



*Phoenix Stroke Club*

## Referrals and Joining our Club

You can be referred to us via your GP or any health or social care professional.

However, many of our members have either made contact with us themselves or via a friend or family member.

Simply call or email us and our manager will visit you at your home to give you more information.

## How to contact us:

**Website:**

[www.phoenixstrokeclub.org.uk](http://www.phoenixstrokeclub.org.uk)

**Email:**

[manager.phoenix@btinternet.com](mailto:manager.phoenix@btinternet.com)

**Tel:** 01403 268130

**Address:**

Phoenix Stroke Club  
c/o Forest School  
Horsham  
West Sussex  
RH13 5NW

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## Donations

We gratefully acknowledge the financial and practical support we receive from various trusts, organisations, companies and individuals, without which we would not exist.

If you would like to donate, please make cheques payable to Phoenix Stroke Club.

Winner of  
Best Community Organisation 2015

# Phoenix Stroke Club

*Supporting  
Stroke  
Survivors*



***Supporting Stroke Survivors***

Charity No. 278998

**Affiliated to the Stroke Association**

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**The Phoenix Stroke Club is a weekly club in Horsham for people who have either had a stroke or have a neurological condition.**

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***We support stroke survivors by:***

- Restoring confidence
- Improving communication
- Friendship and support

***We do this through:***

- Activities/games
  - Exercise
  - Quizzes
  - Informal chat
  - Meeting other stroke survivors
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**The club enables family carers to have weekly respite, a break from caring to do things that they may otherwise not have the chance to do.**

## **About the club**

Formed in 1979, the club meets on three days each week with different members coming on each day.

These days are predominately led by volunteers with a hot lunch, cooked on the premises. We are a small, friendly club, concentrating on stroke support. We meet in our own club house which is accessible and fitted with disabled toilets. We are able to offer assistance with light personal care.

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## **Communication Support**

In addition we have a Communication Support Group one morning a week, supporting those whose language and/or communication skills have been affected by stroke. Our volunteer to member ratio in this group is often 1-2-1, to enhance our members' benefit.

## **Aims of the club**

Our members have varying degrees of disability, including communication difficulties.

***Through various activities we aim to improve:***

- Memory
  - Speech
  - Mobility
  - Confidence
  - Emotional well-being
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## **Volunteers**

Our large team of capable and reliable volunteers assist our members in learning new skills & hobbies and encourage them to continue existing ones, where possible. They also help with the general running of the club day.

***Please contact us if you wish to volunteer.***