

Earn your **Stroke** Challenge Badge

Rebuilding lives after stroke

Stroke
Association

www.stroke.org.uk



We're here to support people to rebuild their lives after stroke. We believe everyone deserves to live the best life they can after stroke.

We provide specialist support, fund critical research and campaign to make sure people affected by stroke get the very best care and support to rebuild their lives.

Rebuilding lives after stroke is a team effort. It takes the determination of stroke survivors and carers, the generosity of supporters and the dedication of the healthcare and research communities to get there.

To help in the recovery of stroke survivors we provide information, support and advice. Our key areas of work include:



Support services

Our support services help hundreds of thousands of people through one of the most frightening experiences of their lives and build a life after stroke. Our support services include but are not limited to emotional support, communication support, exercise-based rehabilitation.



Information

Our information is based on accurate and up-to-date evidence. We ask stroke survivors and their families, as well as medical experts, to help us when putting our information together.



Research

Our research helps to improve treatments, care and rehabilitation, saving thousands of lives and helping stroke survivors make the best recovery they can.



Fundraising

Through our busy events schedule, our fundraisers work nationally and with local communities to raise much-needed funds to support stroke survivors.



Campaigning

We are the force for change. By listening to and working with people affected by stroke, we drive improvements in stroke care. Through initiatives such as the FAST campaign, developed with the Department of Health, we have been hugely successful in making more people aware of the signs of a stroke and the importance of taking emergency action.



Volunteering

Our fantastic volunteers play a vital role in the recovery of stroke survivors across the UK. We provide training and resources so that our volunteers are well equipped to help stroke survivors with their recovery and rehabilitation.

We would love to hear from you and see your pictures and videos, with written permission from parents or guardians. We may share them via our social channels.

If you require anything during your challenge please do contact Kerry and she would be happy to help.

Kerry.thomas@stroke.org.uk



Take one of our collection boxes and help your local super market to pack away some shopping in your community, whilst raising awareness and funds for The Stroke Association.



Host a community bake sale.



Host a Christmas sing along.



Host a Halloween party for friends and family to attend.



Do a sponsored event in your community.



Host a stall on bonfire night and raise awareness of Stroke in your community.

How to earn the badge

The pack is split into 3 different sections with different activities.

Please select activities which are appropriate to your age group.

1

Rainbows and Beavers

Need to earn a total of **90 points** doing at least 1 task from each section.

2

Brownies and Cubs

Need to earn a total of **140 points** doing at least 1 task from each section

3

Guides, Scouts and above

Need to earn at total of **170 points** doing at least 2 tasks from each section

For any sections that require research into strokes, we suggest using our website stroke.org.uk which has lots of information on it.

To obtain the badges please contact Amy.spencer@stroke.org.uk with quantity required, your unit name and address for them to be sent too.



The badges are a suggested donation of £1.50 per badge which includes the postage costs. Donations can be sent as cheques or BACs transfer – We will provide the details for this.

Awareness

Activity 1 – FAST

20 points



- Learn what FAST means
- Make posters and put them up in your local community where able to do so
- Or make bookmarks with the FAST message on and give them out to.

Activity 2 – Quiz Time

30 points



- Run our Stroke Quiz within your unit. Questions and answers at the back
- Invite family and friends along and hold a virtual quiz night as a joint fundraiser
- Create your own Stroke quiz.

Activity 3 – Advert

10 points



- Watch our TV advert. [Click here.](#)
- Discuss how it made you feel
- Did you learn anything new?

Activity 4 – Signals Game

15 points



When you have a stroke part of your brain can die/be damaged. This means some signals can not get through. This is why some stroke survivors can not see, or can not use parts of their body etc.

- During your meeting try playing a signals game. The leader starts

by doing a signal gesture such as waving their hand. Then the Guide with the first name in the alphabet has to wave their hand once they've seen the leader do it and so on until the whole unit has managed this.

- During your meeting it is very easy to miss a 'signal' from one of the many videos on the screen so unless you have a very small unit. This should work to show how if one part of the brain is damaged in a stroke, signals are not passed on which can cause problems in lots of areas i.e. lots of other members not being able to pass on their gesture.

Activity 5 – Childhood Stroke



30 points

- Watch our **Childhood Stroke Video**
- Ask your unit to think about how they would recreate this. Could each of them do a small part of it and then the leader assemble them all together? Or could they have a go

with their family and then share with you the final product?

- Share your finished video with us!
- How did the video make them feel? What did they learn from it?

Activity 6 – Body Art



30 points

- Either get your unit individually to draw the outline of a body or set up a whiteboard online which you put a drawing of a body on for them all to 'write' on. Write down as many ways that you think a stroke might affect someone i.e not being able to move one arm.
- In one colour put the instant effects of the stroke and then in another colour, the on- going affects.
- Then compare your list to the one that are provided. For younger ages – put the picture cards near the right part of the body and talk about what they mean.

Activity 7 – Research



30 points

- Do research into what strokes are. Find some facts that you were not aware of and share them with others in an interesting way such as:
 - o Creating a short play.
 - o Creating your own advert.
 - o Creating a poster.

Activity 8 – True or False



20 points

- Use the questions at the back of the pack. Get your members to make True and False cards so they can hold up which they think is the correct answer after you have read the question.
- With older sections you can ask for their reasons behind the answers.

Understanding

Activity 1 –

One handed

30 points

One handed activities – as many stroke survivors lose partially or full use of one of their hands try doing at least 4 of these everyday activities using only your weaker hand.

- Getting toothpaste onto a toothbrush
- Putting on socks (hockey socks work well for this)
- Making a jam sandwich
- Signing your name
- Opening up a starburst (or alternative sweet)
- Trying a reef knot
- Try doing mirror writing or drawing
- Try painting/drawing a picture just using your non-dominant hand
- Doing up a button on a top



Activity 2 –

First hand experience Option 1

20 points

The best way to learn about a stroke is to speak to a stroke survivor. How about sharing one of these videos to see what life is like for stroke survivor

- **Rebuilding Lives: 'Anything is possible' - Alisha's story**
- **Hope after stroke: Joey's story**
- **Save research. Rebuild lives. Anita's story**

Activity 3 –

First hand experience Option 2

20 points

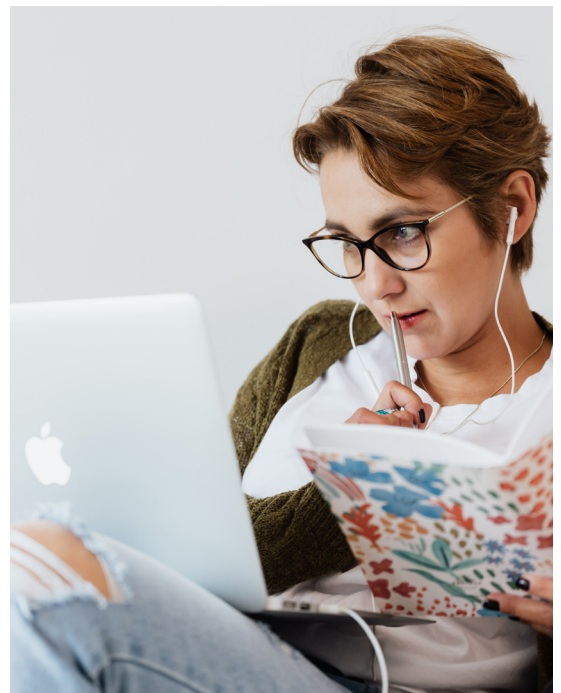
- Read the story (in the back of the pack) of our stroke survivor and think about how you could help them if they joined your unit
 - Think about when you first started, what were you nervous about
 - If they have mobility issues would it be easy for them to get around your meeting place?
 - If they have communication difficulties how could you help them with the activities you do

Activity 4 –

Communication

25 points

- The leader has a picture in front of them (make sure not to show your unit members). You must describe the picture to your members and they have to draw what you describe.
- See how close to your picture theirs looks
- Get some of the members to try describing their own pictures to the others



Activity 5 –

Blurred vision

20 points

- Some stroke survivors will experience vision problems follow their strokes.
- As the leader have a selection of pictures to show your unit– plastic wallet to distort the vision. Before you show them to your unit, cover them with a crumpled

Taking Action

Activity 1 –

Fundraise

30 points

There are currently 1.3 million stroke survivors in the UK and many of them need ongoing support. Could your unit help in some way?

- Do a sponsored silence, walk or run
- Do extra chores around the house
- Host a virtual quiz (either our Stroke related quiz in this pack or we have a non-stroke related quiz available online)
- We have lots more ideas **online**

Activity 2 –

Raise awareness

15 points

- Share online your own stroke awareness advert (maybe use the one you did in the previous section). This might be one you have filmed or a poster you have made
- Use the hashtag #Rebuildinglives

Activity 3 –

Change the ending

20 points

- Read stories of some people who are at risk of having a stroke – make up the ending to their story showing how they could change things about their life. This can be done through acting, writing or drawing
- Alternatively depending on the size of your unit, you could all go round adding a sentence to the story during your meeting.
- Share the final products with family and friends or other units.

Activity 4 –

Acts of kindness and awareness

20 points

Make some purple flowers (you could use pipecleaners and tissue paper, or crochet or sew them) and give them to your family or post them out to ones you can't see at the moment. Why not attach a tag with a personal message and on the other side put the FAST message so you are helping increase awareness

Activity 5 –

Prevention

15 points

- Learn how you can prevent a stroke
- Use the information at the back of the pack to see what the risk factors are
- Think about what can be done to prevent these risk factors.



Activity 6 –

Blood pressure

10 points

- Learn about blood pressure – how are they taken and what do the numbers mean?
- What can be done to reduce blood pressure
- Go and ask your grown ups at home (and leaders) if they have had their blood pressure checked recently. Ideally it should be done once a year when over 18.

Stroke Quiz

- 1. How many strokes occur in the UK every year?**
 - a. 50,000
 - b. 100,000
 - c. 150,000

- 2. Which of the following celebrities have had a stroke?**
 - a. Chris Tarrant, Sharon Stone, Emilia Clarke
 - b. Zac Efron, Kit Harington, Lady Gaga
 - c. Pink, Ed Sheeran, Arian Grande

- 3. Which famous author wrote a book about his experiences of his wife having aphasia (communication difficulties following a stroke)**
 - a. David Wallace
 - b. Enid Blyton
 - c. Roald Dahl

- 4. What percentage of strokes are due to a bleed in the brain rather than a clot?**
 - a. 15%
 - b. 25%
 - c. 35%

- 5. What does the A stand for in FAST?**
 - a. Awareness
 - b. Arms
 - c. Action

6. What is the best thing to do if someone has had a stroke?

- a. Give them aspirin
- b. Lie them down
- c. Call 999

7. Name 5 risk factors for having a stroke?

- 1.
- 2.
- 3.
- 4.
- 5.

8. What numbers does your blood pressure want to be closest to?

- a. 180/100
- b. 160/90
- c. 140/80

9. Name three things you can do to reduce your risk of having a stroke

- 1.
- 2.
- 3.

10. How does the Stroke Association help stroke survivors?

- a. Support, research and prevention
- b. Support and prevention
- c. Research and prevention

Quiz Answers

1. 1B

2. 2A

3. 3C

4. 4A

5. 5B

6. 6C

7. Age, medical conditions, lifestyle i.e binge drink, obesity, smoking, ethnicity, not enough exercise Family history, certain medications including the contraceptive pill

8. 8C

9. Reduce drinking, stop smoking, reduce waist size, eat healthily, reduce salt and sugar, be as active as you can

10. 10A

Signals Game

This game is to illustrate what happens when signals can not be passed around the brain. Get everyone to stand in a circle holding hands.

Their hands represent the pathways within the brain. Show how it works in a healthy brain. One person starts by sending a message around – by squeezing the hand of the person next to them. It should be quickly sent around the whole circle.

Now pretend that part of the brain has died due to lack of blood flow during a stroke. Now if they try and pass the signal it doesn't work.

However you can point out that with training, the brain can find other pathways – so maybe it can divert around the dead part of the brain.



True or False

You can pick and choose which questions to use depending on the section of your unit.

1. Strokes only happen to older people. **FALSE** – babies in the womb can have strokes.
2. Strokes are a brain attack. **TRUE**
3. Strokes are caused by just a clot in the brain. **FALSE** – they are also caused by bleeds
4. Someone in the UK has a stroke every 5 minutes – **TRUE**
5. Everyone who has a stroke is the same afterwards – **FALSE**
6. It is possible to make a full recovery after a stroke – **TRUE**. However many people are left with invisible conditions such as fatigue.
7. Stroke doesn't just affect the person who has the stroke – **TRUE** it can affect the whole family.
8. When you have a stroke you will not be able to use the right side of your body again – **FALSE**. Many people do suffer from one sided weakness but this isn't always the case and people can regain movement
9. Your brain controls most of your body – **TRUE**
10. High blood pressure is the biggest cause of strokes – **TRUE**
11. You would feel poorly if you blood pressure was high – **FALSE**. It gets called the silent killer as you might feel absolutely fine but your blood pressure could be very high
12. Eating a bad diet won't increase my risk of having a stroke – **FALSE**. Bad diet and obesity increases your risk
13. Stroke kills more women than breast cancer – **TRUE**
14. Stroke is the fifth biggest cause of death in the UK – **FALSE** it's the 4th biggest cause in the UK. 2nd in the world.
15. The quicker you receive treatment the better your chances of recovery are – **TRUE** time is a very big factor.

Body Art List

Memory and thinking

Vision problems

Arm and hand weakness

Pins and needles

Leg weakness

Balance issues

Depression

Communication difficulties

Swallowing problems

Muscle and Joint pain

Loss of bowel and bladder control

Changes in sensations

Changes in personality

Fatigue

First Hand Experience Option 2

“It was my seventh birthday party. But I got a pain on the right side of my head. I couldn’t cry because I lost my voice.”

Max had a stroke at his seventh birthday party in 2016: “I remember going there in the car and I saw the cake. We were going to have hot dogs too. But I got a pain on the right side of my head – my brain fell out. I felt sad and frightened but I couldn’t cry because I lost my voice. I didn’t get any birthday cake.”

Max was in hospital for a total of six months, including three months for rehabilitation. “Before my stroke, my favourite subject used to be outdoor PE. But I can’t use my hands for lots of things now. I can’t play basketball with my friends. I hope I’ll get better and hopefully some of these fingers might work again.”

Max’s mum Michelle says his mobility was most affected. “He has all over weakness on his left side and no movement in his left hand and foot. He’s broken his left arm five times since his stroke due to falls.”

Changing The Ending

Think about what their risks to having a stroke are and how could they change the end of their story

Meet Bob. Bob is a 55 year old man. Bob works as a lorry driver. He spends long hours in his truck and stops for food when he passes through service stations. He usually goes for a fry up or fast food meal deal. When Bob is not working he sits at home and watches TV.

Meet Linda. Linda is a 26 year old woman. Linda is training up to be a lawyer and works in a very stressful environment. Due to the long hours, Linda drinks lots of coffee. By the time she gets home she is very tired so usually orders a take away rather than cooking.

Meet Fran. Fran is a 41 year old woman. She has 2 children who are primary school aged and she works full time. She drives the children to school but only lives 2 streets away. Fran smokes 5 cigarettes a day and likes to snack on salt and vinegar crisps.

Meet Greg. Greg is an 18 year old. He is a student and has just started at university. He is going out most nights drinking and tends to buy microwave meals to have for meals. Greg's father had a stroke two years ago due to high blood pressure.