

WHAT IS APHASIA?

Aphasia is a **communication disability** caused by **brain damage**, usually after a **stroke** or **head injury**.

Aphasia is **different** for **each person**.

Aphasia can make it difficult to understand and use language and numbers. It does **not affect** a **person's intelligence**.

"There is a huge gap between leaving hospital and learning to lead a 'normal' life again. I couldn't have done it without Say Aphasia"

ABOUT THE CHARITY

Say Aphasia **work alongside people** with **aphasia** and their **families** to **assist with communication** and rebuild **confidence** and quality of life.

People with aphasia are **involved** in **everything** we do.

They are trustees, peer leaders and volunteers.

Our **mission** is to **improve** the **lives** of people living with **aphasia** by helping them to **re-engage** with life.

"Attending the group stopped isolation and I am now able to socialise"



DROP-IN GROUPS

What happens at a drop in group?

Sessions are **led** by **people** with **aphasia** and are supported by **trained volunteers**.

You can **meet others** living with aphasia over a coffee or tea, and exchanged aphasia life hacks and stories, and meet people who **understand**.

You can suggest ideas for activities you may want to take part in at the group.

How many people will be there?

The number will vary each time, but from **5 to 35!**

Do I have to stay for the whole duration?

No, drop-in is **informal** and you stay as long as you wish. There is **no commitment** to attend every time either.

Can I refer people to drop-in?

Yes, please get in touch using the details on the reverse of this leaflet.

Can I bring my carer, friends or family members to drop in?
Yes!

Do I need to pay?

No. All of Say Aphasia activities are free to attend, but as a charity we always welcome donations.