**What happens after the Stroke / TIA Clinic**

This pack is to provide you with information and contact details for you and your family after you have attended the Stroke / TIA clinic.

3-4 weeks after your attendance at the Stroke Clinic you will receive a follow up call from the Stroke Nurse Service. The nurse will check how you have been since attending the clinic, check that you are managing your medication, discuss your back to driving (where applicable) and answer any questions you have about your stroke /.TIA.

If you have any questions or anything that is worrying you then please get in touch with the Stroke Nurse on 01463 704086 or email: [linda.campbell8@nhs.scot](mailto:linda.campbell8@nhs.scot)

**If you think you are having a further Stroke or TIA please follow the FAST protocol:**

[](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fnews%2Frelaunch-of-the-act-fast-campaign-to-improve-stroke-outcomes&psig=AOvVaw3DV2zx8R5BaxdGwOi6q_vY&ust=1620735103359000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCJiBsvSKv_ACFQAAAAAdAAAAABAT)

**Where to get stroke information, support and advice**

**Stroke Specialist Nurse**

Linda Campbell

Tel: (01463) 704086

Email: linda.campbell8@nhs.scot

**Chest Heart and Stroke (CHSS) Advice Line**

Telephone: 0808 801 0899

Mon- Fri, 9.30- 4.30pm

**Stroke Association Advice Line**

Telephone: 0303 3033 100

Mon-Sat, 9.00 – 4.30pm (may vary on Sat)

**Carers Information**

**Stroke Specialist Nurse**

Linda Campbell

Tel: (01463) 704086

Email: [linda.campbell8@nhs.scot](mailto:linda.campbell8@nhs.scot)

Connecting Carers

Glen Orrin House,

High St,

Dingwall

IV15 9TF

Tel: 01463 723560

Mon-Fri , 9.00-4.00pm

**Useful Websites**

[http://www.Stroke4Carers.org](http://www.stroke4carers.org/) - this is for info for people who care for stroke and has some useful tips. Some of the video clips may not work as we are just updating some info

[www.Selfhelp4stroke](http://www.selfhelp4stroke/)- this is useful to work through and set goals

<https://www.stroke.org.uk/finding-support/my-stroke-guide->  this is a self help guide for stroke that also has a chat forum

[http://www.chss.org.uk](http://www.chss.org.uk/) - general stroke info

[http://www.stroke.org.uk](http://www.stroke.org.uk/)  - general stroke info