



Wellbeing Day 2026 – Hidden Effects of Stroke

Date: Friday 23rd October 2026

Venue: Oatley Hall, St Monica Trust, Cote Lane, Bristol, BS9 3UN

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| 9-10 am | Registration, Refreshments and stands |
| 10:00 | Introduction - Mike Hill Chair of Trustees BAS |
| 10:10 | Welcome warm up |
| 10:25 | Bristol After Stroke review of the year
Life After Stroke Services - Rebecca Sheehy CEO BAS |
| 10.45 | Hidden Effects of Stroke – Lived experience panel – facilitated by Stella Fisher BAS Group Leader
We have a panel of people with lived experienced talking about different aspects of their stroke that are often not noticed. |
| 11: 15 | Common cognition issues after stroke - Dr Anna Dyson Clinical Psychologist – BNSSG Stroke Service talks about how cognition, thinking and processing can be affected by stroke and what may help in your recovery. |
| 11.40 | Cognitive communication difficulties – Karen Jacoby Clinical Lead Speech and Language Therapist talks about how cognition issues can also affect speech and practical strategies that may help. |
| 12. 00 | Presentation of thanks |
| 12.15 | Lunch : Stands |



Afternoon

- 13.10** **Update from Stroke HIT Lived Experience Group – Claire Angell** Stroke HIT Lived Experience chair talks about the group’s work over the year and how you can get involved.
- 13.25** **Aphasia - “Don’t you look well” - Sarah Woodward, Independent Speech and Language Therapist** and members of BAS aphasia conversation groups talk about how the hidden effects of aphasia affect their lives
- 13.55** **“Coming to terms with stroke” - Louise Forrest Counselling Service Lead** and person with lived experience talks about the hidden emotional impact of stroke and what helps when we think about coming to terms with stroke.
- 14.20** **Q&A Professional panel – speakers from different organisations answer questions on the topics**
- 14.45** **Summary of the day and close**