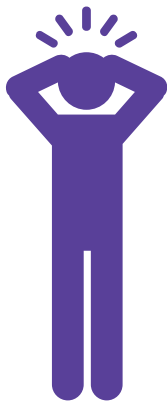


Carers said they **wanted more support** with managing after stroke.

What did volunteers and staff tell us?



Volunteers and staff **liked** being part of the groups and wanted to make them better.



Volunteers and staff **felt a lot of pressure** to help groups.

Sometimes they found this **hard**.

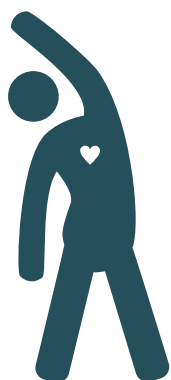


Volunteers **worried** about finding **new group members** and having enough volunteers.

We still have some questions...



What is it like for **new group members** when they **join** a group?



Do groups **help** people take better **care of themselves**?



How do stroke survivors and carers **feel** after they have been in a group for **a year or more**?

What happens now?



The Stroke Association will **share** these **results** with groups.



The Stroke Association will continue to **support groups** and **train** volunteers.



The Stroke Association has received **funding** to support **more groups** across the UK.

What happens now?




The Stroke Association will do **more research** to **understand** the **impact** these groups have.



The Stroke Association will **keep listening** to stroke survivors and carers to **understand** their **needs**.

For more information about the Nuffield Trust,
including details of our latest research and analysis,
please visit www.nuffieldtrust.org.uk

 Download this summary from
www.nuffieldtrust.org.uk/publications

 Subscribe to our newsletter:
www.nuffieldtrust.org.uk/newsletter

 Follow us on Twitter: [Twitter.com/NuffieldTrust](https://twitter.com/NuffieldTrust)

Nuffield Trust is an independent
health charity. We aim to improve
the quality of health care in the
UK by providing evidence-
based research and policy
analysis and informing and
generating debate.

59 New Cavendish Street
London W1G 7LP
Telephone: 020 7631 8450
Email: info@nuffieldtrust.org.uk

 www.nuffieldtrust.org.uk

Published by the Nuffield Trust.
© Nuffield Trust 2016. Not to be reproduced
without permission.

ISBN: 978-1-910953-15-0