

Stroke Group Network Conference

Monday 25 – Tuesday 26 September 2023

Online event



Knowing your members!

And how to support them better by being more accessible and inclusive.

Top tips to try with your group!

Talk three: Understanding health inequalities and why this matters to stroke groups.

Tips for **connecting with your community**:

1. Don't aim for perfection!
2. Understand your community better by reaching out
3. Connect with people and communities in their safe spaces
4. Commit to growing and learning
5. Learn, listen and partner with people who are different
6. Agree shared goals and outcomes when working with others
7. Share what you learn with others

Top tips for **inclusion and accessibility** in your **group**:

1. Use a buddy system to help people feel welcome and included
2. Tell anyone who doesn't use English as their first language about our translated materials and language line
3. Personal welcome and check in with all members
4. Encourage members to feel ownership of the group
5. Use accessible venues, transport and communication resources suited to your members needs.