

# Health, Wellbeing and Local Government Committee

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## Committee Inquiry into Stroke services in Wales – Written evidence from E F. Gardner

Dear Sirs & all Members,

I had my stroke (Left side) 5 years ago. Not good. When I went to Heath 4 days on trolley. Then they found me a bed. The female was lovely male not so helpful. After a month I went to Glossop Terrace Stroke Unit under Dr Shetty, it was wonderful! So much help. We need more places like that. Aftercare was good for a while physio etc very hard work. I regained use after a fashion in arm & leg. When I had a carer to take me out, "Helping Hand". After a year I was taken to the Jane Hodge unit in Cowbridge. I was taken once a week, it was wonderful in pool & Jacuzzi; it helped me move better as water was hot, if only there was a place nearer. A lot of Dr's and people don't realise the effects a stroke has on an active person. It must be terrible for a younger person. We definitely need more units with experience staff, a lot of caring nurses etc. Doctors should be taught recognise strokes earlier. And clot busting treatment available 24 hours a day 7 days a week. I don't speak well enough to give oral evidence. I'm sorry. Hope services will improve as soon as possible.

Sincerely,

E F. Gardner