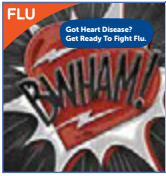




# TAKE HEART



**Importance  
of the Flu  
jab**



**Low Salt  
Recipe**



**Winter  
Top Tips**



**Keep  
Safe**

Dear Take Heart Reader

## Chest Heart & Stroke Scotland – New Ambitions

Did you know that around 21,000 people in Highland today are living with chest and heart conditions, while over 7,000 people are adjusting to the detrimental effects of stroke? These health related challenges are set to rise as more of our population are expected to live longer over the coming decades. Addressing these needs can only be achieved through innovative ways of working, appropriate utilisation of resources, and the ongoing support of our dedicated volunteers.

In May 2016 Chest Heart & Stroke Scotland (CHSS) began the process of conducting a service review and restructure. The aim being to ensure sustainable and high quality services, while identifying our 'New Ambitions' for the future. This process will enable the charity to meet the needs of the Scottish population more effectively while increasing our opportunities to work with the various newly formed Health and Social Care Integrated Joint Boards within Highland. It is hoped that these changes will allow us to provide greater equity of care to those living with chest, heart and stroke illness at different stages of their condition journey.

Historically the provision of support for those living with Heart Failure has involved strong partnerships between CHSS and statutory services such as NHS Highland, working together to create mechanisms for peer support among those living with heart failure. These partnerships are built on mutual aspirations, and a shared desire to improve care.

As many of you will be aware the service provided in Highland, which includes a quarterly newsletter, patient

and carer meeting, and one to one befriending support, has been running for 4 years. Throughout this time CHSS has continued to contribute 50% of all costs, the

additional monies being sourced from external funders such as Lifescan, and the Highland Change Fund. In recent years, however, obtaining these additional funds has become increasingly challenging as more and more organisations vie for the same money. With this in mind, we are seeking new ways to deliver services. **We would like to encourage you to attend the next Highland Patient and Carers meeting to be held on Wednesday 7th December at 2pm (please see invitation with this issue of Take Heart).** At this meeting we will take the opportunity to discuss with you the challenges faced and the potential opportunities we may have to create sustainable peer support in the area. I hope that you take this opportunity to attend, discuss your ideas, and work with us to develop our 'New Ambitions'.



*Mark O'Donnell*

**Mark O'Donnell**

Chief Executive  
Chest Heart & Stroke Scotland

# WHY IT'S SO IMPORTANT FOR PEOPLE WITH HEART FAILURE TO GET THEIR FLU JAB....

**In this edition of Take Heart you are reminded to go and get this year's flu jab (if you haven't already). But why is it so important if you have heart failure?**

If you have a long-term heart condition (such as heart failure) and you catch flu, you are more likely to become very ill or get a serious complication such as pneumonia (a chest infection). Having the flu jab will help to stop you catching the flu. If you do get the flu, it is likely to be milder and shorter-lived than it would otherwise have been.

Almost a third of people admitted to hospital with flu in Scotland last winter had a heart condition. If you have heart failure, getting the flu jab means that you are less likely to be admitted to hospital with a heart-related disease.

Your carer might be eligible for a free flu jab too. Check with your GP surgery. **So don't put it off – go and get your flu jab now and help yourself stay well this winter!**



### Don't let flu catch you off guard.

If you have chronic heart disease, flu can hit you hard. Last winter, half of those admitted to hospital with flu, aged over 45, had a heart condition. Flu, don't risk it. Contact your GP practice today to arrange your free flu vaccination.

[immunisationscotland.org.uk/flu](http://immunisationscotland.org.uk/flu) NHS inform 0800 22 44 88



## HELP TO EAT WELL

A number of our recent patient & carer meetings featured talks by a Dietitian, giving practical hints and tips about how our diet can help us 'live well with heart failure'. This co-incided with the release of a new healthy eating guide, as pictured to the left.

For more about the Eatwell Guide, check out the Live Better Blog on page 3.

# MERRY CHRISTMAS & A HAPPY NEW YEAR TO ALL OUR READERS!

## Here are some Top Tips to deal with the icy blasts...



- Sign up for the CHSS Advice Line Weather Alert Service. This will let you know about adverse weather in advance and allow you to plan ahead. Register by calling 0808 801 0899 (free from landlines & mobiles) or text WEATHER to 66777.
- Check when your GP surgery will be open over the holidays. Remember, you can call NHS 24 on 111 for non-emergency queries when your GP surgery is closed.
- Ensure you have enough medication to last until after the festivities.
- Have a stock of emergency supplies of things like food to tide you over if the weather is too bad to go out.
- Think about who might be a good contact to help if you need it and keep their number handy.
- If you are travelling or making visits, plan how you can keep your tablets on track.

## Live Better Blog – a blog about health, wellness and a healthier you

Did you know that CHSS produces a fortnightly health blog? The Live Better Blog was launched in February 2016 by our Health Promotion team and covers a range of topics to help reduce your risk of chest, heart and stroke illness.

Why not check out our recent post about the new 'Eatwell Guide' which replaced the 'eatwell plate' in March this year to find out what's new and what's off the plate! [www.chss.org.uk/supportus/hps/eatwell-guide/](http://www.chss.org.uk/supportus/hps/eatwell-guide/)

For more of our health blogs visit:  
[www.chss.org.uk/livebetterblog](http://www.chss.org.uk/livebetterblog)

## Low Salt Recipe

# MAC 'N' CHEESE

SERVES: 4 • PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 250g dried macaroni
- 40g low fat spread, unsalted
- 40g plain flour
- 600ml semi-skimmed milk
- 120g lighter cheddar cheese, grated
- 1 tsp wholegrain mustard (optional)
- 8 cherry tomatoes, cut in half
- 3 tbsp stale breadcrumbs, coated in 1 tsp of rapeseed oil
- 20g lighter cheddar cheese, for sprinkling on top
- Vegetables of your choice to serve, we suggest 300g fine green beans, topped and tailed



## METHOD

1. **Start with the pasta:** bring a saucepan of water to the boil and add the macaroni. Cook according to pack instructions. Once cooked, drain well and set aside.
2. Preheat the oven to 200°C / Fan 180°C / Gas Mark 6
3. **Next the cheesy sauce:** melt the spread in a saucepan over a medium heat. Add the plain flour, stirring continuously until combined. Cook for 2 minutes.
4. Add a little of the milk at a time, whisking continuously to ensure there are no lumps! Gradually add all of the milk and cook for 10 minutes until thickened. Add the grated cheddar and mustard, stirring until mixed.
5. Add the cooked macaroni to the sauce and mix. Pour into a large oven proof dish. Place the cherry tomatoes on top and scatter over the breadcrumbs and extra cheddar cheese. Transfer to the oven and bake for 20-25 minutes until golden.
6. Just before serving, add the green beans to a saucepan of boiling water and cook for 3 minutes, until tender. Serve with the macaroni cheese.

See more at: [www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

Energy 2004kJ 474kcal	Fat 10g	Saturates 3.9g	Sugars 11g	Salt 1.1g
24%	15%	20%	13%	18%

of an adult's Reference Intake

Typical values per 100g: Energy 537kJ/127kcal

## June's Goodbyes



**June Macleod, C&RSS Co-ordinator Inverness & NE Highland, is leaving us and will be sorely missed. Here are a few words from June.**

There is a saying that you don't really know the true value of a moment until it has become a memory. Well for me, that is not the case. I value every moment I have had working with CHSS, meeting great people and supporting volunteers to make a difference in people's lives. My time here has not been a journey; it has been an epic adventure, one that I will never forget. Thank you all for contributing to that.

Although I will be excited to take up my new post, my heart is heavy for what I have to leave behind.

But as a very wise Dr Seuss said, 'Don't cry because it's over. Smile because it happened. That's going to be my mantra!

Wishing you all the very best.

## POLICE SCOTLAND TELL US HOW TO KEEP SAFE.....

Many of you have shared that bogus callers really concern you. At our Autumn Patient & Carer meeting representatives from Police Scotland shared some useful advice:

- Remember to use a chain or peephole on your door if you have them.
- Always check ID, keep a small magnifying glass handy near the door to help.
- Identify a contact nearby who can come to help you quickly if you phone.
- Don't hesitate to ask a caller to come back later and make sure you have someone with you.
- Never give out personal information to strangers, especially financial information.
- If you are seriously worried, call the police on 101 if it's non-urgent and 999 if it's an emergency.

Check out the new **Keep Safe** scheme, which aims to offer a network of safe places to encourage people to participate in daily community life free from the fear of harassment and abuse.

It also offers a haven if people living with a long-term condition like heart failure feel unwell. Find out more at: [www.iammescotland.co.uk/keep-safe/about-keep-safe](http://www.iammescotland.co.uk/keep-safe/about-keep-safe)



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*We try to be as up-to-date as possible with our newsletter, but sometimes we are unable to withdraw copies if a bereavement has happened close to mailing, or we are unaware of it. We would like to offer our apologies if this has happened to you. Please let us know and we will amend our records.*