

Update



Volume 29 2011



Family matters

Dan runs for CHSS on the road to recovery

Candidates get the message on health

AS UPDATE was going to press, the country was going to the polls to vote for the Scottish Parliament – the fourth round of elections since the Parliament was established in 1999.

In the run-up to the election, we produced a CHSS Manifesto to send out to candidates of all the mainstream parties throughout Scotland.



In terms of funding, Health is the most significant area devolved to Holyrood. It accounts for 42% of total Scottish Government spending – nearly £2,300 for every man, woman and child in the country.

That's why we felt it was vital to make sure all of the candidates were fully aware of the issues affecting Scotland's health – particularly, from our point of view, those affecting people with chest, heart or stroke illness.

The strictly non-party political Manifesto summarises what CHSS would like to see achieved in the health field over the lifetime of the new Parliament. It also includes figures for each constituency on the number of people affected by chest, heart and stroke illness, and the provision of CHSS services.

The main priorities we identify are:

- To protect Health Service investment
- To ensure that resources are there to support innovation
- To maintain funding for post-discharge support services
- To support the role of volunteers
- To support people back to work

- To maintain Keep Well and similar programmes
- To give patients a greater voice
- To extend Scotland's successful tobacco control measures
- To improve both health education and physical activity in schools
- To maintain support for medical research.

If you'd like a copy, please contact CHSS Head Office in Edinburgh.



**David Clark,
Chief Executive**



The CHSS Head Office team pictured after their move to new headquarters in Haymarket, Edinburgh.

COVER PICTURE: HEART patient Dan Clarke, pictured with his wife Rebecca and their children, has had more than his share of health problems in recent years but he's determined to put something back by running the Balmoral 10K to raise funds for CHSS. Rebecca is a doctor specialising in stroke – she's running too and will keep a close eye on him. Read more on page 11 of this issue.

Read all about it – a passion for words

SPANNING the generations – and an occasional ocean – World Book Night brought together an elderly Scottish heart patient and a young Mexican doctor through their shared love of literature.

In his free time, David Maldonado-Perez volunteers for the CHSS Heart Failure Support befriending service – that's the free time he has from his role as a postdoctoral scientist with the Jennifer Brown Research Laboratory, based at the Queen's Medical Research Institute, University of Edinburgh.

David was particularly keen to join the befriending service because of the differences he noticed between here and his native Mexico. "People often find themselves very isolated compared to Mexican society. Over there the structure of the family tends to protect their elderly people. It's very different for someone in their old age to find themselves on their own."

It was through the befriending service that he met 89-year-old Leslie Saunders at a CHSS sponsored book bonanza to celebrate World Book Night – and the two of them appeared on a BBC

Scotland news programme covering the evening.

The main event gave clients, their families and volunteers the chance to meet and receive books donated through the Book Night initiative.

Guest of honour at the gathering, held in the new CHSS headquarters in Edinburgh, was Nick Bailey, director of the Edinburgh International Book Festival.

Clients who were not mobile enough to attend the event did not miss out; they received their books at home from David Maldonado-Perez and the Lead Coordinator of the charity's Heart Failure Support Service (HFSS), Sandra Brown.

David gave him a copy of a novel by leading Latin American author Gabriel Garcia Marquez and Leslie had a collection of his own poems to give to David.



David Maldonado-Perez, volunteer with the CHSS Heart Failure Support Service, delivers a World Book Night book to Mr Leslie Saunders. Mr Saunders has been an avid reader all his life (he is 89).

Sandra Brown explained: "We're delighted to be participating in World Book Night in such an imaginative way.

"The fact that this whole event resulted from the initiative of one of our volunteers shows how powerful volunteering can be in terms of social cohesion and we're sure that it will bring lasting benefit to clients of our service."

Volunteers – we couldn't do it without you

A VERY special band of people – an apt description for the 'local heroes' who regularly give up their free time to volunteer for CHSS.

They will be among the many thousands of volunteers from all sorts of organisations to be celebrated in National Volunteers Week from 1-7 June 2011, which is also European Year of Volunteering. In 2010 CHSS had more than 1100 volunteers who



gave more than 119,000 hours of their time to support our services.

CHSS will be making its contributions to events being held

nationwide to highlight volunteers and what they do.

Volunteer recruitment events, awards ceremonies and new campaign launches will be among the hundreds of activities going on.

There is little doubt that CHSS would have difficulty functioning as well as it does without its dedicated army of drivers, stroke group helpers, home visitors, charity shop workers, fundraisers and many more.

FAST work as campaigns roll-out around Scotland



A MUSSELBURGH stroke patient who went on to win gold medals in veterans' athletics championships has helped launch the Lothian campaign to recognise a stroke – and to act FAST.

Never having smoked and having

kept himself fit, retired biology teacher Bill Gentleman was shocked to discover he was having a stroke – just as he prepared to go for a training session!

Now fit again and back winning medals, he joined the Scottish Health Secretary Nicola Sturgeon MSP, representatives of CHSS, NHS Lothian's Managed Clinical Network (MCN) for Stroke and the Scottish Ambulance Service (SAS) to kick off an advertising campaign for FAST.

Ambulances wrapped in the FAST campaign message were seen throughout Edinburgh and Lothian.



The FAST roll-out gathered pace with the launch of the Fife FAST campaign in March with (from left): Rhona Martin, West Fife Nurse, Jane Chalmers, Lead Stroke Nurse, Joanne Graham, Stroke Training Co-ordinator, and Margo Martin, North-East Fife Nurse. The Dumfries and Galloway launch is scheduled for early May.

The **FAST** campaign encourages people to “Think Fast and save a life” – **FAST** standing for **F**acial weakness, **A**rm weakness, **S**peech problems, **T**ime to call 999.

In the News

HER training helped alert Ayrshire nurse Wendy Kerr (right) that she was having a stroke and needed medical help – FAST!



After her mother called 999, 41-year-old Wendy had a scan within the necessary three-hour window and was thrombolysed when a clot blocking a vital blood vessel in her brain was discovered.

Having received the right treatment and made a full recovery, Wendy spread the FAST message when she appeared on STV's topical 'The Hour' programme along with Dr Debbie Wake.

Ayrshire launch

AYRSHIRE musician and WestSound Radio DJ Tommy Truesdale joined patients, carers, staff and even the Bard himself at the new Burns Birthplace Museum to launch the latest roll-out of our FAST campaign in Ayrshire earlier this month. Our Ayrshire VSS Service helped develop the campaign and distributed information to libraries and community centres.



MODERN-day Ayrshire Ploughman Hugh McNeillie (above) has given us a FAST Poem in the local style:

*“When suddenly they cannae smile,
their mooth an’ ee hae droopit,
Their airms alas aboon their heid they
can nae mair achieve it,
For them tae speak is nae mair guid,
Tae unerstaun is worse still,
Be FAST ma frein, pick up yer phone,
maist likes they’ll later thank ye.”*



Chest Heart & Stroke Scotland

Scotland Steps Out again in 2010

THE Step Out For Scotland campaign was at the heart of the 2010 Awareness Week with events going on all around Scotland.

The overall aim is to encourage people to be more active and the week's events focused on demonstrating different ways to do just that.

Kick-starting the week was the Dee Don Walkathon in Aberdeen

when 102 participants, some in fancy dress, strode out for a five-mile walk along the promenade, led by local footballing celebrity Joe Harper. It was all worthwhile, too, as the event raised more than £3,000.

Health walks from all of the CHSS shops again proved very popular. Balloons, sashes and placards were issued to staff, volunteers and supporters spreading the message about how easy it is to

include exercise in your daily routine. The shops added to the message by running a special "Buy One Get One Half Price" promotion throughout the week.

Awareness Week's grand finale took the form of the Cairngorm Charmer, a 'charming' 12-mile relay event held in the spectacular setting of the Cairngorm National Park. This too raised a fantastic £3,000 for the charity.

RESEARCH

Research on the merits of keeping a cool head

GROUND-BREAKING work on the effects of cooling the brain in patients who have had a stroke is one of the innovative projects to receive research funding from CHSS in 2011.

Cooling down body temperature as a way of raising survival chances for cardiac arrest patients has already had financial backing from CHSS.

Now Scottish doctors are leading a Europe-wide trial to induce hypothermia to boost stroke survival rates and reduce brain damage.

Lowering body temperature by around two degrees puts the body in a state of

artificial hibernation. This allows the brain to survive with less blood supply and gives doctors precious time to treat blocked or burst blood vessels.

Dr Malcolm Macleod, of the Centre for Brain Sciences at the University of Edinburgh, said: "Every day 1,000 Europeans die from stroke and about twice that number survive but are disabled. Our estimates are that brain cooling might improve the outcome for more than 40,000 Europeans every year."



Stroke experience is inspirational

AN artwork project by a group of Edinburgh stroke survivors reached the finals of a prestigious awards event.

The art exhibition was the outcome of a two-year project part funded by CHSS in which artists attending the Edinburgh Community Stroke Service at Firrhill Centre were encouraged to produce work which expressed and communicated the impact that having a stroke had on their lives.

Each piece of art was accompanied by a description of the stroke journey which led to its creation. As one of the exhibitors explained: "The art class has provided me with an outlet for some nebulous ideas that would otherwise have gone unexpressed."

NHS and the City of Edinburgh Council also supported the project and the work was put on show at the Edinburgh Filmhouse.

The project reached the final stages of the APSE (Association for Public Service Excellence) Awards in the 'public/voluntary partnership working' category.



Anne Hannah, one of the artists involved in the group project.

The meals on the bus



SCOTLAND'S first Cooking Bus – a colourful kitchen on wheels designed to teach cooking and healthy eating skills to community groups – made its way to Musselburgh where the local VSS group climbed on board for a great day. Group members Susan Thompson, Alan Rutherford, David Hunt and volunteer Jane Wilson are pictured here with local coordinator June Forson making herby cheese scones and rainbow couscous. Alan used to cook but lost interest after having a stroke. He found the visit to the bus rekindled his enthusiasm and he is now enjoying developing his skills in the kitchen.

Have you heard the chat?

CHSS Community Services have launched a 'virtual stroke group' which can be accessed directly or via the link on our website.

The aim is to provide an online opportunity for individuals to support each other; chatting about challenges they have faced since having their stroke, and how they overcame them.

The pilot site included 10 defined sections relating to living with a stroke e.g. holidays, public transport, etc. In response to feedback from service users, the categories were reduced and the site was launched last summer.

We now have more than 130 registered users with new posts from members most days.

Moderating the site has involved a steep learning curve. The main purpose in moderating is to help

members feel comfortable in the 'virtual group' environment:

- Ensuring that the site is not used inappropriately by organisations contacting members to further their own agenda; sales, research, etc.
- Removing any offensive posts or inappropriate comments.

In these early stages we have also been signposting individuals to sources of advice or information, although it is anticipated that in time other group members will provide the links without moderator intervention.

Now that it is established and flourishing we are working on attracting new members to add strength and diversity. If you know of anyone who may benefit from joining this online forum please let them have the website details. Log on to www.chss.org.uk/forums



Charity's first boutique style shop opens in Edinburgh

IN suitably glamorous fashion, the first CHSS boutique style shop has just opened in Edinburgh's Dalry Road. And who better to declare the store open than the current Miss Edinburgh, Sara McLean.

The new shop is a first for the charity, as Harriet Price of the CHSS retail team explained: "This is a new concept in charity retailing. Our new-look boutique store offers stylish fashion at a bargain price."

Products bearing a wide range of designer labels are available, along with more familiar items like books, CDs, DVDs and bric-a-brac.



Jay Hogarty, CHSS Retail Manager; Sara McLean, Miss Edinburgh; Nicola Spalding, Assistant Shop Manager; Harriet Price, Shop Manager.

Community responds after fire

EVERY cloud – even a dark and smoky one – has a silver lining, as the team at Dumfries CHSS shop discovered. Generous members of the public rallied round after vandals set fire to rubbish bins at the rear of the store, forcing it to close and causing £3,000 worth of damage.

In fact, Manager Fran Campbell and her team were overwhelmed and delighted with the response. They were inundated with new stock from supporters, including a young lad who cleared out his bedroom to donate goods to the shop and another who gathered a collection of carrier bags to replace the ones melted in the fire. A local joiner helped with repairs to allow the shop to reopen without delay and a local choir donated £350.

Volunteering helped Joanne put her life back together

JOANNE HAMILTON decided to become a volunteer in our Haddington shop after finding herself on the other side of the services offered by CHSS.

She said "my life fell apart" when she suffered a stroke in 2006 at the age of 45. She now has no sensation down her right side which affects both her mobility and dexterity.

Before her stroke Joanne worked at our Portobello shop and when she saw there was a new shop in Haddington, decided to offer to help behind the counter.

As she explained: "I love being in the shop – it has made a great difference to my life, otherwise I would be sitting in my house, not socialising.

"I think it would be marvellous if more people would volunteer, even if it is only for an hour to unpack and take a duster across the shelves."

● Remember – all our shops are still urgently in need of your donations. To find the location of your nearest shop call 0131 225 6963 or go to www.chss.org.uk/fundraising



News is the new fashion

INSTEAD of fashion making the news, here's how the news makes fashion. This dress crafted from a copy of the Courier & Advertiser was the star attraction in the window of our Cupar shop. The project was the remarkable work of shop volunteer Lynsey Ewan to focus attention on the need for donations following the prolonged severe weather which had discouraged shoppers from visiting the town centre.

Manager Fiona Donaldson and her team were delighted with the response which included a story and picture in the Courier, the paper the dress was made from!

Another enterprising volunteer – at our Forfar shop – is recycling old LP records and turning them into fruit bowls and 3-tier cake stands. They're selling like hot cakes to retro fans!

Roy takes 'total' control of Urbanathlon

ROY DAVIDSON (pictured here making a fair impression of the Saltire flag), 28-year-old winner of TV's Total Wipeout challenge, has agreed to help launch and take part in the 2011 Urbanathlon in his home town of Glasgow in June.

The 2011 Glasgow Urbanathlon takes place on Sunday 12th June, with the Edinburgh event scheduled for Sunday 25th September. For more information and details of how you can join in the fun, check out www.urbanathlon.org.uk

IN THE first ever Glasgow Urbanathlon last year, three penguins, a gang of pirates, a coterie of superheroes and the Flintstones were just a few of the hardy souls who took part.

They, along with nearly 300 individuals and team members in more conventional garb, raised more than £20,000 for CHSS and had loads of fun in the process.

The tremendous turnout of participants ran, crawled, dangled, slipped, slithered and slid their way round a challenging course of obstacles set up in Linn Park, Glasgow's second largest park and one of its most beautiful.

As one entrant said: "Had a great fun run ... a lovely atmosphere and all the competitors friendly and happy throughout. I will for sure be back next time; beats a road run any day."



Running into some soapy bubbles – challenging it may have been but the Glasgow Urbanathlon also had a high fun quotient.

Abseilathon Man

NOT content with taking part in the annual Forth Rail Bridge Abseil, Duns man Jonny Logan ran a 26.2k Kilomathon road race – both on the same day.

Jonny hadn't appreciated both were on the same date when he signed up but decided to make it a double challenge and raise even more money for CHSS.

So far, he has raised more than £800, smashing his personal fundraising target.

Take the Challenge

CHSS needs to raise £6 million every year to support and grow our vital community services and research projects. You could help to raise funds by choosing one – or more – of our exciting challenges that take place throughout the year. From our famous Forth Rail Bridge Abseil, held each May and October, to our Urbanathlons or the Ladies Driving Challenge (see page 10). Please contact our Events Team on 0845 450 2000 or email events@chss.org.uk to find out more.





VSS bussed-up thanks to athletes

THEY RAN and they cycled a punishing 50-mile course from coast to coast – and they raised the money for an all-abilities adapted minibus for CHSS.

In the 28 years since its launch, the Highland Cross duathlon has raised almost £3 million for local charities and last year CHSS was selected as a major beneficiary.

There was also a lot of hard work involved for the inter-departmental team co-ordinating the support application to Highland Cross, but it all came good

when the keys were handed over to CHSS at a ceremony in Inverness.

The minibus has already proved a valuable resource for the charity's VSS Highland service and its support work throughout the north of Scotland. It allows many in more remote communities to share in the full range of services available.

Paul Corrigan (Fundraising, second left) and Libby Waugh (VSS) are pictured receiving the keys from Calum Munro of Highland Cross.

Essential dates for your Fundraising Diary

May

29th Canal Cycle Ride, Glasgow to Edinburgh

June

12th Urbanathlon 7K Run, Glasgow
18th The Granite Challenge 40 mile off-road Run, Bike and Hike team challenge, Aberdeenshire

September

4th Ladies Driving Challenge, Inverness
11th Ladies Driving Challenge, Edinburgh
25th Urbanathlon 10K Run, Edinburgh

October

1st The Dee Don Walkathon 5m Walk, Aberdeen
2nd Forth Rail Bridge Abseil
8th The Cairngorm Charmer 12m relay duathlon
30th The TriFalls Walkathon, New Lanark Visitor Centre

December

3rd Jingle Jump Abseil, Raigmore Tower, Inverness

To find out how to sign up for any of these events, go to www.chss.org.uk/fundraising and follow the links



The Ultimate Girls' Day Out



IT'S EASY to see why one of our most popular events is our Ladies Driving Challenge and why TV personality Carol Smillie, a recent participant, described it as "The ultimate girls' day out". Last year's sell-out event, which saw 120 ladies zooming around the Royal Highland Showground near Edinburgh on an amazing array of vehicles, raised more than £27,000 for the charity. This year's Ladies Driving Challenges are being held on 4th September in Inverness and on 11th September in Edinburgh, so if you don't want to be left in the car park apply early! Call our Events Team on 0845 450 2000 or email events@chss.org.uk

Living the high life

Two intrepid charity supporters – Colin Gardner from Motherwell and Eddie Brandon from West Lothian – embarked on the challenge of a lifetime by trekking to Everest Base Camp and raised more than £10,000 for CHSS. Their long term relationship with CHSS began as a result of family tragedies associated with chest, heart and stroke illness.

Activate!

ACTIVE

EXPRESSIONS is Chest Heart & Stroke Scotland's educational fundraising – and fundraising – programme, recognised by schools throughout Scotland.



Nursery, Primary & Secondary Schools as far North as Golspie Primary School in Sutherland down to Noblehill Primary School in Dumfries, take part in our sponsored fun, healthy and challenging aerobic activities that get children active, while raising vital funds for Chest Heart & Stroke Scotland.

During the last school year we delivered Active Expressions to **17,144** children!

Once registered schools can choose one of our three Active Expression activities – "B" Ball Beat", "Hip Hop your Heart" and "Work Out & Beat It" – which will be delivered by a qualified Instructor throughout the course of a school day, to all classes.

We are working hard towards continued success in 2011/12 to deliver our unique events to as many schools as possible throughout Scotland

● To find out more about Active Expressions please call Andrea McIntyre on 01416331666 or email schools@chss.org.uk



Walkathon and on

A BEAUTIFUL spring day brought out more than 200 people to take part in the Loch Leven Walkathon and raise more than £4,500.

Of the total, more than £3,000 came to CHSS with the balance going to affiliated groups.

Sponsored walks are a great way to keep fit, exercise to help reduce your risk of heart disease and stroke, and raise funds for CHSS services throughout Scotland.

Join us at the Dee Don Walkathon on 1st October or at the TriFalls Walkathon in the New Lanark Visitor Centre on 30th October.

Rolling out the barrel



Hardy boys: whisky workers Bob McPherson (left) and Nick Webster (right) and their friend Richard Thompson, all from Keith, dressed in mini-kilts to trundle their way through the Glenlivet estate to raise funds for CHSS.

AS IF running ten kilometres wasn't tough enough, try pushing a 200-litre American oak whisky cask along the way.

Admittedly, there was no whisky in it at the time but it's still quite an achievement, as fellow participants in this year's Glenlivet event were quick to acknowledge.

The 411 runners were treated to

beautiful blue skies as they made their way through the stunning landscape of the Glenlivet Estate in the Cairngorms National Park, following quiet country roads which meander around the River Livet, passing ancient castles and enjoying amazing views of this secret glen.

The 10k was an outstanding success which raised around

£12,000 for CHSS. The event Start and Finish facilities are all based at the Glenlivet Distillery who very kindly support the event as do the local community.

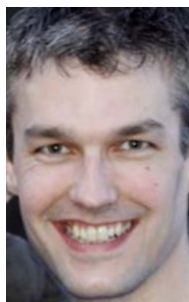
Runners came from all over the UK plus two ladies from Alabama USA who received a special prize for getting up so early to come along...

Dan's in the running for CHSS

COVER STORY: A DEESIDE heart surgery patient has entered Run Balmoral to raise money for CHSS.

Dan Clarke, of Banchory, who works as a forensic scientist, will take part in the six-mile race to raise money for CHSS as a tribute to the medical care which has helped him recover from serious illness a number of times during the last five years. "Training is going very well so far. I've done three-mile runs three times a week so I'm pretty happy," said 34-year-old Dan.

The outdoors enthusiast suffered a serious head injury five years ago after falling on a trip to the cinema and he



ended up in a drug-induced coma in Aberdeen Royal Infirmary. He has since had major heart surgery after an aneurysm was discovered and now he has a specialised graft replacing the beginning of his aorta. More recently, Dan has developed epilepsy.

"I am acutely aware of all the medical care allowing me to still be here, and fit and well. I want to give something back having taken so much medically and surgically and to raise awareness in the community. My target is £1,500 and I have almost reached that already. The physical target is also a big one for me too." To sponsor Dan visit www.justgiving.com/danieljclarke

Colin's taking COPD action

COPD doesn't pick and choose – it can affect anyone. That was just one of the hard facts learned by Colin Stewart from Montrose when he was diagnosed with chronic obstructive pulmonary disease in 1998.

Colin's not a man to take these things lying down, however, and since then he has been working tirelessly to improve the quality of life for fellow sufferers. In fact, he is now the face of a CHSS fundraising appeal to provide the best possible support for people with chest illness.

Colin had some extremely trying times before going through an eight-week programme of Pulmonary Rehabilitation in which he learned how to exercise and control his breathlessness.

He then went on to set up a local self-management group in Edzel which is now affiliated with CHSS. "Since we've affiliated," he said, "CHSS have been a source of great comfort and support to all respiratory patients in Angus. It has given us the stability to go forward as a self-management group and achieve what we want to achieve – patient power."

To read more about Colin's story, go to www.chss.org.uk/fundraising/appeals



CHSS Respiratory Coordinator Josie Murray with COPD group member Colin Stewart from Montrose.



Giving voice to Scotland



MORE than 240 patients and carer delegates from across the country were brought together in Glasgow by CHSS in partnership with the Scottish Government for the first national Voices Scotland Conference.

The Voices Scotland project promotes patient and carer involvement in healthcare services in Scotland, offering essential training and support to bring about positive change in NHS Scotland.

It has supported more than 400 patients and carers to get involved by feeding in their experiences and working with their local NHS to improve local services.

One such example is Edinburgh photographer and former squash coach Chris Macnamee, a heart patient who attended a Hearty

Voices Scotland session, delivered by CHSS in partnership with the British Heart Foundation.

During the session Chris identified the issue of "lack of provision of continued exercise opportunities for heart patients in Lothian".



Later Chris was recruited as a formal volunteer for CHSS, to work with them to develop Peer Support groups. Since then, one support group has been set up, with more to follow soon.

Chris has also been recruited as Patient Representative for the National Advisory Committee on Heart Disease and is working with the local NHS to develop their cardiac rehabilitation services.

CHSS Chief Executive David Clark said: "Voices Scotland training and support gives patients and carers increased confidence in working with health professionals in health service development.

"We encourage the development of equal partnerships to develop a patient-led NHS. Voices Scotland training helps make that happen."

World COPD Day raises awareness of condition



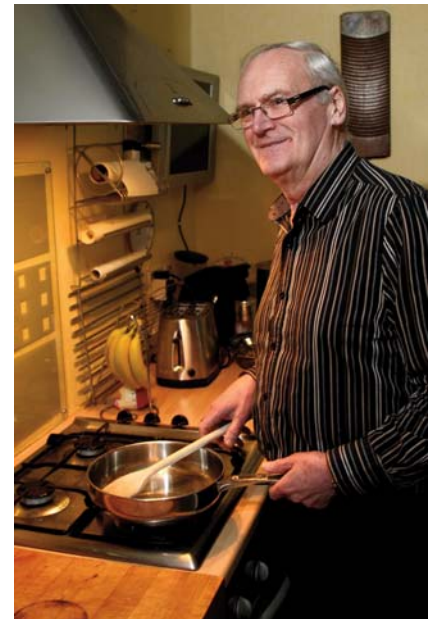
Sandra Brown (left), Lead Co-ordinator of the CHSS Heart Failure Support Service, and Nan O'Hara, Forth Valley Airways MCN Clinical Lead.

CHRONIC obstructive pulmonary disease (COPD) is the UK's fifth biggest killer and, as part of the activities to mark World COPD Day, CHSS launched a campaign to make people in Scotland aware of its impact. COPD affects more than three million people in the UK and a recent report showed Scotland has the highest incidence of diagnosed COPD in Britain. CHSS staff worked in partnership with NHS staff and affiliated Chest Groups to organise a variety of events around the country to help draw attention to the condition.

Decade of progress for Highland Stroke Nurse service



AN EXCELLENT excuse for celebration came with the 10th anniversary of the Highland Stroke Nurse service. This important milestone was marked when the three nurses, based in Inverness, Caithness and Fort William, gathered with NHS and Scottish Ambulance Service colleagues and some former patients. CHSS Chief Executive David Clark conveyed the charity's thanks for all the nurses' efforts over the past ten years.



Fred thanks CHSS Stroke Nurse Service

CUPAR resident Fred Plumb spent weeks in hospital and could not eat or drink for over a year after having a stroke while on holiday.

Two years later he catches the bus twice a week to Glenrothes where he goes swimming and – as our picture above shows – he is back in control in the kitchen catering for himself and his wife Mary.

Fred and his family credit his recovery to his own sheer determination and the care he got in Fife where he was transferred after suffering a stroke at his daughter's home in Cambridgeshire.

Fred's daughter is a nurse and she recognised the signs and symptoms of stroke when her father took ill. After several weeks in Cameron hospital at Windygates in Fife, Fred returned home where he had regular visits from nurses and therapists to aid his recovery.

"The care and attention was great" said Fred who has praised the CHSS Fife Stroke Nurse Team for the level of care and support provided during his long recovery process.

CHSS Advice Line ...

... a day in the life

BEFORE the Line goes 'live' at 9.30am each day our door is open for enquiries from staff. We also check to see if any messages have been left on our answering machine or in our email inbox, and respond to these.

Next we check news websites for any relevant articles. People often call us about news stories so we need to be briefed! We post links to news items on Facebook and Twitter, and answer any enquiries posted since the previous day.

The Advice Line is open from 9.30am–4pm Monday to Friday to answer enquiries by telephone, email, letter, and occasionally by fax, mobile phone text message, Text Relay call (for the Deaf), or Language Line call (though an interpreter).

More than half of our calls are about stroke, and the remainder are about high blood pressure, reducing risk factors (e.g. smoking and cholesterol), COPD, heart failure, chest pain, heart rhythm problems and heart attack. Many callers suffer from anxiety, stress, or depression.

We provide information and advice based on Scottish and UK Guidelines (e.g. SIGN and NICE). We are all trained in counselling skills and provide a listening ear with no time limit to a call. We help people to understand their condition, empowering them to know what to ask or where to access the services and ongoing support they need.

Our service is confidential and people can remain anonymous if they wish, which gives them confidence to ask us things which



The Advice Line team (from left): Edie Garlick, Elizabeth Norby (Advice Line Nurses) and Laura Hastings (Lead Advice Line Nurse).

they might feel embarrassed asking their GP. We do get calls from healthcare professionals and students too, but the majority are from patients and carers themselves.

We send out CHSS and other publications, and we research and write factsheets for individual callers with more unusual enquiries. We refer people to CHSS services, and signpost them to other organisations for conditions or support outwith our boundaries.

A day in the life of the Advice Line can include meetings with other CHSS departments, networking with other organisations, and promoting our service. As Registered Nurses we also attend study days and conferences on a regular basis to keep up-to-date.

So you can see there's a lot more to working on the Advice Line than "just" answering the phone, but when we get a comment like this one we know that answering the calls is the very best part of our job: **"Your Advice Line gave me invaluable help which probably saved my life"**.

Spring time is almost here! Why not Spring Clean your lifestyle? Out with the bad old habits and in with new ones which will keep you feeling healthy and like a spring chicken all year long!

I read in a magazine that people should eat 5 portions of fruit and vegetables every day. Why is this and how much is a portion?



FRUIT and vegetables are a good source of essential vitamins and minerals. They contain lots of special nutrients called antioxidants that help protect the cells in your body from damage and illness. As a rough guide, fruit and vegetables should make up about a third of everything you eat each day.

One portion would be for example one banana, two plums, a couple of broccoli florets, one carrot, a handful of strawberries or two tablespoons of peas. Dried, canned and frozen fruit and vegetables count too, and beans, pulses, and fruit juice counts as a serving once a day. Potatoes don't count as they are a carbohydrate.

See Factsheet F24 Healthy Eating

... answering your lifestyle questions

2 I know I should take more exercise but I'm not really a 'gym type'. What do you suggest?

EXERCISE doesn't just mean going to the gym – any increase in your level of activity has benefits for your health.

Regular physical activity helps lower cholesterol and blood pressure, helps control diabetes and keep weight down, strengthens muscles and bones, reduces the effects of aging and keeps you independent longer, gives you a sense of wellbeing, reduces stress and depression, improves balance, keeps you supple and helps you sleep better.

Choose an activity you will enjoy and that has all weather options, for example walking, housework, gardening, dancing or playing with the grandchildren. The Advice Line nurses have details of lots of organisations offering local classes for older people or people with disabilities.

If you have not exercised for a while or you have a medical condition, you should check with your GP before starting any new physical activity.

Start off gently and don't push yourself, just listen to your body and you will find you are gradually able to increase what you can do. It is recommended that we all aim to be moderately physically active for at least 30 minutes each day, but this does not have to be all in one go. You can divide your activity into three 10 minute sessions or two 15 minute sessions.

3 I have high blood pressure and the doctor said reducing my salt intake

would help. How much salt is too much?



THE Department of Health recommends that people should eat no more than 6g of salt per day, which is about half the level most people in the UK eat every day.

You can reduce your salt intake by gradually reducing the amount of salt you add while cooking, or at the table, until your taste buds get used to having less. Use herbs, spices, ginger, chilli, garlic or lemon juice to add flavour to your meals instead.

It's not just obvious foods like crisps or nuts which have a high salt content. Even some brands of wholemeal bread, low fat yoghurts and ice cream can contain hidden salt, so check the labels before buying.

Avoid processed foods such as ready meals, fast or convenience foods, many canned foods, bacon, sausages, ham, cheese, pizzas, sachet soups, and stock cubes.

Look out for reduced or low salt versions of the everyday foods you buy. Fresh meat (especially chicken), fish, fruit, vegetables, home made soup and sauces are all full of nutrients and low in salt, so much better for your blood pressure.

See Factsheet F2 Salt, and Heart Series booklet H4 Living with High Blood Pressure

4 Is it all right to just cut back on my cigarettes or do I have to try and give up smoking altogether?

ANY smoking increases your blood pressure and speeds up your heart,

increases your likelihood of having a stroke or developing heart disease, damages your lungs causing chronic lung disease, and increases your risk of developing many cancers from the poisons in your blood. The good news is from the moment you stop smoking, the risks starts to decline!

It's not easy to stop smoking and most ex-smokers had to try many times before they succeeded. Fortunately there are medications and support available which can help you stop for good:

- Nicotine replacement therapies (NRT) from your GP or local Pharmacy in the form of nicotine chewing gum, a skin patch, lozenges, a nasal spray or an 'inhalator'.
- A course of tablets prescribed by your GP for you to take for a few weeks, either Bupropion (Zyban), or Varenicline (Champix).
- Stop Smoking groups are available in most areas.
- Your GP can refer you to a Stop Smoking Advisor for individual face-to-face support.
- Telephone support from Smokeline (Scotland's national stop smoking helpline): 0800 84 84 84.

For more information about healthy living or chest, heart or stroke issues, call the Advice Line nurses in confidence on:

0845 077 600

or email: adviceline@chss.org.uk



For information about any chest, heart or stroke issues, or to discuss anything in confidence with one of our nurses please call the Advice Line on 0845 077 6000 between 09.30am-12.30 and 1.30pm-4.00pm or email adviceline@chss.org.uk

Sapphire funds

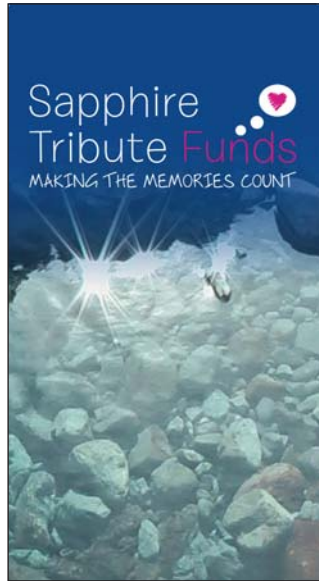
PRECIOUS memories of a loved one can be put to real practical use by setting up a Sapphire Tribute Fund to support the work of CHSS.

Growing numbers are choosing this method of support – which can also give a positive focus at what may be a difficult time.

In the first three months since the scheme started, 15 tribute funds have been set up as a means of giving hope for the future.

For anyone who has already made a donation in memory of someone, their gift can be used to start a Fund which can in turn be added to so that it continues to be of benefit.

To find out more, please contact Anne Smith, Sapphire Tribute Funds Coordinator, tel. 0131 220 9595 or email tributefunds@chss.org.uk



A gift in your will can change lives

Chest
Heart &
Stroke
Scotland



Chest, heart and stroke illness can strike at any age, often without warning. The impact can be devastating, accounting for two out of three deaths in Scotland. Including a gift in your will to Chest Heart & Stroke Scotland could change the lives of so many people for the better. Every pound we receive in Scotland is spent in Scotland on:

- Ground breaking research to win the fight against chest, heart and stroke illness.
- Community Services providing support, rehabilitation and respite for carers.
- The CHSS Advice Line which offers confidential, professional advice on all aspects of chest, heart and stroke illness.
- CHSS specialist nurses helping patients and families affected by stroke, heart failure and chronic respiratory disease.

For more information please contact our Legacy Team on 0131 225 6963 or email legacy@chss.org.uk or visit www.chss.org.uk

Working Together for a Healthier Future



In touch with Chest Heart & Stroke Scotland

Head Office

3rd Floor, Rosebery House
9 Haymarket Terrace, Edinburgh EH12 5EZ
Tel: 0131 225 6963 Fax: 0131 220 6313
Fundraising Freephone 0800 31 60 555
Volunteer Information Line 0800 169 5139

Regional Offices

INVERNESS

5 Mealmarket Close
Inverness IV1 1HT
Tel: 01463 713433
Fax: 01463 713699

GLASGOW

103 Clarkston Road
Glasgow G44 3BL
Tel: 0141 633 1666
Fax: 0141 633 5113

Advice Line – Tel: 0845 077 6000

Confidential, independent advice from trained nurses for people who have chest, heart or stroke conditions, their families, carers and health professionals.

Regional Fundraisers

Supporter Fundraising and Events Manager

Chris Marks Tel: 0131 225 4800

Senior Fundraiser, North

Paul Corrigan Tel: 01463 713433

West Regional Fundraiser

Andrea McIntyre Tel: 0141 633 1666

East Regional Fundraiser

Alison Bertram Tel: 0131 225 4800

CHSS Shops

Retail Manager

Jay Hogarty Tel: 0131 225 4800

VSS & CSN Regional Managers

(Contact Head Office Tel: 0131 225 6963)

North West Scotland

West Scotland

North East Scotland

East Scotland

South West Scotland

Barbara Dalgetty

Jayne McKerron

Libby Waugh

Rosi Capper

Brian Corrigan

Visit our website at www.chss.org.uk

Chest Heart & Stroke Scotland and CHSS are operating names of The Chest, Heart & Stroke Association Scotland, a registered Scottish Charity Registration No SC018761

Chest
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Stroke
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