



**University Hospitals Birmingham**  
NHS Foundation Trust



## **Solihull Community Stroke Team**

**Building healthier lives**

**UHB is a no smoking Trust**

## Our service

Solihull Community Stroke Team is a multidisciplinary team that consists of therapists of different specialities that will work with you to meet your rehabilitation goals. We will continue to work with you whilst you are showing progress towards your goals. We can provide therapy in your home as well as providing opportunities to work in our outpatient gym using specialist equipment.

## Meet the team

### **Occupational Therapy**

Occupational Therapy will help you identify any areas of difficulty with activities and will provide you with techniques/strategies and/or adaptations all whilst promoting independence to help you regain function with the goal for you to return to engaging in activities of daily living and meaningful activities.

### **Speech and Language Therapy**

A Speech and Language Therapist can provide assessment and therapy for people who are experiencing communication or swallowing difficulties after a stroke. They may provide therapy programmes, educate and support patients and their families, and provide compensatory strategies to improve communication function. They can also provide recommendations to help manage swallowing difficulties.

### **Physiotherapy**

Physiotherapy will assess your physical capabilities to identify your specific needs and goals. We will then work with you through a personalised rehabilitation plan with the aim to recover movement and function to restore as much independence and mobility as possible.

### **Therapy Support Worker**

Therapy Support Worker works closely with Physiotherapy, Occupational Therapy and Speech and Language Therapy to provide therapy tailored to help meeting your specific goals.

## **Social Worker**

The Social Worker role includes supporting Solihull Metropolitan Borough Council residents who have had a stroke in completing a Care Act assessment to establish their care and support needs, developing a long/short-term support plan, assessing mental capacity, managing case, safeguarding, carers assessment, supporting with care concerns, and signposting to other relevant services.

## **Useful contacts**

### **Solihull Community Stroke Team**

0121 424 4128

### **Stroke Association**

Support helpline: 0303 3033 100

Supporter relations: 0300 3300 740

### **Mind (mental health)**

Support line: 0300 102 1234

Info line: 0300 123 3393

### **Age UK**

0800 055 6112

### **RNIB Eye Care**

0303 123 9999

### **Different Strokes**

0345 130 7172

### **Carers Trust**

01217881143

[centre@solihullcarers.org](mailto:centre@solihullcarers.org)

### **Citizens Advice:**

08082787976

## How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.**  
**[www.uhb.nhs.uk/fft](http://www.uhb.nhs.uk/fft)**



## Accessibility

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## Therapies

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Mindelsohn Way, Edgbaston  
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Telephone: 0121 371 2000

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