

# STROKESTRA®:

## Information for Practitioners

[STROKESTRA®](#) brings together Hull and East Riding stroke survivors and world-class professional musicians to take part in a range of fun musical activities, specially designed to maximise music's intrinsic social, emotional, cognitive, physical and communication benefits.

Developed with clinicians from Hull & East Riding Community Stroke Services between 2014-2020, service evaluation of initial clinically-supported sessions found:

- 86% of patients experienced relief of disability symptoms citing improved sleeping, reduced anxiety, fewer dizzy spells and reduced epilepsy symptoms
- 91% social benefits such as improved relationships and communication skills
- 86% cognitive benefits, including increased concentration, attention and memory
- 86% emotional benefits, citing increased confidence, morale and sense of self
- 71% physical benefits, including walking, standing, upper arm strength and stamina
- 100% of family carers reported an improvement in wellbeing, respite from their role as carer and improved relationships with their patient as a result of participating alongside them

STROKESTRA® is now being offered as **non-clinical community sessions** to support stroke survivors and their families outside of the clinical rehabilitation pathway. These non-clinical STROKESTRA® sessions will use the same musical techniques, modified to ensure participant safety with a reduced focus on physical activity and without referencing clinical recovery goals. Facilitators and musicians are specially trained in stroke and related disabilities, and are able to adapt activities to meet the needs and musical experience levels of all participants. Non-clinical STROKESTRA® sessions are great for stroke survivors struggling with social isolation, loneliness, low mood or lack of motivation, and will offer a sense of community and creative achievement for all who participate.

Participants will also be invited to take part in an external evaluation project led by University of Hull researchers which aims to understand the outcomes and mechanisms of STROKESTRA® for community participants. Additional consent will be sought for participants interested in participating in the research, and participation in the programme is not contingent upon participation in the research.

### General Info

- Sessions are free, but prior registration is required.
- Open to medically stable Hull and East Riding stroke survivors ages 18+ and their family carers. Disabilities and access needs can be managed, though people requiring toileting or other intimate care will be asked to attend with a family carer.
- No prior musical experience is expected, and instruments will be provided.
- Participants can join either the AM (10:30-12:30) or PM (14:00-16:00) group on each date.
- Taxi transport to/from sessions can be provided free of charge.

## Autumn 2023 Dates

- Thursday 21st September & Friday 22nd September
- Thursday 19th October & Friday 20th October
- Thursday 16th November & Friday 17th November
- Wednesday 13th, Thursday 14th & Friday 15th December

Participants can join either the AM (10:30-12:30) or PM (14:00-16:00) group on each date.

Where possible, participants should attend all session dates.

Friday 15th December will be a slightly longer day, to include a celebratory performance. Further details on exact timings will be given during the prior sessions.

## Location

Sessions will take place at Cottingham Road Baptist Church, HU5 4AY. Taxis can be provided to/from sessions free of charge for any participants requiring support.



## Contact Info

For more information or questions/concerns at any time, please contact:

**Lisa Rodio**

Royal Philharmonic Orchestra

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'If you have a stroke you think your life is completely over, because you can't do what you did before. But coming here you found out that you can do things and it's been very interesting. ... Everyone's the same, we've always got something, you know, but actually everybody's got a big smile on their face these days.'

-STROKESTRA® Participant

'It was like courting all over again! It was the first time I saw him motivated, we even went out for tea afterwards. I think it was the first time I saw him smile in three months.'

-STROKESTRA® Carer

**STROKESTRA® Hull is generously funded by:**

