

Mild Stroke. Major Impact.

Every stroke—even a mild one—can leave lasting effects. Yet many patients are discharged quickly, assessed as “medically fit.”

But life after stroke isn’t always the same. People face hidden challenges: emotional distress, fatigue, financial strain, and disrupted relationships. Without support, some end up back in NHS care.

How can we prevent this?

In Sheffield, a novel nurse-led, community-based clinic is changing outcomes. It provides a one-stop, multidisciplinary service for people recovering from mild stroke.



One visit. One team. Up to two hours.

Stroke nurses, dietitians, physiologists, and Stroke Association advocates deliver personalised, holistic care.

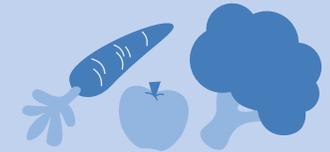


What difference does it make?

Researchers from the University of Sheffield, funded by the Burdett Trust, evaluated the clinic:



Physical activity increased



Diets improved



Alcohol intake dropped



Emotional well-being improved

This model works. And it’s scalable.

It prevents readmissions, promotes equity, and supports recovery—at low cost and high impact.

Let’s back innovation that works.

Investing in integrated, community-based stroke clinics improves lives and builds a more efficient NHS.



Learn more about the research at:
bit.ly/Combined_Community_and_Acute_Care_Group

