

Contact us

Janet Soile
Information Advice and Support
Coordinator

Phone
020 8778 7177

Mobile
07961 007 954

Email
janet.soile@stroke.org.uk

Stroke Association
7th Floor Yeoman House
63 Croydon Road
London SE20 7TS

Get involved!
We'd love to welcome you as part of our
volunteer team. To find out more, please
contact us using the details above.

About us

We are the Stroke Association

We are a charity and we believe in life after stroke. That's why we support stroke survivors to make the best recovery they can. It's why we campaign for better stroke care. And why we fund research into new treatments and ways of preventing stroke.

We're here for you. If you'd like to know more please get in touch.

Stroke Helpline: 0303 3033 100
Website: stroke.org.uk

This group is funded by

**Bromley
Healthcare Charity**
a helping hand

www.bromleyhealthcare.org.uk/our-charity



Stroke Association is a Company Limited by Guarantee, registered in England and Wales (No 61274). Registered office: Stroke Association House, 240 City Road, London EC1V 2PR. Registered as a Charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805) Isle of Man (No 945) and Jersey (NPO 369).

**Bromley
Healthcare Charity**
a helping hand

working in partnership

Stroke
association

Stroke Support Group

Bromley C.H.A.T. Group

Caring holistically after stroke therapies together



Together we can conquer stroke

Stroke Support Group

Bromley

If you or someone you care about has had a stroke, you will understand the impact it can have on daily life, from mobility problems and communication difficulties to emotional changes.

You are not alone. Come along to your local stroke group and meet others who have been affected by stroke.

We welcome you to:

- Make new friends
- Provide therapy support
- Offer encouragement
- Build on your confidence



It's your group

Bromley CHAT Group is a support group for those affected by stroke. We offer a warm welcome, friendly faces and the opportunity to talk to someone who understands what you are going through. A range of activities are available to help stroke survivors make a better recovery.

- Guest speakers
- Presentations
- Singing sessions
- Therapy (e.g. art and craft)
- Outings (e.g. local gardens centres)
- Local walks
- Christmas lunch
- Speech & Language Therapy input (selected sessions)

Refreshments are also offered to members in return for a small donation.



Days and times

First Thursday of each month
2pm - 4pm

and

Third Thursday of each month
2pm - 4pm
Including therapy input

Address

St. Andrews Church Hall
136b Burnt Ash Lane
Bromley BR1 5AF