

Stroke Information Live

Join us for a day of **information**,
inspiration and **connection**

Who is this event for?

- Stroke survivors.
- Carers and family members.
- People and organisations who support stroke survivors.
- Whether your stroke was recent or many years ago, we hope you can join us.

What to expect

- Practical advice about life after stroke.
- Stroke survivor stories.
- Emotional wellbeing and recovery support.
- Expert speakers.
- Local services and support.
- Time to ask questions and connect with others.



When: Tuesday 22 September 2026, 10am – 3.30pm

(Registration open at 9.15am)

Where: Norfolk County Showground, Dereham Road, NR5 0TT



Fully accessible venue with accessible toilets

If you have specific access needs, please let us know when booking.

Places are limited – early booking is recommended.

To book your free place please **scan the QR code** or visit the
registration link **www.stroke.org.uk/strokeinformationlive**

