



Cardiac & Respiratory Support Service

Supporting those living with
heart and chest conditions

Chest
Heart &
Stroke
Scotland



The Cardiac & Respiratory Support Service (C&RSS) offers a variety of resources for people living with a long-term heart or chest condition, such as heart failure or chronic obstructive pulmonary disease (COPD).

We provide

- information to help you understand and live with your condition
- the chance to meet and share experiences with others
- details of other sources of support in your area
- informal support for carers and families

C&RSS local co-ordinators work with other services to make sure the support you receive is tailored to your needs. We work with health care professionals, local council staff and other voluntary organisations. Most importantly, we work with you.

NEWSLETTERS

'Take Heart' is a newsletter written especially for those living with heart failure. 'Take a Breath' is for those diagnosed with long term chest conditions. Both newsletters have four issues each year. In each edition you will find:

- people's stories
- updates about current and new treatments
- practical hints and tips
- activities to keep your mind and body active
- useful contacts

The newsletters can be found on our website. Insert 'Take Heart' or 'Take a Breath' into the search box at www.chss.org.uk



"I think the newsletter is very informative and it is a link for people on their own."

Newsletters

Patient & Carer M

PATIENT & CARER MEETINGS

These meetings provide an opportunity for those living with the condition, and their carers, to come together to learn about issues which concern them. Organised in partnership with the local specialist nursing services, meetings take place four times a year, often in local hospitals. At these meetings you will have the chance to:

- listen to talks about new treatments and developments in health and social care
- discuss healthy living and offer tips on how to stay well
- ask questions and get the help you need
- gain access to useful information and local contacts
- meet up with others



"The meetings were a lifeline for me when I was first diagnosed."

SUPPORT GROUPS

Getting together with others to share experiences over a cup of tea can be a great chance to discuss thoughts and ideas, and build new friendships. Joining a support group will offer you the opportunity to do just that. Groups meet in easily accessible, local venues. Those who attend have the chance to talk about a wide range of topics - from crafts to hobbies, to what's on in the local area, all with the support of the local co-ordinator.



"I've realised it's not just me who feels this way, there are others in the same boat."

Meetings

Support Groups



BEFRIENDING SERVICE

For some people, living with a long term condition can mean feeling lonely at times. This is especially true when it is harder to get out and about. For others, a period of ill-health or a hospital stay can result in a loss of confidence and a fear of going out and about alone. The befriending service can help. Befrienders are trained volunteers who offer their time to support people in need. Your local co-ordinator will help find the right person for you by:

- discussing your needs
- discovering areas of shared interest
- identifying times and days that suit you
- supporting both you and your befriender

“The regular outings I have with my volunteer allow me to enjoy seeing places that I would otherwise have little chance of seeing again.”

Befriending Service

ADVICE AND INFORMATION

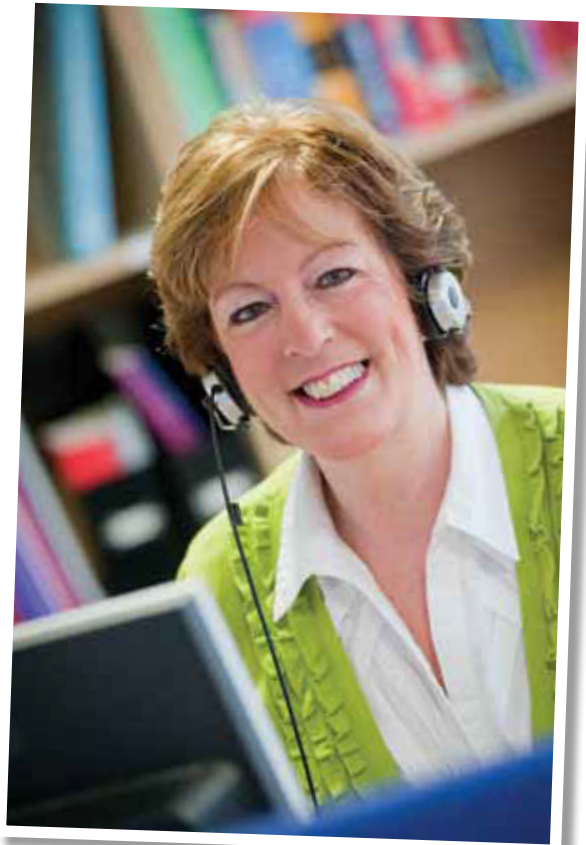
CHSS offers a wide range of information for people living with chest, heart and stroke conditions. Take a look at our information on living with heart failure, managing breathlessness and coping with tiredness. All CHSS publications are free in Scotland and available in print or via the website www.chss.org.uk

The CHSS Advice Line Nurses provide:

- a supportive listening ear
- details of local support services
- confidential information and advice

The Advice Line is open 9.30am-4pm Monday to Friday.

Call **FREE** from landlines and mobiles on **0808 801 0899** or text **NURSE to 66777**.



Advice and Information

FIND OUT MORE

To find out more about C&RSS and other CHSS services, contact your local co-ordinator:

Or, fill in your details and return in a stamped envelope to the C&RSS Lead at the address below:

I AM INTERESTED IN: (PLEASE TICK ALL THAT APPLY.)

- | | |
|---|--|
| <input type="checkbox"/> Newsletters | <input type="checkbox"/> Befriending service |
| <input type="checkbox"/> Patient & Carer meetings | <input type="checkbox"/> Advice & Information |
| <input type="checkbox"/> Support Groups | <input type="checkbox"/> Volunteering with C&RSS |

• **Please note, service options may vary across Scotland.**

Name:

Phone No:

Email:



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www.chss.org.uk

