

Stroke Information Live – Event Programme

Tuesday 22 September 2026

Our Speakers - in order of appearance



Louise Hornagold – Stroke Association Engagement Lead

Louise works with stroke survivors, families, health partners and communities across the East of England region to improve life after stroke support. She will host the event.



Jayesh (Jay) Godhanian – Stroke Survivor and Group Volunteer

Following strokes in 2021 and 2022, Jay has used his recovery journey to support and advocate for stroke survivors and their families. A former IT Manager, Jay is passionate about making sure lived experience is heard and is an active volunteer at Different Strokes for Different Folks Group. Jay will co-host the event.



Sarah Catchpole – Stroke Survivor and Physiotherapist

Following a major stroke at work four years ago, Sarah has now returned to a part-time role on the Stroke Ward at Addenbrookes Hospital. Through therapy, determination and the support of her family, she has managed to return to the activities she loves, including running and cycling.



Danielle Ramsey – Senior Lecturer in Physiotherapy

Danielle has experience in healthcare, education and research and is passionate about neurological rehabilitation. In 2026, with support from the Stroke Association, she developed a student-led exercise group for stroke survivors at University of Suffolk. Her PhD explores how universities can help meet unmet rehabilitation needs in stroke communities.



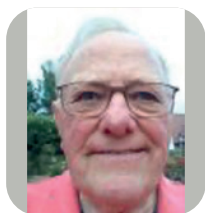
Emma Marx – Clinical Specialist Occupational Therapist

At Norfolk and Norwich University Hospital (NNUH) Emma has developed extensive experience in supporting patients with complex neurological and critical care needs to maximise their independence and recovery. Emma set up the Occupational Therapy Neurosciences Inpatient Art Rehabilitation Group in 2022.



Natalie Martinez – Senior Occupational Therapy Assistant

Natalie has worked in the Neurosciences team at NNUH for over two years and has regularly been involved with the Rehabilitation Art Group. Since joining NNUH in 2019, Natalie has worked across a variety of clinical specialties and disciplines, bringing a broad range of experience to her role.



Malcolm Birchall – Carer and Stroke Association Volunteer

Malcolm became part of the stroke community after his wife, Eileen, had two strokes that caused significant ongoing challenges. He is now the volunteer Treasurer for Second Chance Stroke Club in Bury St Edmunds.



Elaine Berry – Stroke Survivor and Group Lead

Elaine joined the Second Chance Stroke Club in 2021 after responding to a volunteer vacancy advert. She has since supported the group in several roles, progressing to the Group Lead in 2025.



Debbie Titmus – Carer and Group Lead

Debbie co-founded the Mid Norfolk Stroke Group with her cousin, Jane Lambert. She was inspired by her mother's life-changing stroke and lack of local support. Debbie has created a welcoming group that reduces isolation and brings people together.



Tracey Hughes – Stroke Association Engagement Officer

Tracey has worked with local communities and NHS systems for the past five years to strengthen support available for stroke survivors and their families. She has also supported the development of the Stroke Information Programme and is a strong advocate for raising awareness of stroke.



Elissa Manzi – Specialist Speech and Language Therapist

Elissa is passionate about supporting people with communication difficulties after stroke and lectures at the University of East Anglia (UEA) where she runs the University's Speech and Language Therapy Clinic. She founded the Norwich Aphasia Choir in 2024.



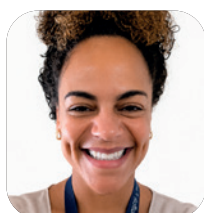
Alex Lang – Registered Dietitian

Since qualifying, Alex has gained extensive experience of stroke nutrition from working in acute stroke units in Bristol and London. He is now a Doctoral Researcher at Anglia Ruskin University, studying nutritional interventions after stroke. He is passionate about improving nutrition support for stroke survivors and carers.



Naresh Jhali – Stroke Association Engagement Officer

Having cared for his mother for five years after her stroke, Naresh understands the challenges faced by carers. He is committed to improving support for carers, whose vital contributions to recovery and everyday life after stroke are often overlooked.



Jessica Jones – Family Carer Adviser (Stroke Focused)

Jessica works for Suffolk Family Carers. In partnership with the NHS Stroke Early Supported Discharge Team in Suffolk, she supports family carers when acute care has ended.

Programme for the day

Time	Sessions
9.15 – 10.00am	Registration and exhibition
10.00 – 10.10am	Welcome and Introductions Warm welcome by Louise and Jay.
10.10 – 10.25am	The Importance of Rehabilitation Sarah will share how rehabilitation helped her regain independence, rebuild confidence and work towards her goals. She will explain why rehabilitation is an ongoing journey and outline four key stages of stroke recovery.
10.25 – 11.00am	University, Community and Recovery This session explores how exercise supports health, wellbeing and recovery after stroke. Danielle and Ethan will discuss a six-week student-led physiotherapy programme delivered by the University of Suffolk in partnership with the Stroke Association.
11.00 – 11.30am	Refreshments and exhibition

Time	Sessions
11.30 – 12.00pm	Recovery Through Creativity Emma and Natalie will share their motivation behind creating an art rehabilitation group. They will showcase some of the artwork and invite you to take part in an interactive activity exploring recovery after stroke and what creativity can mean to individuals.
12.00 – 12.30pm	The Power of Groups Elaine, Malcolm and Debbie will share their experiences of volunteering with local stroke groups and why peer support is so important. Tracey will explain how groups can be formed and how the Stroke Association can offer support.
12.30 – 1.30pm	Lunch
1.30 – 1.45pm	Post-Lunch Energiser A short, uplifting session to refresh and recharge after lunch, including some helpful ideas to keep you physically active.
1.45 – 2.00pm	Living Well with Post-Stroke Aphasia Elissa will outline local support services for people living with aphasia across Norfolk and Suffolk.
2.00 – 2.30pm	Nutrition for Recovery and Wellbeing Nutrition plays an important role in stroke recovery, rehabilitation and reducing the risk of another stroke. In this session, Alex will offer practical guidance on eating and drinking well for survivors and carers.
2.30 – 3.00pm	Refreshments and exhibition
3.00 – 3.45pm	Caring, Coping and Connecting Naresh and Jessica are joined by carers: Sarah, Sue, Sonal, Peter and Malcolm, for a session that recognises and explores the vital role carers play in stroke recovery. Through open conversation, they will share lived experience, practical insights and lessons learned, offering encouragement and support to others on a similar journey.
3.45 – 4.00pm	Closing Remarks Final comments from Louise and Jay.
4.00pm	Depart