


Chest
Heart &
Stroke
Scotland





NHS



SCOTLAND





Help Yourself...

2 Self Help!!



Chest
Heart &
Stroke
Scotland





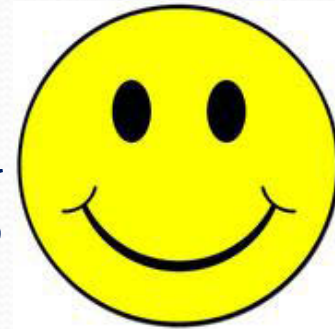
Mr Bill Rodman: Superstar!!



- **All the peer supporters**
- **At lifestyle management**



- Anne Armstrong
- Lifestyle Management
- Success comes in cans not
cannots !!!



- 
- **Nicola Cotter**
 - **For all her COSMIC**
 - **Help and support**

- 
- **Campbell Chalmers**
 - **Who chaired all the meetings. Keeping us**
 - **On track.....**

- 
- **EVERYONE** else at CHSS
 - NHS staff
 - **And anyone else who had an input!**
 - **THANK YOU**

Last of all a MASSIVE thank you to the project manager
who selflessly pulled it all together!

Once again,
Thank You...



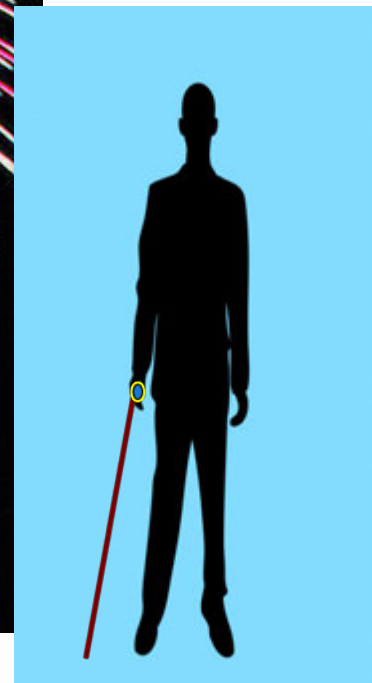
!!!



HEATHER BRYCELAND



Start with a whimper,
Go out with a....
BANG!!!!



I am
open to
possibility.

PositiveMotivation.net

- **ANYTHING**
IS POSSIBLE



- EVERY JOURNEY STARTS
WITH THAT VERY FIRST
STEP.....



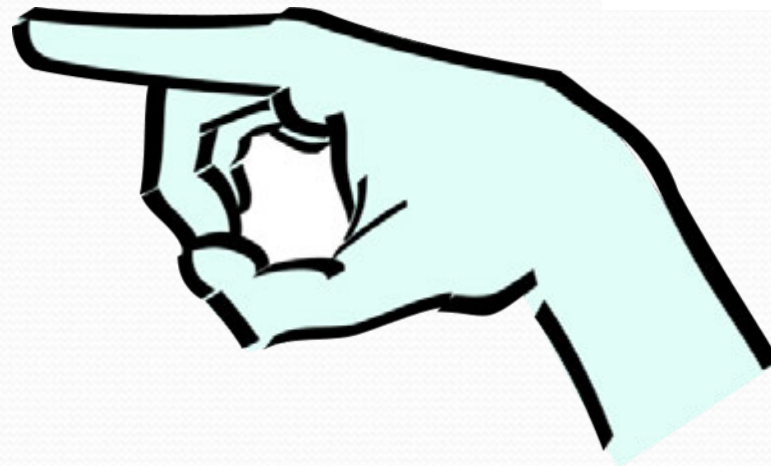




- YOUR JOURNEY STARTS
RIGHT HERE.....



- YOU ARE NOT
ALONE HELP IS AT
HAND



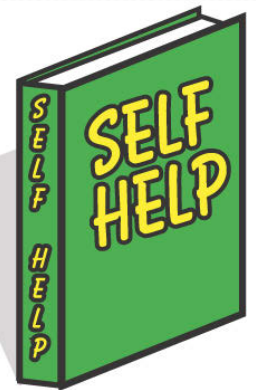
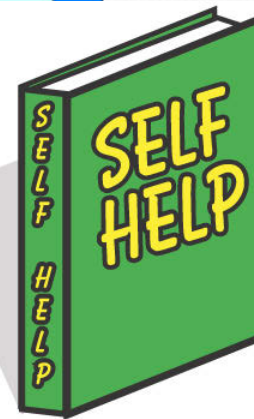


HELP YOURSELF TO SELF HELP!!!



crafterhours

Help Wanted





• HELP YOURSELF **2** SELF HELP.....





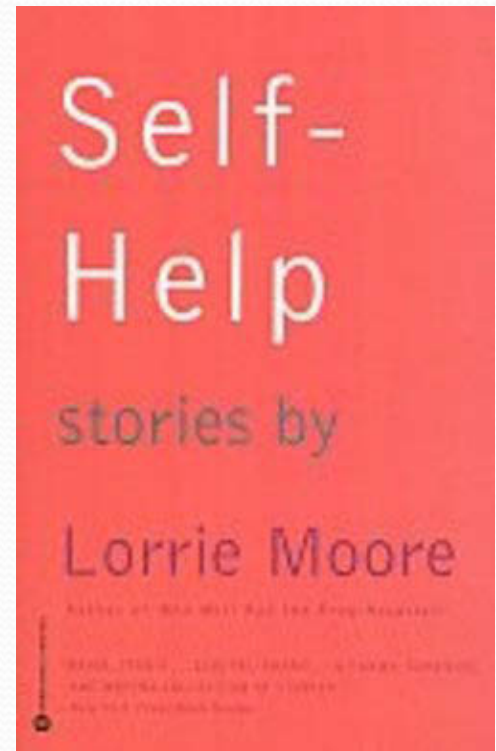
- 
- YOUR JOURNEY CONTINUES HERE



- YOU'RE IN CONTROL, YOURSELF



- SELF HELP IS HERE FOR YOU



JOHN FOGARTY®



Help Yourself...
2 Self Help!!

