



Mayo Stroke Support Group

Meeting on the last Thursday of every month, alternating between Castlebar and Ballina.



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



Fighting Heart Disease & Stroke

About the Mayo 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, HSE 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.



What happens at a Stroke Support Group?

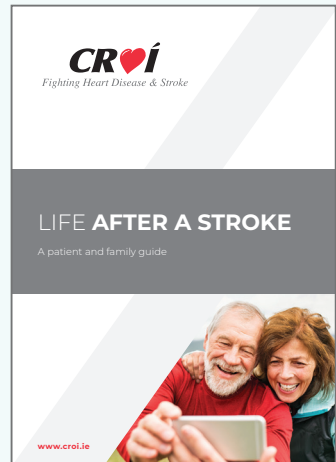
We keep the focus on improving the wellbeing of those affected by stroke. Afterwards, we get a chance to talk, socialise and have a cup of tea!



Looking for information about life after a stroke?

Read Croí's new 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.



If you have any questions about the group, please contact:

Libby Kinneen, Croí Development Facilitator for Stroke Support Groups.

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

When	Where	Theme
Thursday, Jan. 23 rd from 11:30am - 1:00pm	Great National Hotel, Foxford Rd., Ballina.	Mental health and emotional wellbeing after stroke.
Thursday, Feb. 27 th from 11:30am - 1:00pm	Macalla Hall, Lough Lannagh Holiday Village, Castlebar	Self-care for carers.
Thursday, March 26 th from 11:30am - 1:00pm	Great National Hotel, Foxford Rd., Ballina.	“Coming Home” - Managing the transition from hospital to home after stroke.
Thursday, April 23 rd from 11:30am - 1:00pm	Macalla Hall, Lough Lannagh Holiday Village, Castlebar	Increasing engagement in life after stroke.
Thursday, May 28 th from 11:30am - 1:00pm	Great National Hotel, Foxford Rd., Ballina.	Cognitive issues following stroke.
Thursday, June 25 th from 11:30am - 1:00pm	Macalla Hall, Lough Lannagh Holiday Village, Castlebar	Annual review of the support group and planning for year end.