



Run For A Reason

How YOUR sponsorship will make a huge difference to lives across Scotland

£40 will fund the training and support for a Volunteer Stroke Service Group Communication Partner for one month. Thereby providing essential rehabilitation for stroke survivors with a communication difficulty.

£40 will help fund up to 2 hours of specialist one to one support from our Adviceline nurses.

£40 will provide 14 families with our 'Stroke Matters' DVD, improving their understanding of the condition and addressing the emotional impact of stroke on the whole family.

If 20 people raise **£40** each we can fund a year's training and support for a Heart Failure Support Volunteer who visits clients in their homes and helps to address the social isolation experienced by so many after a diagnosis of heart failure.



It's good to find out how other people cope with stroke, because it can be very lonely when you think you are the only one who's not coping. //

Stroke Service Group Member

I didn't realise that there were people out there willing to listen and give the right helpful advice I needed for my problem. I was so pleased; the nurse showed a lot of concern when speaking to me. One brilliant service. //

Adviceline user

The group has been a great help to me with my recovery and in learning to read again, which is one of my favourite pastimes. //

Stroke Service Group member

I've been able to meet another lovely young person – it gives me hope for the world that there are youngsters like them with time to spend with a lonely old woman. I have some lovely carers too – but the volunteer's not paid to come here – she must come because she likes it and likes me and that means the world to me. //

Heart Failure Support Service user

PTO

For more information please visit www.roadblockrun.com

All money raised stays in Scotland





Run For A Reason

Working Together For a Healthier Future

Every **£5** raised will help provide another 30 people with the dignity of an ID card; saving them embarrassment by explaining that they have communication difficulties following a stroke.

Every **£10** raised will pay for approximately 18 'Living with COPD' booklets, providing real, practical information for those affected by this long term chest condition.

£80 will help pay towards our pioneering medical research into the prevention, treatment and causes of chest, heart and stroke illness.

£120 will help support a volunteer to drive a service user to a Volunteer Stroke Service Group for one year. Often the only barrier to service users accessing our services is transport and that is why drivers are so important.

£160 will pay for one day of our Adviceline – providing specialist, up to date advice and emotional support for those anxious about their own condition or their family members who want to find out more about how to support their loved ones.

£200 will pay for two people to attend a 9 week COPD self management course, enabling them to meet others with long term chest illness and learn how to slow the progression of their currently incurable condition.

£400 can help provide communication aids or home adaptations to improve the independence, mobility and dignity for someone who has a chest, heart or stroke illness via our personal support grants scheme.



“Mum had emphysema for some years and over the last difficult year the Living with COPD booklet was one of the most useful things she was given. Some of the practical tips contained within it made her life just that little bit easier, when even dressing was a major achievement of each day. ”

Carer

“Thank you very much indeed for your personal support grant. This will be used for adaptation of the kitchen and will significantly improve the home environment and promote independence.

We appreciate your kindness and support. ”

Personal support grant recipient

For more information please visit www.roadblockrun.com

All money raised stays in Scotland