

## Aphasia Re-Connect



Aphasia Re-Connect is a charity working across London and the South-East to support adults with aphasia and other acquired communication disabilities. Aphasia affects around 1 in 3 people who have a stroke, and can also be caused by a brain injury, tumour, or infection. Everyone with aphasia is different, but people may find it hard to speak, follow conversations, read, understand numbers, and write.

Communication is so important to who we are, and aphasia can have a big impact on work, hobbies, and relationships. This can be really isolating; and for some people results in anxiety and depression.

Aphasia Re-Connect works to try and prevent this isolation, providing the following opportunities for people with aphasia to re-connect with life:

- Face-to-face groups meeting regularly: including the Bromley Group, which meets in the United Reform Church, Widmore Road, on the first and third Tuesdays of every month;
- Online (Zoom) groups meeting once a week to discuss a variety of topics including music, art, current affairs, and books;
- One-to-one phone or video-call support, pairing people up with a virtual “buddy” who can be a regular point of contact to check in and chat.



The values guiding this work are inclusion, participation and community: building a peer support network of people living with aphasia and other acquired communication disability to enable them to live life, discover opportunity, develop confidence, and find wellbeing and mutual engagement within the wider community.

*“Very good. Because I have made so many nice friends. Highlight of my week.”* – member with aphasia who attends one of the groups.

For more information, visit the Aphasia Re-Connect website <http://aphasiareconnect.org> or email [info@aphasiareconnect.org](mailto:info@aphasiareconnect.org)