



**Chest Heart &
Stroke Scotland**

All the bits you need to know...

1. Who we are, what we do and why we do it.
2. A little bit more about our services and how we can help you.
3. Resources, resources, resources.
4. Any questions? Fire away!

NO LIFE HALF LIVED
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Who we are?

We are Scotland's largest health charity working to help people with chest, heart, stroke and long covid conditions live life to the full.

Over
600,000 people through our
services across Scotland

What do we do?



Retail



Fundraising



Policy & Communications



Services



Education



Volunteering

Why we do it...

- More people than ever before are living with chest, heart and stroke conditions.
- Right now, One in Five of Scotland's population is living with a chest, heart or stroke condition and Long Covid.
- Every day in Scotland...
- **41 people** will have a **stroke**
- **32 people** will have a **heart attack**
- **16 people** will be diagnosed with **heart failure**
- **15 people** will struggle to breathe because of **chronic chest illness**



Reasons Why? Our Families, Friends, & Communities



1 in 5

people in Scotland live with one or more of our conditions. If you are not directly affected yourself, you will know someone living with a chest, heart or stroke condition or Long Covid

477,000

people in Scotland are living with asthma or COPD



300,000

are living with coronary heart disease



136,000

people are living with the impact of a stroke



46,000

are living with heart failure



55,000

people are living with undiagnosed atrial fibrillation, a leading cause of stroke and one of the most common forms of abnormal heart rhythm

180,000

people are living with Long Covid



2 in 3

people living with COPD are undiagnosed or have an incorrect diagnosis



Almost

1 in 3

have hypertension – high blood pressure – increasing their risk of heart attack, stroke and heart failure

2023

- We launched our new 5-year strategy and the latest iteration of our No Life Half Lived mission.
- Alongside this, we produced our NLHL: 1 in 5 Report, looking to gain insight from those living with our conditions.



NLHL – 1 in 5: Key Stats

More than half of people in Scotland with our conditions do not get referred for the rehabilitation they should receive as set out in national standards and guidelines. This means that over half a million people are not getting the right support and are not accessing the first step in supported self management.



1886

people from across Scotland living with our conditions told us what matters to them

Only **45%**



of people with our conditions get referred to rehab

More than **2 in 5** people with our conditions say their condition **impacts their mental wellbeing**



47% of people with our conditions say there was **support** that they needed but they couldn't access it



1 in 5

people said their health condition affects their **financial position**



1 in 3

people are living with **more than one** of our conditions



PEOPLE SUPPORTED BY CHSS RATED THEIR HEALTH AND WELLBEING GREATER THAN THOSE WHO DIDN'T GET CHSS SUPPORT

Why we do it... our mission

Every person with our conditions should have access to **quality supported self-management and community recovery.**

We will deliver an approach to this that is designed by people with our conditions and puts what **matters to them at the heart of everything we do.**

We will work to develop the partnerships that will enable this to be available across Scotland.

WHOEVER YOU ARE, WHEREVER YOU ARE

Over the next 5 years, we will work to:

measure



Develop a robust measure of who can access quality supported self management and recovery. Close the gap.

campaign



Campaign to ensure the right to rehab so that the first step in the self management journey is in place.

reach



Increase our reach and support so that 150,000 people a year have access to our Community Healthcare Support Service.

tailor



Co-produce our services so they are people-led. Enable personalisation so each person has control over their recovery journey.

connect



Build stronger connections with our partners and stakeholders to help inform and deliver our work.

Our Community Healthcare Support Service model is summarised to the left, setting out the key stages of the supported self management and community recovery journey. It is important to note that the model recognises and supports:

- self management in each key stage – we know that people with our conditions spend more than 90% of their time managing their condition outwith formal healthcare services
- individuals can move between phases as needed
- volunteers can contribute to all phases of the pathway
- carers can access each phase of the model, as well as those living with our conditions.

People affected by these conditions need and want practical advice, information and support throughout their recovery journey.

Our framework of support can be accessed at any time from acute health event or diagnosis of long-term health condition throughout recovery to long-term management of their condition. Some people might come in and out of the services when they need them.

Campaigning



**THROMBECTOMY
FOR ALL**



Long Covid Care Now



Think FAST



FACE - Can the person smile, does one side of their face droop?



ARM - Can they lift both arms? Is one weak?



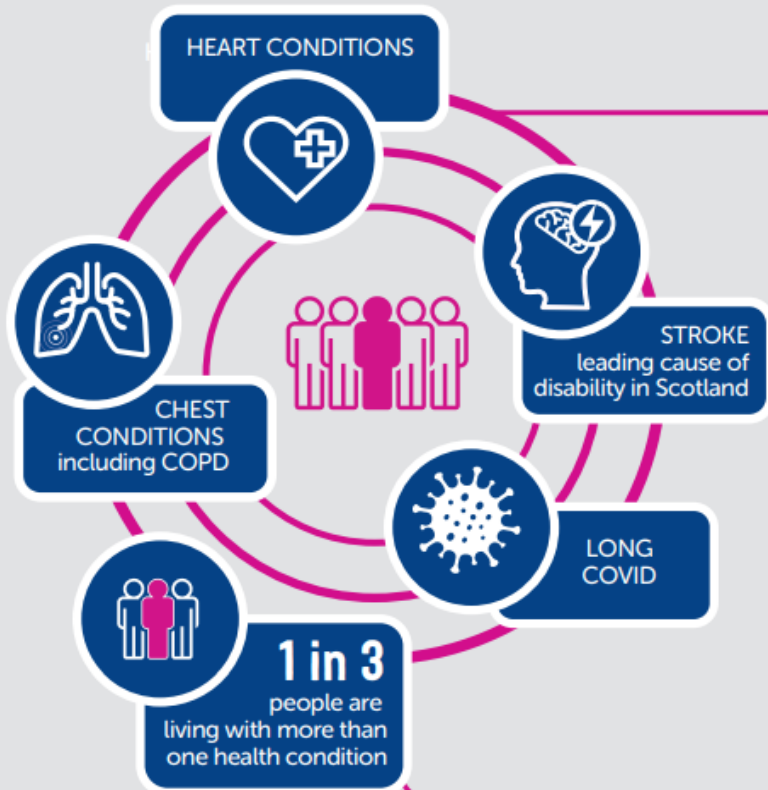
SPEECH - Is their speech slurred or muddled?



TIME - If **ANY ONE** of these symptoms are present, call 999.

Community Healthcare Support Service

One in five people in Scotland are affected by chest, heart and stroke conditions and Long Covid.



Our Community Healthcare Support Service is there to:

PREHAB / PREVENTION

- Improve knowledge of risk factors, identify early signs and symptoms, and tackle health inequalities to help individuals and communities in Scotland live healthier lives.



ACUTE EVENT/ DIAGNOSIS

- Provide immediate support and advice at point of acute event or early diagnosis.
- Understand what matters to you and your recovery.
- Access to education for healthcare teams and people with our conditions.



AT HOME & IN YOUR COMMUNITY

- Provide access to quality supported self management and community recovery at home so no one has to feel isolated and alone.
 - 8 week supported self management course.
 - Module on managing your condition with optional activities.
 - A tailored, personalised approach to support recovery including peer and volunteer led support.
- Everyone develops the ability to live well and with confidence.



GROW THE CHAIN OF SUPPORT

- People can support each other by providing social, emotional and practical support.
- Working with our volunteers to help extend awareness of our conditions and our reach.
- Work with research partners to close the implementation gap.



- **Community Support:**

Get one-to-one support from our Community Support team, giving you the physical and emotional help you need to recover well at home.

- **Stroke Nurses:**

Our dedicated stroke nurses are here to help you every step of the way as you return home from hospital after a stroke.





This is the gateway to **ALL CHSS services** available in your area.

No problem is too big or too small. Whatever your question or concern, we're here to help. From finding support after a diagnosis to managing your condition well and living life to the full, our Advice Line practitioners are here to support you every step of the way.

**ADVICE
LINE**

0808 801 0899

advice@chss.org.uk



You can download PDF versions of our booklets and guides, or just use our online order form to order a printed copy of any of the resources listed on this page – it's free of charge in Scotland!

Our easy-to-read guides will help you understand your condition, manage your symptoms and live well at home.

We also have resources in various languages available.

RESOURCES HUB

Download and order a range of resources to help you manage your condition



Comprehensive information regarding all of our related conditions.

These pages can be a great resource to send to service users, or for self-education purposes.

Whether you're newly diagnosed or have been living with a chest, heart or stroke condition for years, we're here to help you get the support you need to manage your condition well.

From online health information to community support services, we have a wide range of resources and services.

SUPPORT FOR YOU

Get the help you need to live life to the full



Our HD services are currently available in Maryhill as well as outreach across Glasgow.

HD will soon be available in Tayside.

Our Health Defence team is here to help you make positive changes to your health – starting today!

We offer a range of services, from free health checks to specialist physical activity support, to help you live life to the full.

HEALTH DEFENCE SCOTLAND

Helping you live a healthier life



Online classes covering strength & balance, n person classes at Maryhill, including additional FUNctional Fitness circuit.

All supported and led by service users goals & capabilities

People who do regular physical activity can reduce their risk of heart disease and stroke by up to 35% and it can help with managing the impact of chest, heart, stroke and Long Covid conditions, so it's really important to stay active.

**PHYSICAL
ACTIVITY**



Referrals to Kindness can be self or by anyone who supports the service user.

The referral is linked in the Resource slide, but you can also contact via kindness.enquiries@chss.org.uk

Our Kindness Volunteers are here to support you.

If you – or someone you know – are feeling lonely or isolated, we're here for you, to provide regular Kindness Calls, offering a chat and a friendly listening ear.

WE'RE HERE TO HELP

If you – or someone you know – needs help, we're here for you.



There are over 100+ affiliated Peer Support Groups across Scotland, offering support, social interaction and more from those who are living with our conditions.

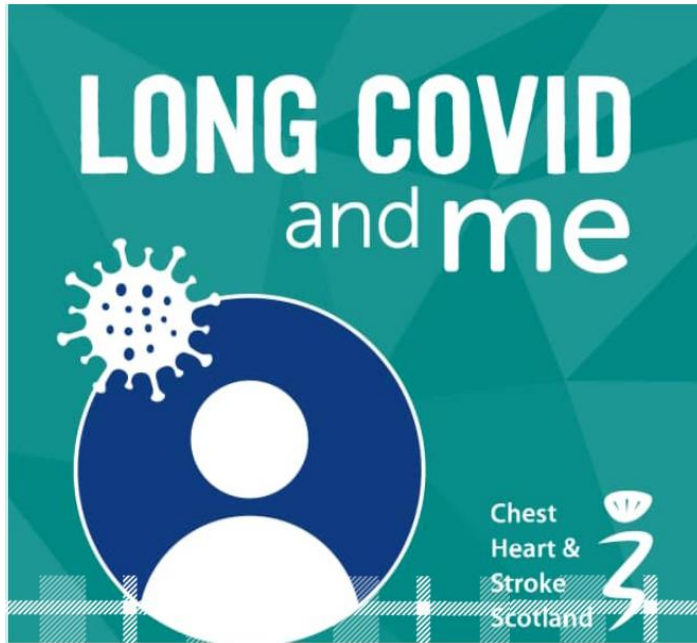
Find a local group via the link on the Resources slide

Each group offers their own programme of activities, with everything from gentle exercise sessions to coffee mornings.

Many stroke survivors or people living with long-term chest or heart conditions find it really helpful to connect with people who have had similar experiences.

PEER SUPPORT GROUPS

Find your local chest, heart or stroke support group



The Long Covid & Me limited podcast series was released from 21 March 2023 through 17 May 2023, with eight 20-30 minute episodes released on Wednesday mornings.

The next series will be on women's health.

Paula Leask and Dr. Amy Small tackle a range of symptoms, concerns, and management techniques reported by people with Long Covid in this short-run podcast from Chest Heart and Stroke Scotland. Each episode, Paula and Amy will chat with a new guest about their experiences, helping to build up a better picture of life with Long Covid in Scotland.

LONG COVID & ME PODCAST

Latest episode



At Chest Heart & Stroke Scotland, we believe that sharing knowledge and experience is key to ensuring that people living with our conditions get the best care possible.

Our programme of education provides a high-quality learning experience for professionals from the health, social care, third and voluntary sectors using a blended learning approach, utilising a range of educational formats and digital resources to provide both functional and flexible learning opportunities.

Many of our learning and educational resources have optional assessments that provide certificatory documentation of learning.

CHEST HEART & STROKE SCOTLAND EDUCATION

Training and education resources for
healthcare professionals

Local Education

In partnership with local NHS Boards, deliver local stroke training programmes aimed at healthcare professionals and social care staff.

We currently have a Stroke Educator in NHS Fife and NHS Grampian.

A variety of training courses are available which range from introductory level to advanced and give access to the training required to meet the National Stroke Education Pathway. Stroke and TIA Assessment Training (STAT) is also delivered within the local areas.



SKILLS
ACTION
KNOWLEDGE
CONFIDENCE

National Education

National stroke training to healthcare professionals across Scotland

Current focus on Thrombectomy education to registered stroke nurses in Scottish NHS health boards.

Link Up & Learn virtual sessions for any healthcare professionals involved or interested in stroke care.



Working in partnership with Walking Football Scotland, we want to encourage more people to get involved with the game and keep active as well as providing support to people to live healthier lives.

Walking football is exactly what it sounds like, it's a game of football where the players walk instead of run. It's designed to help people get fit or stay active no matter their age or fitness. The beautiful game also offers social benefits as players get the chance to meet new people and play together as part of a team.

WALKING FOOTBALL

The power of partnerships







JOIN OUR VOLUNTEERS

Give the gift of your time

RETAIL VOLUNTEERS

FUNDRAISING VOLUNTEERS

SERVICES VOLUNTEERS

**PEER SUPPORT GROUP
VOLUNTEERS**

From fundraising to retail, we offer a wide variety of volunteering roles across Scotland to suit everyone. Whether you're leaving school and looking to gain work experience, are retired and want to give back to your local community, or are somewhere in between, we'd love to have you on our volunteering team!



Resources

- [Right To Rehab](#)
 - [Resources Hub](#)
 - [Health Information](#)
 - [Kindness](#)
 - [Peer Support](#)
 - [Health Defence](#)
 - [Physical Activity](#)
 - [Patient & Carer Info](#)
 - [Healthcare Training](#)
- [Walking Football](#)
 - [Services Referral](#)
 - [Volunteering](#)
 - [Fundraising](#)

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ADVICE LINE

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