

![C:\Users\jacksosh\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\9QC7J9T2\brainstorming_2[1].png]() An invitation to help shape stroke research

**Were you worried about taking risks after your stroke?**

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**Who am I?**

I work in stroke rehabilitation within the NHS, and I am applying for a grant from the National Institute of Health Research to fund some research ideas I have. The research would be undertaken over the next few years.

**Who am I looking for?**

I am interested in the views of people who have experienced rehabilitation after a stroke.

**What will this research be about?**

Rehabilitation after a stroke is about learning how to do things again, pushing yourself to get better, and new challenges. This can involve weighing up the **risks and benefits** of doing the things you want to do. I am interested to hear about how you felt about this.

I would like to invite you to join me for an **informal meeting to talk about my research ideas,** and to get your opinions on them. I would be particularly interested to hear your thoughts about:

* How did you feel about taking risks when getting better after your stroke?
* Did your rehabilitation team help you to weigh up the risks and benefits of doing the things you want to do?
* What has helped or hindered your confidence and motivation to do the things you want to do?

**Want to learn more?**

Join me for a meeting on **Monday January 22nd** from **10:30am - midday** at Queen Alexandra Hospital in Cosham (Room D308 on level D). We will provide tea and coffee and can offer you payment for your expenses.

Please reserve a place either by calling **0239 228 6141** or by emailing shae.jackson@porthosp.nhs.uk

Please note, this is not an invitation to take part in a study – I would like your help to think about patient and public involvement in this and future studies.