

YOU'RE HELPING PEOPLE DO MORE THAN JUST SURVIVE

IMPACT REPORT 2021/22



YOU'RE MAKING SURE NO ONE HAS TO RECOVER ALONE

You have
supported over
13,000



people through our
**Advice Line, stroke
nurses and community
support teams**

You have helped
us to reach over
600,000

people this year
through **all of our
service activities**





Working on an innovative new digital care pathway for **Long Covid with NHS Lothian**

The **Long Covid Support Service** has taken a total of

1498

calls since launch



YOU GAVE JOHN SOMEONE TO TALK TO WHEN HE NEEDED IT MOST

John had a heart attack in April last year while on a bike ride with a friend. He was admitted to hospital twice where first one stent was fitted, then a second but still continued to suffer unexplained chest pain. He didn't know where to turn for help until he called the Advice Line at Chest Heart & Stroke Scotland.

“What CHSS has done for me has been absolutely massive. It’s been incredible. Lifesaving is the word coming into my head, and it sounds over-dramatic, but CHSS has been so vital to my recovery. It’s not just me who they have helped but it’s helped my whole family to recover too.”

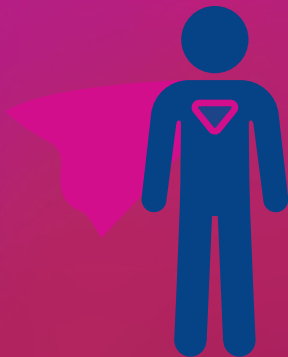
John



YOU ARE FUNDRAISING HEROES

The generosity and
kindness of our
**supporters and
funders** raised over

£1.2M



£3.2M

in legacies



Our popular **Beast Races**
in **Banchory & Inverness**
raised over

£40K



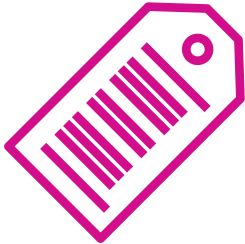
and the **Kiltwalks**
brought in over

£50K



Thanks to everyone who
**donated goods or bought
from us** this year, our retail
team generated income
of over

£4.5M



£595K

from the selling
of **Christmas cards,**
every day cards & gifts



Thanks

DM HALL
COMMITTED TO EXCELLENCE

Davidsons
CHEMISTS

 **The Northwood**
Charitable Trust

paths
for all

PF Charitable Trust

Thanks to all our corporate supporters who have remained committed to helping people in need this year: DM Hall, Davidson's Chemists, PF Charitable Trust, Northwood Charitable Trust and Paths for All.



YOU HELPED TOM AND KAREN FIND FRIENDSHIP AND SUPPORT

Tom had a stroke in 2019 and he and his wife, Karen, were told he might be locked in forever by the effects of stroke.

"It was terrifying to think I wouldn't be able to move, speak or communicate in any way at all. I have never been so scared, but thankfully I am not locked in and I've had the support of Chest Heart & Stroke Scotland to help me in my recovery. It is hard to put into words just how much Chest Heart & Stroke Scotland has come to mean to me and Karen. It is so very special. From the moment I was discharged from hospital, Lucy from Chest Heart & Stroke Scotland has been there for me and for Karen."

Tom



YOU HELPED US RAISE AWARENESS

Scottish party leaders
support the extension
of our Hospital to Home
services across Scotland



115M Total press
readership
reach

1516 local, national
and digital
press coverage



**VOLUNTEERS
ARE AT THE
HEART OF
WHAT WE DO**



Around

£2M

the **value our
volunteers bring**
to our organisation

VOLUNTEERS ARE AT THE HEART OF WHAT WE DO

Our amazing volunteer Tom has been volunteering with us for five years and has a number of different roles where he helps people live their lives to the full. Having suffered two serious head injuries, Tom knows how crucial it is to have support in recovery. So, when he took early retirement from his air traffic control role, Tom knew exactly what he was going to do – become a volunteer for Chest Heart & Stroke Scotland. Tom's roles include driving service users to group meetings; shopping for a woman shielding during Covid-19; helping staff on an online support group; and making Kindness Calls to vulnerable people.

“For me, it’s not about what I get out of volunteering but what I can give that is important. I see the improvement in people from the first time I get to know them and can see their progress as they recover from a stroke. It’s so rewarding to see someone get some of their independence back, even if it’s only a little bit.”

Tom



NO LIFE HALF LIVED

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Everyone has the right to live life to the full.

After a diagnosis of a chest or heart condition or a stroke, many people experience fear and isolation and struggle with the impact on their lives.

But you are helping to change that.

The care and support you help us to deliver every day ensures everyone in Scotland can live the life they want to.



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www.chss.org.uk