

The Scottish BUZZ

CHEST HEART & STROKE SCOTLAND www.chss.org.uk



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NO LIFE HALF LIVED



INSIDE
SUPERHEROES & SUPERSTORES
FUN DRAISE ACROSS SCOTLAND

LATEST APPEAL NEWS...
DEMAND FOR OUR SERVICES HAS DOUBLED.
More people than ever before need your help.
Read more in the insert enclosed.

YOU'RE HELPING PEOPLE DO MORE THAN JUST SURVIVE



YOU SAVED ME

Michelle and her mum both had a stroke within days of each other. Sadly Michelle lost her mum and after returning home on her own Michelle felt trapped and alone. She felt like giving up until she met Claire from Chest Heart & Stroke Scotland. You've helped to make sure that people like Michelle don't have to face recovery alone.
Read Michelle's full story – page 2

HELPING MICHELLE TO FIGHT BACK AFTER STROKE



BECAUSE OF YOU I'M NOT ALONE

Michelle Whitelaw, 67 from Ayr, felt lucky to be right by her mum's side when a massive stroke took her life.

The only reason Michelle was in hospital – when her mum was rushed through the doors of the same emergency room – was because she had a stroke just days before her mum's.

"I kissed mum's forehead and told her how much I loved her as she slipped away from me," explains Michelle. "I hope it was a comfort to her, even if she didn't know I was there."

After losing her precious mum, Michelle felt trapped and alone. She didn't know how she would cope without her mum in her life or if she had the strength to get better.

Michelle felt like giving up, until she met Claire from Chest Heart & Stroke Scotland.

"I first met Claire on the hospital ward and I told her about losing mum just days after my stroke. The pain just came flooding out.

"I felt guilty that my mum had died, that I wasn't there for her when she needed me most.

"Claire understood what I was going through and made me feel like my life wasn't over.

"I went to her support group in hospital and I found just speaking and listening to other stroke survivors helped a lot. It gave me hope."

After nearly a fortnight in hospital, Michelle was discharged early to go to her mum's funeral.

"Saying a final goodbye to mum that day was so hard", Michelle says. "I came back to an empty home that we shared together just weeks before."

"All I had were the memories we shared in that house. Our photos of special occasions still on the wall, her empty room that still had her clothes, her comforting smell."

Michelle felt like she was about to hit rock bottom but her Hospital to Home hero Claire was there for her throughout.

Michelle said: "If I needed Claire, she was always there for me. She got me on my feet again and gave me confidence in myself that I never thought possible."

And even in lockdown, when Michelle was shielding alone and couldn't leave the house, Claire was there for her in her darkest and loneliest days.

"Hearing Claire's voice on the end of the phone is what kept me going. And when I was running out of food, Claire made sure that through the charity's Kindness Volunteers, I got weekly shopping dropped off at my door."

Your donations and support fund Claire's work. Because of you, Michelle and so many others in Scotland who are affected by chest, heart and stroke conditions do not have to face recovery alone when they leave hospital.

Donations from you make all the difference, and all the money raised stays in Scotland. Donate here at www.chss.org.uk/appeal

"Watching my mum take her final breath was the most painful experience of my life"

MEMORY MILES

A Walk to Remember
Take part at chss.org.uk/events



OUR SHOPS FEATURED IN

COSMOPOLITAN VINTAGE CLOTHING GUIDE

"I love this charity shop, as you truly never know what you're going to find. It's so small and quaint inside but it is always merchandised to a standard I haven't seen in any other."

Charlotte Gallacher *Cosmopolitan UK*

NO LIFE HALF LIVED

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OUR EVENTS ARE COMING BACK!

SIGN UP NOW AT CHSS.ORG.UK/EVENTS



EPIC 24-HOUR CHALLENGE FOR SCOTTISH AUTHOR

Katie Morag & The ULTRAMARATHON



"I wanted to honour everyone who has been stuck at home or those who, like my Grannie, have been getting through lockdown on their own."



Kirsty Hedderwick, granddaughter of the renowned author of the Katie Morag books, took on an incredible fundraising challenge during lockdown to support stroke survivors like her Grannie.

When her Grannie, Mairi Hedderwick, suffered a severe stroke in 2018, Kirsty saw what a huge impact our support workers had on her recovery. That's why she wanted to take on the incredible challenge of running a 24-hour ultramarathon in her garden to raise vital funds

for stroke survivors.

Mairi's life was completely changed by her stroke. Her speech and writing was badly affected. The award-winning author found it extremely difficult to accept that she could no longer do what she loved.

"I started feeling embarrassed that I couldn't speak, write or draw. I spent my life going to schools across Scotland, reading my books to children and talking at public events like book festivals and libraries, and now because of the stroke this was over forever," explains Mairi

"It was a difficult and very unhappy time. I started to feel miserable. I thought to myself maybe I will never speak to people again. I thought about giving up.

"On top of not being able to write, I also couldn't draw anymore. I used to illustrate all of my books and loved painting too, so that was very hard to accept."

Then Mairi started to receive support from our stroke nurses and one of our stroke support volunteers, also named Mairi.

"Mairi was the first person I remember meeting who made me smile and see past my stroke. She had actually had a stroke herself too and had dedicated her life to helping others, which I thought was just wonderful," the author remembers.

"She made me realise having a stroke didn't mean that was the end of my life.

"I know I can still do wonderful things with my life, even if I can't

sit and write about the next Katie Morag adventure."

When Kirsty saw the huge impact that Chest Heart & Stroke Scotland had on her Grannie's life, she decided to do something to help by challenging herself to raise vital funds.

Kirsty ran a 100m circuit around her house in Beauly, continuously for 24 hours. With the help of her support team (who took over a few laps to allow Kirsty short breaks to eat!) she covered an incredible distance of 75.6 miles.

"Our Grannie has always taught us the importance of being thankful and that's what inspired me to do an ultramarathon for Chest Heart & Stroke Scotland," explains Kirsty.

"I know how important their stroke nurses and volunteers are and their support for my Grannie is what inspired me to run this ultramarathon. My Grannie is such a resilient person, and this kept me running through the night.

"Seeing Grannie and my family cheering me on at the finish line was an amazing feeling.

"I also wanted to honour everyone who has been stuck at home or those who, like my Grannie, have been getting through lockdown on their own," she adds.

Kirsty has raised an amazing total of £6,000 so far, helping make sure people in Scotland get the support they need right now. DONATE HERE: www.justgiving.com/fundraising/kirsty-hedderwick-chss

Got an idea for your own fundraising event? Get in touch! fundraising@chss.org.uk

STAY SAFE & SAVE LIVES

Get your very own Chest Heart & Stroke Scotland face mask!

Our beautiful Scottish-designed face masks are available online now for just £5 each. Protect yourself and others, and show your support for Chest Heart & Stroke Scotland at the same time!



When you buy a face mask from us, the money raised will go towards providing vital support services for people across Scotland. Your purchase will help them do more than just survive – it will help them really live.

GET YOURS NOW AT [CHSS.ORG.UK/SHOP](https://chss.org.uk/shop)



WE URGENTLY NEED VOLUNTEERS LIKE YOU!

To find out more visit www.chss.org.uk/volunteer or email volunteering@chss.org.uk



DAVID

Started to panic till Paula called

Having a Butchers

PAULA

Stroke survivor David was so worried about where his next meal was coming from until Chest Heart & Stroke Scotland and a local butcher got together to deliver his weekly shop.

Retired primary school teacher David Jackson, age 66 from Elgin, found himself running out of food during lockdown and was literally counting out his last few meals in the freezer.

But thankfully, his regular call from our support worker Paula came just in time.

Unable to leave the house, stroke survivor David was worried, anxious and alone. He had a serious stroke in 2018, which left him unable to walk or talk. He was recovering well with Paula's help – but then coronavirus struck.

"I was worried I would run out of food completely. I thought to myself what am I going to do? I can't leave the house. I'm stuck in isolation and my supplies were running very low," explains David.

"I looked in my freezer and carefully counted out my meals to see how long it would stretch until things got really serious, and it was quite terrifying. I didn't have enough food to last beyond a few days let alone

weeks or months.

"I started to panic but then Paula from Chest Heart & Stroke Scotland called and asked how I was coping with self-isolation."

Paula could sense how distressed and anxious David was, so she reassured him that together they would sort out the problem.

"I got on the phone to Fraser Bros Butchers in Forres and they were happy to deliver," says Paula.

"I took the time to explain that when David called them back to place his order that they would need to give him a wee bit of time to explain what he needed and time for him to process the conversation, due to being a stroke survivor and him having aphasia. The butchers were really engaged and more than happy to oblige."

Within half an hour, David called the butcher. He was able to take his time and complete his order over the phone himself.

"I rang the butcher to place my order and they were really kind and helpful over the phone, and even delivered that day. They were fantastic, I can't thank them enough," adds David.

"With all these feelings of anxiety about being in isolation, and not knowing what is coming

next, knowing that I won't go hungry or struggle to find food is such a weight off my mind."

It meant a great deal for David to be able to make this call on his own – something he wouldn't have been able to do without Paula's support and encouragement.

"Paula is fantastic and made me feel good about myself again. She gave me the confidence to phone and place my order – something that really would have been impossible just a year ago," explains David.

"When I first had my stroke, I couldn't speak at all. I couldn't even count to ten, so being able to pick up the phone and place an order is a real achievement."

"Paula has helped me so much since having the stroke and even in lockdown she is there for me."

"And despite not seeing each other in person, she's still helping me with my speech over the phone and online rehab exercises too. She even recorded hand exercise videos for me, so I can keep up with my rehab at home."

We need your help to support more people like David who desperately need us right now.

Please give whatever you can at: chss.org.uk/donate

MAKING A SPLASH AND RAISING SOME CASH

DAUGHTER BRAVES CHALLENGE FOR DAD

Kirsty Mack, from Bridge of Allan, conquered Europe's highest mountain for the second time in her life this year – but this time she climbed it from inside her home!

Kirsty was determined to take on the lockdown challenge for her beloved dad, Tom, who had a serious stroke last year.

It has been a difficult year for Kirsty and her family – they sadly couldn't visit their dad in his care home due to coronavirus.

So when Kirsty heard of our Step Up Challenge, she decided to brave Mt Elbrus as a 'virtual climb' to make her dad proud and raise funds to help other families like hers.

If you'd like to be a hero like Kirsty, there's loads of ways you can fundraise to help families who need us, now and in the future.

To get started visit chss.org.uk/fundraising-heroes



Kirsty takes on virtual challenge for her dad

STAY AT HOME HEROES UNITE!
When lockdown struck, all of our fundraising events were suddenly cancelled, and the charity's future was extremely uncertain. But thousands of you 'stepped up' and moved mountains to help raise funds in the most imaginative of ways!



One of our fundraising superheroes is Douglas Sewell, who took on our Step Up Challenge.

After a serious stroke in 2010, Douglas struggled to walk and was sometimes so tired he had to crawl on his hands and knees just to get to bed.

But amazingly, Douglas recovered and has been on a fundraising mission ever since – even a pandemic hasn't stopped him!

Along with many others, Douglas climbed a 'virtual' Munro and even camped outside in his garden in the lead-up to the challenge to get the full experience.

In total, our hiking heroes bagged all 282 Scottish mountains and raised over £11K – all to make sure people in Scotland can really live!

SUPERHEROES & SUPERSTORES



WE LOVE SEEING THE FUN, CREATIVE, ENERGETIC AND HEROIC WAYS YOU'VE BEEN RAISING MONEY ACROSS THE COUNTRY. TIME TO GET YOUR CAPE ON!



LONGEST DAY GOLF CHALLENGE

Golf duo Brad and Calum, from Royal Dornoch Golf Club's pro shop, braved an epic 'Longest Day Challenge' raising an INCREDIBLE £11,700 to be split between Chest Heart & Stroke Scotland and the NHS! They tee'd off at 4.15am and didn't stop golfing until 10.30pm, completing an amazing amazing 129 holes. Thank you to Brad and Calum for using their amazing talent to raise vital funds to help people in Scotland rebuild their lives.



BRAVE THE SHAVE!

Emma Knox is not only one of our dedicated Community Support Services Team colleagues who works tirelessly to support people in Scotland affected by chest, heart and stroke conditions but she is also one of our fundraising superheroes too. Earlier this year as lockdown took its hold, Emma very bravely shaved her head and raised over £1,100. We are so proud of her and we think it suits her!



SUPERSTORES

SCOTMID SPREADS KINDNESS
Our amazing Kindness Volunteers worked with our charity partner, Scotmid Co-operative, to make sure no one was struggling to get food during lockdown.

People in nine local communities who were shielding and unable to leave their homes got their shopping safely delivered to their doorsteps, and a total of 124 orders were delivered.

WALK THIS WAY
Kind-hearted Monifieth pharmacists from Troup Pharmacy and Ashludie swapped their white coats for hero capes as they conquered 2,385 miles in our lockdown-friendly Step Up Challenge.

The amazing team of keyworkers decided to raise money to help people living with chest, heart and stroke conditions – as many of their loved ones and customers have been affected by the conditions.

The collection cans were overflowing thanks to generous customers, and they raised an incredible £1,900 to help change lives in Scotland!

YOU'RE MAKING A DIFFERENCE TO PEOPLE'S LIVES DURING THE PANDEMIC

YOU'RE SPREADING KINDNESS ACROSS SCOTLAND



“I felt anxious and on edge when I got home.”

“I feel like I can ask Wendy anything – even if it’s a daft question.”

FROM HOSPITAL TO HOME

SHARE YOUR STORY

Feeling inspired by these tales of courage, bravery and resilience? Whether you're living with one of our conditions or have done something really incredible in support of a friend or family member who does, we'd love to hear your amazing stories.

Your stories can help us raise awareness of chest, heart and stroke conditions, at the same time as inspiring people just like you to live their lives to the full after a diagnosis.

Please get in touch at stories@chss.org.uk to share your story.

When Catriona, a 52 year old nurse from Edinburgh, suffered a heart attack during lockdown, she feared the worst. But thanks to support from Chest Heart & Stroke Scotland, the NHS and the Scottish Ambulance Service, she's now back to living life to the full.

And that's all because of you. Throughout the pandemic, supporters like you have been fundraising, donating and volunteering to help keep our services running - helping over 3,000 people adjust to life at home after hospital.

One of those people was Catriona, a mum of two who had a heart attack out of the blue in April 2020, just as the pandemic was taking hold in Scotland.

“I experienced chest pains which came on quite suddenly and at first I thought it was indigestion, but it quickly intensified,” she explains.

Being a nurse, Catriona's mind was racing with all the worst possible scenarios. Having lost her dad to a heart attack at around the same age she is now, she feared the worst.

“When I arrived at the hospital the cardiology team were waiting for me and I had an angioplasty and

insertion of a stent straight away. The team were very reassuring and caring and I felt I was in safe hands,” she explains.

Recovering in hospital during the pandemic was a lonely experience for Catriona, however. She felt isolated during the four days she spent on the ward.

“No visitors were allowed so I couldn't see my family or friends, although I was able to speak to them on the phone or by text, I did feel quite lonely at times.

“When something major like this happens, the support of people around you gets you through. And usually family can rally together too but they couldn't all see each other either, or even hug each other, so it was a hard time for my family too,” adds Catriona.

Because of lockdown, everyday life already felt quite strange – but Catriona's heart attack amplified this even more.

“I felt anxious and on edge when I got home. The normal face to face services weren't available, everything was thrown up in the air because of the virus. The usual support wasn't there,” she explains.

She felt isolated and was unsure about what to do next, so she phoned Chest Heart & Stroke

Scotland for advice and began speaking to Wendy from our Advice Line.

“Wendy phoned me a couple of times a week for around an hour and really listened to me. We talked through all the questions I had about my heart attack – things like diet, exercise, my new medication and where I should start.”

From invaluable practical advice and coping strategies to emotional support, Wendy helped Catriona to understand her condition and manage her anxieties.

“I feel like I can ask her anything – even if it's a daft question. And I know I could call her at any time if I feel worried. It is so reassuring to know she is there for me,” explains Catriona.

Catriona is extremely grateful for the support she received during lockdown.

“I believe Wendy's support enhanced my recovery and helped me develop strategies to live positively with my condition,” she adds.

Now, Catriona is feeling ready to go back to work. She's living life to the full, walking every day, doing regular yoga and spending quality time with her family and friends.

YOUR SUPPORT HELPS LAUNCH NEW COVID-19 SERVICE



Your generous donations meant we were able to launch a new service for people affected by COVID-19 in Scotland as well as anyone with lung conditions that put them at greater risk of COVID-19.

Coronavirus recovery doesn't stop as soon as you leave hospital. We're here to help people and their families adjust to the “new normal”. People are being forced to

fight the virus with everything they have. Some will have come out of hospital with breathing problems or even heart problems. Some will have mental scars from the fear of dying in hospital without being able to say a proper goodbye to their loved ones. Thanks to your support, we're here to help.

If you know someone affected by COVID-19 who needs help and support please call our Advice Line Nurses on 0808 801 0899.



SAM

PATRICIA

A Lifeline in Lockdown

Retired care worker Patricia was terrified when she had a stroke out of the blue on a bus – just weeks before lockdown began.

“A feeling of absolute terror was racing through me”

“I was on the bus to see my new house and move a few bits and bobs in, when I started to feel unwell,” explains Patricia, 68 from East Kilbride.

“I dropped my bag and realised I couldn't pick it back up. My hand and my arm weren't working.

“There was a man sitting on the other side of the bus and I tried to get help and ask if he could call an ambulance. But I think he thought I was drunk and he wouldn't look in my direction.”

She felt terrified and alone. Somehow she managed to get herself home and was rushed to hospital after a call to her sister for help.

“In hospital the doctors performed a thrombolysis and after that things thankfully started improving. My speech started coming back and I started getting feeling in my right side again,” Patricia said.

After getting home from

hospital, her biggest fear was having another stroke while trapped at home by herself.

But then she was matched up with Kindness Volunteer Sam from Chest Heart & Stroke Scotland. Sam began supporting Patricia with regular kindness calls.

“I was feeling rather low until Samantha came into my life. She has helped me so much and it's been absolutely amazing,” explains Patricia.

“When she called at the start, I felt like my speech was really bad. I was very tearful and very frightened at the beginning and she was just amazing.

“The first time on the phone she just let me cry myself out and she

was patient and caring with me. It was exactly what I needed.”

As well as being a friendly, supportive voice at the end of the phone, Sam also helped Patricia get her shopping delivered when she was unable to leave the house, and showed Patricia how to contact her GP for help.

“At first, we worked on putting the practicalities in place so Patricia felt back in control as her confidence started to come back,” says Sam.

“We now chat twice a week, very often at length, covering so much more.

“I often feel it's Patricia that has made a difference to my life rather than the other way around and I really look forward to our calls.

“Although our calls are fun and light hearted, Patricia knows that if she needs support with anything or would just like to offload, I am

here for her.”

Having Sam there for support means everything to Patricia.

“She is a really special person and has been my lifeline through all this lockdown,” Patricia adds.

“Sam is there for me and she helps me through the really bad days. I would say to anyone who may be struggling right now to please reach out and get in touch with Chest Heart & Stroke Scotland.”

Thanks to your donations, people like Patricia can get the support they really need right now.

You can donate by visiting chss.org.uk/donate

KINDNESS IN NUMBERS

Thanks to your generous donations, our Kindness Volunteers have been busy providing support for vulnerable people across Scotland during lockdown.

Because of your support, we have been able to recruit and train over 5,700 new Kindness Volunteers since the pandemic began.

They've carried out over 22,600 acts of kindness in our local communities – from delivering shopping to dog walking and providing kindness phone calls. They're making sure no one has to fight coronavirus alone.

SPREAD ONLY KINDNESS

Sign up to become a Kindness Volunteer with Chest Heart & Stroke Scotland to help stand up against coronavirus.

www.chss.org.uk/kindness
#ScotlandAgainstCoronavirus



SCOTLAND AGAINST CORONAVIRUS



You're shint-ly the best

Players from the Women's Camanachd Association may not be able to compete in a game of shinty right now but that didn't stop them getting some healthy competition (and sibling rivalry!) during lockdown.

Twelve players took on our Step Up Challenge and battled their way to the top of Mount Everest, without even leaving their front door. Twin sisters Betty and Netty led the teams, and together they trekked a grand total of 57,455 steps, raising a whopping £2K to keep our services running – back of the net.



HEARTBROKEN SON RAISES OVER £6K IN MEMORY OF MUM

AIN'T NO MOUNTAIN HIGH ENOUGH

YOUR DONATIONS HELP PEOPLE BREATHE BETTER

Christopher Mullen's life turned upside down when he lost his beloved mum Marie, who suffered for many years with lung disease COPD.

Marie, who worked with Celtic Football Club for 20 years, passed away in November last year. Sadly Christopher's dad also has the same incurable condition.

"My world was turned upside down when I lost my Mum. I still really struggle with the grief; she was everything to me and was so highly thought of by all my friends. She treated them like her own children, and they all miss her dearly," says Christopher, 32, from Glasgow.

Determined to do something very special in his mum's memory, Christopher scaled the UK's highest peak with his hiking hero pals – all to raise over £6K for Chest Heart & Stroke Scotland, who help people with the same condition as his mum.

"It was an incredibly emotional day climbing Ben Nevis with my close friends. It was amazing when we finally reached the top and knew we had done this climb in my Mum's memory. I know she'll be proud.

"I have been overwhelmed by all the support we have received. It has been amazing to smash our target and to help raise awareness of this horrible disease that she suffered with every day.

"I still miss my Mum every single day. It was really important for me to do something special in her memory, to help others and make a difference. So, thank you to everyone who has supported me."

Inspired to take on a challenge in memory of someone special? Find out more by visiting www.chss.org.uk/inmemory

"I miss Mum every single day but I know she would be very proud."



Going.

Going.

GONG!

Billy, a life-long football fan, decided to part with his precious football medals to raise vital funds to help stroke survivors across Scotland! Billy was moved to do this after seeing stroke survivor Derek's appeal to help save our services which changed his life, as we were losing £500,000 per month during lockdown.

Derek suffered a massive stroke in 2017. It left him unable to speak, unable to walk and his children had to go and live with their grandparents.

Billy's daughter, Allison is one of our Community Services Coordinators. Allison has been supporting Derek to rebuild his life since 2017.

When Billy saw Derek's appeal he was eager to do whatever he could to help and he has chosen to auction off the medals this summer. Thank you Billy.



Derek Stewart holding one of Billy's medals that will be auctioned.