

# Invitation

## Bridges-Life After Stroke Symposium

Chaired by Dr Fiona Jones

St George's University of London

# 26th April 2011

16.00-18.30pm

You are cordially invited to join us for our second symposium exploring perspectives on how stroke survivors can be best supported to self manage after therapy finishes.

Our belief is that progress is best achieved through small steps, and a small change can make a large difference to life after stroke. We would be delighted if you could join us in this next step in stroke self management.

## Speakers Biographies



**Dr Sheila Lennon**

**Talk: Bridges – Promoting self-management for stroke survivors in the community: a feasibility randomised controlled trial.**

Reader in Rehabilitation in the Health & Rehab Sciences Research Institute at the University of Ulster in Northern Ireland.

Sheila is a Reader in Rehabilitation in the Health & Rehab Sciences Research Institute at the University of Ulster in Northern Ireland. She has a particular interest in exercise therapy and physical activity for people post stroke.

Sheila is the Chief Investigator for the Bridges feasibility clinical trial funded by Northern Ireland Chest, Heart and Stroke (NICHSA), and AVERT NI, the very early mobilisation trial for stroke, in collaboration with Professor Julie Bernhardt in Australia.

Sheila passionately believes in the importance of promoting self-efficacy and self management in stroke survivors.



**Tristan Brice**

**Talk: The Stroke Care Pathway**

Stroke care coordinator at NHS Haringey / Haringey Council

Stroke care co-ordinator (commissioning) at NHS Haringey / Haringey Council with interests in effective service user participation, inter-professional working and re-integration back into the community following stroke. Having initially trained as a physiotherapist, I became increasingly interested in policies related to the elderly and thus undertook further training in gerontology. I worked for five years as a senior lecturer teaching research and clinical governance at undergraduate and postgraduate levels.

I currently co-ordinate stroke services across the pathway for Haringey residents and am keen to learn more about how to effectively involve this group in service design and implementation.



**Dr Damian Jenkinson**

**Talk: Stroke Improvement Programme - National Update**

NHS Stroke Improvement network

Dr Jenkinson is National Clinical Lead for the NHS Stroke Improvement Programme, until recently was Associate Director of the UK Stroke Research Network for Service Development and Training, and chaired the Workforce Group of the Department of Health's National Stroke Strategy.

Dr Jenkinson has contributed to wider NHS policy and practice as Associate Medical Director to the Chief Medical Officer's Group, and as Medical Director of the NHS Clinical Governance Support Team.

Dr Jenkinson continues clinical practice as Consultant Stroke Physician at The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust.

## Venue

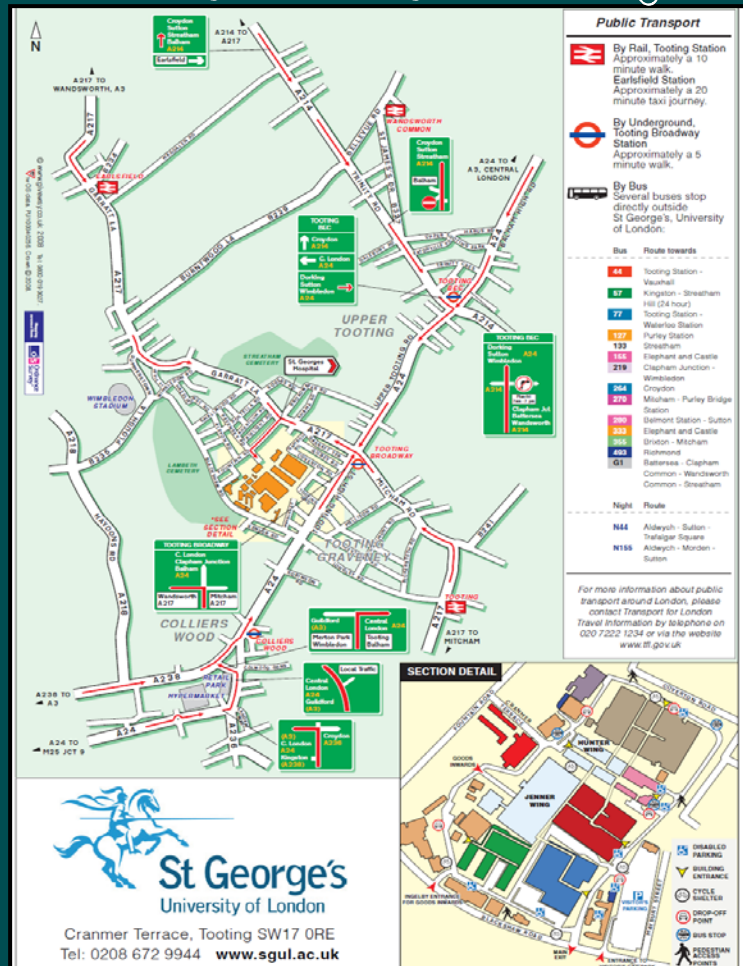
Boardrooms 2-4  
Level 2 Hunter Wing  
St George's, University of London  
Cranmer Terrace,  
London SW17 0RE

For further event information please visit  
[www.hieevents.sgul.ac.uk](http://www.hieevents.sgul.ac.uk)

## Programme

- 16:00 - 16:30  
**Registration & refreshments**
- 16:30 - 16:40  
**Introduction & welcome**
- 16:40 - 17:00  
**Stroke Improvement Programme National Update**
- 17:00 - 17:20  
**Stroke Survivors Perspective**
- 17:20 - 17:40  
**The Stroke Care Pathway**
- 17:40 - 18:00  
**Promoting self management for stroke survivors in the community: a feasibility randomised control trial**
- 18:00 - 18:10  
**Closing remarks and summary**
- 18:10 - 18:30  
**Post presentation networking, drinks and canapés**

## Getting to St George's University



**Public Transport**

- By Rail:** Tooting Station (Approximately a 10 minute walk), Earsfield Station (Approximately a 20 minute taxi journey).
- By Underground:** Tooting Broadway Station (Approximately a 5 minute walk).
- By Bus:** Several buses stop directly outside St George's, University of London.

**Bus Route towards:**

- 44 Tooting Station - Vauxhall
- 57 Kingston - Streatham Hill (24 hour)
- 72 Tooting Station - Waterloo Station
- 127 Purley Station
- 139 Streatham - Mitcham
- 155 Elephant and Castle - Chapham Junction - Wimbledon
- 219 Mitcham - Purley Bridge Station
- 276 Belmont Station - Sutton
- 280 Elephant and Castle - Mitcham
- 483 Richmond
- 485 Battersea - Chapham Common - Wandsworth Common - Streatham

**Night Route**

- N44 Aldwych - Sutton
- N45 Trafalgar Square
- N155 Aldwych - Morden - Sutton

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**St George's University of London**  
Cranmer Terrace, Tooting SW17 0RE  
Tel: 0208 672 9944 [www.sgul.ac.uk](http://www.sgul.ac.uk)

The event is free to attend, to ensure your place is secured please RSVP to [aneal@sgul.ac.uk](mailto:aneal@sgul.ac.uk) or call 020 8725 4474



This event is sponsored by Health Innovation & Education Cluster, St George's University, Cranmer Terrace, London, SW17 0RE  
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