

**Have you or a family member experienced a stroke?**

We are currently looking for individuals who live in the **North East Essex** area who have any lived experience in relation to a stroke and have accessed services within the last 12/18 months.

We want to collect individuals/carers/families’ stories around their stroke experience and collate them to produce a report to share with the local service providers. This will highlight any issues and share good practice and effect any positive change which may be needed.

If you would like to **share your experience** with us, then please contact:

**Healthwatch Essex** Information Service on

**0300 500 1895**

(leave your details and we will call you back)

or email us at [info@healthwatchessex.org.uk](mailto:info@healthwatchessex.org.uk) 