

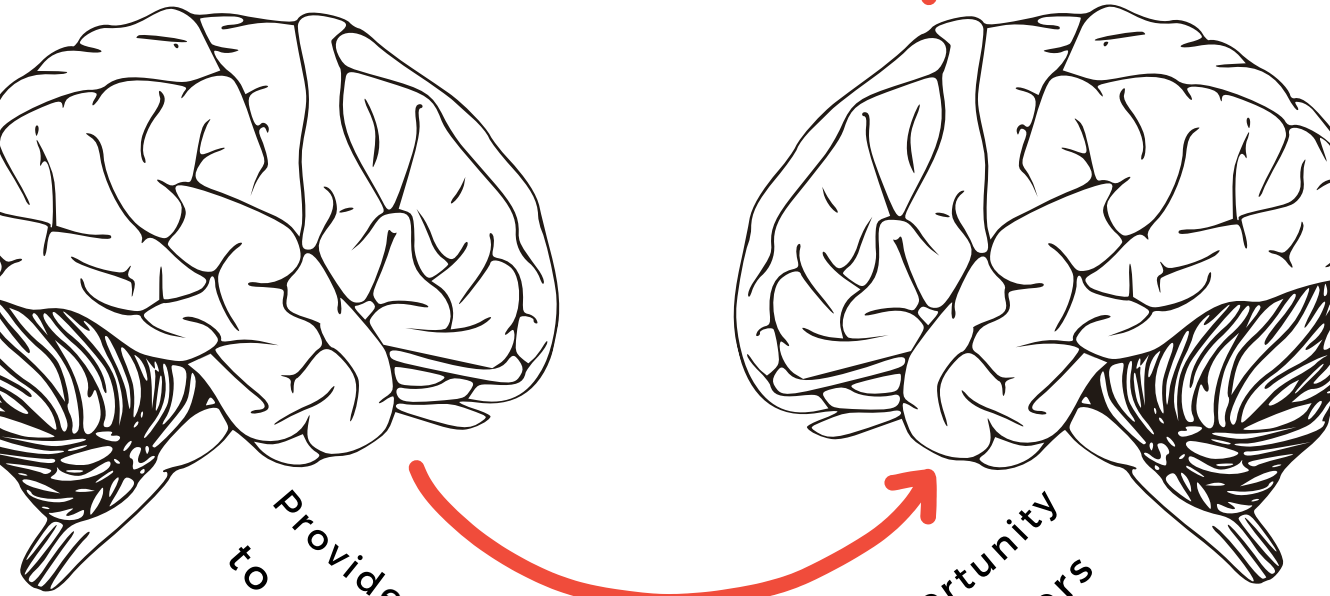


UCL
WORLD
STROKE
DAY
FORUM

2022

Aims

To empower stroke survivors to influence and contribute to the future of stroke research and rehabilitation



Provide researchers with an opportunity to engage openly with stroke survivors and carers



Partners



Neurotherapeutics Group

The Neurotherapeutics group investigates the rehabilitation of language and cognitive deficits caused by stroke. The group specialise in developing digital technology and therapy for the treatment to improve and understand language recovery after stroke.



Aspire CREATe



Our rapidly growing centre investigates the applications of engineering and robotics technologies to rehabilitation and assistive technologies for conditions such as spinal cord and nerve injury, stroke, muscular dystrophy, and more.

Language & Cognition

One consequence of stroke can be aphasia - difficulty understanding and producing language. It limits a person's ability to take part in conversations.



There has been considerable progress in understanding difficulties with vocabulary in aphasia, but less progress in understanding difficulties with sentences. This is a problem as everyday talking involves sentences, and understanding and using sentences are critical for taking part in conversations. We have developed a new computer therapy and app that may help people to understand and produce sentences. For more information see <https://www.cognitionandgrammar.net/utilise>

PLORAS

Our goal in the Predicting Language Outcome and Recovery After Stroke (PLORAS) team is to create a clinical tool for patients and clinicians which will provide individualised predictions about the most likely course of recovery from aphasia after stroke, based on the patient's brain scans.



Multimodal communication in aphasia

Our research focuses on how people with aphasia and their communication partners understand and use gestures in everyday conversation. Our current project is funded by Brain Research UK and explores whether gestures help people with aphasia understand speech better and re-learn words during naturalistic interaction.



SWAN

We are the Sequences in Words and Numbers (SWAN) team. We work with children with developmental language disorders and people with aphasia to develop the SWAN app. This is game-based therapy to help adults and children with difficulties with communication and numeracy skills.

ARM Lab

We are interested in how we can radically improve upper limb recovery after stroke in humans, through high dose, high intensity physiotherapy and occupational therapy focused on those with upper limb dysfunction



North Central London Integrated Rehabilitation Project

Our project aims to support delivery of coordinated rehabilitation to stroke survivors at home following hospital discharge, and develop a program to evaluate stroke survivors' actual and perceived recovery after treatment. Dr Robert Simister recently led work with the London Hospital Ambulance service to improve pre-hospital selections of possible stroke patients using a formalised video, helping to ensure patients are taken to the correct hospital first time.



The Neurological Alliance

The Neurological Alliance is over 70 organisations working together to transform quality of life for people with neurological conditions by improving treatment, care and support.

Different Strokes

Different Strokes supports working age and younger stroke survivors, helping them to reclaim their lives through active peer support and independent recovery.



Brain and Spine Foundation

Brain & Spine Foundation

The Brain & Spine Foundation is the only UK-wide charity providing information and support for every one of the over 470 neurological disorders which affect 1 in 6 people in the UK. We have a Helpline staffed by specialist nurses, Online Peer Support groups for patients and carers and Information on specific conditions.

ARNI

ARNI Institute is a Charity with over 160 accredited, insured and active instructors spread across the UK, who support the hospitals by providing a community-integration path when therapy finishes due to time & resources. They assist community stroke survivors with the performance of functional task practice, physical coping strategies & stroke specific resistance training.



FINDING YOUR NEW NORMAL

With Nikki May

Finding your new normal with Nikki May

Nikki May is a yoga instructor dedicated to showing stroke survivors that life can be amazing with their new normal. Her online videos explain how meditation and yoga twists can help brain injury

The National Brain Appeal

The National Brain Appeal raises funds to advance treatment and research at The National Hospital for Neurology & Neurosurgery and the UCL Queen Square Institute of Neurology. We are funding the Queen Square Intensive Comprehensive Aphasia Programme (ICAP) and supporting an exciting new innovation to use extended reality video gaming to aid stroke neurorehabilitation.

The National Brain Appeal
Funding advances in neurology and neurosurgery



Online Events



Leading up to an in-person event we held live screenings of **four** short documentaries which showcase topical issues in **stroke research** followed by a **live Q&A** with leading **experts** and **charities**.



**Learn more about the topics discussed
and watch our documentaries:
[https://engagement.fil.ion.ucl.ac.uk/pr
ojects/wsdforum/documentaries/](https://engagement.fil.ion.ucl.ac.uk/projects/wsdforum/documentaries/)**

Discovery Research: How researching the brain post-stroke improves wellbeing

Following a stroke, some of the most common questions asked are 'How will I get better?' or 'How long will my recovery take?'

In order to answer these, scientists first need to understand what happens in the brain following a stroke. 'Discovery Research' enables us to understand what is happening, so that we can then develop better treatments and rehabilitation therapies.

'Put simply, Discovery Research means to discover new things!' explains **Professor Cathy Price** who leads the **PLORAS** study at **UCL**. Along with her team, Professor Price is working to develop a clinical tool which will provide individualised predictions about the most likely course of recovery from aphasia (a condition that affects your ability to communicate) after stroke.



Professor Sven Bestmann, UCL, and his team however, are focusing on movement rehabilitation. They use brain stimulation and imaging techniques to examine the changes in the brains of stroke survivors and compare that to healthy individuals. By comparing the two, Professor Bestmann aims to develop techniques to promote recovery and relearning of movement after brain injury has occurred.

Without stroke survivors' participation in scientific studies, Discovery Research would not be possible, **Rachel Bruce** from the **PLORAS** team explained. Stroke survivors continue to contribute to the design and methods that their team and others across UCL use in their research.

Despite the progress in stroke research only receives 1.2% of public and charity spend. Much more funding is needed to support this work. The more we understand about the brain and what happens during and after a stroke, the better off we are in tailoring treatments and further aiding recovery.

How Technological Advancements Boost Recovery

The COVID-19 pandemic has been particularly difficult for stroke survivors, with a report by the **Stroke Association** in 2020 highlighting the significant impact the pandemic had on treatment and recovery. However, it also accelerated the development of several new digital technologies designed to improve stroke treatment and rehabilitation.

Strokes are often difficult to diagnose without specialist assessment, this can significantly impact the time it takes someone to access essential treatment post-stroke. The pandemic prompted **Dr Rob Simister**, Consultant Neurologist at **University College London Hospitals** and his team to launch a pre-hospital emergency care pathway for stroke patients. The system allows specialist clinicians to remotely assess suspected stroke cases along with ambulance staff, before the patient reaches hospital. This means patients are directed to the right hospitals so that they can receive timely and effective treatment. So far, the work has proven successful across 8 pilot sites in the UK.

Meanwhile the **NeuroLifeNow App**, developed in partnership between the **Neurological Alliance** and **The Brain and Spine Foundation**, is working to improve the experience of people living with neurological conditions across the UK.

Georgina Carr, CEO of the **Neurological Alliance**, explained the importance of users' valuable contributions through the app to help paint a picture of the barriers faced in treatment, support and care. The charities use this information to influence UK Government and decision makers to ignite positive changes within the health and social care system.

Adopting a more futuristic approach is **Dr Peter Snow** and his team, who are working to develop rehabilitation therapies for stroke patients using robotics and virtual reality. Among the benefits, Dr Snow says that virtual reality be used as a motivational tool. For example, VR can be used to make it look like individuals moving their arms normally as opposed to the small amounts they can currently do, which can be incredibly encouraging.

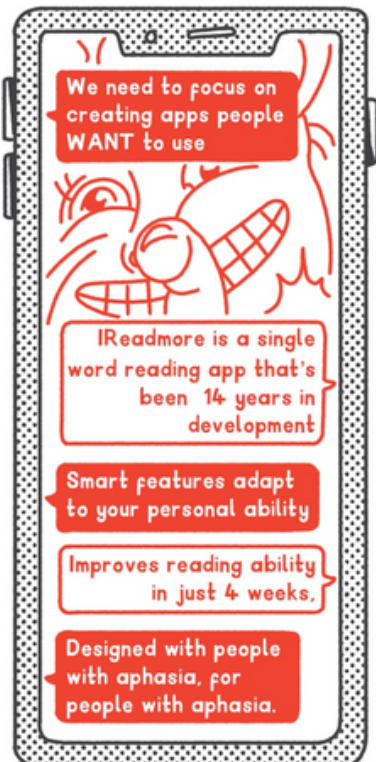
Among our experts, it is clear that technology can be used in many different ways to help improve stroke treatment and rehabilitation. The improvements seen in these areas would not be possible without the collaboration amongst healthcare providers, researchers and patients.



Rehabilitation Apps: Aiding recovery from home

The correct dose of speech and language therapy is critical to improving aphasia recovery after a stroke. Research suggests that stroke survivors typically require 100 hours of therapy to see a marked improvement in their recovery. Yet NHS therapy services are only able to provide a fraction of this.

As a consequence, researchers at **UCL** are developing apps to help supplement traditional therapies. Unique in their nature, apps provide the ability for users to practice improving specific aspects of their speech and language at their own speed and in the comfort of their own home.



Professor Leff's team have spent over a decade developing apps such as **iReadMore** to provide effective therapy for different forms of aphasia from reading to speech and listening.

It's important to remember that apps are not trying to replace the role speech and language therapists play in a person's recovery. Rather they act as an avenue for individuals to practice some of the more repetitive tasks explains **Professor Rosemary Varley**. She emphasises that apps cannot replicate the warmth and encouragement that a human can.

There are numerous apps on the market and it can be difficult to know which one is right for you. **Dr Carolyn Bruce's** team developed **SWAN**, an app designed to improve numerical skills. For people who are looking to try their hand at app-based therapies Dr Bruce recommends making use of the online '**Aphasia Software Finder**' to narrow down your search. As well as looking for those that offer a free trial for perspective users so you can see what will motivate and engage you.

It's Never Too Late for Recovery

A common myth amongst stroke survivors is that once NHS-prescribed rehabilitation is complete, recovery reaches an end point.

As explained by **Professor Nick Ward**, Stroke Researcher and Consultant Neurologist, this is not the case. Our brains have a special ability known as neuroplasticity. This means that they have the lifelong ability to change and recover from damage.

Professor Ward has shown this through his movement clinic, working with stroke survivors' years post-stroke to continue to build strength and movement through intensive intervention.

Along with Professor Ward, **Professor Jenny Crinion** is among the researchers at **UCL's Queen Square Institute of Neurology** working to develop models of rehabilitation which enable stroke survivors to see improvements in their recovery years after their initial stroke.



Many survivors feel that once their NHS rehabilitation is over they no longer have support



Professor Crinion leads the **Intensive Comprehensive Aphasia Programme** (ICAP) which aims to deliver patients with 90 hours of speech and language therapy over 3 to 4 weeks. The research has shown that irrespective of the time after a stroke, people can continue to see improvement.

Despite the benefits, Professor Ward reminds survivors that recovery isn't always easy, highlighting that 'sometimes you need to train like an Olympic athlete to see progress'.

Along with stroke experts, the panel featured **Theresa Dauncey, CEO of The National Brain Appeal**. The National Brain Appeal is vital to funding explorative research that leads to new and innovative treatment pathways. Through their support, innovative projects like Nick and Jenny's are able to make strides in gaining long term support from the NHS.



Live Event



On **Friday 28th October 2022** we held an in-person event at Church House, Westminster, **London**.

The full day event provided attendees with the opportunity to engage with researchers and charity partners in an open **expo space**, and learn more about post stroke support, research and rehabilitation in a series of **talks** and hands on **workshops**.

Pre-hospital Video Assessment of Stroke: Right place, right time, first time

Stroke is the leading cause of disability in the UK. Therefore, the transfer to a specialist stroke centre, along with timely treatment, is vital in order to reduce its impacts.

Until now, ambulance crews have not had access to accurate diagnostic testing for suspected stroke cases. The current screening approach means that only 1 in every 2 people who are taken to specialist hospitals are found to be experiencing a stroke. This places significant demand on NHS resources.

In response to these challenges, **Dr Rob Simister** and his team at **University College London Hospitals** teamed up with the London Ambulance Service to develop a solution. The **Pre-hospital Stroke Video Assisted Triage Service** is the first of its kind in the UK.



The system enables ambulance staff who suspect a patient may be having a stroke to contact expert clinicians using video conferencing software.

Experienced clinical staff are then able to remotely assess the patient and determine if they require transfer to a specialist centre.

Piloted in 2020, the innovative system has been great success! Whilst proving to be both safe and effective, the service has relieved much needed pressure on the NHS. Patients saw a reduction in the average time taken for ambulance crews to transfer them to hospital, directly improving health outcomes.

What's next for the project? Building on the triumph of the pilot, the next stage of the project will see the team go one step further and trail a **Pre-Ambulance Assessment**. Supported by **The National Brain Appeal** and **Rosetrees Trust** videoconferencing software will be used to assist people who have called 111 or 999, before ambulance staff even arrive.

How do we Provide Effective Aphasia Rehabilitation?

Aphasia rehabilitation studies show that, to be effective, therapy must be delivered at high doses and intensity. Something that current NHS systems are unable to provide.

To overcome this obstacle **Professor Rosemary Varley** and her team have developed **UTLISE**. A remote, digital therapy designed to improve users understanding and production of sentences.

Advantageous over more traditional speech and language therapies, UTLISE enables users to self-administer the intervention whenever and wherever they wish.

The platform particularly focuses on every-day, common sentences so that users can apply their practice to real world scenarios.

We must be mindful of digital exclusion



Professor Varley and her team have recently reached an exciting new phase in their project releasing the UTLISE app, which forum attendees were able to trial on the day.

Can remote technologies be the future of aphasia rehabilitation? Whilst Professor Varley says these technologies can be incredibly beneficial, in order to be most effective, they must be delivered in partnership with ongoing support from speech and language therapists.

It is also important to remember that people's ability to access apps and smart devices can vary drastically dependent on their economic, geographic and social circumstances.

Want to find out more?

<https://www.cognitionandgrammar.net/utilise>



Photography by James Tye

Psychological Impact After Stroke

The effects of a stroke can have dramatic implications on individuals. Given its sudden nature, stroke survivors and their loved ones can find that almost overnight their lives change.

Among the side effects, people can experience psychological changes which can manifest as differences in emotion, function and behaviour.

Adapting to this change can be incredibly difficult and it is common for survivors to draw comparisons to their pre-stroke self explains **Clinical Psychologist, Dr Catherine Doogan**.

Dr Doogan says to support yourself through this time of change it is important to identify emotional challenges that you may be faced with and seek assistance from support networks.



For those who are seeking psychological support following a stroke Dr Doogan recommends utilising the support of charities and community organisations. **The Stroke Association** have an extensive directory of these services available online.

As well as the person who has experienced the stroke, it is difficult for those who care for them to come to terms with these changes. We discussed the importance of ensuring that carers are also well supported in a dedicated **workshop**.

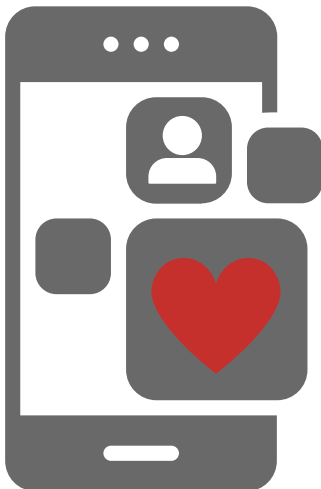


My Stroke Companion

Stroke is a life changing event. Following a stroke, an individual and their family often feel overwhelmed with information. When this is not communicated clearly it can make it difficult to retain.

This is a problem regularly encountered by **Dr Rob Simister, Consultant Neurologist** and his team at **University College London Hospitals**. In response to this, **My Stroke Companion** was born.

From the point of hospital discharge the online platform provides patients and their families with a 'one stop shop' for information regarding their stroke. This includes details relevant to what happened when the stroke occurred, as well as what to expect throughout their rehabilitation and how to reduce the risk of further strokes.



Want to find out more?

<https://www.uclh.nhs.uk/news/uclh-piloting-software-aimed-reducing-stroke-health-inequalities>

Unique in its nature, the platform offers resources specific to the patient's individual circumstances. It takes into account key factors such as their age, gender, and ethnicity. This way patients only see information that is relevant to them and their treatment, removing the need to spend hours navigating the web.

Updates can be made by hospital staff throughout an individual's recovery to reflect changes in their condition and treatment.

Throughout the development process, people with lived experience of stroke were asked to provide feedback ensuring the portal is simple and easy to use. Future developments will see the platform take a more holistic approach, providing information common concerns such as the availability of financial and emotional support.



The Queen Square Intensive Comprehensive Aphasia Programme (QSICAP)

A common theme amongst many of our stroke experts this year was the importance of ongoing rehabilitation.

As **UCL's Professor Jenny Crinion** explained, people can continue to recover and see improvements in language and communication skills months, and even years, after stroke.

Equipping stroke survivors with enough therapy can be life changing.

In order to address this unmet need, Professor Crinion and her team set-up the **Queen Square Intensive Comprehensive Aphasia Programme** for people with chronic aphasia - the **QSICAP**.



The programme which has been running for two years, provides people with 90 hours of intensive speech and language therapy over 3 to 4 weeks.

Funded by **The National Brain Appeal**, the research has enabled Professor Crinion and her team to see the benefits of intensive speech and language therapy.

The pilot programme has now generated enough evidence for intensive speech and language therapy such as ICAPs to be included in the newly published national clinical guidelines for people with aphasia caused by stroke.





Ethnicity and Stroke

Statistically Black and South Asian people are at a much greater risk of stroke than their white counterparts. Yet stroke education, awareness and support in these communities is severely lacking.

Different Strokes, a charity dedicated to supporting young stroke survivors, found that in 2021 only around 4% of the charity's beneficiaries were from Black or Asian descent, while around 13% of the UK population is from these communities.

With such statistics they felt that it was no longer enough to simply state that their services were open and available to all. Rather the gap needed to be addressed and action taken to change this.



In response, Different Strokes recruited **Rahael Kuruvilla, Black and Asian Stroke Survivors Project Officer**, who had a stroke herself aged 22. Using her lived experience Rahael has developed an engagement strategy to tackle these barriers.

With the help of Rahael, Different Strokes aim to raise awareness of stroke risk amongst Black and Asian communities where stroke is more prevalent at a younger age, as well as ensuring that people from these groups feel able to access dedicated support.

Want to find out more?

[https://differentstrokes.co.uk/
ethnicity-stroke/](https://differentstrokes.co.uk/ethnicity-stroke/)

Robotic Medicated Therapy



Stroke has many implications, among those many survivors find that they may lose function in their upper limbs.

Professor Rui Loureiro and **Dr Peter Snow** are using robotics to reimagine the rehabilitation landscape. Assisting an individual's movements, robotics work to restore and promote limb recovery.

The robots that Rui and Peter develop are designed to be used in combination with input from clinical staff. Examples include devices that aid the physical movement of a person to encourage improvements in reach and grasp movements.

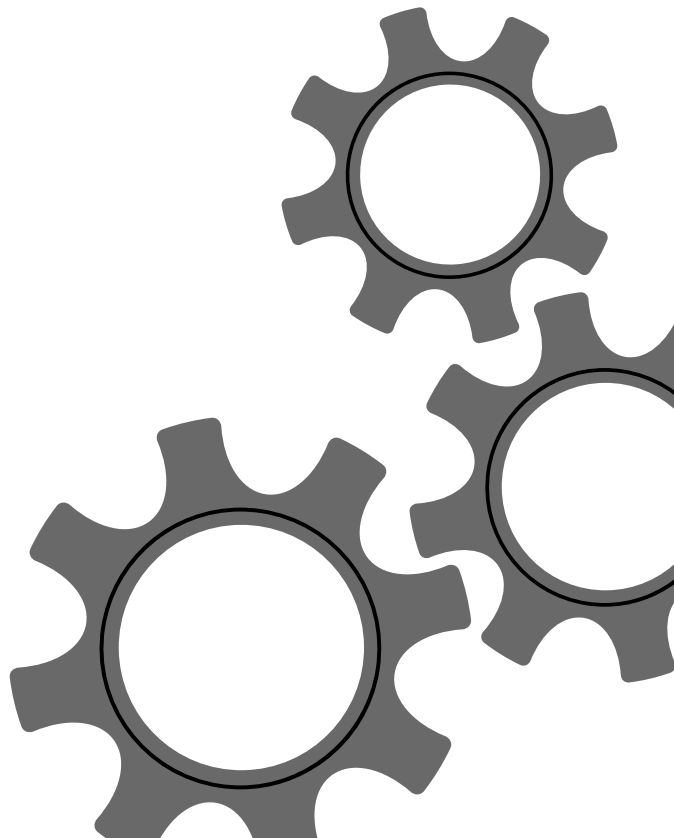
Other robots are able to introduce motivational components to rehabilitation exercises.

Robotics have the ability to accurately record an individual's progress, enabling the development of comprehensive rehabilitation plans.

Through this, they would be able to couple the robotics with traditional therapies in a cost effective and self-managed treatment plan.



In a dedicated **workshop** stroke survivors had the opportunity try first hand some of the tools developed by Professor Loureiro and Dr Snow.



My Neuro Survey: How stroke survivors are adversely affected

For years, people with neurological conditions in the UK have experienced a systemic lack of support. 89% of stroke survivors reported that their condition affects their day to day activities.

These findings, from the **My Neuro Survey** delivered by the **Neurological Alliance**, are shedding light on the significant challenges faced by people living with a neurological condition in the UK. The Neurological Alliance are a coalition of organisations and professional bodies dedicated to supporting people with neurological conditions.

The survey collected the experiences of 8,500 people with neurological conditions across the UK between October 2021 and February 2022, bringing to the forefront the barriers faced by these individuals including problems accessing diagnosis, treatments, social care and government assistance.

A common finding is the apparent lack of mental wellbeing support for people in the UK with neurological conditions says **Georgina Carr, CEO** of the Neurological Alliance.

Of the 229 respondents who experienced a stroke or TIA (Transient Ischaemic Attack), 56% had not been asked about their mental wellbeing by a healthcare professional in the last three years.

Ensuring that stroke survivors have access to adequate support is incredibly important explained **Austin Willett CEO of Different Strokes**, a member of the Neurological Alliance and a charity dedicated to supporting young stroke survivors.

For both Georgina and Austin, it is clear that without positive change and support from decision makers, stroke survivors will continue to face these obstacles.

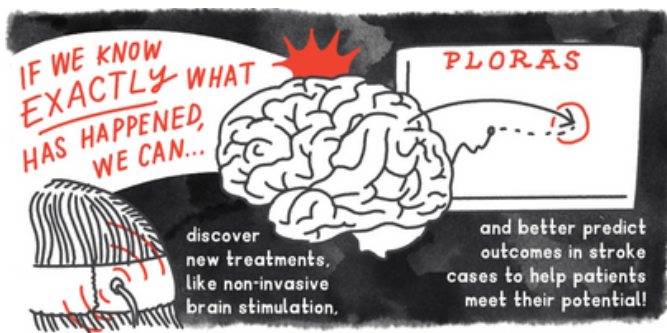
This is why the Neurological Alliance are urging Governments across the UK to establish a Neuro Taskforce in response to these findings. This taskforces aim will be to address the barriers faced and provide solutions to these issues so that people with neurological conditions are not left behind.

Want to find out more?

<https://www.neural.org.uk/>

Language Recovery After Stroke

At UCL, the **Predicting Language Outcome and Recovery After Stroke (PLORAS)** team are developing a clinical tool to provide stroke survivors with aphasia (language difficulties) a prediction for how and when they might recover.



Currently, it is difficult for clinicians to make predictions as to how well people will recover from aphasia.

“Being able to anticipate when and how they will recover would be incredibly beneficial, enabling patients and families to plan for the future and clinical staff to develop personalised therapy plans” says **Storm Anderson**, a **Speech and Language Therapist** working in the PLORAS team. To build the tool, neuroscientists, aphasia researchers and speech and language therapists have brought together demographic information, language assessments and brain scans from over 2,500 stroke survivors.

Progress over the last 10 years has enabled the team to be able to make confident predictions for a large proportion of patients on their database explains **Professor Cathy Price**, **Chief Investigator** of the PLORAS Study.

In order to improve their predictions, the team are now collecting data from more stroke survivors with aphasia and monitoring them throughout their recovery process.

First, the team examine the hospital brain scans to generate predictions for how they expect language will recover. The accuracy of the prediction will be tested by assessing the language abilities of the patients at regular intervals. Any prediction errors will be investigated to understand the cause of error and improve the accuracy of predictions for more patients. “Without the input of stroke survivors and their loved ones, research like the PLORAS study would not be possible” says **Rachel Bruce**, **Deputy Lead** on the PLORAS study.

The team continue to gather feedback that enables them to understand how and when the tool should be used in practice. For example, when should predictions be given, who should give them and how should the information be presented?



Gesture in Aphasia: When hands do the talking

It can be easy to assume that communication refers to written or spoke language, but in fact it is so much more than that, much of which we do without noticing!

Gestures make up one of the many other ways that we communicate.

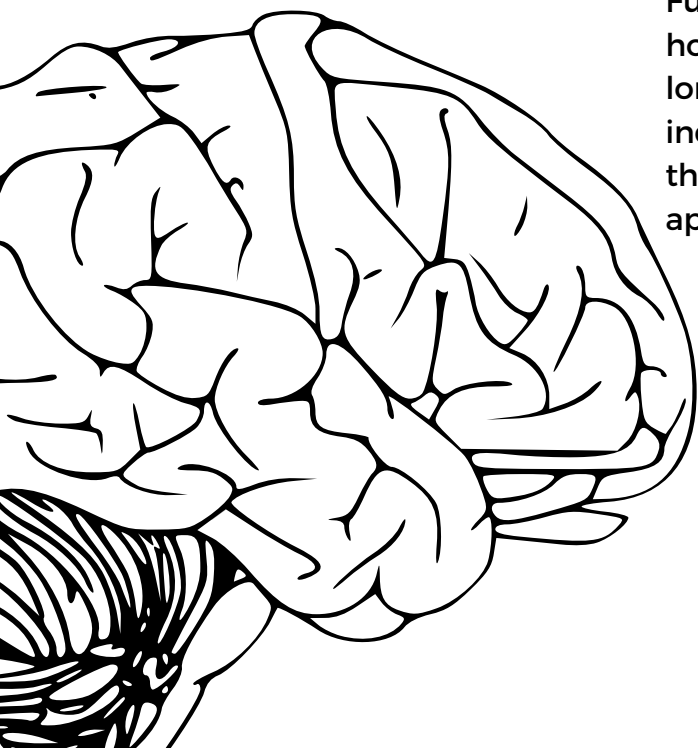
Research has shown that children learn new words at a much faster rate when paired with a gesture. The **Language and Cognition Lab** at **UCL** are interested in exploring whether this evidence can be applied to aid recovery from aphasia, a common speech and language impairment that many people experience after a stroke.



In this interactive workshop, **PHD Researcher Isobel Chick** explored how people with aphasia use gestures in everyday conversation.

Participants discussed their experience with speech and language therapists and researchers. This work has provided Isobel with valuable insights ensuring her work is the best interest of those who will benefit from it.

Funded by **Brain Research UK**, Isobel hopes to use her research toward the long term aim of developing individualised speech and language therapy pathways for people with aphasia.



Carers Café

Stroke not only has a life changing impact on the individual, it significantly impacts the people who care for, and care about, them.

The Carers Café, facilitated by **Clinical Psychologist Dr Catherine Doogan**, provided loved ones of stroke survivors with the opportunity to explore their thoughts and feelings - something many often feel they do not have the time and space to do as a result of the demands of caring for their loved one.

The group discussed the challenges of being a carer for someone who has had a stroke. Dr Doogan emphasised that it is normal to find becoming a carer challenging and encourages those who do to seek support.

This is incredibly important, as the progress of a stroke survivor is directly linked to the wellbeing of carers.

If you are looking for support charities and community organisations can provide advice and information. **The Stroke Association's: A Carer's Guide to Stroke** can help you find the right support for you.



Yoga and Meditation

To unwind after an engaging series of talks and workshops, participants were invited to join **Nikki May** in her Yoga and Meditation Workshop.

A six-time stroke survivor herself, Nikki uses yoga and meditation throughout her rehabilitation journey to maintain a positive mindset and promote her recovery.

The session saw participants try their hand at a series of chair yoga moves followed by a guided meditation. She highlighted how you don't need to be 'fit' to be able to access yoga and the importance of staying active in any way you are able.

If you are interested in trying this at home check out Nikki's YouTube channel, **Finding Your New Normal**.

INTERVIEW WITH UCL WSDF Attendee

We caught up with Grant, a World Stroke Day Forum attendee, to find out more about his thoughts on this year's events.



HOW DID YOU FIND OUT ABOUT UCL WORLD STROKE DAY FORUM AND WHAT PROMPTED YOU TO ATTEND?

After my stroke in 2016, when my NHS rehabilitation stopped, I was keen to learn more and promote ongoing improvements throughout my recovery. That's when my doctor told me about the PLORAS team at UCL.

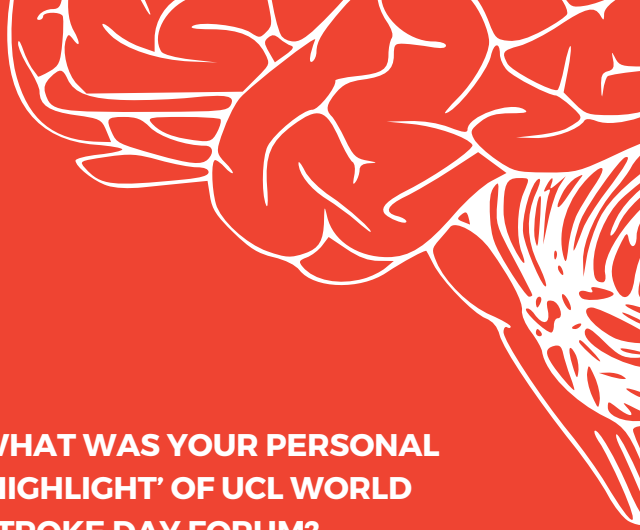
Even before my stroke I was very interested in the workings of the human brain and having a stroke fed this appetite even more! I reached out to the team and since then I have been a volunteer in their research. It is through their mailing list that I saw the forum advertised.

THIS YEAR THE FORUM HAD BOTH ONLINE AND IN PERSON EVENTS. WHAT DID YOU THINK OF THE HYBRID APPROACH?

I liked the hybrid approach! For me to take in lots of knowledge I need plenty of time, having the sessions online allowed me to take regular breaks and reflect on what I had learnt. However, as someone with aphasia who uses gestures and body language to communicate it was great to have the in-person sessions also.

A real benefit of the in-person session was the opportunity to meet other survivors who have been through similar experiences, I was able to talk to people who really understood.

"I WAS ABLE TO TALK TO PEOPLE WHO REALLY UNDERSTOOD."



WHAT HAVE YOU LEARNT ABOUT STROKE RESEARCH AND REHABILITATION BY ATTENDING THIS YEAR'S FORUM?

I was surprised to learn that there are 350,000 other people with aphasia in the UK, it was great to have the opportunity to learn more about research into aphasia.

I was able to connect with Isobel Chick at UCL's Language and Cognition Lab to participate in their study using cards to see if gestures help people with aphasia communicate more easily

WHAT WAS YOUR PERSONAL 'HIGHLIGHT' OF UCL WORLD STROKE DAY FORUM?

It is very difficult to pick just one highlight! I enjoyed being back in person at Church house, the venue had such beautiful surroundings. After a busy day of lots of talks and workshops it was brilliant to relax and reflect in the gardens of Westminster Abbey. I have Nikki's session 'Yoga and meditation for brain healing' to thank for that!



THE National Brain Appeal

UCL World Stroke Day Forum 2022 was kindly sponsored by The National Brain Appeal. A charity dedicated raising money to fund research in to neurological conditions at The National Hospital for Neurology & Neurosurgery and UCL Queen Square Institute of Neurology.

The National
Brain Appeal
Funding advances
in neurology and
neurosurgery

NEURO
MUSCULAR
BRAIN INJURY
STROKE EPILEPSY
BRAIN TUMOUR
DEMENTIA PRION
PARKINSONS
MIGRAINE
SPINAL
MULTIPLE
SCLEROSIS

The charity is responsible for funding key projects showcased at this year's forum including Dr Rob Simister's Pre-hospital video assessment service and Professor Jenny Crinion's Queen Square Intensive Comprehensive Aphasia Programme.

Without the support of The National Brain Appeal, innovative projects that transform stroke research and rehabilitation would not be possible.

Other projects funded by The National Brain Appeal include:

NEURORADIOLOGY INTERVENTION AND X-RAY SERVICE

In many stroke instances, blood supply to the brain is blocked by a blood clot. This is usually treated using medication however this is not always effective. In these cases, the clot must be removed using a procedure known as a thrombectomy. The procedure must be performed quickly and with specialist equipment. The National Brain Appeal have provided the National Hospital for Neurology and Neurosurgery with £1.5 million to establish a 24/7 service to perform these procedures, improving the outcomes for patients.

Find out more about what the charity does and how to support it here:

nationalbrainappeal.org

VIRTUAL REALITY STROKE REHABILITATION

Following a stroke, many survivors can experience limited function in their limbs. Rehabilitation is needed to help regain this. Through its Small Acorns Fund The National Brain Appeal is funding the use of virtual reality glasses for patients at the National Hospital for Neurology & Neurosurgery. The technology allows stroke survivors to perceive themselves as if they are performing tasks as they would have done before their stroke, something that can be incredibly motivating for patients. This technology can also be applied to other neurological conditions.





Event Team



Cassandra Hugill

Public Engagement
Manager



Sian Rose

Communications and
Engagement Officer

Impact of the 2022 Forum



428

tickets booked across all events

283 Online

145 In-person

We collaborated with

7



Partners

6



**Research
Groups**



35,000

total impressions across
UCL WSD Forum social
media pages.

Main reasons for attendance:

Learn more about **Research**

Connect with **Charities**

Virtual Events

Most attended event: **Its Never Too Late for Recovery**

100% participants enjoyed or really enjoyed the online events

Excellent event. Engaging & Insightful presenters. Extremely helpful guide & staff
- **Attendee**

Live Event

Most attended event: **Psychological Impact of Stroke**

90% of participants enjoyed or really enjoyed the in-person event

Contributors

Contributors were motivated to attend the forum to: **share** their work more widely, **hear** from stroke survivors and to **gather** more ideas for research

60% of contributors connected with a new organisation/research group through being a part of the forum.

Have you taken anything from the forum?

Yes - participants really value research. One participant said "Research is part of the healing" - this has stayed with me. Sometimes as researchers we can become detached from the people behind the participants. This event helped me reconnect

- **UCL Researcher**



The UCL World Stroke Day Forum is run by the Department of Imaging Neuroscience at UCL.

Thank you to all our partners and contributors who made this forum possible.

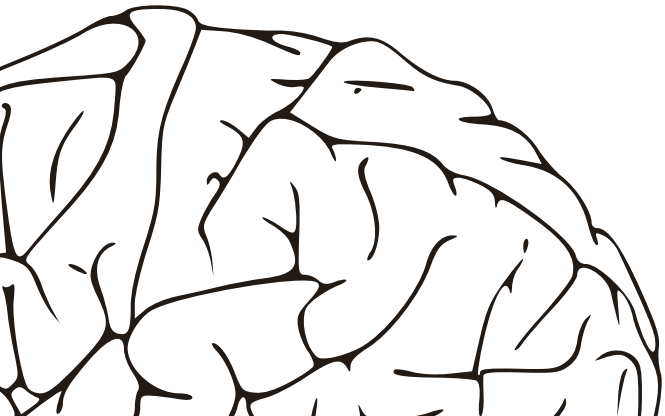
Thank you to Bridget Meyne for the beautiful illustrations.
www.bridget-m.com

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<https://jamestye.com/>

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<https://engagement.fil.ion.ucl.ac.uk/projects/wsdforum/>