

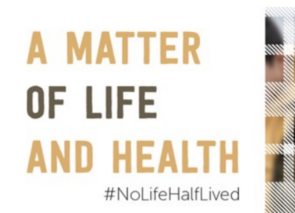


**CHSS Stroke support, information
and resources**

CHSS stroke support, information & resources

Chest Heart & Stroke Scotland (CHSS) provide a range of free information & support resources to stroke patients, service users, carers & healthcare professionals including:

- **Face to face**
- **Digital**
- **Telephone**
- **Written**



Stroke information and support



CHSS Stroke nurse service

CHSS Stroke Nurse Service (1)

CHSS stroke nurse service provides:

- Experienced registered nurse who supports people following discharge from hospital with a stroke, to achieve their personal goals within their own capabilities.
- Individualised information, advice and support to people affected by a recent diagnosis of Stroke/ Transient Ischaemic Attack (TIA) and their carers.
- Contact between nurse and patient/carer varies according to individual needs. Support may last for up to a year after discharge from hospital.
- Key liaison role with statutory and voluntary agencies and coordination of referrals to specialist services as needed.

CHSS Stroke Nurse Service (2)

Referral to stroke nurse service is automatically done on discharge from hospital. You will usually be contacted within 2 weeks of discharge.

Support offered by the CHSS stroke nurse service is tailored to the individual and may include:

- Home visits
- Telephone contact
- Letters
- Contact by email, text or video meetings
- Nurse-led clinics

NB: This service may not be available in all areas. Telephone CHSS advice line free on 0808 801 0899 for further information of availability in your area.



CHSS Advice line service

CHSS Advice Line Service

Advice Line Service offers free, confidential support, information and health advice for people living with stroke, service users, carers, and health & social care professionals across Scotland.

Call (freephone) Tel: **0808 801 0899**

Email: **advice@chss.org.uk**

or Text: **NURSE** to **66777**.

**A MATTER
OF LIFE
AND HEALTH**
#NoLifeHalfLived





CHSS Community support services

CHSS community support services

CHSS Community Support Services Managers can provide information on what may be available locally:

Manager North (Grampian, Highland and Islands) – Debbie Sutherland.

debbie.sutherland@CHSS.org.uk Tel: 7502316001

Manager West (Greater Glasgow and Clyde, Ayrshire and Arran, Lanarkshire) – Claire Bennett.

Claire.bennet@chss.org.uk Tel: 07918690651

Manager East (Lothians, Borders, Tayside and Fife) – Darlene Drummond.

darlene.drummond@chss.org.uk Tel: 07918690643

CSS Manager Aphasia – Jackie Slater. jackie.slater@chss.org.uk Tel: 01620 87032

CSS Kindness Coordinators- Fiona Smith. fiona.smith@chss.org.uk Tel: 07709715813. &

Jacqueline Kent. jacqueline.kent@chss.org.uk Tel: 07388378605.




CHSS Kindness volunteer support

CHSS Kindness Volunteer Support

If you or someone you know is feeling lonely and isolated, CHSS Kindness Volunteers are ready to help. They are available to give you a regular weekly call to check in on you.

To sign-up to receive the help and support you need, go to [our website](#), call Advice Line Nurses on Tel: **0808 801 0899**, Email: **advice@chss.org.uk** or Text: **66777**.



CHSS Resources Hub: Publications and resources

CHSS Publications & Resources

Chest Heart & Stroke Scotland have a range of booklets and short, easy-to-read 'Essential Guides' on a number of important topics to help you with your recovery after stroke.

You can view and download from our range of health information on our Resources Hub:

<https://www.chss.org.uk/resources-hub/>

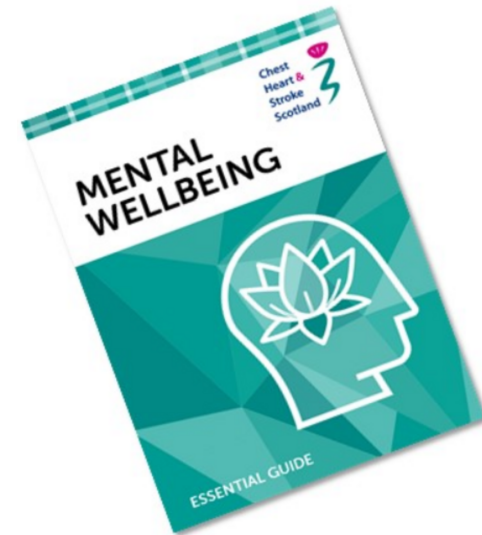




CHSS Supporting mental health

CHSS Supporting Mental health

It is important to talk about how you are feeling, what you have gone through and about your recovery. Sometimes however, it can be hard to speak to family or friends, or perhaps you don't know many people to speak to. CHSS provide emotional as well as practical support.





CHSS Online learning resources

CHSS Free e-Learning Resources

CHSS have a number of free to access eLearning resources available for patients, service users and carers offering support, advice and information to people affected by stroke. Developed by multidisciplinary professionals, patients and carers across Scotland in partnership with Scottish Government, NHS Scotland and the University of Edinburgh. For more information on CHSS eLearning resources contact: elearning@chss.org.uk



Self Help 4 Stroke

Self management website for people who have had a stroke

Stroke4Carers



Comments on CHSS Tailored Talks (TTs)

If you have any comments/changes/suggestions on CHSS Tailored Talks please contact:

tailoredtalks@chss.org.uk

This presentation was created by Katrina McCormick

Chest Heart & Stroke Scotland



The following organisations contributed to this presentation

Chest Heart & Stroke Scotland

