


NO LIFE HALF LIVED

YOU'RE HELPING MAKE RECOVERY A REALITY



Right by Polly's side

Read the full story on page 2

POLLY
You can help Polly achieve her dream.

HELP FUND OUR HOSPITAL TO HOME SERVICE
See insert for details

Polly Hoad has a dream. She wants to be able to walk the 40 steps that lead up to her little holiday apartment.

Your support means we can be with Polly every step of the way. Polly suffers from the debilitating lung condition COPD. And, with the help and support of Chest Heart & Stroke Scotland, she is working hard on her recovery, so she's fit to travel again.

You can help make Polly's dream come true. Because as a supporter of Chest Heart & Stroke Scotland, you can ensure we are there for Polly and so many people with conditions like hers.


Now, more than ever, Polly needs you and us beside her. Thank you for your help.

READY STEADY GO!
OUR EVENTS ARE BACK
See pages 4 and 5

LOCH NESS Marathon
Sunday 2nd October 2022
The Loch Ness Marathon is one of the most beautiful and scenic marathons in the UK. If you're looking for an Autumn marathon in unspoiled scenery, this is the one for you.
www.lochnessmarathon.com
01463 515 136
email: jen.lindsay@chss.org.uk

TAKE ON THE BEAST RACE
www.beastrace.co.uk/charity

CELTIC LEGEND LENDS SUPPORT
See page 12



WITH YOUR SUPPORT, YOU ARE HELPING



I COULDN'T DO THIS WITHOUT YOUR HELP

It takes a lot to keep Polly Hoad down. The 68-year-old was a single parent who built up her own design business, then had to start again from scratch after a devastating stroke at the age of 45.

Now learning to live with the debilitating condition, COPD, which affects her breathing and makes exercise very difficult, Polly is being supported by Chest Heart & Stroke Scotland.

She was referred to our Hospital to Home service after a fall last year left her with a broken wrist and progressively troubled breathing.

Now Polly is part of our weekly respiratory peer support group where she is helped to manage her condition and put through exercises to improve her fitness.

From her home on a hill outside of the West Highlands village where she lives, Polly has set herself a target of walking to and from the village – with the final challenge to climb up and down a flight of steps.

She needs to conquer those because her dream is to return to her holiday home in India, which has 40 steps leading up to the front door.

Liverpool-born but happily at home in the Highlands for more than 45 years, Polly says: “I have faced lots of setbacks in my life but learning to live with COPD is one of the biggest challenges I’ve ever faced.

“The support and help I’ve had from Chest Heart & Stroke Scotland really pushed me on and has given me the confidence that I need.”

Polly had contracted a virus in early summer of 2020, which medics told her was a flare-up of COPD. Her breathing gradually got worse, then – in April 2021 – she fell and broke her wrist in three places.

She was helped by Chest Heart & Stroke Scotland’s Hospital to Home Service and initially received five pre-arranged support calls with an Advice Line nurse every two weeks.

In the autumn, she was referred to the respiratory peer group, run by Frances Tait, our Physical Activity Specialist. But even before she joined the weekly online sessions, Polly had decided to take matters into her own hands. She began walking from her home to the village and back, determined to be fit enough to make it up and down the steps by the harbour.

She says: “I had a couple of chest infections during the winter and Covid-19 is still a threat, so I haven’t been able to get out as much as I want to. But I am still optimistic that I’ll make it to India later this year.

“I have to retrain my body and strengthen my legs and my breathing, and thanks to everyone at CHSS, I feel ready for the challenge.”

Frances Tait adds: “Polly has been struggling lately due to the bad weather, which has naturally had a negative impact on her breathing. But she is so determined to get out and walk. She is such an amazing lady to work with.

“Thanks to supporters like you, people like Polly have the chance to live their lives to the full again.”

We need your help to support thousands living with new condition

LIFT SHADOW OF LONG COVID

GREIG



LINDA



Covid-19 restrictions have been lifted and Scotland is returning to something approaching normality. For those living with chest, heart and stroke conditions, the risks posed by the virus mean there’s no normality.

Now there is a wider risk. Long Covid is casting a long shadow over many lives. Figures from the Office for National Statistics show more than 50,000

‘We need to do more for those who need it most’

Scots have been living with long-term symptoms of Covid-19 for longer than 12 months.

Chest Heart & Stroke Scotland is working to help those affected through our Long Covid Support Service, jointly funded by the Scottish Government.

Our Advice Line nurses offer support to those living with some of the most common symptoms, such as breathlessness and fatigue. Our Long Covid peer support group has been overwhelmed by participants

frustrated at the lack of long-term healthcare.

We need to do more for those who need it most. We are asking the Scottish Government to implement automatic integration of the referral system so GPs and health boards can refer patients directly to our Long Covid Support Service.

Jane-Claire Judson, Chief Executive of Chest Heart & Stroke Scotland, says: “Long Covid is causing lasting harm to thousands of people who desperately need support. The system needs to be joined up and it needs to be joined up soon.”

I CAN'T EVEN WALK TO THE KITCHEN

Greig Brown, 44, lives in Armadale, West Lothian. He contracted Covid-19 in January 2021 and has been hospitalised twice.

Once a keen runner and cyclist, joiner Greig now has Long Covid and suffers from severe breathing difficulties and memory loss.

He says: “I haven’t been able to work in more than a year. I am so breathless and exhausted. Just getting downstairs and settled on the couch wipes me out.

“I worry about my job. I used to walk miles every day round the hospital carrying tools and anything else I needed. But I can’t even walk to the kitchen without needing to sit down.

“I used to do 10k races and go out on my road bike all the time. Will I ever be able to do anything like that again? No one knows and it’s scary.”

MY BRAIN HAS BEEN SCRAMBLED

Linda Hamlet is 49 and lives in Aberdeenshire with her husband and two sons.

She contracted Covid-19 in October 2021 and has been left with debilitating headaches, tinnitus and brain fog as a result of Long Covid. Linda says: “I have a responsible and technical job in the oil industry. I’m a reasonably intelligent woman but a few weeks ago, I was changing the bed and I couldn’t for the life of me work out how the duvet cover went on.

“That’s how much my brain has been scrambled by Long Covid. I’m fortunate my employer has been understanding and supportive, but I’m worried about the future.

“Who’s going to take care of the Long Covid sufferers in the long term? We need answers, guidance and help now.”

PEOPLE LIKE POLLY & AMY LIVE LIFE TO THE FULL

- Our long-term aim is to have this set-up in community facilities

Scotland's Stroke Hope

INNOVATIVE REHAB CENTRE HARNESSES TECHNOLOGY TO AID RECOVERY

JOIN THE STROKE CARE REVOLUTION

HELP US TRANSFORM THE FUTURE OF STROKE CARE

Chest Heart & Stroke Scotland has pledged £160,000 to the rehab centre at Strathclyde University.

This partnership will provide opportunities for stroke survivors to take part in cutting edge recovery research and transform wraparound recovery support.

You can donate at www.chss.org.uk/supportus/donations

A pioneering rehabilitation centre is giving new hope to those recovering from stroke, and Chest Heart & Stroke Scotland is at the centre of it.

Academics at the University of Strathclyde are harnessing existing and developing technology to develop new techniques and systems to aid stroke survivors in their rehabilitation.

The university’s Biomedical Rehabilitation Engineering Research Group set up the Sir Jules Thorn Centre for Co-creation of Rehabilitation Technology with a £449,000 grant from the Sir Jules Thorn Charitable Trust.

Chest Heart & Stroke Scotland has pledged to raise a further £160,000 that will allow our service users to access the tailored eight-week course to take place in the specialist facility, the first of its kind in Scotland.

Dr Andy Kerr is a senior lecturer in biomedical engineering at the university. A trained physiotherapist, he has founded the rehab centre with his colleague, Professor Philip Rowe, a professor of rehabilitation science.

Dr Kerr said: “We want to encourage and support people in their own rehabilitation. We are taking existing technology, some of which is used for the likes of gaming and adapting it.

“So, for example, we have a treadmill with a harness that supports someone with balance or mobility issues. A camera tracks their movement, so not only do they

feel supported, they can also see where they are weak and work on it.

“We use games with adapted controllers that help the user recover dexterity. Most of this can be very easily adapted, so the long-term aim would be to see community rehab facilities in places like gyms and leisure centres.”

There are more than 1.2 million stroke survivors in the UK. It’s estimated that two-thirds of those who suffer a stroke will leave hospital with a disability, costing health services and social care an estimated £26 billion a year.

Better rehabilitation can aid recovery, improving patient lives and reducing the burden on the state. Your donations to Chest Heart & Stroke Scotland can help more stroke survivors on their recovery journey.

GETTING THE BALANCE RIGHT

Left with mobility issues on her left-hand side after a stroke, Linda Hanlin has ALWAYS been keen to try anything that might improve her movement.

The 62-year-old, who lives in Kilmarnock, went through a lot of physiotherapy after the stroke in January 2014. But she still has trouble gripping with her left hand and walks with a stick.

Linda was quick to sign up as one of the first to try out the pioneering stroke rehabilitation unit at the University of Strathclyde.

A Kindness Volunteer with Chest Heart & Stroke Scotland and a member of the peer support group, Kilmarnock Young Stroke Group, the retired mum of two grown-up children was put through her paces in a series of technological tests and

exercises designed to retrain her limbs.

She says: “My arm and leg had improved a lot after initial rehab. But in December 2020, I fell and broke my left ankle. Now I have a pin in it, and while I was recovering, I was totally immobile.

“I felt all the good work I’d done on my left side had been lost. So going to the rehab unit was a good opportunity to build that muscle up again. The first exercise they gave me I didn’t find beneficial, so I tried something else. That’s the beauty of this. It’s about finding what works for each person.

“My balance isn’t great, and I walk with a stick. I used the

treadmill with a harness that shows you how you are working and encourages you to use your feet more evenly.”

Linda says the two-hour sessions flew by, and she’d love to have more of them.

She laughs: “I didn’t feel in control of my walking when I

‘It’s about finding what works for each person’

first went on the treadmill, and I couldn’t walk on it. Then I thought, no, big girl’s pants on, just do it! “I think the long-term plan is that this unit will act like a drop-in gym for those who need it, which would be fantastic. And if something like this could be available across the country, it would be even better. It would be a shame for people to miss out because of their postcode.”

MP Amy Callaghan saw a news item about the rehab centre at Strathclyde University and knew she had to get in there.

The 29-year-old suffered a brain haemorrhage that required emergency surgery in June 2020, followed by four months in the rehabilitation unit in Glasgow’s Queen Elizabeth University Hospital.

Now, having finally returned to work in the House of Commons in February, Amy has another goal in mind: she wants to walk down the aisle next year without her crutch.

Amy is the SNP MP for East Dumbartonshire. The brain haemorrhage - caused by arteriovenous malformations

(AVMs) in her brain, which disrupt normal blood flow - has left her with problems with her balance.

She says: “I do physio twice a week, but I felt as though my recovery had plateaued. Then I saw the story about the University rehab centre on the news and I knew I needed to get involved in that as quickly as possible.

“My balance is still off, and my walking is not as good as it could be. Because of that, I’m still working on my confidence to get out and about. The technology at the rehab centre is really helping with all of that.

“I get married next year and I want to walk down the aisle without my crutch. I feel I’m on my way to achieving that goal.”



Aisle Do This Without My Crutch

ARE YOU READY TO RISE TO THE CHALLENGE? MAKE A

DIFFERENCE WHERE IT MATTERS AT OUR LIVE EVENTS

ON YOUR MARKS, GET SET, GO! YES, LIVE FUNDRAISING EVENTS ARE BACK WITH A BANG FOR 2022.



Now's your chance to take part in some of the most exciting and daring charity challenges around AND raise vital funds to help people living with chest, heart and stroke conditions. After the stop-start, in-out coronavirus restrictions of the last two years, 2022 is an opportunity for all of us to get back to doing what we love most – daring ourselves in the great outdoors to go further, push harder, raise more for Chest Heart & Stroke Scotland. And if you can't take part make sure to tell your family and friends and see if they are up for the challenge. And what a line-up of events we

'What a line-up of events we have for you all!'

There are events across Scotland to suit runners of all abilities, from the **Men's 10k in Glasgow, Run Garioch** in Inverurie, the **Great Scottish Run** in Glasgow & Stroke Scotland. And if you can't take part make sure to tell your family and friends and see if they are up for the challenge. In August, the **Banchory Beast Race** is a 10k obstacle course like

no other, pushing participants to their muddy limits. Or maybe you fancy being one of 50,000 pounding the streets of the UK's capital in the **London Marathon** in October with Chest Heart & Stroke Scotland emblazoned on your chest. Sign up for the **Culloden Run** and challenge yourself to one of two distances around one of the most historic sites in Scotland this October. You can also feel a swell of national pride striding out with family, friends and colleagues on a **Kiltwalk**. Choose from events in Glasgow on April 24, Aberdeen on May 29, Dundee on August 21 and Edinburgh on

'Every penny raised will help people really live'

September 18. Or sign up to the **Virtual Kiltwalk** on October 7-9.

Got a burning ambition to go to extremes to help those living with our conditions? **Walk the Flames** has your name all over it! Get fired up for one of the incredible fire walks taking place across Scotland this year.

Reach your peak with the **May Munro Challenge** when we throw down the gauntlet for participants to climb one of Scotland's 270 Munros – mountains more than 3,000ft. You can also complete this challenge virtually.

If conquering mighty mountains

is meat and drink to you, why not sign up to the **3 Peaks Challenge** and climb the three highest mountains in the UK in one incredible weekend? Or be guided by the stars during a magical **Ben Nevis Midnight Trek** before watching the sun rise over the beautiful West Highlands.

Our amazing 2022 calendar of fundraising events will culminate in the glamorous **St Andrew's Charity Ball** in Edinburgh on November 25.

Whatever fundraising challenge you take on, every single penny raised in Scotland stays here to help people with chest, heart and stroke conditions do more than survive. Your efforts help them really live.

Find out more about our 2022 calendar of fundraising events at www.chss.org.uk/events

PAYNE BARRIER SUE'S BIG THANKS AFTER COLLAPSE AT GLENLIVET 10K

While taking part in her favourite run, the **Glenlivet 10k**, Sue Payne began to feel unwell as she climbed the route's infamous two-mile **Steady Incline**.

Weighing up her options for how long she'd have to wait for medical care if she stopped on top of a hill in Cairngorm National Park, Sue decided to keep going. She finished the race and promptly collapsed into the arms of a waiting Chest Heart & Stroke Scotland steward.

Sue, 57, had suffered a bleed on the brain. Amazingly, she was able to return last year to run again in the race billed as the most beautiful in the UK. Before the event, she wrote a heartfelt letter of thanks to CHSS.

Unfortunately, as her health has been poorly and her eyesight deteriorating because of the effects of the stroke, this year Sue will have to sit out the Glenlivet 10k, but she's urging people to sign up to complete the race on behalf of such a worthy cause.

Sue is originally from London and now lives in Ayr with husband Jonathan. She has two grown-up sons, Oliver and Nicholas, and a Newfoundland dog called Monty who is a

local attraction in the town.

In her letter to CHSS, she wrote: "All I remember is this wonderful lady volunteer at the finishing line who caught me as I went down. It was like an angel carrying me to the ambulance."

"The volunteers and staff took such good care of me and my family. Now I have a chance to run this year and say a huge thank you."

Although she's been a keen runner, footballer and coach all her life, Sue's health has deteriorated in recent years. She was diagnosed with the immune condition Sjogren's syndrome in her 40s before suffering a stroke in 2010. She also has lupus, an autoimmune

condition that affects her organs.

She says: "I was introduced to the Glenlivet 10k in 2015. As a family, we love the Highlands, so when I saw where the course, I just had to take part. Sadly I wasn't well enough to do the race this year. But I would encourage anyone who can to do this race at least once. It's not only a beautiful setting, but it is for a charity that does so much good."

'I have a chance to run this year and say a huge thank you'



RISE TO THE CHALLENGE!

WANT TO MAKE A REAL DIFFERENCE IN PEOPLE'S LIVES?

Sign up to take part in one of our incredible 2022 events and every penny you raise will stay right here in Scotland to help support those living with chest, heart and stroke conditions.

Choose your challenge: it could be anything from a simple run to walking on hot coals or pushing yourself to physical limits in a 24-hour endurance race.

We can't wait to see at one of our events this year.

www.chss.org.uk/events

Live & Kicking!

OUR FUNDRAISING
CALENDAR IS UP
AND RUNNING.
ALL WE NEED
IS YOU!



DOUBLE BOOST: NEW WALKING GROUPS FOR STROKE

- I see faces light up when they see everyone arriving



Blazing a Trail

VOLUNTEER DOALTY SAYS NEW GLASGOW GROUP IS SPECIAL

As a long-time volunteer with Chest Heart & Stroke Scotland, Doalty Sweeney knows how vital the support groups are to service users.

So, on the first outing of the newly formed Glasgow Southside Walking Group, Doalty was concerned when one participant had to give up within a few hundred yards of the walk starting.

He need not have worried. Just a few short weeks on, the participant is not only completing every walk – sometimes up to 90 minutes with the rest of the group – but also encouraging them up a hill, too!

Doalty, 69, of Glasgow, says: “Her experience shows the spirit and determination in the group. Everyone is so keen to get out into the fresh air and enjoy the conversation and the banter.

“We already see how important the group has become to everyone.

that aims to improve health and wellbeing through daily walking.

Their first walk was in Glasgow’s Pollok Park, but they have since relocated to Rouken Glen Park.

For retired retail manager Doalty, this is the latest step in his long volunteering career with CHSS. He first offered his time 14 years ago and has been involved in a variety of roles, including working on communication with those struggling to speak after stroke.

Doalty says: “I’m a keen walker anyway, but there’s something special about this group. On our first outing, we had 18 people, all keen to get out in the fresh air and have some company.

“The banter is great. I can see how much people are loving being out and how their faces light up when they see the others arriving.

“It’s such a simple thing to do but so positive and vital for those who struggle physically.”

Doalty and other volunteers have gone through training with Paths for All, our partner charity

MINNIE, 81, THRILLED TO BE PART OF WALKING GROUP

WALKING IN THE AYR

Ayr City Strollers is a new walking group for stroke survivors in South Ayrshire and Carrick, set up by local Chest Heart & Stroke Scotland Co-ordinator Margo McCutcheon.

The group meets every Monday from 1pm until 2pm at Northfield Park in Ayr.

Loving every minute of that regular walk is Minnie Hodge. The 81-year-old, who lives in Troon where she runs a bed-and-breakfast, suffered a stroke a year ago.

Since then she has been receiving one-to-one help virtually from Margo before joining the online peer support group.

When she heard that Ayr City Strollers was on the move, Minnie couldn’t wait to join them.

She says: “The walk is a great way to get fit and to meet up with everyone else. Margo

has done a fabulous thing in bringing everyone together like this.

“We have all had a stroke, so everyone understands the problems each of us has.

“We count our steps and bring along our flasks of tea and coffee. I really enjoy being in the company of such a good crowd.”

Minnie says her stroke recovery has been boosted by the help from Margo and Chest Heart & Stroke Scotland.

She adds: “I tell everyone what Margo has done in supporting me – she’s really helped me with my reading, writing and communication. It has made such a difference to my recovery.”

To find out more about Ayr City Strollers, contact margo.mccutcheon@chss.org.uk.

BOUTIQUE CHIC

HIDDEN GEMS. ONE-OF-A-KIND LABELS. VINTAGE FINDS.

For big-name brands, stylish designer bargains and the best pre-loved clothes and accessories, visit one of Chest Heart & Stroke Scotland’s boutique shops across Scotland.

You’re guaranteed to bag yourself a bargain.

To find your nearest boutique shop, visit www.chss.org.uk/yourstore



SURVIVORS WHILE LUNG SPECIALIST HONOURS CHSS



NAIRN ON THE MOVE

A new health walk for those recovering from chest, heart or stroke conditions is on the move in Nairn.

Established by Chest Heart & Stroke Scotland and the Inverness-based charity Partnerships for Wellbeing (P4W), the weekly walk got off the ground in March.

Six keen walkers and four volunteer leaders were part of the first intrepid outing.

Douglas Sewell is a long-time volunteer with Chest Heart & Stroke Scotland and has been involved in setting up the new venture.

He says: “Through CHSS, I’ve been supporting and walking with stroke survivors regularly after they get out of hospital. But that only lasts for eight to 12 weeks, depending on their needs.

“We wanted something more long term that people could progress to. And so, between CHSS and P4W, we now have a group in Nairn that will do short walks every week that anyone who wants to become fitter and healthier can join.

‘Never underestimate the power of a cup of tea’

“At the moment our route will either be along the promenade or the river, but the meeting point will stay the same because it’s a spacious car park with toilet facilities and cafes nearby. That’s important as many of our first walkers were in the 65-plus age bracket, and we should never underestimate the power of a cup of tea and a natter, especially after a nice walk. We are looking at developing more routes to ensure variety.

“We’ve had seven people sign up so far, and we’re advertising through the community newsletter, Nairn Community Centre, pharmacists and GP surgeries to encourage more people to come along.”

The walks are all relatively easy, low level and last around an hour. For more information, go to www.p4w.org.uk or contact Kate Thomson at kate@p4w.org.uk.

WE’VE GOT A FRIEND

Professor James on the legacy he’s leaving for Chest Heart & Stroke Scotland

Professor James Friend spent more than 40 years as a specialist in chest medicine in Edinburgh and Aberdeen and devoted 15 years of his life as a trustee and member of the research committee of Chest Heart & Stroke Scotland.

Now 83 years old, and in keeping with the dedication he demonstrated in his working life, he is giving the same thoughtfulness to his legacy.

James has chosen CHSS as one of eight charities who will benefit from a legacy on his death, an incredibly generous gesture that will make a difference to the lives of people living with chest, heart and stroke conditions.

James says: “I have been

fortunate in my life, and I think it’s only right I do something that will have a lasting effect. I didn’t come from a very wealthy family, but I have a good pension from the health service, and I’ve been able to save a bit.

“I have been very involved over the years with Chest Heart & Stroke Scotland, so choosing this charity as a beneficiary was a simple decision.

“I have often felt that, while most people have a huge sympathy for those in pain, many people do not understand how frightening and limiting it is to have conditions causing acute or chronic breathlessness, and certainly the support that CHSS offers for such people is so important.”

James was born in Edinburgh, the youngest of three brothers. He studied medicine at Cambridge and did his clinical training back in his home city before moving to a training post in chest diseases. He spent 30 years as a consultant in Aberdeen.

He recalls: “At the time I started in Aberdeen, most people in the specialty had been involved in treating TB. But things were changing rapidly because TB was getting under control, and new diseases were emerging – the smoker’s diseases of lung cancer and the COPD, as well as asthma

and, of course, a number of occupational lung diseases.

“One of the great privileges of working in the health service is that you meet people from every walk of life and learn so much from them. I just wish some of our politicians had this experience and understood better what life is like from those who have had difficult times in

their lives or are in poverty.”

On ensuring he leaves a legacy, James is as practical as he was in his medical career.

He says: “You have to be practical. I know I won’t live forever. It’s what I do with the time now that matters.”

‘It’s right I do something that will have a lasting effect’

CALL ADVICE LINE

Our specialist nurses offer a supportive, listening ear and tailored health advice to anyone affected by chest, heart or stroke conditions.

All calls are free and confidential.

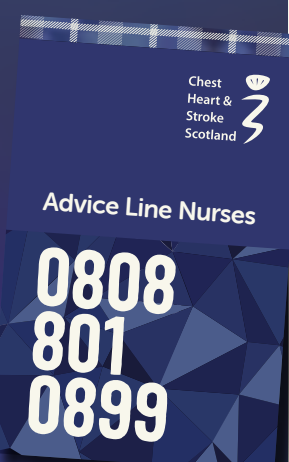
CALL : Freephone 0808 801 0899

EMAIL : advice@chss.org.uk

TEXT : NURSE to 66777

We can offer expert advice to families, carers and health and social care professionals, too. We also provide:

- Telephone interpreting service.
- New Generation text relay service.
- Air quality & weather text alert service.



THE GIFT OF LIFE

HELP CHANGE LIVES BY LEAVING A GIFT IN YOUR WILL TO CHEST HEART & STROKE SCOTLAND.

Your legacy will make all the difference to people living with chest, heart and stroke conditions, people like Heather, a mum and gran who lives in Dundee:

“I had two strokes and was discharged from hospital in 2020 into the first lockdown. There was no one to help me, and I was lost. Then Chest Heart & Stroke Scotland threw me a lifeline. I wouldn’t be where I am today without the charity. Your legacy means others like me will get the same lifeline.”

Find out more about leaving a legacy of hope at www.chss.org.uk/supportus/donations/legacies/





- Giving your time makes such a difference

FRAN

MEET OUR WONDERFUL

WITHOUT OUR ARMY OF VOLUNTEERS, WE WOULD BE LOST. THAT'S WHY WE'RE SAYING A HUGE THANK YOU TO THOSE WHO GIVE UP THEIR TIME TO SUPPORT THE VULNERABLE AND KEEP THE TILLS RINGING IN OUR SHOPS.

As she approaches her 84th birthday in April this year, Fran Garioch could be forgiven for thinking it might be time to give up her charity work.

But there's no chance of Fran quitting her one day a week in the Chest Heart & Stroke Scotland boutique in Culter, Aberdeenshire, even if she does have to get a taxi there and back. Fran, who lives in Bucksburn,

Aberdeen, says: "I love my time in the shop, it's so lovely. We have a great team and such camaraderie, so much laughter. I've been coming to this shop for nine years and I'll be here for a long time yet!"

Fran spends every Wednesday in the store. And when she's not helping sort out the bric-a-brac donated to the store, she's walking her dog, Luca, a Westie-

papillon cross and dishing up dinner for visiting family.

She says: "I've made so many friends since I started volunteering. I love every minute of it. I say to everyone, if you have time, volunteer and help someone who needs it. All you're giving is your time, but it makes such a difference to people and to charities who all badly need help."

'I love every minute of it'

Speaking their language

VOLUNTEER ABI'S GIFT OF GAB
An interest in speech and language led Abi Thomson to a volunteer role with Chest Heart & Stroke Scotland. Now she is one of our team of dedicated volunteers who give up their time regularly to help people living with chest, heart and stroke conditions.

Abi was paired with a stroke survivor who needs help improving her handwriting, and they have a weekly 30 minute video call in which Abi offers support and encouragement.

The 26-year-old, who is originally from Aboyne in Aberdeenshire and now lives in London, says her experience of volunteering has been motivating and heartwarming. Abi, an international project manager for a climate communication organisation, says: "I studied Chinese and French at university and became intrigued by speech therapy. When I reached out to a speech therapist for some advice, she recommended volunteering with Chest Heart & Stroke Scotland. "I've been volunteering for a year now and it has been an overwhelmingly positive experience. I really enjoy getting to know people. They let me see the world through someone else's eyes and broaden my experience of life."

'Now I see the world through other people's eyes'

NEW VOLUNTEER OPPORTUNITIES

OUR AMAZING FUNDRAISING TEAM ARE EXCITED TO BE BACK OUT AND ABOUT ACROSS SCOTLAND FOR 2022 – AND WE NEED YOU BESIDE US!

Can you spare a couple of hours to volunteer at one of our amazing events? Could you be a bucket shaker, a bag packer, or a speaker in your local area?

By giving some of your time, you will help us raise lots of money to support people in Scotland living with chest, heart and stroke conditions.

Register your interest a www.chss.org.uk/volunteering

- "I love how much my confidence has been boosted"

ANDREA

Team effort is lifeline to those who need it most in Scotland

VOLUNTEERS

ON THE BUTTON

ANDREA'S JACKET PURCHASE LED TO VOLUNTEERING ROLE

Andrea Meany only popped into her local Chest Heart & Stroke Scotland boutique because she spotted a lovely jacket in the window. But not only did Andrea leave the shop with the jacket, she also left as its newest volunteer.

Three years on, Andrea gives up her time twice a week to help in the Banchory store and raise crucial funds for the charity. Andrea, 61, who lives

in Banchory with husband Nigel, says: "I love my time in the shop, but even I was taken by surprise that I volunteered when all I wanted to do was try on a jacket!"

"I love how much my confidence has been boosted by volunteering. "And yes, I bought the jacket and it's still hanging in my wardrobe. We get such beautiful clothes donated that I keep joking I can't afford to keep volunteering there."

'I love my time in the shop'



Weight To Go

Stroke survivor Kenny gives up his time to help others in same boat

There aren't many people who will say that a stroke is the best thing that ever happened to them. But not many people are like Kenny Hill.

The 44-year-old taxi driver was just 38 and weighed around 25 stones when he had a stroke. The stroke specialist who treated him asked him about his goals and whether he wanted to be around to walk his daughter Abbie, then just 14, down the aisle.

Kenny, who is married to Tracy having shed a total of 17 stones,

and lives in Hamilton, says: "That changed everything for me. It was the lightbulb moment I needed. From that moment on, I knew I had to do something radical and that was losing weight and finding fitness."

"People often sympathise with me when I say I had a stroke. I tell them it was the best thing that ever happened to me because if I hadn't had it, who knows if I would still be here?"

Last year Kenny, having shed a total of 17 stones,

completed an incredible Ironman challenge to raise more than £1,600 for Chest Heart & Stroke Scotland.

He has qualified as a personal trainer and is focusing on that this year, but he's also giving his time to CHSS as a volunteer in the hope of helping men going through the same thing.

He says: "I felt very down and lost after my stroke, but all the GP wanted to do was put me on antidepressants. I didn't need medication, I needed a new focus, which is what I got from weight loss and fitness."

"I went to the help groups, but they didn't do anything for me because everyone was so much older. There was no-one I could relate to. I think I could be a good help to men going through the same thing."

SAM'S JOB FOR LIFE

When Covid-19 struck the UK in 2020 and the nation went into lockdown, Sam Saxby was among millions of us suddenly stuck at home with nothing to do and lots of time to do it in.

Sam, 53, owns a catering business that serves the backstage artists at Scotland's biggest music venues. With all gigs cancelled and staff furloughed, Sam decided she needed to do something positive and signed up as a Kindness Volunteer with Chest Heart & Stroke Scotland.

Sam, who is originally from Yorkshire but has lived

in Govanhill in Glasgow for more than 20 years, says: "The pandemic got me into volunteering in the first place. While I was furloughed, I treated volunteering as my job, and it was hugely worthwhile."

As life begins to return to normal and Sam's back in business at gigs across the Central Belt, she's determined

to continue to make time for those who need it most, saying: "Yes, it can be hard to juggle everything, but I feel I have to keep this connection. Volunteering can take a bit of effort, but you never regret doing it, ever."

'I feel I have to keep this connection'

JAKE, 18, GETS SO MUCH OUT OF VOLUNTEER ROLE

When Jake Macdonald first decided to volunteer his time for charity, he thought it would be something he could do for a few weeks that would look good on his cv.

Now, more than a year on, Jake is so delighted to be part of the volunteer team in his local Chest Heart & Stroke Scotland shop in Bothwell, Lanarkshire, that he's almost there full-time.

Jake, 18, says: "I love every minute in the shop. It's been the very best thing I could possibly have done, and I just love coming

in here to meet the other volunteers and all the customers."

Jake had been working as a chef in a restaurant in his hometown of Bothwell. He decided to change his path and look for something new. Encouraged by his parents to volunteer until he could find a more permanent position, Jake pitched up at the CHSS shop.

He says: "I didn't really know anything about retail before I joined CHSS, but now I can do everything that's needed. I get so much out of being a volunteer. From my experience, it has helped my confidence more than anything."

Teen Dream



EVERY PENNY COLLECTED BY OUR FUNDRAISING

HEROES CHANGES LIVES FOR BETTER IN SCOTLAND

Louis runs 50k to remember aunty

NO HAZY MEMORY

The sudden loss of the family friend he affectionately called Aunty Hazy spurred young Louis Stevens into action. Determined to do something positive in her memory, the 11-year-old set his sights on running an incredible 50k in November.

Louis completed his challenge 10 days early, raising more than £2,000 for Chest Heart & Stroke Scotland and honouring the memory of Hazel-Ann McWhirter.

His mum Claire says: "Hazel-Ann was part of our family and the kids called her Aunty Hazy. One day in October, she was looking after the kids. The next day she went to the Lakes and suffered a

massive bleed on the brain. My children found it so difficult to understand how someone so well one day could not be there the next.

"I told Louis about Chest Heart & Stroke Scotland and explained how they helped people who had gone through what Hazel-Ann did."

The family mapped out a 3.5k route near their home in Glasgow's south side, and the youngster ran the route every day after school and sometimes

twice at the weekend. His remarkable run will help Hazel-Ann's memory live on.

Claire says: "Losing Hazel-Ann has left a huge hole in all of our lives. She lived round the corner from us and was always there for all of us. She was a special person, and we will never forget her."

'Losing Hazel-Ann has left a huge hole in all of our lives'

Christine's Legacy



FAMILY'S £7K SALUTE TO ERSKINE SHOP VOLUNTEER

The family of Chest Heart & Stroke Scotland volunteer Christine Smith have raised an amazing £7,696 for the charity in her memory.

Christine had been a volunteer in the charity's Erskine boutique for two years before her sudden death from a stroke in November at the age of 69.

Her sons, Murray and Craig, along with her husband John, were overwhelmed with goodwill messages from around the world and decided to set up a JustGiving page that would allow friends to mark Christine's unexpected passing in a positive way.

Murray says: "Mum was a very selfless and caring person, and when she retired, she was looking for the right opportunity for volunteering. She was a very bubbly, very positive person – she was always smiling. And she loved her time volunteering."

"She took real pride in being part of the charity and working in the shop. It meant so much to her and it meant a lot to us to see how much other people thought of her, too."

Christine had suddenly collapsed at home with no

warning of what was to come. She spent six days in hospital before she suffered a second stroke. Her sons, who both live in the USA, flew to Scotland to be with their mum.

When friends and colleagues in the States asked what they could do for the family, they decided a JustGiving page in Christine's memory that would benefit Chest Heart & Stroke Scotland would be the ideal gesture. In just a few short weeks, the page raised more than

£7,000.

'She took real pride in being part of the charity'

A VERY GLAMPING CHRISTMAS



As fundraising ideas go, this had to be one of the most glamorous: a night in an ultimate glamping pod on a secluded Perthshire estate at Christmas.

The incredible prize came courtesy of Tracey and Robbie Horton, the owners of Culdees Castle Estate at Muthill in Perthshire. And their generosity helped raise an amazing £645 for Chest Heart & Stroke Scotland.

Tracey was inspired to donate a night in one of the estate's luxury glamping pods thanks to her friendship with Debbie Matthews, a stroke survivor and ambassador for the charity.

She says: "I wanted to do something positive for the local community and to honour my friend, and what better way than to offer a Christmas present for

'I wanted to do something positive'

someone?"

The Hortons invited minimum donations of £25 to go into a prize draw to win the romantic night for two in a pod with a kingsize bed and spa hot tub.

Debbie adds: "Tracey said she was inspired by my story, and to give away a night like this was such a lovely gesture."

THANK YOU FOR ALL YOU DO

AT CHEST HEART & STROKE SCOTLAND, WE KNOW WE CANNOT DO WHAT WE DO WITHOUT YOU, OUR INCREDIBLE SUPPORTERS.

Your donations mean we can make a difference to the lives of those living with chest, heart and stroke conditions across Scotland.

Jock, 70, lives with the debilitating lung condition COPD and is part of a CHSS peer support group, says:

"Groups like this are so important for people like us. It's only because of your support that CHSS can be there for us when we need them. So, thank you from the bottom of my heart."



EASEL DO NICELY

Artist Lillias donates her paintings to Bothwell shop

Since her retirement almost 30 years ago, Lillias Muir has become the most prolific of artists, creating dozens of paintings.

Now, having downsized to a flat, Lillias generously donated more than 20 paintings to the Chest Heart & Stroke Scotland shop in Bothwell in the hope of raising vital funds for the charity.

It's a wonderfully generous gesture from the 88-year-old who recently relocated from High Blantyre to Hamilton.

Lillias said: "I feel humbled that others enjoy my paintings

'I feel humbled that others enjoy my paintings'



LILLIAS

as much as I do and would want to have them in their homes to appreciate."

Along with a couple of dozen of her paintings, Lillias also donated two easels that she no longer needs to the Bothwell CHSS shop. Still painting, she is a member of Saffronhall Art Club in Hamilton.

Gillian Hetherton, manager of the Bothwell boutique shop, says: "I'm

so delighted Lillias chose Chest Heart & Stroke Scotland, not only to share her story with us but to share and donate her paintings."

WE CELEBRATE SOME OF THOSE WHO PUSHED THE BOAT OUT ON OUR BEHALF

Our Fabulous Fundraisers & their amazing achievements!

ANCHOR OF HOPE

Paula's Christmas appeal raises incredible £44,254

As the face of the Chest Heart & Stroke Scotland Christmas appeal, Paula Leask's remarkable story touched the hearts of all who read it and helped to raise an incredible £44,254.

She was just 29 years old when she had a stroke, collapsing after dancing at a friend's wedding.

'You gave me an anchor of hope again'

Paula thought she was going to die as medics wheeled her away. She told her husband, William, she loved him and kissed her little boy, William, then just two years old, goodbye, not knowing if she would ever see him again.

Today Paula is not only surviving but thriving. Now also mum to Erica, three, she is putting her extraordinary

experience to great use as a Co-ordinator with Chest Heart & Stroke Scotland.

Paula says: "My stroke affected my whole life. But I am here today because the support from Chest Heart & Stroke Scotland gave me an anchor of hope again."

"And the amazing support from people like you means other people who go through

something similar to me can also look to the future with hope.

"I am so proud to work for this charity because of the help and support it gives to thousands of stroke survivors every year. All of that is only possible because of your generous donations. So, thank you – from the bottom of my heart."

'I am so proud of the work I do for this charity'

PAULA

PUTTING THEIR BEST FOOT FORWARD



- When Chris told me his plan, I said yes instantly

WAY TO GO

YOU CAN BE A FUNDRAISING HERO LIKE CHRIS.
Sign up for your own challenge
www.chss.org.uk/fundraising

JOHN HARTSON JOINS CHEST HEART & STROKE SCOTLAND CHAMPION FUNDRAISER ON WEST HIGHLAND WAY CHALLENGE

Celtic legend John Hartson is the latest signing for Chest Heart & Stroke Scotland!

The legendary Celtic striker has joined a charity team taking on the West Highland Way in May to raise funds for CHSS.

The six-strong team is led by champion CHSS fundraiser Chris Mullen who is taking on the challenge in memory of his late mum Marie Milne, who suffered from the debilitating chest condition COPD. Marie, who worked for Celtic FC, became a friend of John's when he played for the club from 2000-2006.

Chris has already raised more than £7,300 for CHSS by climbing Ben Nevis in 2020. So, when he told John of the plan to tackle the 96 miles of one of the toughest but most scenic walking routes in Scotland, the

footballing hero signed up on the spot.

John, 46, says: "Marie was a real character and I was so sad when she passed away. I've always fancied doing the West Highland Way. When Chris told me his plan, I instantly said I was in."

Chris, 34, of Glasgow, had never climbed Ben Nevis before his 2020 challenge, nor has he walked the West Highland Way, but he's ready to do what it takes to keep his mum's memory alive.

He says: "I wanted to do another big challenge to keep raising money for CHSS because of the vital work they do to care for people with COPD."

The team will also make a donation to the Scottish Ambulance Service Endowment

Fund in recognition of the vital role paramedics played in saving John's life when he suffered a brain haemorrhage.

Allan Cowie, Director of Service Delivery at Chest Heart & Stroke Scotland, added: "The money John, Chris and the team raise will be helping people with

COPD breathe better and spend more quality time with those they love."

The six-strong team who will set out from Milngavie on May 1 are: Chris Mullen, John Hartson, Robert Spiers, Brian Joyce, Dylan Docherty and Marc Milne.

If you have an inspiring fundraising idea we would love to support you every step of the way. Contact fundraising@chss.org.uk

'I wanted to keep raising money'

Brenna's half-million step challenge



A fall from her horse left Brenna Miller with an ankle broken in three places.

But the 21-year-old, who works as a Community Support Coordinator with Chest Heart & Stroke Scotland, was determined not to let the accident get her down.

Instead she set herself a challenge: walk half a million steps in a single month as soon as she could throw away her crutches.

Not only did Brenna achieve her goal, she smashed her initial target of raising £250 to collect a whopping £529 for Chest Heart & Stroke Scotland.

Brenna says: "November was

a tough month to do a lot of walking in because the days are so short. But I did it.

"When I broke my ankle, I was very down. I needed two operations, and I was basically stuck on the couch for weeks. I needed my family to do everything for me. It gave me a new perspective on what it's like to be disabled. But I told myself to get a grip because I knew I could recover."

"I was off the crutches in seven weeks. And not only did I manage to walk more than 16,000 steps every day in November, I finally got back in heels too!"

'Broken ankle gave me new perspective'

ANGELA SMASHES JOHN O'GROATS-LAND'S END VIRTUAL CHALLENGE



THE END IN SIGHT

With three young kids, a part-time job AND studying for a degree, Angela Brodlie doesn't have much spare time on her hands, which made her charity challenge in aid of Chest Heart & Stroke Scotland all the more remarkable.

Starting last March, Angela did a virtual walk from Land's End to John O'Groats, a staggering 874 miles.

Thanks to covid self-isolation, her last few weeks meant Angela had to walk around eight miles

every day to complete the challenge by February 28 – and she smashed it, raising £525 for Chest Heart & Stroke Scotland along the way.

The 37-year-old lives in Forfar with her husband Ian and children Chloe, 10, Sophie, six, and one-year-old Rory. She chose to raise money for CHSS because she lost her mum Lesley to the debilitating chest condition COPD three years ago.

Of her tough challenge, Angela says: "I needed to get out, and I needed a reason to get out. I thought Land's End to John O'Groats would be a real challenge, and it was.

"Mum didn't get any outside help, just from me. I decided I wanted to do something for people who don't have anyone to care for them or help, and Chest Heart & Stroke Scotland was the ideal choice."