

Wiltshire Stroke Directory

Directory of Community Resources in Wiltshire
for people affected by stroke, their families and carers



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National Stroke Information and Advice

Stroke Association

The Stroke Association is the only UK wide charity solely concerned with combating stroke in people of all ages.

The Stroke Association funds research into prevention, treatment and better methods of rehabilitation, and helps stroke patients and their families directly.

They have a national stroke helpline (calls charged at local rate) which is open Monday to Friday, 9am to 5pm, for advice and information.

Stroke Helpline: **0303 3033 100**

Email: info@stroke.org.uk

Website: www.stroke.org.uk

Different Strokes

Different Strokes is a registered charity providing a unique, free service to younger stroke survivors throughout the United Kingdom. Our services and the number of stroke survivors benefiting from them have grown dramatically since we were formed in 1996. We are run by stroke survivors for stroke survivors, for active self-help and mutual support.

Different Strokes Central Services
9 Canon Harnett Court
Wolverton Mill
Milton Keynes
MK12 5NF

Tel: **0845 130 7172** or **01908 317618**

Email: webcontact@differentstrokes.co.uk

Website: www.differentstrokes.co.uk

Speakability

Many people who have had a stroke experience problems with speaking, reading, writing or understanding language. The medical term for this is Aphasia (or Dysphasia).

Speakability is the national charity dedicated to supporting and empowering people with Aphasia and their carers.

Speakability offers impartial information and support through its helpline, website and factsheets, it is also developing a network of Aphasia self-help groups – run by people with Aphasia for people with Aphasia.

Speakability
240 City Road
London
EC1V 2PR

Tel: 020 7261 9572

Helpline: **0808 808 9572** Monday to Friday (10am - 4pm)

Email: speakability@speakability.org.uk

Website: www.speakability.org.uk

Age UK

Age UK is an independent charity working to promote the well being of local older people to make later life an enjoyable and fulfilling experience.

Amongst the services they may provide are Information and advice, befriending, Luncheon clubs, day centres, nail cutting service and fitness classes. Services available will vary by area.

Helpline: **0800 169 6565**

Website: www.ageuk.org.uk

Stroke Support Services in Wiltshire

Stroke Association Community Support Service

Information, Advice and Support Coordinators provide a free service which supports all those affected by stroke, including families and carers.

This service offers practical advice and essential information, as well as support via telephone, email, post and face to face contact.

It ensures that all stroke survivors, including those affected by communication impairment, are helped to gain access to trained support volunteers and peer support groups. Your local coordinator can also signpost you to other opportunities in the community as well as help identify any additional support that you may be entitled to.

For more information regarding your local coordinator in Wiltshire please contact the Wiltshire team on:

Tel: **01722 329053**

Email: wiltshire@stroke.org.uk

Or go to the website for local details:

Website: www.stroke.org.uk/support/search

NHS Stroke Coordinators

The Stroke Coordinators provide information, monitoring and support to stroke patients.

Nicola Alberga, Stroke Coordinator

Tel: **01249 456402**

Judy Cronan, Stroke Nurse Coordinator

Tel: **01722 336262**

Stroke Clubs

Stroke Clubs, often affiliated to the Stroke Association, are local groups for those affected by stroke, including stroke survivors and carers. They aim to provide a regular meeting place for people to come together and share their experiences as well as opportunities to take part in a programme of activities. Refreshments are always available. Stroke Clubs are run by groups of volunteers and are self financing.

Area	Contact	Location	Times
Amesbury Stroke Club	Mr Michael Dickson Tel: 07783 363234	Methodist Church Hall, High Street, Amesbury, Wiltshire SP4 7DL	Weekly Tuesday 2-4pm
Chippenham Stroke Club	Mr D Holland, Tel: 01225 812156 Website: www.chippenhamstrokeclub.org.uk	Pewsham Community Hall, Lodge Road, Pewsham, Wiltshire SN15 3SY	Fortnightly Wednesday 2-4pm
Salisbury - The Onward Club	Mrs Linda Heard, Tel: 01980 862367 Email: info@theonwardclub.co.uk Website: www.theonwardclub.co.uk	Scout Hall, Stratford Road, Salisbury, Wiltshire SP1 3JR	Fortnightly Thursday 10am - noon
Salisbury The Forum Stroke Club	Mrs Dee Mansfield Tel: 01722 710508 Email: deecrons@hotmail.co.uk	Wilton Community Centre, West Street, Wilton, Salisbury SP2 0DG	Weekly Tuesday 10.30-12.30pm
Swindon Stroke Support Group	Lin Hancock Tel: 01793 529693 Email: swindonstrokesupport@hotmail.co.uk Website: www.swindonstrokesupportgroup.btck.co.uk	Methodist Church Hall, Ermin Street, Stratton St Margaret, Wiltshire SN3 4BT	Weekly Thursdays 7-9pm
Trowbridge and District Stroke Club	Mrs Valerie Horsell Tel: 01225 762329	The Hub, Charles Street, Seymour Estate, Trowbridge, Wiltshire BA14 8SA	Weekly Fridays 1.30-4pm
Warminster and District Stroke Club	Mrs Carol Pillkington Tel: 01985 217614	Warminster Library, Three Horseshoes Walk, Wiltshire BA12 9BT	Weekly Tuesday 1:30-3:30pm

Area	Contact	Location	Times
Wroughton Social Stroke Club	Mrs Mollie Newman Tel: 01793 532402	Ellendune Community Centre, Barrett Way, Wroughton SN4 9LW	Fortnightly Thursdays, 10.00am - 12noon

Peer Support Networks

These are networks of stroke survivors who meet socially to chat and provide each other with peer support.

These networks are supported by a Stroke Association coordinator and volunteers.

Area	Contact	Location	Times
Chippenham Peer Support Network	Stroke Association Tel: 01722 329053 Email: wiltshire@stroke.org.uk	The Angel Hotel 8 Market Place Chippenham SN15 3HD	Fortnightly Tuesdays 10am - noon
Salisbury Peer Support Network	Stroke Association Tel: 01722 329053 Email: wiltshire@stroke.org.uk	Salisbury Playhouse Malthouse Lane Salisbury SP2 7RA	Fortnightly Wednesday 2.00 – 4.00pm

Communication Support Groups

This is a support group for stroke survivors with communication needs. It provides activities designed to allow members to practice their communication.

This network is directly supported by a Stroke Association coordinator and volunteers.

Area	Contact	Location	Times
Devizes Communication Support Group	Stroke Association Tel: 01722 329053 Email: wiltshire@stroke.org.uk	The Nursteed Centre Nursteed Road Devizes SN10 3AF	Fortnightly Thursday 1.30 – 3.30pm
Swindon Communication Support Groups	Stroke Association Tel: 01793 617846 Email: sue.mccarthy@stroke.org.uk	Lawn Community Centre Guildford Avenue Lawn, Swindon SN3 1LA	Weekly Mon 10.45am – 12.15pm and Weds 10.00am – 12.00pm

Different Strokes Swindon and District group

This group meets in Swindon and provides an opportunity for younger stroke survivors to meet others in a similar position. This friendly, informal group welcomes younger survivors, their carers, relatives and friends.

Area	Contact	Location	Times
Swindon	Jan Lawrence Tel: 07941 142629 Email: janwds@live.co.uk	Lawn Community Centre Guildford Avenue Swindon SN3 1LA	Second Saturday of every month 10am - 11.45am. Every Wednesday at 2pm for coffee and a chat at Sasco's, Brunell Shopping Centre, Swindon.

Therapy sessions are also available on Thursday mornings, by appointment. A charge is made for these sessions.

Age UK Wiltshire

Age UK Wiltshire is an independent charity working to promote the well being of local, older people to make later life an enjoyable and fulfilling experience. Amongst the many services that they provide are luncheon clubs and day centres.

Age UK Wiltshire
Cromwell House
31 Market Place, Devizes, SN10 1JG

Tel: **01380 727767**

Email: info@ageukwiltshire.org.uk

Age UK Salisbury District
21 Brown Street
Salisbury, SP1 2AS

Tel: **01722 335425**

Email: enquiries@ageuksd.org.uk

Carer Support Services in Wiltshire

Carer Support Wiltshire

A Carer is someone who, without payment, provides help and support to someone who could not manage without their help.

Carer Support Wiltshire offers a number of free services to help support carers living in Wiltshire. They include one-to-one emotional support, access to counselling and training opportunities, breaks from the caring role and the chance to meet others in similar situations at regular carers cafes.

Independent Living Centre
St George's Road
Semington, Nr Trowbridge
Wiltshire, BA14 6JQ

15 New Street
Salisbury
Wiltshire
SP1 2PH

Freephone: **0800 181 4118**

Web: www.carersinwiltshire.co.uk

Email: info@carersinwiltshire.co.uk

Wiltshire Young Carers

Wiltshire Young Carers service supports young people 5-25 who have a significant caring responsibility for a member of their family. This might be alcohol and substance misuse issues, mental health, physical disability, long term or terminal illness. They offer emotional support, practical assistance, a range of activities that offer respite, and a chance to relax with other young people in similar circumstances.

Wiltshire Young Carers
Youth Action Wiltshire
Wyndhams
St Joseph's Place
Devizes
SN10 1DD

Tel: **01380 720671**

Email: enquiries@youthactionwiltshire.org

Web: www.youthactionwiltshire.org

Social Care Information

Adult Care Team

Adult Care is provided by Community Services. It provides a range of social care services to older people and people with a learning disability or physical impairment. It aims to deliver services to people who need a rapid response to a crisis, need help to maintain their independence where they have complex needs and to promote preventative services which help people remain well and independent. They can also provide you with information regarding such things as personal care at home, details regarding sheltered housing, residential and nursing homes and how to find out about day centres and lunch clubs. They can be contacted on:

Tel: **0300 456 0111**

Home from Hospital (Wiltshire)

Too many people stay in hospital longer than they need, just because they haven't got the right care and support at home.

Home from Hospital is a service for people who have been discharged from hospital and live in Wiltshire. The service is available anytime prior to you coming home or up to one month after you've been discharged.

It is a **free service**, supported by the local authority, that provides practical help to patients such as home safety and heating checks, help with benefits and form filling, cleaning and shopping, and a visiting service to reassure.

Tel: **01380 73 55 55**

Website: www.asterliving.co.uk

Help to live at Home

Wiltshire Council and the NHS have appointed four companies to provide a range of services to you at home. As well as providing personal care, these companies are able to offer a range of other services including housework, shopping and helping you to get out and about.

Contact details for these organisations are:

Leonard Cheshire Disability

North and East Wiltshire

Tel: **01225 781129**

Mears Care Ltd

East and South Wiltshire

Tel: **0845 266 8944**

Somerset Care at Home

West and North Wiltshire

Tel: **01225 702141**

Enara Complete Care Services

West Wiltshire

Tel: **01225 791015**



Practical help and equipment

You may need help with getting around at home or with normal day to day tasks. There is specialist equipment that can help with this, or you may need some changes or improvements done to make you home more manageable. The Council and NHS have appointed Medequip to provide these services. They can be contacted on:

Tel: **01249 815052**

Telecare and response service

There are lots of different types of equipment that can help with being independent and safe at home. As well as the pendant and Lifeline service, there are other things such as movement detectors and flood detectors that can help. In Wiltshire this equipment is linked to a call centre provided by Wiltshire Medical Service who offer a 24 hour response service and are able to visit someone in their own home if necessary. For more information:

Tel: **01249 454000**

British Red Cross – Support at home

The Red Cross helps thousands of people every year following a short stay in hospital. The support offered by our volunteers can smooth the process of settling back into a normal routine and enable people to regain their confidence and independence. The service includes assistance with shopping, collecting prescriptions, offering companionship and rebuilding confidence. The service is available on a short-term basis and is provided free of charge. Referrals are accepted from GPs, primary care trusts, hospitals, social workers and individuals.

Tel: **0117 941 5041** - area office for Wiltshire, Avon and Gloucestershire

Website: www.redcross.org.uk

User Engagement

Wiltshire and Swindon User Network

The Wiltshire and Swindon Users' Network was the first User led organisation in Wiltshire and one of the pioneering organisations in the country. It was formed by people who use health and social services to promote user involvement and support people to have a voice. We support people to:

- bring about change to the services they use
- to become involved in the commissioning of health and social care services
- raise issues concerning the services they receive
- promote good practice
- campaign on issues that affect them
- be involved in diverse projects to influence our communities

For more information:

Tel: **01380 871800**

Email: info.wsun@btconnect.com

Website: www.wsun.co.uk

Healthwatch Wiltshire

Healthwatch is the new independent consumer champion created to gather and represent the views of the public. Healthwatch will play a role at both national and local level and will make sure that the views of the public and people who use services are taken into account. Healthwatch Wiltshire is the local voice for key issues affecting people who use health and social care services in the county.

For more information:

Tel: **01225 434218**

Email: info@healthwatchwiltshire.co.uk

Website: www.healthwatchwiltshire.co.uk

Advocacy

Swan Advocacy

Swan Advocacy offers a dedicated and professional advocacy service for people less able to speak up for themselves due to age, illness or disability. They can support you to express your views, help you to find out what is happening and what is planned, empower you to make well-informed decisions and support you to improve your quality of life.

If you should ever have a complaint about your NHS treat Swan Advocacy provide a free, confidential and independent service and can help service-users to make a complaint or appeal to the appropriate NHS organisation.

They can help you to plan and prepare and write your complaint and support you by accompanying you to meetings.

For more information:

Tel: **01722 341851**

Email: mail@swanadvocacy.org.uk

Website: [www. http://swanadvocacy.org.uk](http://www.http://swanadvocacy.org.uk)

Benefits

Financial Assessment and Benefits Team

Depending on your age and/or disability you may be entitled to benefits from the Department of Work and Pensions and in order to ensure you are receiving all you should be, the council has a team called the Financial Assessment and Benefits team to undertake this review. This team as well as being trained to undertake welfare benefits checks, also complete the financial assessment necessary to determine any charges for residential care and care at home. These welfare benefit checks and financial assessments are generally carried out in your home.

Tel: **0300 456 0111**

Citizens Advice Bureau

Your local Citizen's Advice Bureau can also give you advice about benefits.

Tel: **0844 375 2775** (from a landline) or **0300 456 8375** (from a mobile)

Website: www.cabwiltshire.org.uk

Independent Living Centre

A benefits advisor is available via the Independent Living Centre in Semington. You can make an appointment to see her at the Centre or she will make home visits for those unable to travel.

Independent Living Centre
St George's Road
Semington
Wiltshire, BA14 6JQ

Tel: **01380 871007**

Email: welcomes.ilc.semington@googlemail.com

Website: www.ilc.org.uk

Counselling

Stroke can cause sudden unexpected changes in your lifestyle that may be hard to come to terms with. Counselling can be a useful way for you, your family or carers to deal with feelings of frustration, depression or changing roles and responsibilities.

Counselling is a form of talking therapy that helps you think about the problems you are experiencing in your life and to find new ways of dealing with them.

GP Practices

Many GP surgeries are now able to offer short term counselling. These sessions are focused on helping you to move forward. They can help you to understand more about your difficulties and to find ways of tackling or coping with them. Contact your GP for further information.

Employer

Many large organisations also offer forms of counselling through Employee Assistance Programmes (EAPs).

Relate

Relate is a national organisation that offers advice, relationship counselling, family counselling, sex therapy, workshops and mediation. Support can be provided face-to-face, by phone, email and through their website.

Relate makes a charge for some of the services it provides but does not make a profit and many of the services offered are subsidised. To find out more detail regarding what is local to you contact:

Tel: **0300 100 1234**

Website: www.relate.org.uk

Connect

Has a counsellor who is trained to help counsel people with aphasia and who also has personal experience of stroke and aphasia.

Tel: **020 7367 0867**

Email: harryclarke@ukconnect.org

Website: www.ukconnect.org

Cruse Bereavement Care

Provide high quality support following bereavement.

Helpline: **0844 4779 400**

Email: helpline@cruse.org.uk

Web: www.cruse.org.uk

Samaritans

Samaritans provides completely confidential emotional support by telephone, personal visit, email and letter.

Helpline: **08457 90 90 90**

Web: www.samaritans.org

Email: jo@samaritans.org

Mail: Freepost RSRB-KKBY-CYJK, Chris, PO Box 90 90, Stirling, FK8 2SA

LIFT Psychology

Provide psychological services ranging from one to one counselling through to various group courses, including 'Living well after stroke'.

Tel: **01793 836836** (Swindon)

01722 820267 (South Wiltshire)

01380 731335 (North and West Wiltshire)

Web: www.lift.awp.nhs.uk

Private Counseling

The Counselling Directory is a website listing recognised and qualified counsellors and psychotherapists with a postcode search facility.

Customer Services: **0844 8030 240**

Website: www.counselling-directory.org.uk

or ask your GP for recommendations.

Exercise after Stroke

Exercise after Stroke Class

Group based stroke rehabilitation classes take an active approach to improving your movement and independence. The classes are taken by instructors who have specialist knowledge, providing stroke survivors with the opportunity to exercise in a safe, enjoyable environment. Activities can be adapted to suit individual needs.

Referral by GP, physiotherapist or healthcare professional.

Current class times:

Area	Times	Contact details
Trowbridge Castle Place Leisure Centre	Monday 1:30pm – 2:30pm	For more information please contact Richard Latham Tel: 07941 591741 Email: richardlatham@dcleisure.co.uk
Salisbury Five Rivers Leisure Centre	Monday 1:30pm – 2:30pm	For more information please contact Paul Needham Tel: 07823 536256 Email: paul.needham@wiltshire.gov.uk
Chippenham Olympiad Leisure Centre	Mondays 1:30pm – 2:30pm	For more information please contact Deborah Newth Tel: 07532 264460 Email: deborahnewth@dcleisure.co.uk
Marlborough Leisure Centre	Wednesday 11:30am – 12:30pm	For more information please contact Paul Needham Tel: 07823 536256 Email: paul.needham@wiltshire.gov.uk
Westbury Leighton Recreation Centre	Wednesday 1:30pm - 2:30pm	For more information please contact Richard Latham Tel: 07941 591741 Email: richardlatham@dcleisure.co.uk

Area	Times	Contact details
Devizes Leisure Centre	Wednesday 1:30pm - 2:30pm	For more information please contact Paul Needham Tel: 07823 536256 Email: paul.needham@wiltshire.gov.uk

Website: www.wiltshire.gov.uk/exerciseafterstrokeclasses

Recreation / Exercise and Fitness Groups

There are leisure centres in all the main towns in Wiltshire where you can access gym facilities, swimming and fitness classes. Some leisure centres have specially trained instructors that can help people with health problems or disabilities to make the most of the facilities. You may also be interested in special classes for older people where you work in small groups to improve balance and strength. To locate details of these leisure centres go to:

Website: www.wiltshire.gov.uk/leisureandrecreation/leisureandsportscentres

Strength and Balance Classes

These classes are a mixture of chair based and standing exercises designed to improve strength and balance and increase confidence, whilst providing you with a safe and social environment in which to exercise.

To find out more or to sign up for a class, contact Trish Cowie, Physical Activity Referral Coordinator on:

Tel: **07825 609331**

Email: trish.cowie@wiltshire.gov.uk

EXTEND Exercise Classes

EXTEND provides gentle exercise to music for older people and for anyone of any age with a disability. EXTEND classes help to promote health, increase mobility and independence, improve strength, co-ordination and balance and to counteract loneliness and isolation. To find out more about classes in your area contact:

Tel: **01582 832760**

Email: admin@extend.org.uk

Website: www.extend.org.uk

Age UK Wiltshire

There are other classes available in the community which are run by independent fitness instructors; for more information please contact Age UK Wiltshire on:

Tel: **01380 727767**

Email: admin@ageukwiltshire.org.uk

Website: www.ageukwiltshire.org.uk

Transport and Travel

Community Transport

Community Transport Schemes are run by voluntary groups in many parts of Wiltshire, to provide transport for those who are unable or who find it difficult to use public or private transport. There are many different types of scheme, including community minibuses, Link scheme, shopmobility and social car schemes. To find out more about community transport in your area:

Tel: **01380 732816** or **01380 732817**

Email: transport@communityfirst.org.uk

Website: www.wiltshirecommunitytransport.org.uk

Shopmobility

Shopmobility provides services for people with mobility difficulties so they can access their town centre through hiring a wheelchair, scooter or shopping walker. The service can be used for a variety of purposes including visiting the park or bank, going out for lunch or just browsing around the shops.

Swindon
Wyvern Car Park
Islington Street
Swindon SN2 2JH

Tel: **01793 512621**

Salisbury
3b Priory Square
The Maltings
Salisbury
SP2 7TL

Tel: **01722 328068**

Warminster
Warminster Information
Centre
CAB Building Central Car
Park
Warminster
BA12 9BT

Tel: **01985 218548**

Email: info@shopmobilityuk.org

Website: www.shopmobilityuk.org

Wiltshire Independent Travel Support (WITS)

If you need help to use public transport again after suffering from a stroke then WITS can help. Travel supporters will give one-to-one support to help you build up your confidence and gain the necessary skills to use public transport services independently. Together you can work on skills like planning a journey, road safety, telling the time, or using money or a bus pass. WITS is run by the Wiltshire and Swindon Users Network. For more details or to arrange an interview please contact:

Wiltshire and Swindon Users' Network
The Independent Living Centre
St. George's Road
Semington
BA14 6JQ

Phone: **01380 871800**

Email: peternorth.wsun@btconnect.com

Website: www.wsun.co.uk

Disabled Parking Permits

The Blue Badge scheme provides a range of parking concessions for people with severe mobility problems who have difficulty using public transport. The concessions apply to on-street parking and include free use of parking meters and pay-and-display bays. Badge holders may also be exempt from limits on parking times imposed on others and can park for up to three hours on single and double yellow lines as long as they are not causing an obstruction (except where there is a ban on loading or unloading or other restrictions). To apply for a blue badge parking permit please contact the blue badge team at:

Tel: **01225 713002**

Or go to;

Website: www.wiltshire.gov.uk/parkingtransportandstreets/carparking/bluebadges

Free Bus Travel

Persons of a qualifying age, or those who are disabled, are entitled to a bus pass which provides the holder with free off peak travel on registered local bus services anywhere in England. For more information contact Wiltshire Council:

Passenger Transport Unit
Wiltshire Council
County Hall
Bythesea Road
Trowbridge
Wiltshire
BA14 8JN

Tel: **01225 713004**

Email: concessionarybuspasses@wiltshire.gov.uk

Web: www.wiltshire.gov.uk/parkingtransportandstreets/publictransport/buspasses

Rail Cards

If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Railcard. The Disabled Persons Railcard allows you to get 1/3 off most rail fares throughout Great Britain. If you're travelling with an adult companion they also can get 1/3 off their rail fare.

Tel: **0845 605 0525**

Email: disability@atoc.org

Website: www.disabledpersons-railcard.co.uk

Travel Information

For all bus, coach and rail enquiries in the UK contact: Traveline, the public transport information hotline:

Tel: **0871 200 2233**

Website: www.traveline.info

Employment and Volunteering

If you are interested in getting back into employment after a stroke there are several organisations that can help you. Many people find volunteering is a good way to regain skills and confidence before going back into paid work.

Job Centre Plus

Disability Employment Advisers at the Job Centre can give you help and support regardless of your situation. They can help you find work or gain new skills even if you have been out of work for a long time, or if you have little or no work experience.

Job Centre Plus
Spring Gardens House
Princes Street
Swindon
SN1 2HY

Tel: **0845 604 3719**

Job Centre Plus
Aplin House
Bythesea Road
Trowbridge
BA14 8XR

Tel: **0845 604 3719**

Job Centre Plus
Cyppa Court
Avenue La Fleche
Chippenham
SN15 3LH

Tel: **0845 604 3719**

Job Centre Plus
Summerlock House
Summerlock Approach
Salisbury
SP2 7RW

Tel: **0845 604 3719**

You can also get more information about Job Centre Plus at:

Website: www.gov.uk/contact-jobcentre-plus

Access to Work

An Access to Work grant helps pay for practical support if you have a disability, health or mental health condition so you can start working, stay in work or start your own business.

How much you get depends on your circumstances. The money doesn't have to be paid back and will not affect your other benefits.

The money can pay for things like:

- adaptations to the equipment you use
- fares to work if you can't use public transport
- a support worker or job coach to help you in your workplace
- disability awareness training for your colleagues
- the cost of moving your equipment if you change location or job
- you can use the award to help start your own

For more information:

Tel: **02920 423 291**

Website: www.gov.uk/access-to-work

Shaw Trust

Shaw Trust is a national charity that provides training and work opportunities for people who are disadvantaged in the workplace due to disability, ill health or other social circumstances. Shaw Trust offers a range of services and can help you with learning and skills, managing your personal budget, preparation for employment and finding a job. A referral will need to be made by your local Jobcentre plus.

For more information contact:

Shaw Trust Enquiries
Shaw House, Epsom Square
White Horse Business Park
Trowbridge, Wiltshire BA14 0XJ

Telephone: 01225 716300

Helpline: **0300 3033 111**

Website: www.shaw-trust.org.uk

The Learning Curve

The Learning Curve provides information and advice, a range of courses and learning programmes plus learning related news and resources. They support the learning and development requirements of individuals and organisations with programmes and services tailored to their need, supporting development and widening access to learning for all communities.

The Learning Curve can provide you with information about:

- Training courses
- Career progression and pathways
- Qualifications and accreditation
- Funding
- Volunteering
- Sources of further help and support

Tel: **01225 792500**

Website: www.learningcurve.org.uk

Volunteer Centres

If you are interested in volunteering, Volunteer Centres can help to match you to the most appropriate opportunities in the local community.

They can offer easy access to a variety of volunteering opportunities, one to one advice and guidance, support and encouragement and follow up and monitoring.

<p>Volunteer Centre Wiltshire Develop 3-4 New Road Chippenham SN15 1EJ</p> <p>Telephone: 0845 521 6224</p> <p>Email: volunteer@developecs.org.uk</p> <p>Web: www.volunteercentrewiltshire.org.uk</p>	<p>Volunteer Centre Swindon 1 John Street Swindon SN1 1RT</p> <p>Telephone: 01793 420557</p> <p>Email: info@swindonvolunteers.org.uk</p> <p>Web: www.swindonvolunteers.org.uk</p>
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Wessex Community Action

Based in Salisbury, Wessex Community Action provide community support helping to overcome social isolation and celebrate diversity through a range of services including training courses, community transport, volunteering advice, and much more! For more information contact:

Tel: **01722 326822**

Email: info@wessexcommunityaction.org.uk

Website: www.wessexcommunityaction.org.uk

Education

You might be interested in learning new skills for fun or to help you back into employment. Wiltshire College has several sites around Wiltshire and offer a variety of courses that you may find interesting. To receive a Part-time Course Guide contact the college in your area or check the website: www.wiltshire.ac.uk

Why not also enquire about the extra support available for people with physical or communication disabilities.

Swindon College

North Star Avenue
Swindon SN2 1DY

Freephone: **0800 731 2250**

Website: www.swindon-college.ac.uk

Wiltshire College Chippenham

Cocklebury Road
Chippenham SN15 3QD

Tel: **01249 464644**

Email: info@wiltshire.ac.uk

Wiltshire College Corsham

26 Martingate
Corsham SN13 0HL

Tel: **01249 715036**

Email: corsham@wiltshire.ac.uk

Wiltshire College Devizes

Southbroom
Devizes SN10 5AB

Tel: **01380 723989**

Email: devizes@wiltshire.ac.uk

Wiltshire College Lacock

Lacock
Chippenham SN15 2NY

Tel: **01249 466800**

Email: info@wiltshire.ac.uk

Wiltshire College Warminster

The Avenue
Warminster BA12 9AA

Tel: **01985 213316**

Email: warminster@wiltshire.ac.uk

Wiltshire College Salisbury

Southampton Road
Salisbury SP1 2LW

Tel: **01722 344344**

Email: info@wiltshire.ac.uk

Wiltshire College Trowbridge

College Road
Trowbridge BA14 0ES

Tel: **01225 766241**

Email: info@wiltshire.ac.uk

Wiltshire Libraries

Local libraries can be a source of information about local activities and many produce a 'What's On' for their areas. Wiltshire Council runs libraries in the locations listed below, or there may be a mobile library near you:

- Aldbourne
- Amesbury
- Box
- Bradford on Avon
- Calne
- Chippenham
- Corsham
- Cricklade
- Devizes
- Downton
- Durrington
- Ludgershall
- Lyneham
- Malmesbury
- Market Lavington
- Marlborough
- Melksham
- Mere
- Netheravon
- Pewsey
- Purton
- Ramsbury
- Royal Wootton Bassett
- Salisbury
- Tidworth
- Tisbury
- Trowbridge
- Warminster
- Westbury
- Wilton

For more information:

Tel: **0300 456 0100**

Website: www.wiltshire.gov.uk/artsheritageandlibraries/librarieshome