

Useful information regarding Stroke

Stroke support groups in Northumberland

| | When | Where | Contact name | Contact details |
|---------------------------|--|---|-----------------|--|
| Ashington Stroke Group | First and third Friday of each month | Age UK The Round House Lintonville Parkway ASHINGTON NE63 9JZ | Barbara Pearson | 07960 500884 |
| Berwick Stroke Group | Meets on a monthly basis and the day and times vary depending on what the club decide to do. Details will be confirmed at each meeting. Get in touch to find out more. | Tweedmouth Bowling Club Riverside Road Tweedmouth BERWICK-UPON-TWEED TD15 2HQ | Joy Lamb | 07926 487451 |
| Blyth Stroke Support Club | Twice a month on a Monday afternoon | The Briardale Community Centre, Briardale Road, Cowpen BLYTH NE24 5AN | Jim Wyness | 07791 628144 |
| Tynedale Stroke Club | Last Friday in the month | Education room 1 Hexham General Hospital Corbridge Road HEXHAM NE46 1QJ | Eileen Vale | 07500 299133 m.e.vale@talktalk.net |

Call listed contact for further details

Finding support elsewhere in the country

[Finding support | Stroke Association](#)

Online list of Stroke Association publications

[Publications | Stroke Association](#)

Symptoms of Stroke and the FAST test

[Symptoms of stroke | Know the FAST test | Stroke Association](#)

Risk Factors

[Stroke Risk Factors | Stroke Association](#)

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Email: info@healthwatchnorthumberland.co.uk or phone: 03332 408468