

Heart Failure Information

Heart failure information has been developed by Chest Heart and Stroke Scotland for clients and carers, and can help answer questions about:

- Living with Heart Failure – in booklet, video or DVD format
- Living with a Healthy Heart
- Living with Angina
- Understanding Heart Disease
- Living with High Blood Pressure
- Living with a Pacemaker

Who to Contact?

Mrs Rae Goode

Heart Failure Volunteer Coordinator,
Chest, Heart and Stroke Scotland,

65 North Castle Street, Edinburgh EH2 3LT

Telephone/Fax Number: 01620 828519 or 0131 225 6963

Email: rae.goode@chss.org.uk

Chest, Heart and Stroke Scotland

Chest, Heart and Stroke Scotland aims to improve the quality of life for people in Scotland affected by chest, heart and stroke illness through medical research, advice and information, and support in the community.

If you would like to speak to one of our Advice Line Nurses, in confidence, phone:

Chest, Heart and Stroke Advice Line

0845 077 6000

Monday-Friday
9.30am – 12.30pm and 1.30pm – 4.00pm

Email: adviceline@chss.org.uk

Website: www.chss.org.uk

Textphone available



Heart Failure Volunteer Service Lothian

Supporting People with the social impact of heart failure who are living in the community



Supported by



Heart Failure Volunteer Service

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Funded through the Big Lottery Fund

Chest Heart and Stroke Scotland (CHSS), in partnership with NHS Lothian, aims to support clients and carers with the social impact of heart failure who are living in the community, through the Heart Failure Volunteer Service. People affected by heart failure often experience; breathlessness, distress, anxiety and social isolation. The Heart Failure Volunteer Coordinator, assisted by volunteers, offers friendship, information and support to enable clients to be socially active.

What is Heart Failure?

Around 1-2% of the UK population is affected by Heart Failure. The term "Heart Failure" is used to describe the signs and symptoms which occur when the heart is less efficient at pumping blood around the body. This can be at rest or on exertion. It results from any heart condition that reduces the ability of the heart to act as a pump.

Aim of the Service

The aim of the Heart Failure Volunteer Service is to support clients and carers with the social impact of heart failure through:

- providing friendship, support and contact to clients and carers
- meeting social, recreational and leisure needs of clients
- providing information on local services and resources
- reducing the effects of social isolation and enhancing the quality of life for people affected by heart failure.

Referral

All patients/clients who are discharged home to independent living are supported by the Heart Failure Nurse for at least 6 months post discharge. Their role involves close liaison with hospital, community and social services, and aims to compliment existing provision. In turn this is directly linked into the Heart Failure Volunteer Service which will introduce the client to a volunteer.

He/she will visit on a regular basis helping the client to regain the confidence to go back out into the community. Activities undertaken will be determined by the interests and needs of the client and his/her physical ability. The service will link into local support groups in Lothian. Our goal will be to give the client the maximum opportunity to regain independence and quality of life.

Examples of activities are:

- Leisure pursuits - arts and crafts, sports and hobbies.
- Recreational - watching a video, reading a book.
- Social outings - shops, cinema or theatre, community or church groups.
- Helping with a message or keeping in touch with others.
- Hair and nail care.
- Providing relief for carers.

Seeking Volunteers

We are seeking volunteers to join the Heart Failure Volunteer Service. This would be a weekly commitment of 1-2 hours. As part of the team, volunteers will help people affected by heart failure to be socially active through friendship and support.

Volunteers are offered an induction, and ongoing support and training to meet any requirements of the service. Expenses incurred are reimbursed.



Phyllis (left) enjoying her garden with the Heart Failure Volunteer co-ordinator.