

## SAFE Regional Meeting in Krakow

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The fourth and final SAFE Regional Meeting of 2016 was held in Krakow, Poland beginning of July.

This meeting gathered SAFE delegates from East Europe, with 18 participants from Poland, Ukraine, Belarus, Georgia, Moldova and SAFE's international team. Most of the delegates were health care professionals from the fields of neurology, speech therapy, and even surgery.



The meeting was also attended by the Boehringer Ingelheim representatives, SAFE's sponsor of all four Regional Meetings held this year.

Once again the main topics of this meeting was self-management of stroke, stroke clubs and supporting supporters and volunteers in SAFE member's countries, with special focus on SAFE's activities during 2016.

Polish and Ukrainian representatives provided insight into overall stroke data in their countries, along with special activities conducted by their stroke support organisations.

Delegates from Belarus, Moldova and Georgia shared with the plenum their results from last year, along with immediate plans for the next one. The World Stroke Day activities were important parts of their presentations.

Ms Sarah Belson, WSO International Development Officer, gave a presentation on organising stroke support organisations, from what they are to how to set up one. „Don't underestimate the amount of time it takes, research and paperwork and discussion of priority needs, talking to others to gain their experience, tension between time and commitment. Never think we don't need help and advice, because it is vital to share experiences and challenges“ she said.

At the end of the meeting, Jon Barrick shared a success story from Stroke Association UK related to digital self-management of stroke, called [„My stroke Guide“](#)