

STROKESTRA®:

Creative music workshops for stroke survivors

Join musicians from the **Royal Philharmonic Orchestra** for fun, creative music sessions specially designed for stroke survivors and their family carers.



STROKESTRA® is a non-clinical group bringing together stroke survivors and professional musicians to take part in a range of fun musical activities. Delivered by expert facilitators, sessions will get everyone listening, conducting, creating and performing music together - even those with no prior musical experience. Activities are evidence-based and bring intrinsic social, emotional, cognitive, physical and communication benefits, all while creating Hull's very own Stroke Orchestra.

'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

Info

- Sessions are free, but prior registration is required.
- Hull and East Riding stroke survivors ages 18+ and their family carers are welcome.
- No prior musical experience is expected, and instruments will be provided.
- The programme is suitable for people living with disabilities or access needs; please let the organisers know of all needs on the registration form so that appropriate support can be arranged.
- Participants requiring toileting or intimate care will be asked to attend with a carer.
- Taxi transport to/from sessions can be provided free of charge.

'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

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 to/from sessions can be provided free of charge to all participants requiring support.



Register Now

Sessions are free, but spaces are limited. To register or receive more information, please contact Resound@rpo.co.uk or ring Lisa on 07809 322 401.

STROKESTRA® Hull is generously funded by:

