

How to get involved

Becoming a client:

We take self referrals and referrals from statutory & voluntary organisations. The contact details are below. Once we receive your referral the co-ordinator will arrange to visit you. The only criteria are diagnosis of Heart Failure and isolation.



Becoming a volunteer:

You do not need any special qualifications to join us – we will provide all the training you require. If you can offer a commitment and would like to support people with Heart Failure, we would like to hear from you. In return we offer you the chance to learn new skills, out-of-pocket expenses, a rewarding experience and the satisfaction of helping people in your own community.

Heart Failure Support Service Lothian

Relieving the Isolation of Heart Failure through
Volunteer Befriending



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

DO YOU WANT TO GET INVOLVED?



'My original feeling was one of isolation...'

Heart Failure is a conditions which affect the lives of thousands of people in Scotland today.

Living with Heart Failure can mean living with physical limitations which can lead to isolation and loneliness.

The Befriending Service

The Service aims to reduce isolation and enhance the quality of life of people living with Heart Failure. It offers one- to- one companionship, information and support, by matching volunteers with a client, whom they visit regularly.

Our volunteers are from all walks of life and of all ages, they are trained and supported by our Local Co-ordinator.

'The regular outings I have with my volunteer allow me to enjoy going to places of my choice which otherwise I have little hope of seeing again.'



From outings and trips to quiet afternoons of enjoyable conversation, the service is flexible to the needs of our clients and provides a welcome link with the local community.

'Having spent most of the afternoon on my own, I really appreciate a visitor.'

Client having a pleasant afternoon of conversation with his volunteer



Additional Support

The Heart Failure Support Service also holds regular Forum Meetings for people living with Heart Failure and their carers throughout Lothian.

'Lothian Heart Failure News' provides important educational information about the conditions. It reaches those who cannot attend the forum and helps to create a strong sense of identity and friendship within the local community.