

InterAct Stroke Support

Registered Charity No 1080046

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About InterAct

InterAct is an award winning charity dedicated to supporting stroke recovery through reading and storytelling. InterAct employs a team of professional actors to deliver a rich variety of reading material that is selected to suit the needs of each stroke patient.

Our approach can help stimulate memory, engage language, and lift spirits - ultimately alleviating symptoms of post stroke depression which can slow or even arrest recovery.



Why Actors?

Actors have the stamina to sustain long periods of reading and have the physical and vocal dexterity to stimulate the imagination and bring stories to life in a busy hospital environment.



In 2023 we read to

2,876

stroke survivors in the U.K. across:

20

hospitals

29

stroke clubs

399

remote sessions

Hospital / Stroke Club Sessions

These sessions are delivered in person. Each hospital session lasts two hours during which time an actor will work with four to five patients one on one. Actors are equipped with a reading manual that includes over 500 pages of stories, poems, and jokes divided by genre to suit a wide variety of tastes. InterAct delivers two hospital sessions per week in most of our hospitals. At stroke clubs, our actors work with groups of three to 25 stroke survivors and can deliver anything from group readings and quizzes to longer term projects such as developing stroke survivors' own stories.



slide to answer

InterAct at Home

InterAct at Home is our remote service. Stroke survivors self refer via our [website](#) and InterAct actors deliver 30 minute sessions (or 60 minutes if you are part of a group booking) virtually, either by phone or video-call. As in hospitals, actors will engage with stroke survivors throughout each session, reading a variety of material from the InterAct reading manual. The service is free of charge up to twice a week.

Safeguarding

We ensure that all of our actors are DBS checked and undergo stroke training with our experienced training team before any reading sessions are undertaken. All our actors, whether they are delivering remote or in-person sessions, must agree to our Codes of Practice. If actors are delivering in person sessions, they will also be expected to adhere to codes of conduct specific to each hospital or stroke club they work in.