



Distribution of affiliated groups/clubs – as of May 09

For further information on location of current groups/clubs please contact head office in Edinburgh.

Groups/clubs wishing to affiliate to CHSS (free) are asked to comply with various conditions and in return we offer the following benefits:

- Affiliation Resource
- Opportunities for Fundraising
- Free Insurance
- Publications
- Annual Information Day
- Start Up Grant
- Support from CHSS staff
- Use of "Affiliated to CHSS"



Edinburgh

65 North Castle Street, Edinburgh, EH2 3LT
Phone: 0131 225 6963

Glasgow

103 Clarkston Road, Glasgow, G44 3BL
Phone: 0141 633 1666

Inverness

5 Mealmarket Close, Inverness, IV1 1HT
Phone: 01463 713433

Chest, Heart & Stroke Advice Line

0845 077 6000

Email: admin@chss.org.uk

www.chss.org.uk

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

Affiliated Chest, Heart & Stroke Groups/Clubs

Support in the Community



Support in the Community

Chest Heart & Stroke Scotland provides services throughout the country for people affected by chest, heart and stroke illness and their carers. These services include independent member/ volunteer-led groups and clubs which are affiliated to CHSS.

These affiliated groups/clubs provide a wide range of activities and offer members, relatives and carers ongoing support, stimulation and companionship in a friendly and relaxed environment within the community.

The groups/clubs aim to provide support in some if not all of the following ways:

- Building Confidence
- Giving Reassurance
- Providing Information to Patients and Carers
- Ongoing Education
- Social Contact and Events
- Games / Swimming
- Regular Exercises
- Fundraising
- Signposting to other Organisations
- Maintaining contact with Health Professionals

Each group/club has its own constitution, aims and objectives and is shaped by local requirements.

The committee and membership are responsible for planning their regular activities and any additional social and educational events.



Value of the Groups/Clubs

Research into the effectiveness of self-help groups working to support people in the community is often very subjective. A research study conducted within the affiliated groups/clubs to determine how well and effectively these groups operate produced the following comments:

'Just being able to improve your confidence and realise what you are able to do and also have the chance to talk to other people who've been through the same thing was a big, big help.'

'I've found the group a lot of help ... and obviously it's helped other people ... if it wasn't for the heart group basically I would be in my box.'

The overwhelming message from the people who took part in this study was that they enjoyed going to support group meetings regularly and felt a benefit that was relevant to their health.

(Research Unit in Health, Behaviour and Change, Edinburgh University – Bostock, Gregory, Hanna and McKinstry, 2005/07)



Scottish Intercollegiate Guidelines Network

SIGN Guideline 57 – Cardiac Rehabilitation

There are over 40 cardiac support groups in Scotland. Self help groups should be encouraged and enabled to use the same evidence-based approach to cardiac rehabilitation advocated for professionally led programmes.

SIGN Guideline 64 – Management of Patients with Stroke

At every stage in the process, from admission to long-term support in the community, patients and carers need to be provided with the fullest possible information, and encouraged to take the maximum responsibility for their own recovery.

'The principles of rehabilitation are very much promoted by patient-led groups. They provide support, inspire confidence and encourage the healthy lifestyle which is key to recovery from and prevention of disease.'

(Dr Chris Isles - Consultant Physician, Dumfries & Galloway Royal Infirmary)

Local chest, heart and stroke groups provide a vital source of support for people affected by these conditions. As well as the social, exercise and other activities they offer, local groups help people realise that they are not alone, that others face similar challenges, and together we can overcome them.

(David Clark – Chief Executive, Chest Heart & Stroke Scotland)