

Contact us

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Get involved

We'd love to welcome you as part of our volunteer team. To find out more, please contact us using the details above.

When stroke strikes, part of your brain shuts down.

And so does a part of you. Life changes instantly and recovery is tough. But the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community. With more donations and support from you, we can rebuild even more lives.

Donate or find out more at stroke.org.uk.

We're here for you.

Stroke Helpline: 0303 3033 100

From a textphone: 18001 0303 3033 100

Email: helpline@stroke.org.uk

Rebuilding lives after stroke

Stroke
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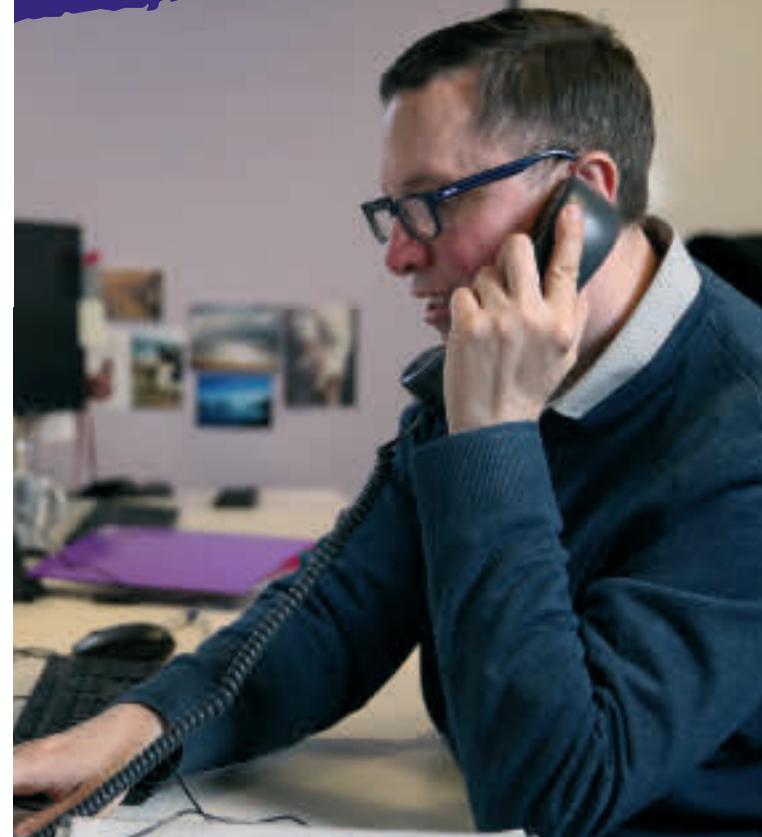
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Also registered in the Isle of Man (No. 945) and Jersey (NPO 369), and operating as a charity in Northern Ireland.

Telephone Befriending Service

Scotland

Rebuilding lives after stroke

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What is the Telephone Befriending Service?

After a stroke, life is very different. Perhaps you are feeling isolated, or just want to talk to someone who's been there. Many people find it helpful to speak to someone who has had a similar experience. Our volunteer telephone befrienders give you the opportunity to talk through the issues affecting you from the comfort of your own home.



Who is the service for?

This service is for stroke survivors, carers or family members who are:

- Over the age of 18.
- Living in Scotland

We offer:

- Support over the phone from a trained volunteer who is either a stroke survivor or carer.
- Telephone calls at a day and time that suits you.
- The opportunity to re-engage with the community.

How does it work?

When you're referred to the Telephone Befriending Service, we'll match you with someone based on personality, interests and availability.

One of our team will contact you to discuss the service further, and match you with a volunteer. After the first call, you can say whether you'd like to arrange another.

If you or someone you care about has had a stroke, please get in touch to find out more.

