



# Update



Volume 34 2016



**Best 10k in  
Scotland** Page 8



# Working for the future of Scotland



**I was amazed when I realised recently that I had been in post for a year. The powerful sense of privilege and responsibility I feel hasn't reduced an ounce. I've met many service users and other stakeholders and feel inspired every time when I see the difference we can make. On the other hand, it never feels that we can do nearly enough for more of the half-million people affected by chest and heart disease and by stroke. The integration of health and social care, now overseen by 31 Integrated Joint Boards (IJBs) locally, presents us with an essential chance to reach more people and help them live stronger, longer lives.**

Like every similar organisation, we have to keep modernising and improving our services in order to do that and whilst we know, instinctively, that we do a valuable job, it's increasingly important to be able to demonstrate that clearly. This enables the IJBs to see that we can help people achieve the person-centred outcomes they want in their lives and that we use resources wisely to do so. We are also thinking very hard about our long-term approach to securing those resources we need to have a bigger impact for more people and we are looking to lessons

learned by other charities which have successfully grown their income. Reviews are under way ensuring we structure our services to have the maximum impact and benefit for those we support.

We are repeatedly humbled by the amazing support we get from donors, supporters and volunteers and want to do everything we can to nurture that. We're also reviewing our retail operations – 35 stores now – with the help of external experts – to make sure we are on the right track. We also continue to develop how we engage with and influence political 'decision-makers', so that we can push for better policies and statutory services.

We published our own manifesto for the Scottish Parliament elections which recommends a set of actions that will support Scotland to deliver world-class health and social care and enhance our reputation for research and innovation in health.



Now that we know the result of the elections, we will be getting on with the crucial hard work of effecting the changes and improvements our stakeholders tell us matter most to them and making sure that our services are also part of the solution.

**Mark O'Donnell**  
Chief Executive



*More than £10,000 was raised for CHSS by the amazing 232 participants – plus dogs, of course – in the Loch Leven Walkathon on Sunday 13th March. Lovely spring weather enhanced the scenic walk and beautiful views on each of the 6km, 11km or 13-mile routes. The Easter Bunny made a special appearance, meeting all the families who took part in the Easter Egg hunt along the 6km route, including the Slabon family from Dunfermline, as they crossed the finish line.*

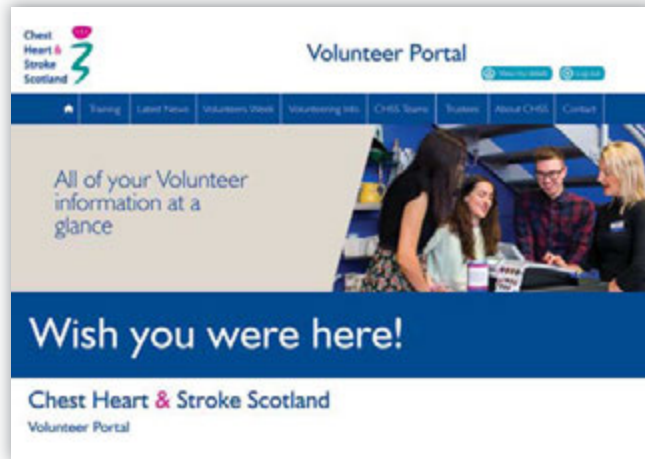
# Volunteer Portal launched

**The experience of volunteering with CHSS has been much enhanced with the launch of our new Volunteer Portal, giving volunteers greater ownership and responsibility for their role.**

The portal gives each volunteer access to:

- policies
- procedures and induction supporting documents
- training material
- national and local updates
- enhanced volunteer resources
- volunteer galleries

The Volunteer Portal is set to bring huge benefits in the years to come, providing a more efficient administration process and reducing costs in printing and postage, while



allowing more money to be focused on those we can help.

If you're a volunteer and you're not already signed up to the portal, all you need to do is email [volunteeradmin@chss.org.uk](mailto:volunteeradmin@chss.org.uk) with the email address you would like to

use for your login.

CHSS has a firm commitment to investing in volunteers as an essential resource and this is just one of the ways in which we are constantly developing to ensure volunteers receive the support they need.

With more than 70 distinct volunteer roles, we have a broad range of opportunities to offer.

More information on CHSS volunteering can be found at [www.chss.org.uk/volunteering](http://www.chss.org.uk/volunteering) or by calling 0800 169 5139.

## Say hello to the inspiring Mr Malik

**The vital importance of volunteering is summed up in the story of Malik Mohammed Masood – Mr Malik, as he's known to everyone – winner of Edinburgh Lord Provost's Inspiring Volunteer of the Year Award in 2015.**

Mr Malik made a highly positive impact on his community by setting up the Southside Elderly Club to address issues of inequality and accessibility of the elderly and vulnerable in the Asian community in Edinburgh.

Now affiliated to CHSS, the group has more than 100 members who meet weekly and receive support with health, social and welfare issues.

In setting up the group, Mr Malik wanted to tackle social isolation – so prevalent among those living with health issues, including the effects of chest, heart and stroke illness.



The weekly working of the group is supported entirely by volunteers who also provide one-to-one visits to members who may not be able to get to the group due to health and transport issues.

One member, for example, has been unable to attend the service because of a stroke and receives visits at home until he is able to return.

Speaking of the club, Mr Malik said: "We hope in time to get more funding so that we can offer regular transport for those who are unable to get to the service themselves.

We want to remove the isolation and loneliness felt by those in need in the community and have had over 1,000 people connect with the group over the last 10 years."

Mr Malik's ongoing enthusiasm and commitment to the group prompted the members to nominate him for the Lord Provost's award. Thanks to his tireless efforts, the members benefit from advice, support, occasional day trips, and sessions such as yoga and gentle exercise to improve their health and wellbeing.

**"After ten years as a volunteer, I still enjoy coming to the group and chatting to all the members."**





**Innovative research funded by CHSS has not only tripled survival rates on out-of-hospital cardiac arrest (OHCA) in Edinburgh but put the city on a par with the best in the world.**

This dramatic improvement is down to the success of a project developed over the past five

years by CHSS with the Resuscitation Research Group at the University of Edinburgh.

In a case of cardiac arrest, when the heart suddenly stops beating, immediate help – in the form of cardio-pulmonary resuscitation (CPR) and defibrillation – is vital or the patient will die.

The Edinburgh project has been exploring the potential for therapeutic hypothermia to extend the 'window' within which treatment can be provided.

It was launched in response to UK statistics showing as few as 5% of people affected by OHCA survive to be discharged from hospital.

Building on the initial award of its Research Fellowship, CHSS continues to fund this exciting initiative. It has in turn developed into a joint programme with the emergency medical team and the Scottish Ambulance Service, involving service redesign and specialist training.

The implementation of cutting-edge video technology – providing immediate feedback and expert support to ambulance personnel at the scene – has been one of the project's key features.

The programme is now being extended to other urban areas in Scotland, beginning with Glasgow, and is being adapted to suit the specific needs of Scotland's rural and remote areas.

The Scottish Government's OHCA strategy aims to transform Scotland's record from one of the worst in Europe to a world leader, saving 1,000 lives by the year 2020.

## Restart or Stop Antithrombotics Randomised Trial for organ anticoagulants (RESTART-OAC).

Blood-thinning drugs such as warfarin are highly effective for preventing stroke in people with an irregular heartbeat, known as atrial fibrillation (AF). What is not known, however, is whether blood-thinning drugs are safe and effective for people with AF and a past history of bleeding in the brain, commonly known as 'brain haemorrhage'. A new research project over the next two years will set up two studies – randomised controlled trials, the fairest test – to address these treatment dilemmas. These trials will take place at some of the 116 hospitals in the UK that already participate in the RESTART trial.



# FAST thinking

**When 54-year-old Graham Watson takes part in this year's Ride the North, he'll be doing so as a lucky and grateful survivor of an ischemic stroke less than a year ago.**

At their worst his symptoms meant he was unable to speak, move his right arm, leg or eye. However, thanks to his immediate medical attention to disperse the clot in his brain, Graham was back to work within two weeks, and back to the gym in a month, slowly getting back to his usual lifestyle.

Later in the year Graham's brother also experienced a stroke and, although his recovery took a little longer, he was also quick to be treated which helped his recovery.

Now Graham is set to raise funds for CHSS by taking part in Ride the North, a two-day, 175-mile cycle challenge through the Grampians over the last weekend in August.

Graham's colleagues at his oil firm office went into

FAST mode – Face, Arms, Speech, Time – when they spotted something was wrong and recognised stroke symptoms.

Positive things can come out of heartbreaking tragedy, as the pupils of Armadale Academy in West Lothian proved.

One of their classmates, Danii Kane, died last November after an asthma attack. Pupils set up the Danii Kane Memorial Fund to raise money for a defibrillator for the school.

But their various ventures proved so successful, raising more than £8,000, they were able to buy not one but five defibrillators for their local community – one each for their own school, for Windyknowe Primary in Bathgate, and also for Tesco Bathgate, and two local community centres.



Linking up with CHSS and Lucky2BHere, they arranged training for teachers, students and staff to use the new equipment at each location.

Not only that, the third year art class was commissioned to produce a mosaic for the school as a lasting tribute to Danii.

**Suspect a stroke?**  
**Think FAST & save a life**  
 Call 999  
 Visit [thinkfast.org.uk](http://thinkfast.org.uk) to find out more & download the app

Chest Heart & Stroke Scotland

Available on the App Store | Get it on Google play

**“FAST – Face, Arm, Speech, Time – is an easy way to remember the signs of stroke and save lives.”**



## Awareness Training

A course that we find of great value to our volunteers, in understanding the condition they are supporting in Community Stroke Services, is our Stroke Experience workshop. Pictured are Carol and Avril experiencing what it is like to have a visual difficulty as a result of stroke. The course is designed to raise awareness of the practical difficulties our service users face in daily activities, by allowing the volunteer to experience some of these first hand.



## People Power

Members of the CHSS affiliated Kirkcaldy Stroke Group have been testing out devices and finding out more about human energy through local specialist company PeachyKeen. Here they're seen testing out a hand crank which creates and stores electricity and is used in children's playgrounds.

## A greater understanding of the advances made in cardiac treatment has emerged from a presentation by Professor Stephen Leslie, Consultant Cardiologist with Raigmore Hospital.

The topic was part of Professor Leslie's talk on the History of Hospitals in the Highlands given at Nairn Community and Arts Centre.

Among those attending were clients of CHSS as well as carers, families and patients.

Local CHSS Co-ordinator June McLeod said: "It was a brilliant afternoon, everyone thoroughly enjoyed it. Our group members found it really interesting and Professor Leslie was happy to answer the many questions from the floor."



## Support with a song

Alwyn James is a long time member of the Perth Communication Support Service and an accomplished musician with several albums released over the years. Following a stroke in 1998 Alwyn feared his musical career might be over but with the help of some computer software he has continued to make the music he loves using synthesised and sampled instruments. Recently the Tayside Healthcare Art Trust provided an eight-week singing workshop at the Perth CSS where amongst the featured songs was a popular 12-bar blues song from Alwyn's CD *Unfinished Business*. The song features Alwyn playing the harmonica as well as scatting.

# Positively Avril

Our Community Stroke Services rely on a band of enthusiastic and committed volunteers such as Avril Spray, who became a volunteer following a stroke. Life before the stroke was a busy one for Avril, working full time as a PA and part time as a Fitness Instructor. Then five months after having her baby Joe, Avril had a stroke that left her brain injured, leaving her with exhaustion and impaired mobility.

Speaking of the time Avril said: "I cried a lot. I just wanted my baby. But they got me a cot for my room in the hospital and Dr Syme on the ward kindly told me that there was 'no milk for tears'. From that day I was so thankful for every small step I managed in my recovery. Each morning I woke up, I would smile (because I could again) and move my fingers a little more. I knew it was going to be OK."



Avril slowly built herself back up mentally, emotionally and physically, and now has a host of tools under her belt including pilates, yoga, healthy eating, mindfulness, meditation, positive affirmations and jogging. "I knew that I needed to gather as many tools into my bag as I could to build myself back up. I had no aspirations of running marathons, I simply wanted to be the best version of me that I could possibly be."

Avril now volunteers at the Peebles Communication Support Service, "Volunteering with CHSS is

one of the most fulfilling and rewarding roles I have. The users of the group are amongst some of my favourite people that I have met in life. It's a privilege to listen to their stories, find out more about their passions and interests, both pre and post stroke. My own experience of stroke allows me the unique insight and ability to show empathy that comes from the heart."

Avril leads sessions which usually consist of a blend of chair-based yoga, mindful relaxation, and positive affirmations.

**CHSS has over 160 Affiliated chest, heart and stroke groups across Scotland providing the opportunity for support and social contact to many. The Forfar Stroke Club can clearly see the benefits with the help of Tayside Health Arts Trust and their glass design project. The group enjoyed a seven-session glass works course and the members were delighted with their results, producing some lovely colourful pieces.**



**"The users of the group are amongst some of my favourite people that I have met in life."**





## BIG ABSEIL

**Clydebank's historic Titan Crane supported over 200 participants in a freefall abseil this May as The Big Abseil returned to Glasgow. Smashing through all the fundraising targets the participants raised an incredible £65,000 for Chest Heart & Stroke Scotland.**

Andrea McIntyre, CHSS Event Manager, said, "We have been overwhelmed by the amazing support we've received. There was a lot of emotion on the day with many abseilers directly affected by chest, heart or stroke illness themselves and through their loved ones. There were so many heartfelt stories and with many people raising over a £1000 beyond the amount they needed to, it was really inspiring to be a part of."

The Big Abseil from the Titan Crane is possible thanks to the Glasgow Climbing Centre, West Dunbartonshire Council, and Clydebank Property Ltd all of whom offer incredible support to create the day. To hear first about the 2017 Big Abseil you can register your interest at [www.bigabseil.com](http://www.bigabseil.com) or by calling Chest Heart & Stroke Scotland on 0300 1212 999.

## Best in Scotland

We've been thrilled that our Glenlivet 10k came up as the highest ranking 10k in Scotland at the UK Running Awards this year. Fundraising Manager and event organiser Paul Corrigan went along to the awards night with his wife Morag (below) and was delighted to pick up the third place trophy for the UK-wide Best 10k Award, ranking higher than any other run in Scotland. Our team in the North of Scotland work hard to make the Glenlivet 10k a rewarding and inclusive event and were delighted to rank so highly in an



*The 2016 Glenlivet winners for male and female categories Gordon Lennox and Jennifer Elvin show off their medals.*



award voted for by runners themselves. This year alone the event raised over £19,000 with 500 people racing through the stunning Glenlivet Estate in the Cairngorms National Park. You can keep up to date with CHSS running events and more at [www.chss.org.uk/events](http://www.chss.org.uk/events).

## Tour de Lauder

**Yet another highly successful Tour de Lauder, with close to 600 cyclists speeding through the Borders, raised £40,000 for CHSS via the Steve Cully Tribute Fund.**



Set up in memory of Steve Cully, the Tour de Lauder – with choices of 50 and 89-mile routes – has become a popular fixture in the cycling calendar each April.

The fund has now contributed towards the installation of a 24-hour accessible cabinet for the public defibrillator outside the local pharmacist in Lauder.

Paramedic Alan Watt from the Scottish Ambulance Service joined Rosie Cully, Steve's widow, for the unveiling of this life-saving equipment.

If you'd like to get involved in the 2017 Tour de Lauder, it's best to register your interest early at [www.tourdelauder.co.uk](http://www.tourdelauder.co.uk)





In a major funding coup, CHSS has now officially taken on the former Scottish Bikeathon event, held in and around the small Highland town of Kingussie for the past 22 years.

The Bikeathon, which attracts around 500 cyclists on a family-friendly 25-mile route on quiet roads, last year raised around £40,000.

Taking in the spectacular landscape of the Cairngorms National Park, the route is suitable for all ages, abilities and all types of bike. It is definitely not a race but simply a great day out to enjoy healthy exercise amidst stunning scenery.

There are also many exciting things to see and do at the Kingussie BikeFest which runs in tandem, so to speak, with the Bikeathon.

Find out more about this annual event at [www.bikeathon.scot](http://www.bikeathon.scot).

## Roadblock Run



The Smurfs were just one of the many fancy dress celebrities to attend the latest Roadblock Run. The fundraising total for the event, however, was in no way small and left nobody

feeling blue as those taking part raised an amazing £60,000. The obstacle filled friendly foamy 7k fun run returns each September and you can get on board at [www.roadblockrun.com](http://www.roadblockrun.com).



If you've ever wondered what happens to all those shopping carrier bag charges – Morrison's Supermarket has the answer in the form of a £10,000 cheque for CHSS! David Gardner, the supermarket chain's Managing Director for Scotland, presented this splendid cheque to CHSS's George Grierson on behalf of the Morrisons Foundation. The Foundation was set up last year to provide financial support to registered charities across the UK. In Scotland, the Foundation is responsible for ensuring the proceeds of the Single Carrier Bag Charge (Scotland) are donated to Scottish charities.



## Beast Race

The Prime Four Beast Races continue to grow in popularity with participants sliding into action as they crawl, climb, run and tackle their way through the beastly obstacles on this wild 10k. Taking place in September at Loch Ness and Banchory, as the official charity partner to the events CHSS has benefited from donations over £38,000 from participants just last year. Limited places are available without a sign-up cost to those who pledge to raise £250 for CHSS. To find out more and sign up to 'tame the beast' visit [www.beastrace.co.uk](http://www.beastrace.co.uk)

**DID YOU KNOW... that 40% of our income comes from Gifts left in individual Wills?**



Without these vital funds, **2 out of every 5 people** we are supporting right now with a chest, heart or stroke condition would be left coping on their own. A Gift in your Will today (of any size) ensures we're here for everyone in Scotland who needs us tomorrow. **Make the end a new beginning.**  
[www.chss.org.uk/giftsinwills](http://www.chss.org.uk/giftsinwills)

## Dates for your Fundraising Diary

### July

2nd Dee Don Walkathon, Aberdeen

### August

28th Round the Clyde Walkathon, Glasgow

### September

3rd Loch Ness Beast Race, Loch Ness

11th RoadBlock Run, Holyrood, Edinburgh

24th Banchory Beast Race, Banchory

### October

9th Forth Bridge Abseil, South Queensferry

30th Culloden Run, Culloden Battlefield

### November

24th Aytunes Music Quiz, Edinburgh

### December

1st Carols at Christmas, Edinburgh

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

The latest Culloden Run proved to be a fantastic day with well over 500 runners battling across the 10k and 17.46k routes. Their efforts raised more than £18,000 for CHSS.

**A huge THANK YOU to everyone who has raised money for those living with heart failure, lung disease and stroke to live stronger, longer lives.**



## Duo's Desert Efforts

**No, this is not a mirage – an ambitious pair from Fife walked an incredible 100k through the Sahara desert to raise funds for CHSS.**

Karis Reynolds and Sharon Stevenson decided to tackle the week-long trek in memory of Sharon's mother Catherine Stevenson who sadly died after a stroke in 2013.

Initially, they aimed to raise £4,000 but they have gone on to pass the £6,500 mark after their battle with the searing heat of the daytime sun and bitter cold of the desert nights.

Karis said: "The Sahara trek was by far the best thing we have ever done. I'd do it again in a heartbeat – worth every tear, ache and blister!"

## Wet and Wild Fundraising

**Twenty hardy teams dared to challenge the rapids of the mighty Tay and emerged in wet but winning form – raising £25,000 for CHSS is the process.**

The CHSS white water rafting weekend tackles the wet and wild route between Aberfeldy and Grandtully. Saturday's races were won by Bear Scotland 1 and Drummond 2, while Dunnottar Otters took the honours on Sunday.

Among the adrenaline seekers were three teams from SGN who alone raised £5,000.

The weather was glorious and everyone came with high spirits and high energy for an epic weekend of adventure.

You can find out about our 2017 events by calling **0300 1212 777**.



**"Had a great wee day raising money for CHSS!!!"**



## Discount Store



Scotland's favourite son Oor Wullie was a very welcome guest to open Dundee's stylish new CHSS store in Reform Street. The newly refurbished discount store – whose gorgeous interior features a must-see decorative cupola and super-trendy oil barrels and brick interior – had a busy opening weekend. The discount stores maintain high standards and quality of stock with set prices. Adult clothes are priced from 99p with children's clothes from 49p. There also a great selection of books at two for 99p. Another new discount store has opened in Cowdenbeath and the Forfar store has been relocated to host a discount store with a much bigger shop floor.



Following the popularity of our Christmas cards we're launching a range of Everyday Greeting cards to be sold in all of our stores. The initial range includes 48 designs spanning a range of themes and occasions, there's something for everyone. We have incorporated a Scottish element into many of the designs and even have a full tartan text selection. There is also a small range of six designs donated by Scottish artist Lys Stevens (thank you Lys!) which are lovely! We are very excited about the launch of the cards which retail at £1.49 each or 4 for £5.



CHSS's boutique store in Giffnock was the venue for a £150 cheque presentation by SNP MSP Stewart Maxwell, on behalf of leading research organisation Ipsos Mori. Stewart said: "I'm delighted to have the opportunity to support the work of CHSS. Although there are now fewer Scots suffering from illnesses like heart disease and stroke, there are still too many people affected by these conditions."

**THANK YOU to all our supporters, donors and volunteers!**





## Scotland's Health Charity wins UK Helpline of the Year!

CHSS is celebrating their Advice Line Nurses' win of the coveted "UK Helpline of the Year" title at the Helplines Partnership Awards, fending off strong competition from other national charity helplines across the UK.

The CHSS Advice Line nurses have answered over 40,000 enquiries since the line was set up in 1995. They offer a supportive listening ear, details of local support services, and confidential information and advice about all

aspects of living with chest, heart and stroke conditions. This accredited service is available to patients and relatives, carers and health and social care professionals. The CHSS Advice Line was recognised by the Helplines Partnership for the significant contribution they make to the wellbeing of service users and to the sector. CHSS Head of Advice & Information Laura Hastings was at the event to receive the award. "We are so thrilled to have won this award and really proud of the work our Advice Line Nurses do to help people in Scotland who are affected by chest, heart or stroke illness."

The Advice Line nurses are available Monday-Friday 9.30am-4pm to answer any questions related to chest, heart and stroke conditions. Calls are free from both landlines and mobiles on **0808 801 0899** (an out of hours answer phone is available).

## Paula's Story

**Paula Leask was dancing with her husband William at a wedding in August when she suddenly felt dizzy. When she went into the hallway her right leg gave way and she collapsed. She had an intense headache and when trying to respond to her husband had slurred speech. A waitress at the venue immediately called 999.**

Paula's stroke left her hospitalised and in a wheelchair for a month as she built strength to walk again, but Paula said her three-year-old son became the driving force behind her recovery.



She added: "In hospital I was in such a dark place but it gets better and you have to believe you can improve." Paula had the support of a CHSS stroke nurse. "The nurses were so compassionate and caring. They were there for me. I've got an amazing stroke nurse Lynsey Duncan who has been a wonderful

support to me. The charity are amazing as they gave me a grant for a glove to help me with mobility in my right hand."

With the support of her husband, loved ones and CHSS, Paula and her family were able to take their son on a fairytale trip to Disneyland Paris for his birthday in December.

Paula has even been able to return to work as a nursery nurse one day a week. "When I get tired or nervous I forget how to walk and sometimes when I'm really tired it can feel like an effort to talk. But I'm in such a good place right now and when I went back to work it was the first time in so long I felt genuinely happy."

**"The nurses were so compassionate and caring. They were there for me."**





## New Arabic Link Worker role

CHSS has recently taken on Sara Ahmed as our new Arabic Link Worker. In partnership with NHS Lothian's MEHIS (Minority Ethnic Health Inclusion Service) the role has been developed to work alongside our tackling barriers group to improve ethnic minority communities' access to CHSS services. MEHIS also have link workers of other nationalities and Sara's role was identified as a need for Arabic communities across Lothian.

## Live Better Blog

THE EXCITING new 'Live Better Blog' has been launched as part of the CHSS Health Promotion Scheme. The blog features articles from expert health professionals, all geared towards helping you reduce your risk of chest, heart and stroke illness. Read about a range of wellness topics from 'what's in an e-cigarette?' to 'how to make the most of your GP appointment'!



Check us out at: [www.chss.org.uk/livebetterblog](http://www.chss.org.uk/livebetterblog)

You can also look out for updates on the CHSS Facebook page: [www.facebook.com/CHSSScotland](https://www.facebook.com/CHSSScotland)

We welcome any requests for blog post topics. If you are a health professional and wish to contribute to a 'healthy lifestyle' topic for the blog, please get in touch with Megan, Health Promotion Specialist ([megan.dabb@chss.org.uk](mailto:megan.dabb@chss.org.uk)). Happy reading!

# Hints for the holidays

The summer holiday season is almost here and most of us are preparing for our annual big break – we've probably already booked our flights and accommodation. For families living with chest, heart and stroke illness, however, it can sometimes seem like a sea of complications lies in front of them when they think about holidays, especially going abroad. But it doesn't have to be like that.

CHSS has looked into virtually every aspect and, through our comprehensive catalogue of factsheets and booklets, we have a wealth of advice for those planning a well-earned break. Here are some of the most frequently asked questions – but if you'd like to know more or have a specific enquiry, please don't hesitate to contact our Advice Line Nurses.



**1 I had a stroke four months ago and have made a good recovery. My wife and I wanted to go to Europe for our summer holiday. Am I allowed to and if we opt to stay in the UK what are our options?**

Stroke affects people in different ways and people recover at varying rates. Travel plans including concerns or risks regarding fitness to fly should be discussed with your GP. There are no set guidelines outlining when someone may fly after a stroke. What you are capable of doing is a personal decision; knowing and listening to your body is essential. Anybody who has been left with a disability may wish to delay flying for a few months to give their body time to rest and to adjust to any disability.

It is essential to have adequate insurance and when flying normal

flying advice applies. Wear compression stockings, move about, keep well hydrated and avoid alcohol.

**For more info see Factsheet F13.**

Staying in the UK can be an option too. CHSS has compiled a factsheet to provide people with disabilities and their families or carers with some useful contacts to help them arrange a well deserved break. Some organisations will make all your arrangements including travel and assistance; others will just take bookings for their own accommodation.

**For more info see Factsheet F6.**

**2 I have COPD and require oxygen – am I allowed to fly?**

Yes, but it will need organisation and planning ahead. Firstly, your GP needs to assess that you are fit to fly. If you can walk more than 50 metres on the flat at your normal pace or climb one flight of stairs without becoming breathless you should be able to fly with your doctor's permission.

- If you use oxygen continuously, and will need it during the flight, let the airline know when you book your seat.
- Each airline will have its own policy regarding the supply of in-flight oxygen.
- Airlines only provide an oxygen

mask, so if you prefer nasal cannulae you will need to provide your own.

- Some airlines now prohibit in-flight oxygen during take off and landing so this may prevent some people flying.
- Most airlines only provide oxygen for the flight. If you need oxygen on the ground you will need your own for any transfers. You can arrange this with the airline or airport.
- If travelling outwith the UK you will need to make arrangements with the oxygen provider in that country before you go.
- A copy of your prescription from your GP is required and details of whom to contact if your supply fails.
- Appropriate health insurance to cover emergencies is essential. Oxygen can be obtained in any of the EEA countries under the European Health Insurance Card arrangement.

**For more info see Factsheet F13.**

**3 I had cardiac surgery nine months ago. Do you know any insurance companies that will cover me for my holiday?**

CHSS have a factsheet which provides a list of sympathetic insurance companies. It is advisable to shop around and essential to give

**The Advice Line Nurses have launched a new Advice Line number, 0808 801 0899. All calls are now FREE from landlines and mobiles.**



a comprehensive list of your health issues. Ask as many questions as you can about what your cover will provide.

Make sure your GP assesses you fit to fly before you book a holiday. In general if there are no complications then you should be allowed to fly approximately two weeks after heart surgery. Following open heart surgery you may want to wait longer to allow the chest bone and ribs to heal.

For further information see Factsheets F7 and F13.

#### 4 My husband has angina and we would like to go abroad for a change of scene. What would you advise someone considering a holiday with a heart condition?

Callers are reminded not just to think about coping with becoming ill on holiday, but also to bear in mind the factors that may induce symptoms in the first place.

- What kind of environment are you going to? High altitude destinations put extra pressure on the heart.
- Where is the accommodation situated; hilly or flat, remote or urban? Excessive or strenuous exertion which your husband maybe unaccustomed to, may

bring on an attack.

- The climate. Excessive heat puts extra strain on the heart, so it is important to stay hydrated, but equally extreme cold requires the heart to work harder. Remember this before diving into a freezing cold pool.
- Are there lifts available to avoid too much stair climbing?
- Make sure you know of a local hospital and the services they provide.
- Ensure your husband has an adequate supply of medication, including extra if there are any delays. Take them in hand luggage and in their original packaging.
- With the change of environment and pace, do not be afraid if your husband has to use his GTN spray or tablets more often. This does not mean his condition is becoming worse, but it may take for his body time to adapt. Encourage him to use his GTN to allow you both to enjoy your lives and control the angina.

For more information see booklet **HI Living with Angina**.

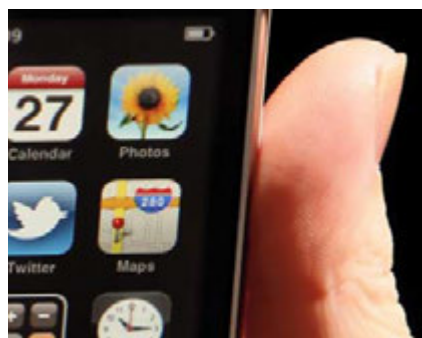
**If you have any questions about staying safe on holiday you can contact the Advice Line Nurses for FREE confidential advice on 0808 801 0899.**



## 1000 Blood Pressures Checked!

Blair Paterson was the lucky 1000th person to have their blood pressure checked through our Health Promotion Scheme. Blair works at Johnston Carmichael Accountants where CHSS is their charity of the year. He was rewarded with a place on the Forth Rail Bridge Abseil which he was really excited about – but without raising his blood pressure too much! Find out more about the Health Promotion Scheme at [www.chss.org.uk/healthpromotion](http://www.chss.org.uk/healthpromotion)

## Keeping in Touch



It's been another amazing year for our web and social media channels. Our website traffic keeps on making strong progress, with more than

750,000 pages viewed. Our social media reach continues to grow quickly. We started this year with 15,000 Facebook Likes and by May already have grown to over 18,500. Our video views on Youtube have surged past 100,000 and Twitter has become an increasingly important channel in how people keep in touch with us with over 3,500 followers. Meanwhile our LinkedIn profile continues to expand with more information and contacts to our services.

By joining our online family you can help increase awareness of CHSS and what we can do, while keeping up to date with our latest events, developments and news. Search for Chest Heart & Stroke Scotland on LinkedIn, follow us on twitter [@CHSSScotland](https://twitter.com/CHSSScotland) and like us on Facebook at [www.facebook.com/CHSSScotland](https://www.facebook.com/CHSSScotland)



**“Thank you so much for listening to me and for giving me the confidence to ask the questions I needed to ask.”**

## Show you believe in the future of Scotland's health. Include Chest Heart & Stroke Scotland in your Will

**Connor won't be the only child to lose a loved one this year to lung disease, heart disease or stroke.**

That's why we've developed unique materials, designed and written especially for children and teenagers to help them understand and cope with the effects of losing or living with a parent suffering from these devastating conditions.

A Gift in your Will could help us create a future where fewer of us are affected by the tragedy and pain of losing a loved one too soon and where families can enjoy precious time together.

## Support us through a Free Will Service

**Making a Will is one of the most important things that you can do to ensure that your family is taken care of when you are no longer here.**

With this in mind, we have now partnered with McClure Solicitors to offer all Update readers a free Will preparation service. Just consider making a donation to us!

McClure will prepare your Will free of charge – a service which usually costs £150 for a single person and £240 for a couple. All you need to do is consider making a donation to help support CHSS. Already have a Will? They will also review this free of charge.

Using the services of McClure Solicitors means that your wishes will be honoured in full without any confusion. It also means that your estate will be administered more quickly and with less expense. You might also consider leaving a bequest to us. To arrange an appointment or request more information, call McClure's on 0800 852 1999 or email direct at: [offers@mcclure-solicitors.co.uk](mailto:offers@mcclure-solicitors.co.uk)

### Head Office:

3rd Floor, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ  
Tel: 0131 225 6963

Fundraising Freephone 0300 1212 333

Advice Line Number 0808 801 0899



Registered with and regulated by the Office of the Scottish Charity Regulator (no SC018761), Chest Heart & Stroke Scotland is a wholly Scottish charity. It also operates as CHSS and is registered in Scotland as a company limited by guarantee, no SC129114.

### Regional Offices:

5 Mealmarket Close, Inverness IV1 1HS  
Tel: 01463 713433

The HUB, 70 Pacific Quay, Glasgow, G51 1DZ  
Tel: 0300 1212 111

[www.chss.org.uk](http://www.chss.org.uk)

**Chest  
Heart &  
Stroke  
Scotland** 



**Meet Connor.**  
**At the age of 10**  
**he became the**  
**man of the house.**

Connor's dad died of a stroke at age 42.

He was the picture of health.

It was the last thing anyone expected.

**Make the end a new beginning.**

A gift in your Will can mean life to those suffering from chest, heart and stroke illness in Scotland.

The funding that gifts in Wills provide is crucial to our work.

**Chest Heart & Stroke Scotland** 

**We are Scotland's Health Charity**

Research • Advice • Support • Action

0300 1212 555 | [gifts@chss.org.uk](mailto:gifts@chss.org.uk) | [www.chss.org.uk](http://www.chss.org.uk)



## Reflect and remember a loved one

**GIVING in memory is such a positive way of remembering the life of someone special. Last year our wonderful supporters, following the loss of a loved one due to lung disease, heart disease and stroke, generously donated the proceeds of collections from funeral services, raising almost £275,000. Many also created Sapphire Tribute Funds as lasting memorials, with family and friends coming together to honour their loved one and support our work in the longer term. For more information on giving in memory or Tribute Funds, please call us on 0300 1212 333 or [gifts@chss.org.uk](mailto:gifts@chss.org.uk)**

