



Stroke
association



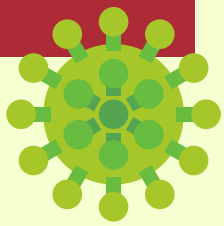
SUPERB

adjustment with aphasia after stroke

Online Peer Befriending



Due to COVID-19 we tested
peer befriending online
July - October 2020



4

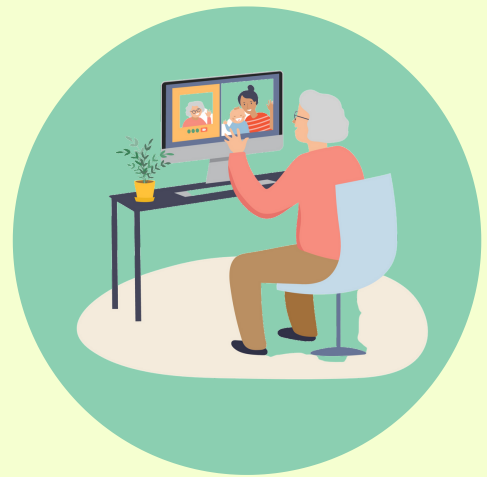
peer befrienders with aphasia

5

online visits each to...

4

people with aphasia



Peer befrienders



5

online training sessions
(4-5 h total)

4

online fortnightly group
supervision sessions

Benefits for people with aphasia

Positive effects on **mood**

Helps combat **loneliness** and **boredom**

Social connection

all about
hope

a lifeline

It can be done!

a fantastic way of
communicating, a godsend

zoom saved
me from
depression

www.blogs.city.ac.uk/SUPERB