

Stroke



A stroke happens when the blood supply to part of the brain is interrupted. This can happen due to a clot in an artery that brings blood to the brain, or if there is a bleed on the brain.

KNOW THE SYMPTOMS OF A STROKE...

- F** FACE - has their face fallen on one side? Can they smile?
- A** ARMS - can they raise both arms and keep them there?
- S** SPEECH - is their speech slurred?
- T** TIME to call 999 if you see any single one of these signs.

NICHS offers a range of FREE information, services and activities to support you after your stroke.

For more information, please visit www.nichs.org.uk

7 Health and Wellbeing Tips



Eat a balanced diet



Keep physically active



Maintain a healthy weight



Moderate your stress levels



Moderate your alcohol intake



Stop smoking



Get enough sleep

