

# Here For You

## Weekly volunteer calls

Rebuilding lives after stroke

**Stroke**  
Association



### What is Here For You?

Our Here For You service offers a weekly phone conversation with one of our trained volunteers to help you to rebuild your life after stroke. Talking things through on the phone can build confidence. It can help you feel more connected, supported and able to take the next step in your recovery.

### What will I receive?

For eight weeks, a volunteer will chat with you for around 30 minutes. If you speak limited English we've volunteers who can support you in different languages, just let us know.

There are two types of volunteer available depending on your needs:

- You can talk to somebody who's been there. Our Lived Experience volunteers have either had a stroke or care for someone who has. Sharing your experiences can help you understand stroke and learn new ways to cope.
- Or you can talk to a Connect and Chat volunteer and have a social chat about things important to you, like your hobbies or interests.

Thousands of people like you have used this service so far, with more signing up every day. They tell us using this service makes them feel able to cope better with the impact of stroke and they feel more understood and connected.

## How do I sign up?

You can sign up, or sign up someone else by filling out a short form online. Visit [stroke.org.uk/here-for-you](https://stroke.org.uk/here-for-you). Or you can call our Stroke Helpline **0303 3033 100**.

We'll then get in touch to discuss your needs and match you to a volunteer based on the things you've told us.

## What else do I need to know?

Weekly volunteer calls are free and available wherever you are in the UK. You'll need to have your own landline or mobile and be able to commit to a regular call at the same time each week. You can pick what time and day is best for you to fit into your routine.

We'll also let you know about all the other ways we can help you.

## We're here for you

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Stroke Helpline: **0303 3033 100**

Textphone: **18001 0303 3033 100**

Email: [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

Website: [stroke.org.uk/here-for-you](https://stroke.org.uk/here-for-you)

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