



Association

Stroke Information Programme

Spring 2026

Wednesday 3rd March 11am-12pm	Wednesday 11th March 11am-12pm
<p>Fatigue Awareness</p> <p>We welcome Occupational Therapist Alison Lawrence to talk to us about the experience of post-stroke fatigue.</p> <p>Alison has professional and lived experience of this topic. She will share information of what can happen and provide tips for managing this effect of stroke.</p>	<p>Nutrition after Stroke</p> <p>Alex Lang will join us for this session. Alex is a Registered Dietitian, and a post-graduate researcher in nutrition following stroke at Anglia Ruskin University. Alex will outline the role that nutrition plays following a stroke and cover the available evidence on nutrition to support health and wellbeing.</p>
Wednesday 18th March 11am-12pm	Wednesday 25th March 11am-12pm
<p>Driving after Stroke</p> <p>Occupational Therapist Rebecca Stuck and Jacky High -Caston from East Anglia Driveability will focus on how stroke can impact someone's ability to drive and offer some practical tips for people wanting to get back behind the wheel. The session will include an explanation of what a driving assessment entails and some alternative options if driving is no longer an option.</p>	<p>Visual Problems after Stroke</p> <p>Josh Murphy, our Stroke Association knowledge development lead, leads this session about all things vision related following a stroke.</p> <p>This will be an opportunity to learn about the visual problems that can happen after stroke, ways of coping and an opportunity to ask questions and discuss.</p>

<p>Wednesday 1st April 11am-12pm</p>	<p>Wednesday 8th April 11am-12pm</p>
<p>Communication after Stroke Speech and Language Therapist, Katherine Scantlebury, will talk to us about communication difficulties that can be experienced after stroke, and what help and services may be available.</p>	<p>Memory and Attention Stroke Researcher Andrea Kusec from Cambridge University joins us. Andrea will explain how a stroke can cause difficulties with memory and attention and share some tips and strategies that can help.</p>
<p>Wednesday 15th April 11am-12pm</p>	
<p>Introduction to Trauma Dr Amy Lyons is the lead Psychologist for the Community Stroke Rehabilitation Service in Hertfordshire. Amy is presenting a session about psychological trauma after stroke. This session will serve as an introduction to trauma, what it looks like, how it might be experienced and what can help.</p>	

To book your place

Email strokeinformationeast@stroke.org.uk

Or complete the registration form on this link

[Stroke Information Programme - Spring 2026 – Fill in form](#)

Or use this QR code to access the form



If you need help using Zoom, you may find the following guide helpful

[Guide here](#)

Stroke Information Programme sessions are delivered by professionals who volunteer their time to share their knowledge and expertise. If you are interested in delivering a session in the future and would like more information please contact strokeinformationeast@stroke.org.uk