

Take your next step

To find out more and access our help, advice and services contact us:

Bristol After Stroke
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Helping local people rebuild their lives after stroke

Information and guidance

Emotional & psychological support

Peer support & opportunities to meet others with similar experiences

Rehabilitation support

Care for the carers



Help local people rebuild their lives after stroke

Who we are

Bristol After Stroke is an independent charity helping people in Bristol, South Gloucestershire and the surrounding areas to rebuild their lives after a stroke. We provide information, practical support, friendship and counselling in the months and years following a stroke.

Ours is a collaborative organisation, harnessing the energy, knowledge and commitment of enthusiastic volunteers, many of whom have themselves been affected by a stroke.

Together we support around 700 people who have had a stroke each year, and their families and carers.

What we do

You can access our services in a number of ways. You may be referred to us; meet us in hospital or approach us for support. Irrespective of how you access us we can offer:

Assessing of your needs

A Stroke Care Coordinator will visit you, review your needs, and identify practical ways to support your recovery.

Signposting

We can point you towards other local services and groups offering complementary and specialist support.

Support groups

We facilitate a range of groups, cafés and drop-ins where you can meet others affected by stroke in a supportive and understanding environment.

Courses and programmes

Our specially designed activities help the mind and body on their road to recovery.

Counselling:

A stroke can leave lasting emotional and psychological impacts. We offer one-to-one counselling and courses to help you and your carers achieve a more positive outlook and enjoy new pleasures.

Carer support

A stroke doesn't just change your life, it also affects those closest. We offer practical, social and emotional support to your carers and family members.

Fundraising

While the scope of our work has grown over the years, we still only reach a small proportion of those in our area affected by a stroke. If you

About a stroke

A stroke is caused by an interruption of the flow of oxygen to parts of the brain. It can affect people of all ages, and those who regard themselves as fit and healthy. A stroke affects everyone differently and can have a wide range of effects.

Timely and appropriate support, particularly in the early stages, can help speed recovery.

Our staff can help you get the information and support you need.

would like to see more local people benefit from our work, why not help with our vital fundraising with a donation, sponsorship or legacy?