

Join the **Hearty Voices Register!**

I would like to join the Hearty Voices register and receive a regular newsletter, details of opportunities to get involved and be offered free training on how to become a successful patient/carer representative.

Name: _____

Address: _____

Postcode: _____

Telephone: _____

E-mail: _____

Are you a:

Patient

Carer

Health Professional

What is your ethnicity?

White Black

Black British Asian

Asian British Mixed Race

Chinese Other Ethnic Group

The British Heart Foundation (BHF) and Chest Heart and Stroke Scotland (CHSS) will use your personal information for administration purposes and to provide you with services, products and any information that you have requested.

We may want to share your information with other organisations that are in partnership with the BHF and CHSS and who support our aims and objectives. Please tick this box if you would prefer us not to share your details.

Here are some quotes from people who have completed the Hearty Voices Scotland training and have gone on to get involved.

**“Great day – NHS structure cleverly dealt with.
I feel much more confident now.”**

**“I thought I knew how to influence change but now
I realise I was going about it all the wrong way.”**

**“Before Hearty Voices I didn’t question a
cardiologist... I do now.”**

**“Helping you to have your say –
register now!”**



CHSS

65 North Castle Street
Edinburgh
EH2 3LT
Phone: (0131) 225 6963
Fax: (0131) 220 6313
Website: chss.org.uk

BHF

14 Fitzhardinge Street
London W1H 6DH
Phone: 020 7935 0185
Fax: 020 7486 5820
Website: bhf.org.uk

Hearty Voices Scotland



For more information about Hearty Voices Scotland please contact Nicola Cotter by phone **0131 225 6963** email nicola.cotter@chss.org.uk or visit bhf.org.uk/heartyvoices or chss.org.uk/heartyvoicesscotland

In partnership with



Hearty Voices Scotland helps you make your views heard and influence your local health service

It aims to:

- Develop a UK wide network of heart disease patient and carer representatives
- Give representatives access to support and training
- Contribute to user involvement in the work of the British Heart Foundation (BHF) and Chest Heart and Stroke Scotland (CHSS)
- Work with other agencies to bring about change through effective user involvement.



Key features

- You will receive the free, bi monthly **Hearty Voices Scotland Newsletter** which provides details of opportunities to get involved
- As part of **Hearty Voices Scotland** there is free training on how to work effectively with health professionals and learn about how the NHS works
- There are taster and update sessions at the BHF/CHSS Annual Events every year
- To help you make your voice really heard there are Help a Heart grants available, offering up to £1,500.

What are the benefits to carers, patients and health professionals?

Carers

- As a carer I can get involved in health service development
- I can influence health professionals to consider our needs as well
- I can raise the profile of carers at a local and national level
- I can meet other carers at the BHF/CHSS Annual Events and training days.



Patients

- I can draw on my experiences as a patient to improve cardiac services for others
- I can work at a level that suits me
- I can work with health professionals in an equal partnership to improve services
- I have the opportunity to network with other patients at the training days.



Health Professionals

- I can recruit people through the Hearty Voices newsletter, who are willing to get involved
- I can become more effective due to hearing about good practice in Patient and Public Involvement (PPI)
- I can improve my understanding of the patient/carer perspective



How to register

Fill in the registration form, tear off and send back to us.

AFFIX
STAMP
HERE

Patient Network Team
British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH