

CHSS IN THE NEWS

West Lothian Courier
14 February 2013

(35)

The Bathgate Stroke Club, supported by Chest Heart & Stroke Scotland, has been running for over two years and meets on a Tuesday afternoon from 1.30pm-3.30pm in the Royal British Legion, North Bridge Street. The stroke club is intended to be a place where people who have had a stroke can make new friends and enjoy interesting activities. It makes a real difference to realise that other people understand the difficulties faced by stroke survivors and the devastating effects it can have on families. Anyone who has had a stroke and their carer/partner are welcome to attend and activities are organised to suit the interests of the members. One of the activities the Bathgate group offer is Boccia (sit-down bowling) which featured in the Olympics. The group also enjoy outings and one of their recent outings was to The Scottish Owl Centre in Whitburn. If you think you would like to attend the group, contact Carol Anderson, Community Support Worker with Chest, Heart & Stroke Scotland, on 07760 765325.

Arran Banner
16 February 2013

(12)

New service available for Arran stroke survivors

Stroke is the greatest single cause of severe disability in Scotland affecting over 100,000 people, so almost everyone knows someone affected by this illness. The Scottish charity Chest Heart and Stroke Scotland which runs support services all around the country is planning to offer a new service on Arran.

The charity will hold an information day on the island where people who have had a stroke, carers and anyone interested in volunteering with the service can come along to find out more.

The new service is designed especially for people left with communication difficulties after a stroke and will concentrate on developing conversation skills.

The event will also be of interest to health professionals and social workers that might want to refer people to the new service.

The information day will be held at the Ormidale Pavilion on Thursday 14 March between 11am and 3pm.

Refreshments will be available and the charity's local Coordinator, Mary Meiklejohn and group worker, Kathleen Frew, will be on hand to explain the work of the charity and the support available to people who have had a stroke, particularly those left with communication difficulties.

Mary said: 'We'd love to see

you at our information day and tell you more about how our Communication Support Service can help with rehabilitation and rebuilding confidence after stroke.

'Whether you've had a stroke yourself, are caring for someone who has, or would like to find out more about working with us as a volunteer and making a real difference in your local community, we'll give you all the information you need. Please join us for a cup of tea in the Ormidale Pavilion on 14 March and find out more.'

For more information about the Information Day please call Mary on 01294 824948 or email mary.meiklejohn@chss.org.uk.

Greenock Telegraph
26 February 2013

(9)



STEP UP: MP Michael Moore signs up to the group.

Globetrotters head to the moon and back

Members receive MP's backing in fitness quest

THE Secretary of State for Scotland has stepped up to join an Inverclyde group which helps people recovering from heart disease and strokes.

During a trip to Greenock on Thursday, Michael Moore MP lauded the Inverclyde Globetrotters, who formed five years ago.

The group's weekly gym-based rehabilitation class uses walking to help members inch their way back to fitness.

Pedometers count the number of steps taken and dis-

By Eric Baxter

tances cycled during classes, with the numbers plotted on to a world map.

These virtual journeys have taken the group the equivalent of walking Route 66, to Beijing and on to all of Europe's capital cities.

The Globetrotters have also inspired dozen of groups affiliated to Chest, Heart and Stroke Scotland to join them to their latest expedition — a 'lunar trek' to the moon.

As part of the final day in a series of visits across Scotland, Secretary of State Mr Moore

visited the Waterfront Leisure Centre, Greenock, to meet with the Globetrotters and hear about their mission.

During his stay he met Globetrotters organiser Duncan Galbraith and Neil McFadden MBE, the chair of Inverclyde Elderly Forum, plus representatives from Chest, Heart & Stroke Scotland and the successful Wider Opportunities for Older People scheme in Inverclyde.

As part of the visit, Mr Moore was presented with the title of Honorary Inverclyde Globetrotter after he and members of the Scotland Office staff signed up

to donate miles towards the group's lunar trek.

Mr Moore said: 'I was delighted to visit Greenock and meet with Duncan and members of the Inverclyde Globetrotters.'

'I hope the efforts of myself and staff members from my office will go some way to help them return from their latest expedition.'

Group organiser Duncan Galbraith said: 'We're thrilled that the Secretary of State for Scotland and his Scotland Office team are going to help the Inverclyde Globetrotters walk to the moon and back.'



REACH FOR THE SKY: Globetrotter members are staging a 'lunar walk' in an effort to raise their fitness levels.

HEART FAILURE NURSES

news.scotsman.com

Scottish NHS heart nurses cut despite vital role



Charities say Scots NHS boards must 'up their game'. Picture: Robert Perry

By CRAIG BROWN

Published on Wednesday 6 March 2013 00:00

THE majority of NHS boards in Scotland are failing to provide enough specialist heart-failure nurses, despite the fact that such services reduce hospital admissions and save the NHS money, a review has found.

The number of specialists has dropped by 7 per cent in four years, even though more people than ever are living with the condition.

Ten of the 14 NHS boards are failing to meet the minimum ratio of heart-failure nurses per head of population, the review by the Scottish Heart Failure Nurse Forum (SHFNF) found.

The report also said the number of these specialist nurses across the country fell short by 10 per cent of the minimum recommendations laid down in the national guidelines.

Suzanne Bell, chair of the SHFNF, said: "Heart failure is a life-limiting condition, but people can live with disabling and isolating symptoms for many years. While fewer people are dying from cardiac conditions, more people are living with heart failure – in fact, almost 94,000 in Scotland.

"Specialist heart-failure nurses have the skills, training and expertise to manage the complexities of this condition, in a highly cost-effective way.

Despite this, NHS boards are failing to make enough provision."

The report showed that between 2008 and 2012, the level of heart-failure service provision fell in Ayrshire & Arran, Borders, Forth Valley, Greater Glasgow & Clyde, Lothian and Orkney.

The review's findings were supported by some of Scotland's foremost heart disease charities.

Marjory Burns, director of British Heart Foundation (BHF) Scotland, said the figures showed NHS boards had to "up their game".

"The BHF has worked hard to introduce heart-failure nursing into the NHS. However, the overall drop in posts since 2008 indicates that NHS boards are not supporting the ongoing development of services as well as they should.

"NHS boards need to up their game and make the provision ... a top priority."

David Clark, chief executive of Chest Heart & Stroke Scotland (CHSS), said with an ageing population as Scotland's, such services would be vital in future

A Scottish Government spokeswoman said that tackling heart disease was a "national clinical priority".

"All specialist heart failure nurses are now funded by the NHS, and we have invested £150,000 in an education programme for healthcare professionals to increase their knowledge, skills and confidence in the management of heart failure."

<http://www.scotsman.com/news/health/scottish-nhs-heart-nurses-cut-despite-vital-role-1-2821274>

HEART FAILURE NURSES

WEDNESDAY 6 MARCH 2013

THE SCOTSMAN

7

Specialist heart nurses cut despite vital role

Charities say Scots NHS boards must 'up their game'

CRAIG BROWN

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STV News at Six - Aberdeen - Wednesday, March 06 | STV Player

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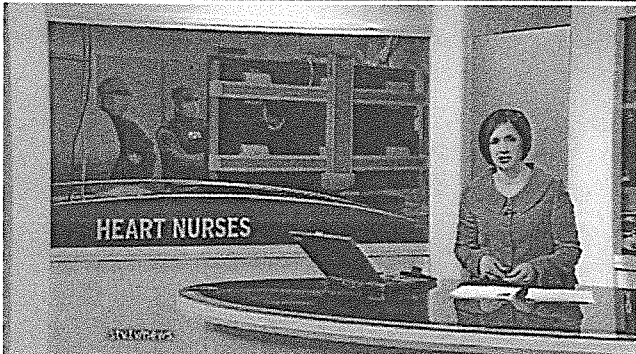
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STV News at Six - Aberdeen Wednesday, March 06, 6:00pm

Programme information

Show

The heartbroken parents of a toddler killed in an accident in Aberdeenshire have paid tribute to their "little angel". In other news: A woman has admitted having sex with two teenage girls after convincing them she was a man. Scotland spent more than it raised in revenue last year with the country in deficit to the tune of 3.4 billion pounds. It's a condition that affects more than ninety thousand people in Scotland but the Government's being told there's a huge lack of specialist nurses to support heart failure patients. Aberdeen and Dundee are among eleven contenders for the UK City of Culture in 2017. And in sports: Neil Lennon's urged his players to "give it all they've got" when Celtic face Juventus in the Champions League tonight. This international version of STV News at Six is viewable world-wide. It has been edited for rights reasons, which also allows us to keep the programme online after the initial 24-hour broadcast window in the UK has passed. Viewers within the UK who want to watch the full episode 'as broadcast' should select the UK version of the programme. The heartbroken parents of a toddler killed...

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HEART FAILURE NURSES

NHS needs more specialist heart failure nurses say campaigners

STV 6 March 2013 00:01 GMT



New report: NHS Orkney has no specialist heart failure nursing service at all.

The NHS needs to "up its game" and provide more specialist nurses for those suffering from heart failure, health campaigners have said.

Provision of these nurses must be a "top priority", the British Heart Foundation (BHF) insisted, after a new report showed a drop in the number of such specialists in the last four years.

Almost 94,000 people in Scotland are estimated to be suffering from heart failure, now more common due to the ageing population and more people surviving cardiac problems earlier in life.

A report by the Scottish Heart Failure Nurse Forum (SHFNF) found that the equivalent of 47 full-time specialist heart failure nurses were working in Scotland last year, down from 50 in 2008.

Of Scotland's 14 regional health boards, only four meet national guidelines and provide at least one specialist nurse per 100,000 people: Dumfries and Galloway, Fife, Grampian and Highland.

NHS Orkney has no specialist heart failure nursing service at all.

Marjory Burns, director of BHF Scotland, said: "NHS boards need to up their game and make the provision of these crucial services a top priority for the sake of heart failure patients, as well as the financial sustainability of the NHS in the longer term."

BHF previously funded some specialist heart failure nurses but is now "encouraging" the idea that these positions are paid for by the NHS.

"The overall drop in posts since 2008 indicates that NHS boards are not supporting the ongoing development of services as well as they should," Ms Burns said.

<http://news.stv.tv/scotland/216494-nhs-needs-more-specialist-heart-failure-nurses-say-campaigners/>

HEART FAILURE NURSES

The SHFNF report highlighted research which found only 18% of patients under the care of a specialist heart failure nurse needed to be readmitted to hospital, compared with 97% of those without this support.

Patients with a specialist nurse also had shorter stays if they did require hospital care.

This means that employing specialist nurses for heart failure patients can save the health service cash, the SHFNF suggested.

"The evidence and the actual reported experience of the specialist heart failure nurse services in Scotland would suggest that the presence of such a service can prevent unplanned readmissions, reduce length of hospital stays and ultimately create a cost saving for the NHS," the report said.

Suzanne Bell, chair of SHFNF and one of the report's authors, said: "Heart failure is a life-limiting condition and people can live with disabling and isolating symptoms for many years.

"While fewer people are dying from cardiac conditions, more people are living with heart failure; in fact, almost 94,000 in Scotland.

"Specialist heart failure nurses have the skills, training and expertise to manage the complexities of this condition, in a highly cost-effective way.

"Despite this, NHS boards are failing to make enough provision.

"The SHFNF wants to see a national approach to the planning, adequate resourcing and further development of specialist heart failure nurse services, and clarity from the Scottish Government on the way ahead."

As well as being backed by the BHF, the SHFNF is supported by the group Chest, Heart and Stroke Scotland (CHSS)

David Clark, chief executive of CHSS, said, "The support of heart failure nurses is essential to ensure that people affected are able to manage their condition and have a reasonable quality of life.

"As our population ages and we become more and more successful in treating cardiovascular disease, increasing numbers of patients are going to be affected. It is absolutely vital that these services are provided on a sustainable basis for every patient who needs them."

A Scottish Government spokeswoman said: "Tackling heart disease is a national clinical priority for Scotland. That is why all specialist heart failure nurses are now funded by the NHS, and we have invested £150,000 in an education programme for healthcare professionals to increase their knowledge, skills and confidence in the management of heart failure.

"Our national action plan reflects the important role that heart failure nurses play in supporting the care of people with acute heart failure and training other health staff. This sends a clear message to NHS boards about how we expect them to plan heart failure services."

HEART FAILURE NURSES

Heart patients are being 'let down' by health boards - Health / News / The Courier

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THE COURIER.CO.UK

HEALTH

Heart patients are being 'let down' by health boards

By KATIE SMYTH, 7 March 2013 10.49am.



An ECG is set up on a patient at Ninewells Hospital.

DC Thomson

People with heart failure are being let down by NHS boards, according to a new report.

The review produced by the Scottish Heart Failure Nurse Forum (SHFNF) has claimed that the number of specialist nursing services is on the decline despite more people living with the debilitating condition.

The report states that the majority of NHS boards are failing to provide enough nurses and the number of specialist heart failure nurses has dropped by 7% in four years.

The report claims 10 of the NHS boards are failing to meet the minimum ratio of heart failure nurses per head of population laid down in the national guidelines, and the number of nurses across the country falls short by 10% of the minimum recommendations.

HEART FAILURE NURSES

Heart patients are being 'let down' by health boards - Health / News / The Courier

Page 2 of 3

The minimum recommendation is one nurse to 100,000 population, as laid down by SIGN in 2007.

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The review shows that in NHS Tayside, while the number of specialist nurses has remained at three, the ratio of nurses to population has changed from one to 130,546 in 2008 to one to 134,214 in 2012.

An NHS Tayside spokesperson said: "The NHS Tayside service was developed in 2004 with three WTE nurses and, unlike other boards, we have funded this as a core service. All three nurses remain in post.

"The focus of the local service is to target needs for those heart failure patients who have been admitted to hospital or continue to have unstable symptoms."

In NHS Grampian, the ratio of nurses to population has improved from one specialist nurse to 264,944 in 2008 to one nurse to 207,781 in 2012.

However, that is still more than double the minimum recommendation.

In NHS Forth Valley, the ratio rose from 1:89,392 in 2008 to 1:97,795 and in NHS Fife it rose from 1:179,429 in 2008 to 1:182,473 in 2012.

Dr Brian Montgomery, NHS Fife medical director, said: "At present, there are two WTE heart failure specialist nurses working within Fife.

"In addition, the Vascular Nurse Services in each of the community health partnerships can provide support for people with less complex needs."



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- Or -

Guest

FUNDRAISING

CHSS
Scotland
Daily Record
22 February 2013
(2-3)

Challenge yourself

You can help make a real difference by taking part in an event to raise funds for charity



EVERY year, thousands of Scots walk, run, cycle, jump, cook and skydive to raise money for charity.

Taking part in a wide range of events, from 5ks to marathons and bake-offs to abseils, they collect millions of pounds for their chosen cause.

Here, we bring you a guide to some of the events taking part across Scotland this year.

THE GREAT SCOTTISH CAKE-OFF

Anytime
With the help of fundraising pack from Chest, Heart and Stroke Scotland you can get together with others to organise a baking competition. This could be part of a coffee morning or a school event. Winners are those with the most votes for cakes.

www.chssi.org.uk/cakeoff

THE KILT WALK

April 13
Join the first of three Kilt Walks in Scotland from Glasgow to Loch Lomond. On May 19, there's the Edinburgh Kilt Walk,

September 1. A range of children's charities benefit from the proceeds.
www.thekiltwalk.co.uk

MAGGIE'S MONSTER BIKE & HIKE

May 4 to 5
Bike 31 miles and then choose to hike nine, 23 or 41 miles in the Highlands to raise funds for Maggie's Cancer Caring Centres.

monster.maggiescentres.org

BUPA GREAT WOMEN'S 10K GLASGOW

May 12, 2013
Join the largest women-only 10k in Britain and raise funds for Cancer Research UK.

www.greatrun.org

GLASGOW'S MIDNIGHT WALK

May 18
Walk a 5k or 10k at night along the Clyde in aid of the Prince and Princess of Wales Hospice.

www.ppwh.org.uk

BREAST WAY ROUND

May 24 to 26
Join an all-female motorbiking

Scotland raising funds for Macmillan Cancer Support.
www.breastwayround.com

QUARRIES CYCLE CHALLENGE

May 16-19
Paralympian Aileen McGlynn leads a challenge to cycle 220 miles over three days from Edinburgh to Dublin. The event



will be repeated in September.
www.quarriers.org.uk

EDINBURGH MARATHON

May 26
Join the Heart Runners for this

that starts in the city centre and finishes in Musselburgh to raise funds for the British Heart Foundation.
www.bhf.org.uk

BIG HEX

May (ends September)
A climbing challenge to raise funds for the Mountain Rescue Committee of Scotland will see climbers given 36 hours to ascend and descend six (Hex) routes on three Scottish mountain ranges.
www.facebook.com/bighexchallenge

MILLPORT CYCLE

June 8
Cycle the 10-mile circuit of the Isle of Cumbrae for St Margaret of Scotland Hospice.
www.smh.org.uk/smh_events/millport-cycle/

THE MOONWALK EDINBURGH

June 8
Decorate your bra and walk 13.1 or 26.2 miles through the night-time streets of Scotland's capital to raise funds for breast cancer charity Walk the Walk.
www.walkthewalk.org



SCOTLAND 10K FOR MEN

June 16
The men-only 10k takes place on Father's Day in Glasgow. This year the event is partnered with Yorkhill Children's Foundation.
www.mens10k.com/regopen

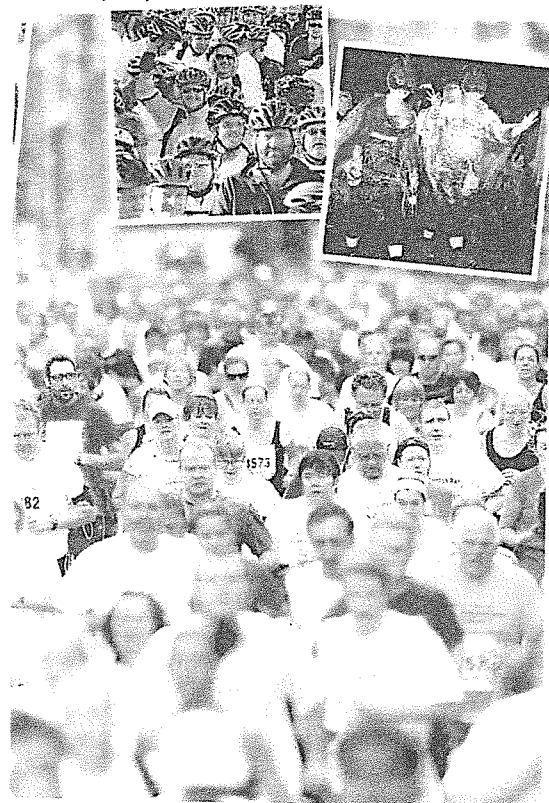
MARTIN CURRIE ROB ROY CHALLENGE

June 22
Teams or individuals walk or run 16 miles from Drymen, near Loch Lomond, through the Trossachs to Callander, where they switch to bikes for a 39-mile cycle to Kenmore. In 2013, the main beneficiaries will be Alzheimer Scotland, Over the Wall and WaterAid.
www.robroychallenge.com

MONSTER SWIM

August 17
Swim the Big Yin (one mile) or the Wee Nessie (half mile) in Loch Ness. Funds for Marie Curie Cancer Care.

CHSS
Scotland
Daily Record
22 February 2013
(3)



Steve's up and running

STEPHEN Morrison, 40, of Langside, Glasgow, was unable to walk unaided as a child. He spent years in traction and a wheelchair and was looked after by Yorkhill Children's Hospital. Now that he can walk - and having shed a great deal of excess weight - Stephen runs to raise funds for Yorkhill.

This year, he will take part

in the Edinburgh Marathon, the Great Scottish Run and the Men's Health Forum Scotland 10K to name a few. He said: "Running for a charity keeps you accountable to someone other than yourself. If I don't put in the effort, I'm letting more than myself down."

See www.virginmoneygiving.com/stephenm



among many other charities.
www.monsterswim.co.uk

BEAT THE BORDERS

August 31
Take on the Borders by bike and foot in the Scottish Borders to complete 48-mile silver or 58-mile gold routes. Funds will be raised for the Children's Hospice Association Scotland (CHAS).
www.beattheborders.co.uk

BEN NEVIS CHALLENGE 2013

August 31
Capability Scotland will be trying to reach the summit with eight wheelchair users as part of a number of teams.
www.capability-scotland.org.uk

FRESH'N'LO PEDAL FOR SCOTLAND

September 8
Cycle 47 or 100 miles from Glasgow to Edinburgh to raise funds for The STV Appeal: Supporting Scotland's Children.
www.pedalforScotland.org

BAXTER'S LOCH NESS MARATHON

September 29
A scenic marathon along the length of Loch Ness. The charity is Macmillan Cancer Support.
www.lochnessmarathon.com

BANK OF SCOTLAND GREAT SCOTTISH RUN

October 6, 2013
Join 23,000 walkers, joggers

and runners for a 10k or half-marathon in the centre of Glasgow. Last year, participants raised £1.5million for a range of charities.

www.greatscottishrun.com

FORTH RAIL BRIDGE ABSEIL

October 27
Take part in a 165ft free-fall abseil - Scotland's biggest abseil - from the Forth Bridge. Funds are raised for Canine Partners.
www.caninepartners.org.uk

FAMILY FUND EVENTS

Various dates
The UK's largest provider of grants to low-income families raising disabled and very ill youngsters hold many events.
www.familyfund.org.uk

CHSS IN THE NEWS

Carlisle Gazette
27 February 2013

(14)

Support local stroke victims

A NATIONAL charity is calling on Clydesdale volunteers to help it offer specialist one-on-one services to local stroke survivors.

Communication difficulty is one of the most devastating after effects of a stroke and it is hoped the new core service will offer one-to-one support to stroke survivors, helping them to develop their remaining communication abilities and reducing the sense of isolation and frustration they face.

Chest Heart & Stroke Scotland is planning to offer the new service across South Lanarkshire.

Local co-ordinator Lesley Kane said: "We'd like to hear from anyone who feels they could benefit from this service as well as from health professionals interested in referring clients to us."

"And since the service depends entirely on the help of local volunteers we'd also love to hear from anyone interested in giving some time to help in this rewarding work."

"Volunteering gives you the opportunity to learn new skills, meet interesting people and work as part of a team."

"You can put something back into your community and make a real difference in someone's life; perhaps most importantly, you can enjoy yourself."

If you would like to find out more contact Lesley Kane on 01355 239917, or email Lesley.kane@chss.org.uk.

Lanark Gazette
27 February 2013

(14)

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The Scotsman
6 March 2013

(7)

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FUNDRAISING

Glenrothes Gazette
20 February 2013

(23)

Carlton Bakeries present massive cash boost to CHSS

Donation in memory of founder

FIFE-BASED bakery chain, William McMillan Limited - trading as Carlton Bakeries - has risen to the charity challenge by collecting the magnificent sum of £2,118.58 for Scotland's health charity, Chest Heart & Stroke Scotland.

This local family-run business decided to support CHSS by placing collecting tins in bakery shops in memory of John (Jock) Simpson who passed away two years ago following a severe stroke and heart attack.

Fundraising started off with a sponsored slim by managing director, Graeme who was motivated to lose two stone in the knowledge that as well as improving his own health, the money raised will improve the quality of life for others and maybe even save some lives.

The fundraising doesn't stop there with four of the staff undertaking the 'Ultimate Abseil' off the iconic Forth Bridge in May, following in the footsteps of Lee

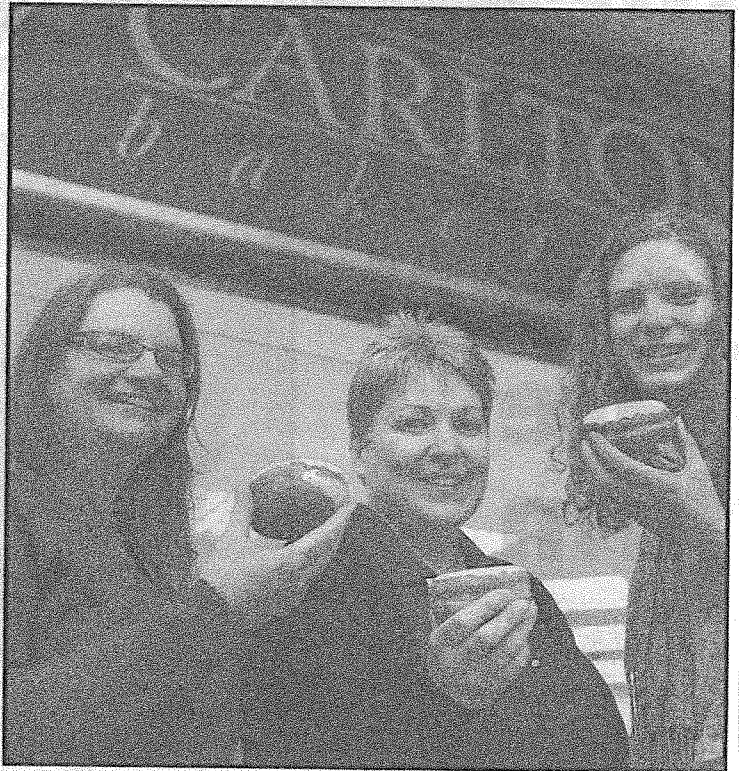
Hepburn from the Markinch store who took up the abseil challenge in October 2012.

Everyone at Carlton is encouraged to support CHSS, making it a real team effort.

Thanking the couple for their generous donation, CHSS fundraising manager Alison Acosta said: "The truly fantastic amount which Carlton has raised - with the help of their customers, friends, colleagues and family - will have a real positive impact for CHSS, helping us to maintain and develop our vital services for those people affected by chest, heart and stroke illness in the area.

"We'd like to express our sincere thanks to everyone who donated money and assure them that their help and support is very much valued and appreciated.

"Through funding our vital research and community support services across Fife, Carlton and its customers have ensured that we can take action against Scotland's three biggest killers."



SELF-RAISING: Pictured (from left) are co-owner Thea Simpson, operations manager Linda Johnston and CHSS fundraising manager Alison Acosta.