

CHEST HEART & STROKE SCOTLAND 2026 MANIFESTO - ACCESSIBLE SUMMARY

OUR VOICE OUR VOTES OUR ASKS



1 in 5 people in Scotland live with chest, heart, stroke conditions or Long Covid.

This manifesto is built on their voices, experiences, and solutions, and is a plan for a fairer, healthier Scotland.

PEOPLE TOLD US THEY NEED BETTER ACCESS TO:

Rehab

Treatment

GPs

Diagnosis

Support for unpaid carers



We call for urgent action to improve care, support, and prevention.

WE NEED

PREVENTION & EARLY DETECTION



Reduce the risk of long-term conditions

Priority: Create more places to check health risk factors e.g. cholesterol, blood pressure, blood sugar and atrial fibrillation

- Better **support for women** with risks to heart health (e.g. Polycystic Ovary Syndrome, pre-eclampsia)
- Public organisations must **consider health** in all decisions
- Improve access to **healthy food**
- Improve access to **physical activity**
- More **CPR training** and awareness

WE NEED

ACUTE & SPECIALIST CARE



Access to high quality specialist care

Priority: Deliver an equitable thrombectomy service

- The service must be available **all day, every day** (24/7)
- The service must be **available to everyone** who needs it

Priority: Develop national care standards for lung disease (COPD)

- **Faster diagnosis** of heart and lung conditions
- **Care must be equitable** for women and men
- **Research must be equitable** for women and men

WE NEED

REHABILITATION & SUPPORTED SELF-MANAGEMENT



Everyone with a long term health condition gets the support they need to live well.

Priority: A Rehab guarantee – everyone is assessed for support and rehabilitation

- Everyone must get a **patient-centred review**
- Better access to **rehab gyms**
- Better access to **pulmonary rehabilitation**
- Improve **links between NHS and charities** who support people
- Develop **psychological services** for people with **communication difficulties**
- **Reduce loneliness** by half (50%) by 2036

WE NEED

HEALTH IN COMMUNITIES



Cut the link between health and poverty

Priority: Review Carer Support Payment. No-one is poor because of their caring role

- Simplify **Adult Disability Payment**
- Increase **Adult Disability Payment**
- Help people get back to **work**
- Promote good **work that supports health** and wellbeing

VOICES

Being part of support groups can make a massive difference.

Joe, heart attack survivor



Thrombectomy saved my life. It must be available 24/7.

Wilma, stroke survivor



Pulmonary rehab gave me my life back.

Su, living with bronchiectasis



I had to give up the job I loved. We need better support.

Alice, living with Long Covid



A CALL TO ACTION

People with long-term conditions need change.

Rehabilitation and supported self management must be priorities.

Primary and urgent care must improve.

Prevention must improve for stroke, heart attack and other conditions.

Everyone should have **good quality of life**. Everyone should have **good life expectancy**.



**Chest
Heart &
Stroke
Scotland**



NO LIFE HALF LIVED

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