Different Strokes

Reclaiming lives after stroke

Supporting Working-Age Stroke Survivors

Different Strokes is a national charity providing peer support and guidance for younger stroke survivors.



ABOUT DIFFERENT STROKES

Different Strokes is run by stroke survivors, for stroke survivors.

We specialise in supporting younger people who have experienced a stroke. Our mission is to empower you to reclaim your life, providing the tools and resources you need to recover and thrive.

With us, you're never alone in your journey.





PRACTICAL SUPPORT

Different Strokes is here to empower you to take control of your recovery. From online exercise videos to practical information, advice, and resources to help you explain stroke to your children — our services are designed to meet the real needs of our community.

Empower your recovery with knowledge you can trust.

www.**differentstrokes**.co.uk

PEER SUPPORT

At Different Strokes we understand how isolating having a stroke can be. We are here to help you connect and find support. Whether you want to join peer support groups, our online group, or both, our community is designed for you.

Meet others who understand your experience and discover the strength of shared recovery.



OUR SERVICES

At Different Strokes, we offer a range of services tailored to younger and working-age stroke survivors:



Online Webinars



Virtual Meetings



Survivor Helpline



Information Packs



Online Support Groups



Online Exercise Sessions



Local Groups



Physio Bursary Fund



GET IN TOUCH

Contact us today to find the support that's right for you **– you're not alone.**

0345 130 7172

info@differentstrokes.co.uk

Different Strokes Charity

Different Strokes UK

Scan here to visit our website

Different Strokes
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Different Strokes is a registered charity in England and Wales (1092168) and Scotland (SC044190).