

TALK

...face to face...

Have you had a **stroke**?

Do you have **communication difficulties** (aphasia)?

Do you feel **less confident, isolated** or **depressed** since your stroke?

Would you like to **meet other people** with aphasia, who are adapting to life after stroke?

Then TALK could be for you ...



supporting people with aphasia after a stroke

What we do at TALK

We support people with aphasia by:

- Enabling you to **practise** all aspects of **communication**
- Familiarising you with strategies to aid conversation
- Helping you to **rebuild confidence** and **self esteem**



- Encouraging you to become **socially independent**
- Providing you with **information, advice** and **ongoing support**
- Helping you to live positively with aphasia following stroke

- Working closely with local speech therapists, the Stroke Association and other organisations supporting people with aphasia after stroke.



TALK Groups

- TALK has 5 groups in: **Ashford, Guildford (2), Knaphill and Walton on Thames**
- The groups provide communication and social support to people with aphasia after stroke
- They meet for **2 hours each week**
- **Volunteers work with recoverers** on a one to one basis within the group

- They provide a **friendly environment** where you can have **supported conversations, fun and social interaction**
- There is a **different theme each week**
- Activities may include: **discussions, picture, word and number worksheets, quizzes, art therapy, music and sporting activities**
- You are encouraged to become involved as much as you want or feel able



- You will meet people who are in a similar situation, **adapting to life after stroke** and aphasia
- We value feedback from stroke recoverers and their families on a regular basis

Home Visiting Volunteer Service

If you are unable to get to a TALK group, it may be possible for a TALK volunteer to visit you at home. **(Subject to availability)**

Paying for our services

We ask each recoverer for a small fee in order to secure their place and support the sustainability of the charity. This can either be paid termly (with 10% discount) or weekly to the group. (Further information can be supplied by the Group Coordinator)

Aphasia: The Facts

- Aphasia is a communication disability
- Aphasia is also known as dysphasia
- It is caused by damage to the language centre of the brain
- It affects approximately a third of stroke recoverers
- You can have difficulty with speech, understanding, reading or writing
- Aphasia can be mild or severe
- Aphasia does not affect intelligence.



For *Referrals* and *Volunteer Enquiries*


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For *Fundraising* and *Donation Enquiries*

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TALK Surrey CIO Charity No. 1176014 Affiliated to the Stroke Association

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