

Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Who to contact

Stroke services

t: 0300 123 3444

ourZone, Pattens Lane, Rochester,
Kent ME1 2RB

stroke.services@nhs.net

Medway Community Healthcare CIC providing services on behalf of the NHS
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ
Tel: 01634 337593
Registered in England and Wales, Company number: 07275637

Our privacy notice is available at [medwaycommunityhealthcare.nhs.uk/privacy/](https://www.medwaycommunityhealthcare.nhs.uk/privacy/)

If you would like to view or request a copy of your patient record, please email medch.dataprotection@nhs.net or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting:

[medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/](https://www.medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/)

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator
Medway Community Healthcare
MCH House, Bailey Drive, Gillingham,
Kent, ME8 0PZ

t: 0300 123 3444

medch.customercare@nhs.net

All contact will be treated confidentially
This information can be made available in other formats and languages. Please email medch.communications@nhs.net

Ref: MCH 253.2



Stroke survivor support group

Join us at our drop in sessions – run by stroke survivors.



About us

The stroke survivor group has evolved from patient experience surveys, involving patients who have travelled the stroke pathway, which have highlighted the need for peer support to help people after they have had a stroke.

The sessions also offer the opportunity for family and carers to meet and share their experiences of living/caring for a stroke survivor.

All sessions are hosted by volunteers offering peer support; with members of the MCH stroke team on hand to provide advice and support, if required.

Join us

We meet every third Tuesday of every month between 10am – 11.30am, at the Gillingham Methodist Church, 100 Third Avenue, Gillingham, Kent ME7 2LU



The venue

The drop-in sessions are held in the welcoming and relaxed environment at the Gillingham Methodist Church foyer, which provides disabled access to the side of the building and toilet facilities.

The venue offers the space for discussions with members of stroke services or other stroke survivors, either in small groups or in a more private setting, if required.

There is also a kitchenette facilities for making tea and coffee; for a small contribution.

How to find us

By car

From the A2, Watling Street, turn into Barnsole Road by the Kwik Fit garage. Take the third turning on the right, into Third Avenue; the venue is on left hand side – street parking is available.

By bus

Buses from Chatham Waterfront bus station (by the Pentagon Centre): 182, 120 and 176 will all take you to Third Avenue. The journey will take approximately 25 minutes.

Comments from our members

- 'I enjoy coming to the group. The stroke team are very supportive and friendly. Nothing is too much trouble for them.'
- 'I enjoy coming to the group because I like hanging out with people who've been through similar situations to me. The stories I hear are amazing. Each person's experience is different. I have also made some friends that I would not have met if it was not for the group.'
- 'It's nice to come to the group with my husband so he can meet other people who have had a stroke and also for myself. Everyone is so friendly.'
- 'The group is wonderful for everyone's self-esteem and it makes you realise you're not on your own – there are others who have experienced that same.'
- 'The group is everything I thought and hoped it would be. Meeting people who have had a stroke to just talk, it helped me and I can see how it changes stroke survivors from being down...to being happy and feeling life is worth living.'

