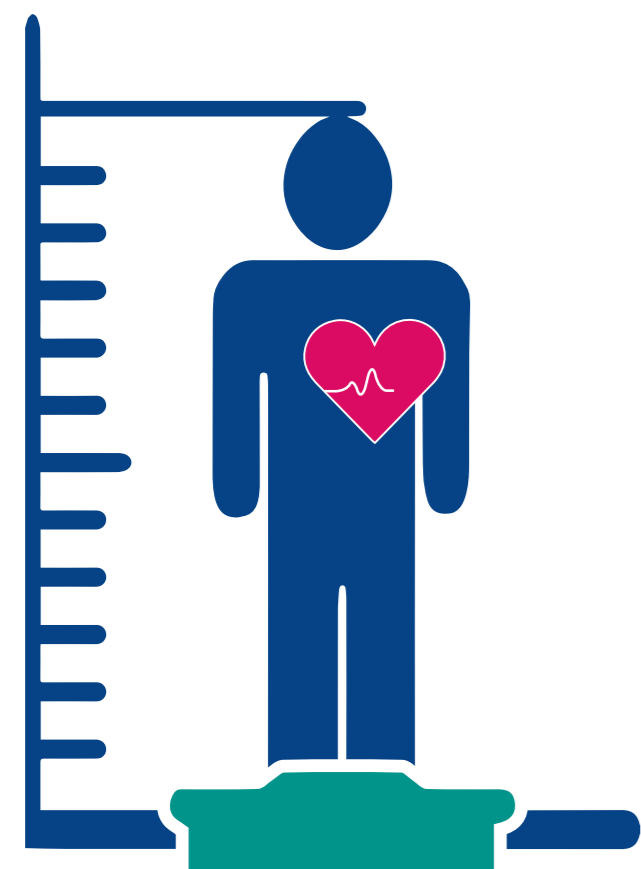


J Teece¹



INTRODUCTION

Chest Heart and Stroke Scotland's new Health Defence project works in partnership with the local community in Drumchapel, Glasgow, aiming to reduce health inequalities and raise awareness and reduce risk factors for our conditions



METHODOLOGY

Free and accessible health checks, covering areas such as blood pressure, weight, waist circumference, physical activity, wellbeing, isolation and loneliness are offered from the Chest Heart and Stroke Community Hub.

A team of volunteers then work with individuals to support their behaviour change and advice and support is tailored to the individual using a 'health passport'.

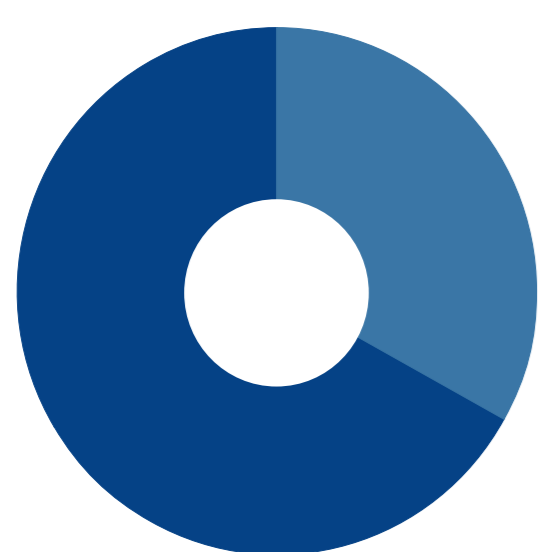


RESULTS & ANALYSIS



The **CHSS Drumchapel Hub** was opened in 2018, combining traditional charity retail with free to use community space and a café with free tea and coffee. Through the Hub we now work with over **30 organisations** in the Drumchapel area, have built a team of volunteers to help run the Hub, and we have successfully rooted ourselves in the community.

During the first 8 weeks of Health Defence, **over 100 health checks have been carried out** by our Health Defence Co-ordinator and a weekly



Health walk has been established from the Hub. Approximately **2/3** were outreach from the Hub and **1/3** were within the Hub and community events.

Partnership and collaboration continues with the health walk being run in partnership with the Alliance Link Worker and supported strategically by Paths For All.



DISCUSSION



CHSS is focusing on those areas where health inequalities are most stark, and where we can work with people to make the most difference.

CHSS has worked collaboratively with NHS partners, local authorities and other 3rd sector organisations to raise awareness and support the prevention of chest, heart and stroke conditions. CHSS is aiming to support the right to health.

We plan to continue to collect outcomes on risk factors for reading cardiovascular risk and respect monthly on these.



Our Partners

- Alliance Community Link Workers** Lorna Robertson, Margaret-Ann Prentice
- Thriving Places** Ted Scanlon
- COPE** Hilda Campbell
- AXIS Health Hub** Sandra McDowall
- Paths For All** Nicole Bell
- CHSS Volunteers** Retail Hub Engagement Officer; Tracey Groom
- Local Councillors** Elspeth Kerr
- Glasgow Life** Heather McLeod, Malcolm Balfour

