

# Wolverhampton and Seisdon Community Stroke Specialists

Providing support in the community after stroke



## Support in the Community

If you have had a stroke and are admitted to hospital you will be reviewed by a Community Stroke Specialist either at home or by telephone within the first 6 weeks after your discharge. If you have not been admitted you will be reviewed as soon as possible either at home or in clinic depending on your symptoms. If you are struggling to cope before your appointment please call us as soon as possible and we shall endeavour to help. If it's a medical problem please call your GP.

## What we do

During your first visit we will address some of the following:

- How you are recovering
- A review of stroke medication
- Whether you are receiving the right services
- Review your risk factors for stroke such as high blood pressure and diabetes management
- Provide advice on healthy lifestyle, for example, support to stop smoking, eat a healthy diet and take part in physical activity
- Provide advice on other issues such as pain, mood, driving, return to work or other leisure activities.

We will work with you to ensure that you are able to make the best recovery possible following your stroke and signposting you onto the services you require. You will be reviewed regularly in the year following your stroke.

## Contact

Office hours are Monday to Friday 8:00am–4:00pm

The telephone is not always manned however a message can be left and we will get back to you as soon as possible.

Tel: 01902 576441

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Who is a Community Stroke Specialist?

A Community Stroke Specialist is a Registered Healthcare Professional or Registered General Nurse. They have had many years experience working with stroke patients and are aware of the complex needs of stroke patients.

## Contact information for Community Stroke Specialists

Royal Wolverhampton NHS Trust  
**Wolverhampton Community Stroke Specialists**  
West Park Hospital  
Park Road West  
Wolverhampton  
WV1 4PW  
01902 576441

## Other Useful Contacts

**Early Supported Discharge Team**  
01902 445921

**New Cross Hospital**  
01902 307999

### **Stroke Support West Midlands**

Run the Saturday stroke club 11:00am–1:00pm at Action 4 Independence, 25-38 Albert Rd, Wolverhampton, WV6 0AF

*Just turn up!*

**West Park Hospital**  
01902 444000

For more information on Stroke you can access information from the Stroke Association, their website address is:

**[www.stroke.org.uk](http://www.stroke.org.uk)**

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。