



Helping People Like Margaret

Margaret, 60, has had three TIA's (Transient Ischemic Attack), since September 2021. Margaret was no longer able to do a demanding job in education, she felt left in limbo not knowing what would come next.

"The self-management course really helped me make a lot of sense of what I was feeling. I had a lot of anger that I couldn't control, and I was really affected by noise. And no one had told me before about fatigue. I was sleeping all day and for more than 12 hours every night."

"What was great about the course was that you could participate as much or as little as you wanted. We were asked to set small goals, and they were a good encouragement. I also learned to pace myself, and that was another turning point."



1 in 5 people in Scotland are living with a chest, heart or stroke condition, including Long Covid.

Every day in Scotland

41 people will have a **stroke**



16 people will be diagnosed with **heart failure**



32 people will have a **heart attack**

15 people will struggle to breathe because of chronic **chest illness**



To find out how we can help you or your family, call us on

0808 801 0899

or visit chss.org.uk/services

CHSS has health information available in English, Urdu, Punjabi, Ukrainian & Polish.

**NO LIFE
HALF LIVED**

www.chss.org.uk

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Chest
Heart &
Stroke
Scotland



SUPPORTING YOU TO LIVE WELL

Are you living with a chest, heart or stroke condition or Long Covid?

We can help you to live well with our Supported Self Management Programme.



**NO LIFE
HALF LIVED**

Our self management programme will support you to take control of your own health by helping you to understand and manage your health condition better.

This evidence based, supported self management programme originally developed at Stanford university, aims to increase your knowledge, skills and confidence to help you manage your condition and live life to the fullest.



We are here for you

If you would like to find out more about this programme;

Call: **0808 801 0899**

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

Visit: **www.chss.org.uk/services**

An SMRC Evidence-Based Self-Management Programme originally developed at Stanford University"



About the Programme

The programme is for anyone living with a chest, heart or stroke condition or Long Covid. It is available online or in person, in a group setting.

- The programme is run over 6 consecutive weeks for 2.5 hours per session
- The course is delivered by our community healthcare support team which includes, healthcare professionals, community coordinators and volunteers.
- Sessions will be aided by our evidence based health information.



How the programme will help you



This programme will support you to deal with the ongoing symptoms of long term health conditions.

By the end of this programme we will have supported you to;

- Set goals based on what matters to you
- Manage your pain better
- Manage your fatigue and improve energy levels'
- Feel more able to deal with difficult emotions
- Build confidence to communicate effectively with your healthcare professionals

All workshops materials have been reviewed by health professional's globally

