

Chest  
Heart &  
Stroke  
Scotland



# CHAIR, CHEST HEART & STROKE SCOTLAND, MAY 2022

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**NO LIFE  
HALF LIVED**

Chest  
Heart &  
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Scotland



**BEAST  
RACE**  
2019  
Chest  
Heart &  
Stroke  
Scotland

# WELCOME FROM JANE-CLAIRE JUDSON & JIM GIBSON

Thank you for your interest in joining us as the new Chair of Chest Heart & Stroke Scotland. Everyone has the right to live life to the full. After a diagnosis of a chest or heart condition or a stroke, many people experience fear and isolation and struggle with the impact on their lives.



**Chest Heart & Stroke Scotland won't stand for that. The care and support we deliver every day ensures everyone can live the life they want to.**

Chest Heart & Stroke Scotland (CHSS) is a dedicated and ambitious organisation to work for. We are motivated and inspired every day by the people in Scotland affected by chest, heart and stroke conditions, as well as their families. It's our mission to provide a community of support, kindness and challenge where people can help each other, secure the expert help they need, and collectively advocate for the care and support that matters to them. We aim to become Scotland's leading organisation for person-centred, user-led community support for people with our health conditions, and it's important to us that our new Chair is equipped with the drive, determination and empathy to help us get there.

We feel fortunate to work in an organisation where everyone is committed to our vision and determined to make a difference. The passion that our team has for helping others in a meaningful way really can't be overstated. Our No Life Half Lived strategy outlines the importance of listening to people with our conditions and delivering well for them, and we're proud to say that we see examples of this every single day. Our advice and guidance is influenced by lived experience, as it should be. As our Chair, you will support the delivery of this strategy for the organisation, and in doing so will make a tangible difference to the lives of tens of thousands of people.

What we do is a matter of life and health, and we are looking for a Chair who can ensure the effective governance of our organisation so that we can provide the best possible support to those that need it. You will work in close partnership with our Chief Executive, so you will be someone who thrives on collaborative working and who can build effective relationships.

In order to evolve and achieve our ambition of being Scotland's leading health charity, we need an experienced leader who really believes in our mission and can monitor, review and improve upon all that we do. If that sounds like you, we would be delighted to hear from you.



**Jane-Claire Judson,**  
Chief Executive

**Jim Gibson,**  
Chair







# THE ORGANISATION

We are Scotland's health charity supporting people and their families across Scotland with chest, heart and stroke conditions.

Imagine if you had to struggle to breathe every day or you were living constantly worried about your heart or scared that you might have another stroke. Across Scotland people and their families are having their worlds turned upside down after a diagnosis of chest or heart conditions or after a stroke. We are here to help anyone who needs us and provide the care and support to enable them to live their lives to the full again.

We want to make sure life living with a chest or heart condition or after a stroke is a life lived to the full. We will fight for better health for everyone and work to make sure there is help and support in every community in Scotland.

Our No Life Half Lived strategy will address the unmet needs – social, emotional and physical – of people and their families who are living with effects of our conditions across Scotland's communities.

## Our Vision

Welcome to a Scotland where people with our conditions can live their lives well. Full lives, with the right support, at the right time and right place. A place where you can shape your future and live the life you want to lead.

## Our Mission

Welcome to a community where people can support each other, secure the expert help they need and collectively advocate for the care that matters to them. Welcome to the charity that never underestimates the power of a cup of tea, a conversation started, a recovery begun.

## Why us?

CHSS understands and respects the views and experiences of people with some of Scotland's most prevalent long-term health conditions. We know that the true power of living the life you want to lead is in people and communities coming together. We are in the business of ensuring people with our conditions have that space and support as anything else is unacceptable to us. Our history and experience provide an evidenced and solid backdrop to face the current challenges of living with our conditions in Scotland in the twenty-first century.

As we have evolved, from our beginning as an organisation focused on eradicating tuberculosis, to our current form, so too have the hopes and fears of people living with our conditions. What we do every day comes from the voice and experience of our people living with chest, heart and stroke conditions.



# OUR STRATEGY AND VALUES

Our No Life Half Lived strategy is a matter of life and health. We want to help people breathe better. We want people's hearts to work as well as they can. We want to make sure that everyone has the best recovery possible after a stroke.

**No Life Half Lived means we need to listen to people with our conditions and deliver well for them. We have identified four goals to get us there:**

- We will place our focus on addressing the unmet needs of people with our conditions - social, emotional, and physical - across all Scotland's communities.
- We will be led by our people: people with lived experience of our conditions, their families & carers, friends, colleagues and healthcare professionals.
- We will secure the funding required to deliver via a diverse income portfolio that is consistent with our values and ethical approach.
- We will be effective and accountable in all that we do.

**We have developed six values to guide us in delivering against our goals:**

- **Agile:** we will be able to adapt to the needs of our people and the environment we work in .
- **Accountable:** we will take ownership for our work and hold decision makers to their responsibilities.
- **Innovative:** we will look for improvement in what we currently do and be creative in developing new services.
- **Collective:** we can only achieve our goals by working together and learning from each other.
- **Courageous:** we will say what needs to be said and do what needs to be done to meet our goals.
- **Inclusive:** we will adopt a human rights based approach to our work and ensure we are accessible.



# OUR IMPACT

CHSS has been in existence for over 120 years and we have evolved continuously to face the challenges of living with our conditions. Over the last two years, our mission to make sure that there is no life half lived has taken on new resonance.

Covid19 is the biggest health challenge in a generation. As a new lung condition, Covid19 has had wide-ranging health impacts that have changed people's lives, taken people's loved ones, and left many struggling with after-effects like Long Covid.

This has meant that more people than ever before need the support we offer and we have been determined to help. In a moment of national crisis, one that threatened our financial future, we stepped up. We developed new services and methods of delivery. We continued to offer lifeline support to people digitally. Our Kindness Volunteers make sure people don't feel alone or isolated. Our Long Covid support service has been put in place to help people living with the long-term effects of the virus. And we launched a Hospital to Home Service in partnership with the NHS to care for people with our conditions and ease pressure on the NHS.

**In 2020 and 2021 thanks to our dedicated colleagues, volunteers and supporters, we have achieved the following:**

- We have supported over **12,687 people** through our community and stroke nursing services
- Our services team have delivered **38,649** patient contacts providing vital help during the pandemic
- Over 140 peer groups reached **4325 people** through the pandemic
- We received over **2953 calls** to our Advice Line with a 65% increase in call length due to the complexity of cases during the pandemic
- We launched a Long Covid Care Now campaign and announced a **£760k partnership** with the Scottish Government to develop wraparound support for people living with Long Covid
- We launched a new national service with the NHS supporting people with severe lung conditions including Covid19 get home from hospital
- We shared life-saving messages and Covid19 advice **27,909 times** online
- **1.5m** was raised by our supporters and partner funders
- Despite being shut for over seven months, our shops raised **£1.4m**.
- Our volunteer base grew from 2500 to 8500 volunteers who brought a value of **£1.6m** to our organisation
- We recruited 6352 volunteers who delivered **35,260** acts of kindness in communities across Scotland and made **4191** phone calls to people who were isolated and lonely





# SOME OF OUR STORIES

## Jock's CHSS peer support group feels like family

Jock, 69, has been living with COPD since 2004. After leaving hospital he was shocked to discover the lack of support. Jock says "I was left on my own to try to recover and rebuild my life and this has driven me to want to do something not just for myself but others like me who find themselves in a similar position". Determined to improve his health, Jock was supported by CHSS to set up a rehabilitation support group in his local town of Eyemouth and since then the group has gone from strength to strength. What started out as around ten people meeting each week, the group has now rocketed to over 100 fully-fledged group members. The last year has been really difficult for Jock having lost his older brother to Covid19 at the start of lockdown and not being able to meet as a group. However the friendships from the group have meant they have continued to support each other as much as they can during the pandemic and are looking forward to the day where they can meet again.

Jock says "I can't thank CHSS enough. They have always been there to support me and have been hugely helpful. I would say to anyone who has COPD that there is help out there and it can make all the difference. My group is like a family to me."



## Sandra sings the praises of stroke nurse she calls her 'guardian angel'

Sandra is 75 and lives in Dunfermline. She had a stroke just before the first lockdown in 2020, and Sandra says the timing meant she felt forgotten once she'd been discharged from hospital. Then she was put in touch with CHSS stroke nurse Rhona Martin, and everything changed.

Sandra says: "I was supposed to have support when I left hospital, but because of the virus, all that was put aside. Everything was thrown up in the air, and I sort of felt neglected and a bit forgotten. But when I was really feeling at my lowest, that's when I met Rhona. In all my life, I have never come across a more compassionate and caring person. It's strange how whenever I was feeling a bit low, the phone would ring and it would be Rhona on the other end. It's like having a wee guardian angel there whenever I need her, and she has helped me immensely. It's so sad that not everyone is getting the same help that I did. Everyone needs someone like Rhona when they leave hospital."





# SOME OF OUR STORIES

## **A weekly call from a Kindness Volunteer is music to Irene's ears**

Irene lives alone in Haddington. She has a heart condition and is a stroke survivor. During lockdown, Irene felt hemmed in by her own four walls, but one call to CHSS' Advice Line changed everything for the better.

During the first lockdown, CHSS recruited a team of Kindness Volunteers, ordinary people who wanted to help those who were isolated or shielding because they had one of our conditions.

Realising how lonely and isolated Irene was feeling, our team paired the 80-year-old with a Kindness Volunteer called William who now calls her once a week, a chat that helps lift Irene's spirits.

She says: "I struggle being in the house all the time. I don't want to burden my family as they have enough going on, so it's great to have William to speak to. It means such a lot to me. He's like how every mother would like her son to be. His calls always cheer me up and give me a bit of hope. It's great to know someone else cares enough to give you a call every week."



## **Stroke survivor Alastair says CHSS support restored his quality of life**

Alastair, 55, had a massive stroke in 2017 that left him in hospital for more than a year. He couldn't speak and doctors told him he might be in a wheelchair for life. But years of hard work and determination, and support from Hazel Staniforth, CHSS' Community Support Services Co-ordinator for Perth & Kinross, helped Alastair defy the odds and he is now walking again.

Despite having severe aphasia, which means he finds it difficult to speak, Alastair can also communicate with family and friends again. He says his life was saved by doctors, but his quality of life was saved by Hazel.

Alastair, who lives in Perthshire, says: "When I felt like I was on my own, Hazel was there for me. She helped me practise my speech and introduced me to other people at a stroke group to stop me feeling lonely while everyone was out at work during the day. CHSS are special to me because they understand that recovery from a stroke continues when you leave hospital, and they go that extra mile to help you get on with enjoying the rest of your life. Hazel has helped me so much. Without her, my life would be very different."









# ADVERTISEMENT

## CHAIR

LHH Recruitment Solutions is delighted to partner with CHSS to appoint an exceptional individual to the role of Chair.

CHSS is determined that the people of Scotland have access to the support and rehabilitation services that will help them live healthier lives. Our No Life Half Lived strategy outlines the ambition and determination to ensure that our services have a positive impact on the lives of the people we support, and their families. It is our aim to become Scotland's leading organisation for person-centred, user-led community support for people living with chest, heart and stroke conditions. As our new Chair, you will play a crucial part in helping us achieve this.

The role of Chair is integral to our success. Taking responsibility for the overall governance of our organisation, you will work in partnership with the Chief Executive on the delivery of our strategic vision while optimising the relationships between the Board, its sub-committees and the Executive Team. Leading the Board in approving organisational objectives, you will chair Board meetings and ensure that decisions are taken in the long-term interest of CHSS. It will be your responsibility to monitor, review and hold to account the work of the Chief Executive in delivering the agreed strategy, ensuring that we uphold our reputation. As such, you will act as a spokesperson and ambassador for CHSS, role-modelling and driving an inclusive culture in harmony with our No Life Half Lived strategy.

As someone with significant trustee experience, ideally an experienced board chair or leader of a major board sub-committee, you will understand how to apply principles of governance and will be accustomed to working in partnership with others, utilising a coaching and facilitative approach. Developing compelling visions and strategies and leading organisations through periods of development and change will come naturally to you thanks to your deep understanding of what effective leadership looks like. You will be an effective networker, developing relationships and influencing outwith CHSS, and will be aware of the intricacies of the Third Sector governance model.

If you will make it a matter of life and health that the voices of our people are informed, heard and supported in decisions that matter to them, we would love to hear from you.

For further information or for a confidential conversation, please contact our recruitment partner LHH Recruitment Solutions on + 44 (0) 141 220 6460 or email: [scotlandexecutive@lhh.com](mailto:scotlandexecutive@lhh.com)

Applications in the form of a tailored CV and covering letter, highlighting your skills and experience pertinent to the role, should arrive no later than **midnight Sunday 29 May**.



# ROLE DESCRIPTION

## CHAIR

Welcome to working with us to create a Scotland where No Life Half Lived is achieved through being led by people with chest, heart and stroke conditions and informed by their families & carers, friends, colleagues and healthcare professionals.

### Role Purpose

An effective leader, the Chair provides governance, scrutiny and support to the trustees and Chief Executive, to deliver their responsibilities for the governance and strategic direction of the organisation, safeguarding CHSS' reputation.

Working in partnership with the Chief Executive, the Chair will support the delivery of the No Life Half Lived strategy for the organisation and optimise the relationships between the Board, its sub-committees and the Executive Team.

### Key Accountabilities

- Ensure the proper governance of CHSS, focusing on the standards and legislation so that the Board fulfils its legal, financial and regulatory responsibilities.
- Responsible for the overall governance of the organisation
- Ensure adherence to Office of the Scottish Charity Regulator guidance for charity trustees
- Chair meetings of the Board so that it functions effectively, full participation is encouraged, and decisions and outcomes are clearly agreed and noted.
- Ensure that Board decisions are taken in the long-term interest of the organisation and that it takes collective ownership of its decisions
- Lead the Board in approving organisational objectives in line with the strategy and operational plans and budgets
- Ensure the Board fulfils its potential and responsibilities by reviewing Board structure, succession and trustee performance & development.

- Ensure the Board strives to maintain their capacity to govern and create an ethos within CHSS of accountability & self-reflection
- Build a strong and effective relationship with the Chief Executive
- Monitor, review and hold to account the work of the Chief Executive in delivering the agreed strategy, leading the Chief Executive's performance reviews.
- Working closely with the Chief Executive to set meeting agendas and to ensure that decisions are acted upon
- Role modelling and driving an inclusive culture
- Act as spokesperson and ambassador for CHSS

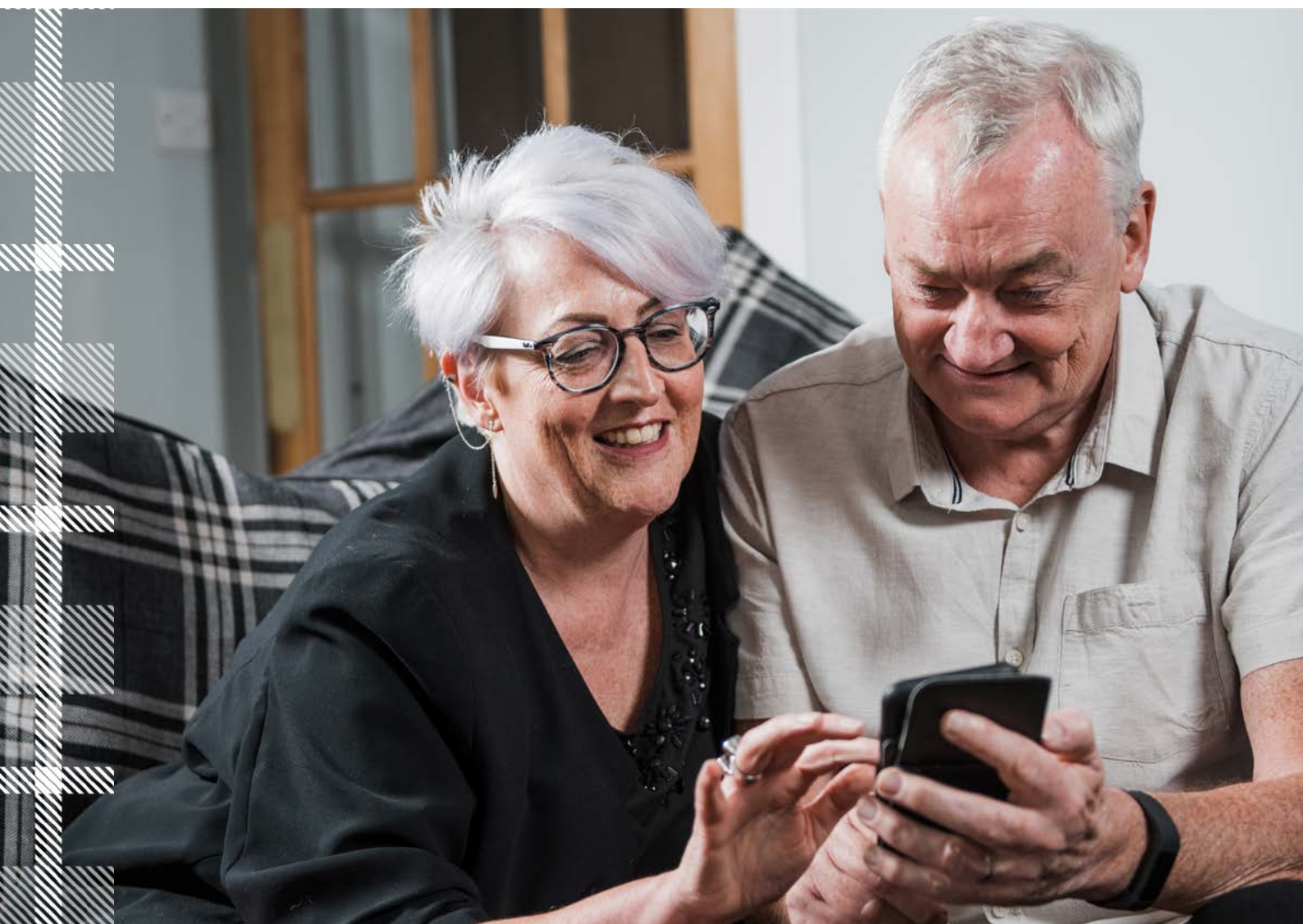




# THE PERSON

The Chair will have a demonstrable and proven track record of:

- Significant trustee experience, ideally an experienced board chair or leader of a major board sub-committee.
- Leadership, utilising a coaching and facilitative approach.
- Providing advice and guidance, working in partnership.
- Developing compelling visions and strategies
- Leading organisations through periods of development and change
- Setting objectives and monitoring progress against these
- Applying principles of governance
- Being an effective networker, developing relationships and influencing outwith CHSS.
- Understanding of the third sector governance model
- Eligible to be a Director at Companies House (and will not have been disqualified as a director)



# INFORMATION

## Time commitment includes:

- A comprehensive induction programme
- Six Board meetings a year (the last Thursday of January, March, May, July, September & November)
- Six-ten Board sub-committees a year (Finance Committee, Nominations & Remuneration Committee)
- Possible attendance at other Board sub-committee meetings (Audit & Risk Committee, Staff Governance Committee)
- Monthly 1:1 with the Chief Executive
- Bi-monthly governance meetings with the Chief Executive
- Other ad hoc meetings with the Chief Executive
- Six-monthly 1:1 with trustees
- Promote, attend & support CHSS events
- Represent CHSS at external events

## Location

Edinburgh with remote meetings

## Additional Information

Equal opportunities - CHSS is committed to equality of opportunity and to no discrimination on the grounds of race, religion or belief, age, sex, marital or civil partnership status, disability, sexual orientation, transgender status, pregnancy or maternity. More information on CHSS can be found at [www.chss.org.uk](http://www.chss.org.uk)

## Timescales:

- Closing date for applications **midnight Sunday 29 May**
- Interviews with CHSS **week commencing 20 June**









# HOW TO APPLY

To apply for the post, please send a tailored CV and covering letter to [ScotlandExecutive@lhh.com](mailto:ScotlandExecutive@lhh.com)

Please note that the covering letter should be no more than two pages of A4 and should summarise your relevant skills and experience and motivations for applying for this role.

If you would like a confidential, informal discussion about the role then please contact LHH Recruitment Solutions directly on **+44 (0)141 220 6460** or email the above mentioned address.





The world of work is ever-changing and unpredictable. Organizations are constantly fighting a battle to find and maintain their competitive advantage: their talent. To succeed, they can't just rely on what works today working tomorrow. They need to be Ready For Next.

LHH exists to help individuals, teams and organizations find and prepare for what's next. With integrated, end-to-end solutions we are uniquely positioned to work together to make a positive impact on the future of every person we work with at every key career moment.

A division of the Adecco Group—the world's leading HR solutions provider—LHH's 8'000 colleagues and coaches work with 15'000 organizations in over 30 countries around the world. We successfully help close to 500'000 candidates enhance their careers every year. Our local expertise, global infrastructure, and industry-leading technology allow us to manage the complexity of critical workforce initiatives and the challenges of transformation. It's why most of the Fortune Global 500 companies choose to work with us. LHH is at the forefront of change to build a bigger, bolder workforce. Every day is a new day to prepare for, and we're here to make sure the future works for everyone.

For further information, please contact our Executive Search team in our Glasgow office:

Tel: +44(0)141 220 6460  
[www.lhh.com.com](http://www.lhh.com.com)

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