



Croí Galway Stroke Support Group

Croí Heart & Stroke Centre, Moyola Lane,
Newcastle, Galway.

2nd Thursday of every month from 2.00pm - 4.00pm

No pre-booking needed, tea & coffee provided

If you have any questions, please contact:

Libby Kinneen, Croí Development Facilitator for Stroke
Support Groups.

Phone: 087-4196473 | **Email:** libby@croi.ie

Life after a stroke - online booklet

Read Croí's patient and family guide to understand more
about what it means to have a stroke and to get the best
from the recovery and rehabilitation process.

Visit www.croi.ie/resources to download the free PDF
booklet.

Life After Stroke

Supporting people following a stroke
to achieve best health and wellness



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Croí House, Moyola Lane,
Newcastle, Galway





Croí Galway Stroke Support Group

While everyone's experience of having a stroke is different, meeting other stroke survivors or caregivers who understand what you are going through can help you throughout your recovery.

Stroke survivors and their family caregivers need help adjusting to the changes in their lives and sharing similar problems helps them learn to live with the changes.

The aims of the stroke support group are:

- To create a positive environment to meet others and share and learn from each other's experiences.
- To provide advice, education and support on stroke and good health.
- To encourage participation in activities beneficial to your wellbeing.
- Peer support and friendship.

The group sessions are facilitated by the Croí Development Facilitator for the Stroke Support Groups.

The group activities are planned and organised by a small steering group made up of members of the Stroke Support Group and Croí staff.

Who can attend a Stroke Support Group?

Everybody! We welcome people who have experienced stroke; partners; family and friends; carers; anyone who has been affected by stroke.

Activities at Croí Centre

Croí MyStroke: This 4-week group educational programme is designed to help you understand stroke and explore your current lifestyle habits. The programme offers practical tips and advice on how to reduce your future risk of stroke.

Communication Group: For people with communication difficulties as a result of stroke. The focus of the small group is to support and develop functional communication, with conversation practice in a safe place. The group meets approximately every 2 weeks and is facilitated by a Speech and Language Therapist.

Relatives/friends support group: Support group for relatives/friends of those living with a Stroke. An opportunity to meet with others in a similar situation. The aim of the group is to get extra guidance and support from professionals and peers. Meetings once a month. Agenda planned by group members.

Yoga for Stroke Recovery: Chair-based yoga designed for those who have had a stroke.

Active Hour Exercise Class: For people whose mobility has been affected by stroke. Delivered by a Cardiac Physiotherapist / Physical Activity Specialist, Active Hour aims to improve movement, coordination and balance through a range of exercises.

Back to Fitness Exercise Classes: For people who have little or no mobility problems after their stroke. People may also progress from the active hour class to this class. Classes are available at various times throughout the week.

For more information or to book, call Croí on 091-544310.