

Talking about stroke services video transcript

Maralyn:

They were just setting up in this area, a stroke group initially, and laterally there was inreach and outreach as well. I was keen, really keen to get involved because, having had a stroke myself, I knew how really frustrating it is not to be able to get the words out that you want to say.

Because I had been there, I knew what they were going through and I could sort of empathise with them and I really felt I would be of use. I certainly felt that I had done some good when I was doing inreach.

But it wasn't as much fun as outreach! I have to say that I really enjoy the time that we spend doing outreach. So when outreach came along and we had the chance to meet out of hospital, it was really good wasn't it?

Ros:

Yeah, I could drive by then.

Maralyn:

That's right.

Ros:

That was quite a long time after I came out of hospital, and I drove to Culross, and it was great. We used to meet in Culross and walk along to the cafe.

Maralyn:

Yeah.

Ros:

I didn't say much. You were good at talking

Maralyn:

Yeah.

Ros:

so you kept the conversation going.

Maralyn:

Yeah.

Ros:

I joined in when I could. Sometimes it was difficult,

Maralyn:

Yeah.

Ros:

but it was really nice to have somebody who listened, It was great to get out of the house and be with somebody who listened and somebody who spoke normally.

Well, I had a car then but I hadn't been driving very long and it was great to come to Culross and just be with a person who understood what was going on, and didn't volunteer answers or things, you know, just spoke naturally.

Maralyn:

When I met people in outreach I used to listen a lot to what they had to tell me. People used to tell me fantastic stories about their youth and the things they had done, you know, maybe during the war and memories came back. It was really fascinating, really. Really enjoyed the time I spent in outreach.

And then we came to the stroke group as well,

Ros:

Yeah.

Maralyn:

meeting all the different people.

Ros:

Actually, it was the speech and language therapist that first told me, that first mentioned the stroke group. And she said "Maybe you would like to go?", and I just said, "I'll think about it".

But it was another time I was there she said it again. I said yes I would like to meet you and Marie. Marie said that the stroke club would be good for me and I quite agreed with her. I would like to have gone, and it has happened and it was wonderful.

Maralyn:

When you did start, I sort of sat beside you so you weren't over-awed by all that was going on.

Ros:

Yeah. But really, it was nice to be in a stroke group. Being part of it. Having people there who were the same as me. Some of them couldn't talk or didn't talk very much.

One of the best times is when they just talk at coffee time, things like that, and we just sit and talk, I can join in with that and it doesn't matter if the person beside me doesn't talk, because I know that I was once like that, and it's really nice to be able to sit and chat, and not think "Am I talking correctly?" and if you make a mistake or can't remember a word, it doesn't matter.

Maralyn:

Yeah. Yeah, I know what you mean. Yeah. It's really nice to be beside a lot of people who've got that in common. Nobody rushes you, nobody interrupts you.

Ros:

The hardest thing of all is getting people to listen to you and that's what important about the people who can't talk very much at the stroke group is giving them time to get it out.

Maralyn:

Yeah. I agree.

Ros:

to be able to explain, not verbally, but with their hands or faces, or anything.

Maralyn:

Yeah.

Ros:

Do you remember the time when Christine couldn't remember, her dog had been ill the night before and she couldn't remember what had happened to him.

We tried everything, and still she couldn't remember so somebody gave her a pencil and a piece of paper and she wrote...

Maralyn:

She wrote S.T., and at first we thought she was trying to tell us the name of the dog.

Ros:

Yeah, that's right.

Maralyn:

But then I think she put S.T.R. and somebody said 'stroke'. She says...

Ros:

And it was true.

Maralyn:

She said that the dog had had a stroke.

Ros:

And I thought that was brilliant, because

Maralyn:

Yeah.

Ros:

she couldn't say that word, but she knew, she knew what it was but she couldn't speak it and somebody gave her a pen and paper and she put enough down for you to be able to make it out.

Maralyn:

That's right.

Ros:

That was brilliant.

Maralyn:

Yeah,

Ros:

When I started she was very quiet

Maralyn:

Yeah.

Ros:

but since then she has moved on.

Maralyn:

Yeah. Yeah, she was really quiet when she first came to the stroke club.

She just sat back and let things happen round about her but gradually her confidence has grown I think now she enters into conversations where she wouldn't have before and it's quite funny because she is quite bossy!

[Laughter]

Maralyn:

It's lovely to see that coming out.

Ros:

Yeah, yeah. It's taken a few years for that to happen which is great because it makes me think that my progress is on target you know, there's still time for it to make more improvements.

Maralyn:

Ros, you may not realise but actually we have to do a lot of training to be a volunteer but we do get a lot of support from Marie while we are doing the training and it covers all different aspects you would be amazed.

You know, we have to cover obviously first aid we did different courses like communication strategies, which I might be able to get out one day, also things like ending a relationship that you have had with maybe with an inreach person or an outreach person and moving people about well, you know that we move people about sometimes or help them at the stroke group

Being a volunteer at the stroke group has really helped my confidence because, really, I'm not scared now to talk to strangers to see people almost blossoming you know, at the stroke group is really, I'm really happy to have been part of that, helping them, and I hope I can continue for a long time to do that.

I really, really enjoy the time I spend at the stroke group

Maybe you should give it a try!

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