



IMPACT REPORT

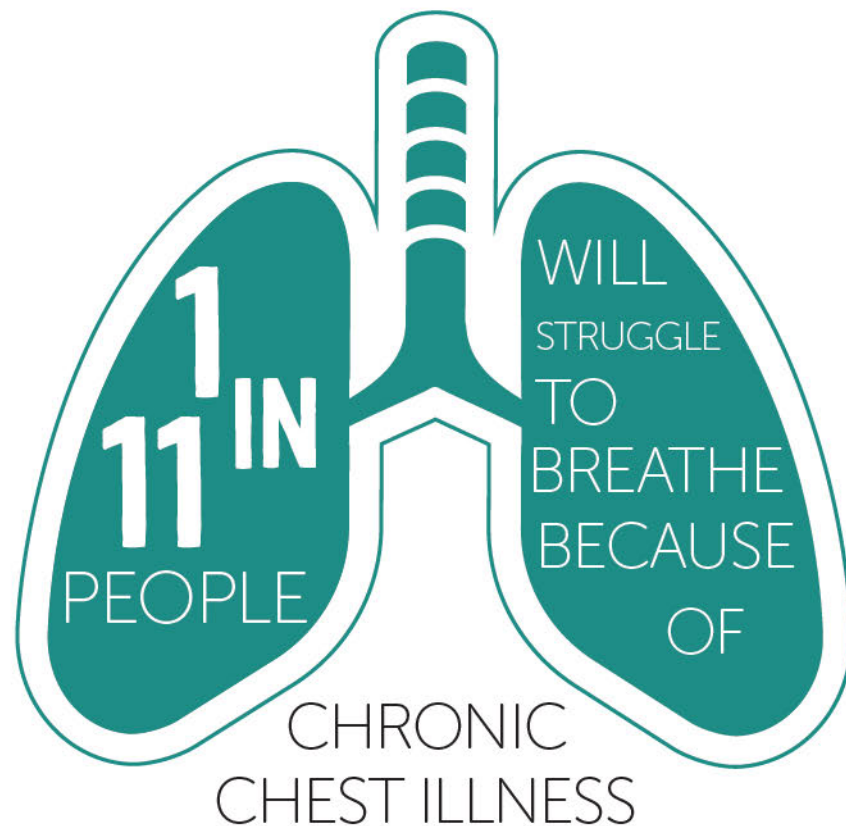
2017/2018



NO LIFE HALF LIVED

TODAY, ONE IN FIVE OF SCOTLAND'S POPULATION ARE LIVING


Every day in



We are the leading charity in Scotland providing care and support to people and their families affected by chest, heart and stroke conditions. At Chest Heart & Stroke Scotland our ambition is that there is **no life half lived**.

WITH THE EFFECTS OF CHEST, HEART OR STROKE CONDITIONS.

Scotland:



46 PEOPLE
WILL BE
DIAGNOSED
WITH HEART
FAILURE



25 PEOPLE
WILL
HAVE
A STROKE

We know that people need support not only to treat their conditions but to rebuild their lives at home and in their local communities.

“After my stroke, I wanted someone to fix me, I wanted someone to tell me everything was going to be okay. It was at this point Chest Heart & Stroke stepped in, they gave me the tools to enable me to help myself and to be well-informed. And now they've given me that opportunity to show others that there is life after stroke. No matter how badly you are affected there is help available and life after stroke. So we will always support them and always be thankful.”

H Heather is a stroke survivor receiving support from Chest Heart & Stroke Scotland



A life-changing event like a heart attack, stroke or diagnosis of a long-term condition like heart failure or COPD can make life difficult and challenging, not just for the person directly affected but also their family and support network. Many people experience fear and isolation and struggle with the impact on their lives. Our aim is to be there for people and their families so that they can live full lives with the right support, wherever and whenever they need it.

This year, we have achieved so much. It has been a year of change as we position ourselves to be able to meet the needs of the increasing number of people affected by our conditions. To do this, we have undertaken research into our supporters, donors, volunteers and service users and completed an important piece of work that is now guiding and shaping our strategy and direction for the next five years.

The vital services we offer from stroke nurses to rehabilitation support and peer support groups have helped thousands of people to rebuild their lives. We have set an ambitious plan for our services to reach even more people and change their lives.

We have focused our political engagement on highlighting the lived experience of the people we support, resulting in our campaign to improve access to pulmonary rehabilitation across Scotland. In 2017/18 we were supported in this by the Scottish Government's Minister for Public Health, Aileen Campbell and by Labour's Shadow Health Spokesperson, Anas Sarwar. Our focus is and will continue to be making sure we campaign and influence on the issues that really matter to the people and communities of Scotland, ranging across pulmonary rehabilitation, clean air, isolation and mental health.

We would not be able to support the people who need us without the generosity of people across Scotland. This includes our dedicated staff, over 1500 volunteers, the 5000+ people who took part in our fundraising events and all the people who have donated money to us over the course of the year.



A stylized, handwritten signature in black ink.

Jane-Claire Judson, CEO,
Chest Heart & Stroke Scotland



A stylized, handwritten signature in black ink.

Jim Gibson, Chair,
Chest Heart & Stroke Scotland



REHABILITATION SUPPORT SERVICE

Hollie is 22 and has cystic fibrosis. In 2016 Hollie had a stroke, affecting her ability to talk, write or read and she lost the feeling in her right side. Hollie developed severe anxiety and was scared to leave the house. She started to withdraw from the world as it didn't feel safe anymore. That was until she met Wendy, a Rehabilitation Support Coordinator from Chest Heart & Stroke Scotland. Wendy has supported Hollie to re-build her confidence and have the courage to leave the house again. Our Rehabilitation Support Service is there to support people like Hollie and their families so that they can return home and rebuild their lives.

“Wendy was the person who helped me get my life back. I doubt she knows how much she helped me but she did. She really did.”

REHABILITATION SUPPORT SERVICE



INTRODUCED A NEW
PHYSICAL ACTIVITY
PROJECT IN THE
WESTERN ISLES

**LAUNCHED A
NEW PILOT
SERVICE**


TO PROVIDE
ADDITIONAL
REHABILITATION SUPPORT
TO STROKE SURVIVORS WHO
EXPERIENCE PHYSICAL
DISABILITY AND CHALLENGES
WITH EVERYDAY LIVING

PEER SUPPORT GROUPS

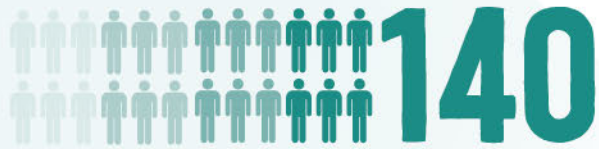
We have support groups across Scotland offering a range of support including information, exercise and the chance to meet and talk to others. Forfar Airways is a group supported by Chest Heart & Scotland. It was set up in 2009 for people living with COPD and today has about 40 members.



“Life wouldn’t be worth living if I didn’t have this group. I look forward to coming each week. This is my only afternoon out a week and I really look forward to it. We are like one big family.”

 Ann Tyrie, member of Forfar Airways Group

ADVICE AND SUPPORT



PEER SUPPORT GROUPS
ARE HELPING 1000'S OF
PEOPLE EVERY YEAR

WE DISTRIBUTED



HEALTH INFORMATION
LEAFLETS VIA OUR WEBSITE
AND NHS HEALTH BOARDS



“ I recently suffered a heart attack and am now home recovering. The literature and information from Chest Heart & Stroke Scotland has helped me greatly.”
feedback from heart patient



99%

WOULD USE THE
ADVICE LINE AGAIN

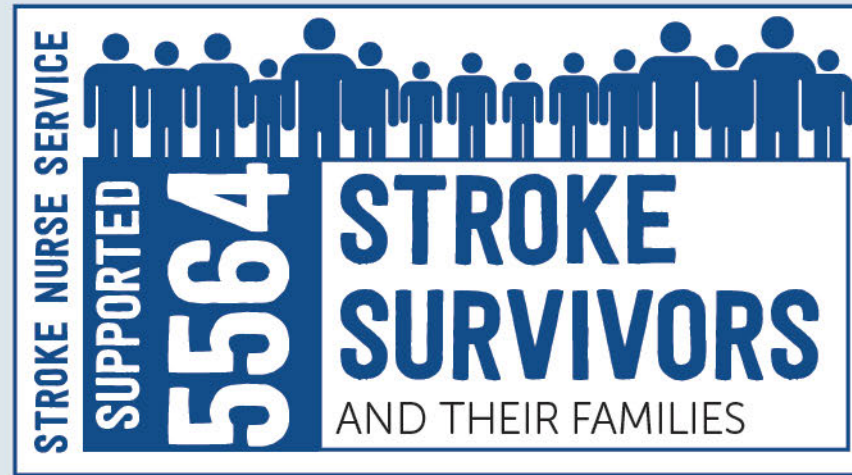


96%
OF CALLERS FELT
THE NURSE WAS
SUPPORTIVE

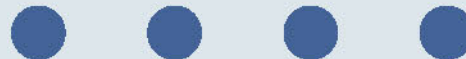
“My stroke nurse was fabulous. She held my hand through so many ups and downs. She helped me rebuild my life after stroke and without her and her team, I certainly wouldn't be where I am today. She has been there for me so many times in the past and I know she'll be there again in the future.”

 Ruth Ironside had a stroke age 49





The results from the first six months of a satisfaction survey on the quality of our Stroke Nurse Service revealed that:





POLICY AND CAMPAIGNS

PULMONARY REHABILITATION

Working with partners such as the Chartered Society of Physiotherapy, we highlighted the lived experience of the people we support to campaign for improved access to pulmonary rehabilitation across Scotland. We were supported by the Scottish Government's Minister for Public Health, Aileen Campbell and Labour's Shadow Health Spokesperson, Anas Sarwar. NHS Borders has since started providing some rehabilitation programmes where previously there weren't any available for people living in this region. We are continuing the fight to address the inequity in the provision of pulmonary rehabilitation in Scotland.

“Pulmonary rehabilitation helped to turn my life around. It helped me be much more in control of my COPD and my life. The combination of exercise, education and support was fantastic. I wouldn't be able to do the things I do now, which is quite a lot really, if I hadn't done the rehab course. I believe everyone in Scotland should be entitled to pulmonary rehabilitation. It can be life- changing for so many people.”



Ian Baxter - Forfar Airways



Chest
Heart &
Stroke
Scotland



MSP VISITS

This year, MSPs have visited our services and shops in their constituencies more than ever before, including Dumfries, Nairn, Hawick, Eyemouth and Aberdeenshire.

AT SCOTTISH PARLIAMENT

We continue to drive the agenda and provide secretariat support for the Scottish Parliament's Cross Party Groups on Volunteering, Lung Health and Heart Disease & Stroke, discussing issues such as rehabilitation, psychological support, hypertension, atrial fibrillation and digital optimisation.

RETAIL AND TRADING

Our retail stores continue to be the face of the charity on the high street and in local communities with 39 stores across Scotland.

Three of these are Community Hubs, bringing together our shops with a place where we can engage and invest in local communities and support the people who live there.



AWARENESS

**Daredevil grandfather is
abseiling for charity at
the age of 90**

Daily Record

**TAKE A DEEP
BREATH - AND THEN
IMAGINE YOU CAN'T.
THAT'S WHY HELP IS
CRUCIAL**

The Scotsman

From June 2017 to the end of March
2018, our press readership reach was

25.48 MILLION

The equivalent advertising cost would
be in the region

£2.1 MILLION

**STROKE SURVIVOR
TO CYCLE 66 MILES
FOR CHARITY**

Press and Journal

**50,000 Scots have
undiagnosed heart
problem that raises
stroke risk five-fold**

Herald Scotland

VOLUNTEERING

We are one of the largest volunteer involving organisations in Scotland

“I volunteer because I want to make things better for other people like me. I was supported after my stroke by a Chest Heart & Stroke volunteer and now I’m a volunteer myself. I volunteer in my local Chest Heart & Stroke Scotland shop as well as providing one-to-one support for people with communication difficulties after stroke.”

Fiona Dickens, stroke survivor



£

THE VALUE THEY BRING
TO OUR ORGANISATION
IS ALMOST

£1.6 MILLION



WE HAVE OVER

1500

VOLUNTEERS

WHO DONATE 150,000
HOURS OF THEIR TIME

RAISING FUNDS

Thanks to you, we had another successful year



OVER
5000

PEOPLE SUPPORTED OUR
CHARITY BY TAKING PART
IN OUR EVENTS



THANKS TO GENEROUS LEGACIES
WE RECEIVED OVER

£2.5 MILLION

IN ESSENTIAL FUNDS



OUR PARTNERSHIP WITH
THE BEAST RACES RAISED OVER

£45,000

OUR TWO ANNUAL FORTH BRIDGE
ABSEILS RAISED OVER

£200,000



WE SPEND
**78P OF
EVERY £1**
DONATED ON OUR CHARITABLE WORK*

*EXCLUDING RETAIL EXPENDITURE



OUR FUNDRAISING HEROES

Gordon Brinklow had a Transient Ischaemic Attack (TIA) or minor stroke eight years ago and since then he, and his family-of-five, have walked the Loch Leven walkathon every year to raise funds for us.

“When Gordon had his stroke, it gave us a real fright. CHSS gave us great support afterwards and that is why we have raised money for the charity ever since. For us as a family, the walkathon is a great way to give something back. The first time I did the walk, I was pregnant and then I had a pram and then a buggy, and now the children walk it themselves.”

Fiona Brinklow



A photograph of three people splashing in a pool of orange water. They are wearing black shirts with the text 'Chest Heart & Save Scotland' and a pink heart logo. The person on the left is a man with a beard and a headband, splashing water. The two people on the right are women, also wearing headbands, splashing water. The background is a grassy field.

CORPORATE PARTNERSHIPS & TRUSTS AND FOUNDATIONS

Thank you to all the Trust and Foundations that have supported us over the last year:

- The Northwood Charitable Trust
- The AMW Charitable Trust
- Mrs M H MacMillan's Charitable Trust

And corporate partners including:

- RaceFitness
- TechnipFMC
- Scottish Woodlands

SUMMARY OF ACCOUNTS

A summary of Chest Heart & Stroke Scotland's financial activities for the year ending 31st March 2018

FINANCIAL SUMMARY 2018

Income

*Donations and legacies	£5,289,543
Income from other trading activities	£2,787,464
Income from other charitable activities	£1,135,034
Investment income	£159,121
Other income	£86,000
Total income	£9,457,162

Expenditure

Raising funds - fundraising	£1,205,499
Retail costs	£3,627,498
Charitable activities	£4,391,034
Total expenditure	£9,224,031

Realised losses on investments	£1,604
Unrealised losses on investments	£160,033

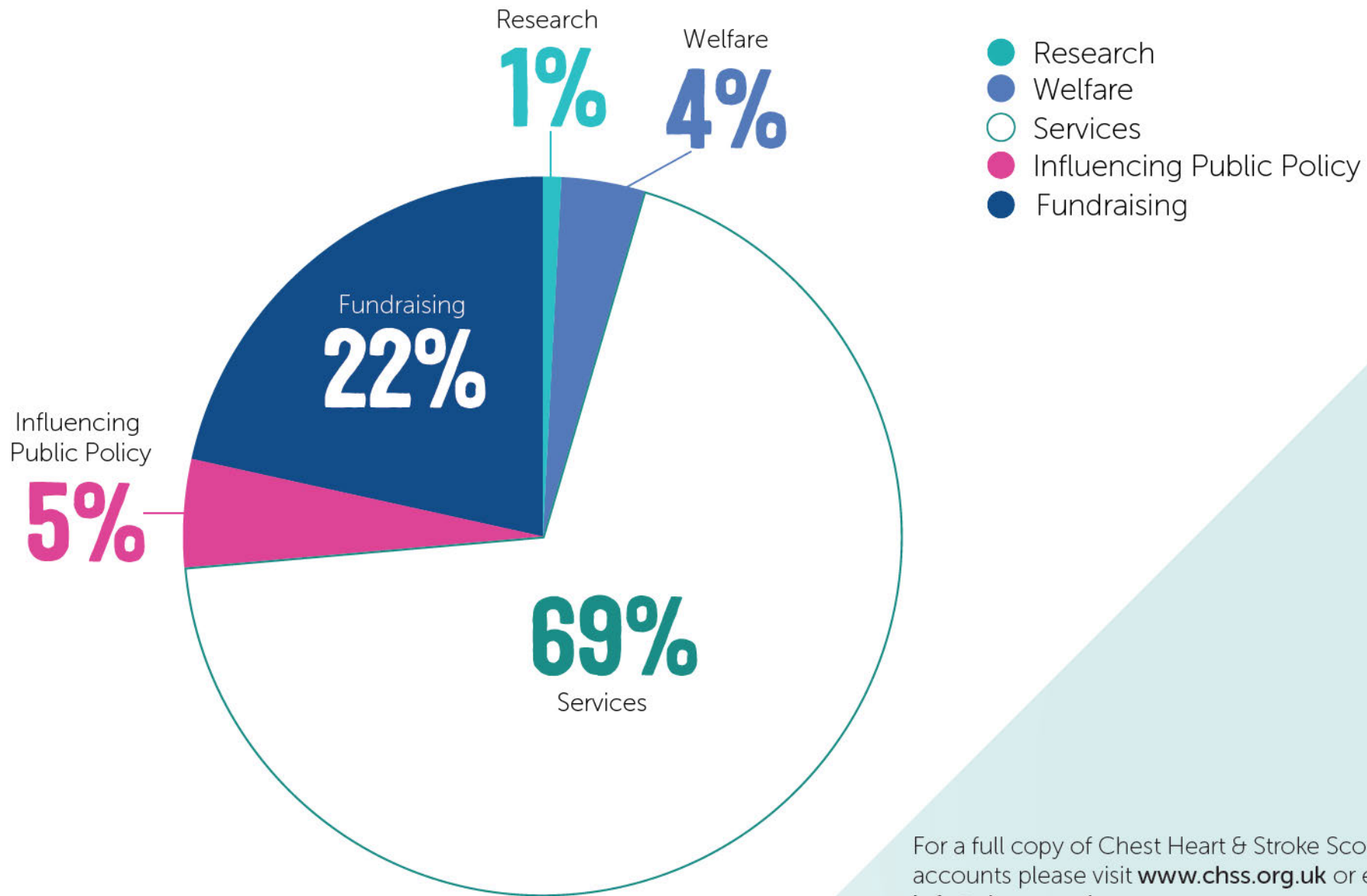
* includes retail gift aided sales

Net income/expenditure	£71,494
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Total funds brought forward	£7,708,508
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Total funds carried forward	£7,780,002
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Income spent



For a full copy of Chest Heart & Stroke Scotland's accounts please visit www.chss.org.uk or email info@chss.org.uk

A man with short brown hair, wearing a white long-sleeved button-down shirt and dark trousers, is sitting outdoors on a wooden bench. He is smiling at the camera. Behind him is a wooden fence and some green foliage. A large, semi-transparent white diagonal shape covers the upper right portion of the image, containing a quote. On the left edge of the image, there is a vertical decorative border with a plaid pattern.

“

I am a real life example of how donations can change lives. My heart stopped for 24 seconds. Without Chest Heart & Stroke Scotland's research it might have stopped forever.”



Rob Hannigan from Edinburgh took part in a research trial funded by Chest Heart & Stroke Scotland

A MATTER OF LIFE AND HEALTH



www.chss.org.uk



NO LIFE HALF LIVED

info@chss.org.uk
www.chss.org.uk



@chsscotland



chsscotland

#NoLifeHalfLived

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

