

Caring for someone after a stroke?



Free information course to support you as a carer.

If someone close to you has had a stroke, you may have found yourself becoming a carer very quickly. Life can change overnight. There is a lot to learn, and not much time to adjust.

PramaLife, a local charity, is working with NHS & Stroke Association colleagues to offer a free five week information course for people caring for someone after a stroke.

The sessions are practical and supportive. They offer clear information, help you build skills, give space to ask questions, and time to talk with other carers who understand what you are going through.

What the course covers

-  Local support for carers and the support of the Stroke Association - **18th June 2026.**
-  NHS support for carers - **25th June 2026.**
-  Physiotherapy & Occupational Therapy - **2nd July 2026.**
-  Speech and Language Therapy - **9th July 2026**
-  Continence - **16th July 2026**



Stroke

Association

University Hospitals Dorset

NHS Foundation Trust

And this is what carers think of the programme:



“Very informative. Well worth coming to”

“Wish we’d had all this info coming out of hospital (16 months ago). Excellent information”

“Have already been able to follow through on some of the things mentioned”

“I wish I’d had this information at the outset of our journey. Thank you very much”

“I’ve found these sessions enormously helpful and supportive. Thank you”

“Well worth the time superb”

“Fantastic sessions, really sad its only 5 weeks”

Session times

The times for all the sessions are Arrivals: 1.30pm The sessions start at 2pm and end at 3pm Following the session there will be time for further questions and chat until 3.30pm

The course will be held at Tesco, Riverside Avenue, Bournemouth, BH7 7DY, with free parking for up to three hours. Please contact us if you require help with transport or support for the person you care for while you attend the sessions. We cannot promise that we can meet all your needs but we will try.

To find out more or book a place contact:

Sue Warr

sue.warr@prama.uk

01202 804914



**CONTACT
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