

# Community Stroke Team

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## Information for patients

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.

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This leaflet tells you about the Community Stroke Team (CST).

## What is the Community Stroke Team?

The Community Stroke Team help and support the rehabilitation (recovering and adjusting to life) of people who have had a stroke, in the first few weeks and months after they leave hospital. They also help and support families and carers.

The CST includes:

- physiotherapist (a healthcare professional who specialises in the movement of the body)
- occupational therapist (a healthcare professional who specialises in trying to make normal every day tasks easier)
- speech and language therapist (a healthcare professional who specialises in speech and language)
- psychologist (a healthcare professional who specialises in understanding how people think, feel and behave)
- dietitian (a healthcare professional who specialises in giving people advice about the food they should eat)
- specialist stroke nurse (a nurse who specialises in stroke care)
- specialist therapy assistants (someone who supports the CST team and patients with therapy programmes).

The team works closely with your doctors and other people involved in your care, including Social Services.

## When will I see the CST?

A member of the team will contact you within a few days of you leaving hospital. The Team will know about your stroke and the therapy you have been doing in hospital. The CST will plan with you how to carry on with your rehabilitation. Together, and with the help of your relatives or carers we will work on the things that are important to help you get on with your life again.

# Community Stroke Team

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## What kind of things will I be doing?

Everyone's needs are different after a stroke.

You may need help with:

- mobility (how you move about)
- washing
- dressing
- eating
- communication (speech)
- getting your confidence back.

You may want help to make lifestyle changes, for example, changing your diet or stopping smoking.

Some people need a lot of help with rehabilitation, some need very little.

## Where will I have my rehabilitation?

Your rehabilitation will be in the best place for you. This may be in your own home, or as an outpatient at your local hospital. If you live in a residential or nursing home your therapy can usually take place there.

North Tees and Hartlepool NHS Foundation Trust's Smoke Free policy states that all staff working in the community should be able to carry out their duties in a smoke free environment. We request you do not smoke when CST staff are visiting your home.

## How often will I have my rehabilitation therapy?

You may have therapy 1 - 2 times a week, if needed. This will become less as you adjust to living life after your stroke.

Your therapist will ask you to practise some things in your own time; practising between sessions will help your progress.

## How long will the CST be involved in my care?

The Team may be involved for just a single visit, or for several weeks or months. This depends on what you need, everyone is different.

## How much progress will I make?

This will vary from person to person.

# Community Stroke Team

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## What happens when the CST are no longer involved in my care?

The team will encourage you to do things you enjoy on your own or with relatives, friends and carers. The Team can put you in touch with a range of groups or activities. Doing the things you like and which are important to you, can make a big difference to how you feel.

## What if I have any worries or concerns?

Your CST therapist will be happy to try and answer your questions.

## Contact numbers

### North Tees Community Stroke Team

Everley House  
University Hospital of North Tees  
Stockton-on-Tees  
TS19 8PE  
telephone: 01429 522500  
Monday - Friday, 8.30am - 5.00pm

### Hartlepool Community Stroke Team

Ward 1  
University Hospital of Hartlepool  
Holdforth Road  
Hartlepool  
TS24 9AH  
telephone: 01429 522500  
Monday - Friday, 8.30am - 5.00pm

If you have any worries or concerns you should contact your GP during normal surgery hours. Outside surgery hours, you should contact your GP's surgery for the Out of Hours Service number.

## Further information is available from:

### NHS Choices

telephone: 111 (when it is less urgent than 999)  
Calls to this number are free from landlines and mobile phones  
or via the website at [www.nhs.uk](http://www.nhs.uk)

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This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Quality Assurance Team, University Hospital of North Tees or email: [patientinformation@nth.nhs.uk](mailto:patientinformation@nth.nhs.uk)

## Comments, Concerns, Compliments or Complaints

We are continually trying to improve the services we provide.

We want to know what we're doing well or if there's anything which we can improve, that's why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

telephone: 01642 624719  
Monday – Friday, 9.00 am – 4.00 pm  
Messages can be left on the answering machine and will be picked up throughout the day.

freephone: 0800 092 0084  
Mobile: (can use text): 0779 506 1883  
Email: [patientexperience@nth.nhs.uk](mailto:patientexperience@nth.nhs.uk)

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

telephone: 01642 617617  
24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 1.30 pm – 4.30 pm. The office is based on the ground floor at the University Hospital of North Tees.

## Data Protection and use of patient information

The Trust has developed a Data Protection Policy in accordance with the Data Protection Act 1988 and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Information Governance Team.

telephone: 01642 833551 or email: [information.governance@nth.nhs.uk](mailto:information.governance@nth.nhs.uk)

University Hospital of North Tees, Hardwick, Stockton-on-Tees. TS19 8PE  
University Hospital of Hartlepool, Holdforth Road, Hartlepool. TS24 9AH

Telephone: 01642 617617

Fax: 01642 624089