

Chest  
Heart &  
Stroke  
Scotland



# YOU'RE HELPING PEOPLE DO MORE THAN JUST SURVIVE

## IMPACT REPORT 2022/23

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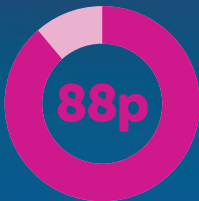


# Thanks

This year our incredible donors,  
customers, and fundraisers  
have **helped to generate**



## £11.3M



from every £1 donated  
**goes to charitable activities**

**YOU'RE MAKING  
SURE NO ONE  
HAS TO  
RECOVER  
ALONE**



You have  
supported over

**63,000**

people through our  
direct service activity

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You have helped  
us to reach over

**24,000**



healthcare professionals with  
education and knowledge  
sharing opportunities



# YOUR SUPPORT GAVE GRAHAM CONFIDENCE TO RETURN TO WORK

**Graham was just 51 when he had a stroke, which turned out to be lifesaving – further tests revealed he needed an immediate heart operation to fit a pacemaker.**

The stroke left Graham with aphasia, a communication disorder that meant he had to learn to read and write all over again. He did that with the help and support of a Chest Heart & Stroke Scotland online peer support group and one-to-one sessions with a volunteer who helped him weekly with his language skills.



Graham is now back at work on a phased return, crediting the support from CHSS in his ongoing recovery. He says: "It was the emotional support from CHSS that really helped at first. I'm too young to retire, I have to keep working.

"Sam, the volunteer, really helped me rebuild my communication skills and gave me the confidence to go back into the office. The support really made all the difference to me."

# YOU ARE FUNDRAISING HEROES

Thanks to you over

**£3.6M**

was raised through  
our **fundraising  
activity and legacies**



An amazing team  
of **151 people**  
**raised** over

**£37,000**

at the Great Scottish Run





Our **St Andrews Ball**  
raised over

**£30,000**



This year The Northwood Charitable Trust  
have taken their lifetime contribution  
to CHSS to over



**£200,000**

# HAIR WE GO

**Best pals Cat Harrison and Kerry Davies had a hair-raising idea when they decided to shave their heads for charity.**

The chums, both from Aberfeldy in Perthshire, raised a phenomenal £10,600 with half coming to Chest Heart & Stroke Scotland after their Brave the Shave event in November 2022.

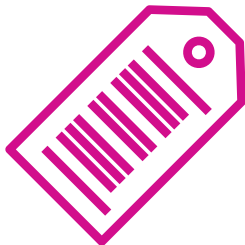
Two bidders even offered £1,000 to be the one to wield the clippers as the fearless friends lost their locks for a very good cause.

Cat, 47, and Kerry, 43, each picked a charity close to their hearts, with Chest Heart & Stroke Scotland the only choice for Cat.

She said: "My mum suffered from heart failure. She couldn't walk past a CHSS shop without popping in. I'm still using cards, gift wrap and gift tags she bought from CHSS, and we lost her more than two years ago. So CHSS means such a lot to me, much more than my hair does!"



# RECORD BREAKING RETAIL



Thanks to everyone who **donated goods or bought from us** last year, our retail team generated **income of over**

**£6.6M**



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**29%** Increase  
on last year



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**Profit** of over

**£2.2M**





# RECORD BREAKING RETAIL

This year an incredible

**244,000**

**bags of clothes and  
bric-a-brac** were donated



**Volunteers** in  
our shops gave

**161,000**

**hours** of their time



**VOLUNTEERS  
ARE AT THE  
HEART OF  
WHAT WE DO**

**1624**  **2838**  
**VOLUNTEERS & COMMUNITY CONNECTORS**

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Gave a total of

**183,439** hours

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An economic contribution of over



**£2.7M**

the **value our  
volunteers bring**  
to our organisation

# VOLUNTEERS MAKING VITAL CONNECTIONS

**Our Kindness Caller Sadaf is helping connect Chest Heart & Stroke Scotland to the south-east Asian community in Scotland, delivering support calls to service users in Punjabi or Urdu.**

Mum-of-three Sadaf, 41, says her role is vital in ensuring those for whom English is a second language don't feel isolated or afraid.

She says: "Many older people in the Asian community perhaps came to the UK without speaking English and never picked it up because they didn't need to.

"Knowing they can get a call from someone who not only speaks their language but also comes from a similar background is a really helpful thing for this community.

"I call a lady every Tuesday for a chat. I feel very privileged that she trusts me enough to share things with me. It's a lovely position to be in. Being able to volunteer and help people from your community who just need to talk to someone, that's priceless. I am reconnecting her to her roots but I'm reconnecting myself too."



# YOU HELPED US RAISE AWARENESS

# 2,500



people **signed the successful Bring Back Thrombectomy petition** which helped to secure Government funding for thrombectomy in December 2022



This year we secured an average of

# 163

pieces of **online and print coverage per month**

An **increase**  
on last year of

# 29%



# NO LIFE HALF LIVED

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## **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.

## **But you are helping to change that.**

The care and support you help us to deliver every day ensures everyone in Scotland can live the life they want to.



@CHSSScotland



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**[www.chss.org.uk](http://www.chss.org.uk)**

