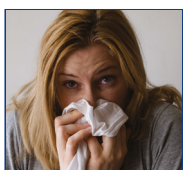


Newsletter of the Cardiac & Respiratory Support Service



CHSS Physical
Activity Fund



Flu jab



World
COPD Day

Exciting new service coming to Highland



Hi! My name is Jill Henry. In September I was appointed to the new role of Telephone & Peer Support Coordinator for Highland.

I want to work with people (and their carers) living with lung and heart conditions. The aim is to provide telephone support to those who live in rural areas of Highland. We hope that this will help to reduce feelings of loneliness or isolation.

I hope to work with the nurse specialists at various points of people's journey following diagnosis of a heart or lung condition. I have been in nursing for over 25 years, and still enjoy learning new things. Part of nursing which I have found most rewarding is providing psychological support to people, and I look forward to bringing that to my new role.

I am very excited about my new post, with Chest Heart and Stroke Scotland (CHSS). I am at the beginning of what, I hope, is going to bridge the gap for people leaving hospital and living at home or in the community. I hope we will be able to support people to live well with what might be a "new normal" for them.

I am in contact with many of our peer support groups and the CHSS staff that support them. I met some of you while raising awareness of COPD on World COPD day. The

Cheerful Chesters invited me to join them at Tesco in Inverness Retail Park. I was inspired by the hard work of the group and the way they managed to raise awareness. Many people from CHSS offered support in the way of phone calls or messages, which we were very grateful for. It was a busy day – non-stop chat! I met so many people happy to tell of their experiences and how it felt for them and family members. I listened to you all, and everything I heard will help shape the service.

I have connected with many of the doctors and nurses you will already know and they have been enthusiastic about improving services.

The need has been identified and I feel ready to walk along beside you and help to bring the many excellent services together.

We can do this together.

If you'd like to know more you can contact Jill:

E-mail: Jill.Henry@chss.org.uk

Telephone: 07733 614 861

TAKE A BREATH IS CHANGING

This will be the last printed edition of *Take a Breath* that Chest Heart & Stroke will be producing for now. But don't worry, the newsletter will still

be available for free on our website:
www.chss.org.uk/takeabreath

Remember you can also sign up for free email alerts to let you know when a new edition is available. You can do this by visiting the webpage or going to:

www.chss.org.uk/tab-subscribe

We won't pass your details on to anybody else, and we'll only get in touch to let you know about the *Take a Breath* newsletter.

WHAT'S NEW AT CHSS?

CHSS physical activity fund

Being active can help you to live a healthier, longer life. Physical activity is any movement of the body that uses energy and can be as simple as walking, housework or gardening.

This year CHSS created a 'physical activity innovation fund' with the aim of supporting people living with chest, heart and stroke conditions, to be physically active and benefit from improved health and wellbeing. It will provide development grants (money!) that CHSS teams can use to trial (pilot) physical activity programmes. The goal of the Physical Activity Initiative is that people living with these long-term conditions can access and join in with physical activity. The main aims are to ensure local support services are in place, they are easy to access and join in with, and more people are using them. The pilot programmes can either test new ideas, or support existing services.

To ensure programmes are person-centred, can support people diagnosed with multiple conditions, and focusses on supporting people in their communities, we are seeking patient/ public involvement. If this is something you are interested in and would like further information, please contact Katherine Byrne, Policy Manager, Chest Heart & Stroke Scotland by emailing katherine.byrne@chss.org.uk or telephoning 0131 225 6963 during working hours (09.00 – 16.30, Monday to Friday).

A fond farewell, and thank you's at Cairdeas

Members of 'Cairdeas Chest Heart and Stroke Association' would like to say a big THANK YOU to Kally Leiper and Catherine Taylor for all their hard work in supporting the group over the years. We wish them both all the best as they move on to new adventures and also welcome Jane Camp as the new secretary.

New Chest Heart & Stroke Scotland Chief Executive

There have been a few changes here at CHSS over the past year. The aim of these being to ensure sustainable and high quality services, while identifying our 'New Ambitions' for the future. We want the charity to be able to meet the needs of the Scottish population more effectively, offering greater support to those living with chest, heart and stroke illness at different stages of their condition journey. Since this time we have experienced several changes including the appointment of our new Chief Executive, Ms Jane-Claire Judson. Ms Judson took up post in November. Before coming to work with CHSS, Ms Judson was the National Director for Diabetes Scotland. She brings a wealth of experience from that role in providing services for people coping with long term conditions.

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C	I	N	D	E	R	E	L	L	A
G	W	H	I	T	E	Y	R	P	T
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WORD SEARCH

Can you find the following shows and pantomines?

EVITA

STARLIGHT EXPRESS

CATS

ASPECTS OF LOVE

CINDERELLA

WEST SIDE STORY

SOUTH PACIFIC

SNOW WHITE

Extract from *The Activity Year Book: A Week by Week Guide for Use in Elderly Day and Residential Care* by Anni Bowden and Nancy Lewthwaite, published by Jessica Kingsley Publishers.

CHEST-A-MINUTE



I've forgotten to get my flu jag. Do you think it's still worth it?

Yes! Although 'flu season' often begins in October, there is often an increase in cases between December and February. In fact, Flu can still be about as late as May! It's not too late, you can still get your flu jag from your GP surgery.

But some people have told me they feel worse afterwards. And I got the jag last year so that should cover me shouldn't it?

No! Last year's vaccine might not work against this year's bug. You need to get it every year to be sure you are protected. I know some people worry that having the flu jag can end up giving them the flu. This is not true. The flu vaccine is called 'an inactivated injection', this means there is no live virus in the injection. Although you can have some side effects, but they are usually mild and only last a day or two.

Is there anything I can do to avoid the side effects?

- ✓ Sore or red areas on your arm can be soothed with a cold cloth.
- ✓ A headache or slight fever is helped by drinking plenty of fluids and taking regular doses of paracetamol (but do not exceed the recommended dose).
- ✓ These symptoms usually disappear within one to two days without any treatment, however if you have increased breathlessness, swelling or a rash in the few days after vaccination contact your doctor or nurse.

Fun, Learning and Making Connections

The 'Grumpy Gaspers' have a busy summer!

The **Grumpy Gaspers** is a local support group that is supported by Chest Heart & Stroke Scotland. We meet in the County Community Hospital in Invergordon and try to have a variety of subjects to interest our members. Sometimes we do exercise and sometimes we have speakers.

We recently applied successfully for a grant from Voluntary Action Fund and purchased some exercise equipment, which members have found to be useful. We also arranged a visit to '**Lung at Heart**' who meets in Nairn. I contacted Pat, their Chair Person and arranged for the Alness Community bus to take us along. Four Grumpy Gaspers went along and had a lovely run to Nairn.

We joined in with the members of Lung at Heart who exercise every week for 45 minutes.

We have invited members from "Lung at Heart" to visit us

when we have some speakers that we find extremely interesting. We hope to go back for another visit some time. The journey home was also very nice, with a stop off for lunch in Alness.

Over the summer the Grumpy Gaspers visited the Highland Cross Seagull Trust boat. This has become an annual outing. It was, as always, a very good day out. We also had a trip to Grantown for a musical afternoon. In amongst all these social activities the group continues to meet.

Catherine Gaston, Chair Person of the Grumpy Gaspers

To find out more about the Grumpy Gaspers, or for information about groups near you, call our advice line.

Afternoon tea and dancing in Inverness

As you'll have seen in our Summer newsletter, The Cheerful Chesters are 15! They celebrated their anniversary on the 21st of June with delicious afternoon tea at the Kingsmills Hotel in Inverness. There were speeches and toasts, trips down memory lane and dancing to the music of 'The Two Highland Lads'. There was a great turnout, which was testament to the great work and far reaching benefits of the group.

World COPD Day comes to Highland!

Each year World COPD Day takes place as a means of raising awareness of this condition. In Scotland there are over 129,000 people who are diagnosed as having Chronic Obstructive Pulmonary Disease, with over 6,400 people living in Highland.

It is estimated that only 1/3 of people know that they have COPD and so many more may be living with the symptoms but are unaware of the condition and are not getting the support & treatment they need.

Chest Heart & Stroke Scotland is here to help support people in Scotland who are living with COPD to learn about the services and treatments available as well as supporting people to come together to learn from each other.

Here one of our groups share what helps them to live well with COPD. This includes "taking medication on a regular basis", "exercising", "stopping smoking" and "managing medication". What helps you to live well with COPD?

This year Jill Henry (front page) went along to support the Cheerful Chesters as they raised awareness of the condition and the group!

As well as supporting local events, this year CHSS was also at the Scottish Parliament, bringing MSPs' attention to the impact of COPD. They heard personal stories about living with COPD, and experienced an insight to what it's like to breathe with COPD as well as the opportunity to



join in with one of our singing support groups. All of this is to highlight the need for improved support & services for people living with COPD in Scotland.

Idiopathic Pulmonary Fibrosis (IPF) Week

In September we also used IPF week to highlight some of the issues faced by people living with some of the less common lung conditions. As well as raising awareness through social media, we were able to support discussions at the Cross Party Group for Lung Health. These covered IPF and bronchiectasis among others. Mostyn Tuckwell from the Edinburgh based CHSS support group 'Breathtakers Action for Bronchiectasis' gave an excellent talk on what it's like to live with Bronchiectasis. He also spoke about the Breathtakers group, highlighting the benefits people got

from attending their meetings where there is a mix of health information and time for socialising and offering support. We also heard about the very effective 'clinic table'. This is where members of the group take it in turns to be available at Bronchiectasis clinics at the Royal Infirmary of Edinburgh. The group members are able to provide information, advice and support to people who have just received their diagnosis, and invite them along to the group. It was felt that this type of group could work well across different parts of the country, and for different health conditions. Well done Mostyn!

Have Your Say!

Do you have any new information about services in your area, an interesting story or a helpful hint to share with people affected by chronic lung disease? Then please let us know so that we can share it with others. We'd love to hear from you:

Contact us by e-mail on

respiratoryservices@chss.org.uk Or call us on 0131 225 6963

We look forward to hearing your news!

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