

Chest
Heart &
Stroke
Scotland



NHS
Ayrshire
& Arran

STROKE SERVICES IN YOUR AREA



HOW CAN WE SUPPORT YOU AND YOUR FAMILY?

- **COMMUNITY SUPPORT SERVICES**
One-to-one or group support at home or in the community on what matters to you.
6-week person-centred supported self-management course.
- **KINDNESS**
Regular friendly phonecalls from a Kindness volunteer to support with social contact.
- **RESOURCE HUB**
An online range of free resources.
www.chss.org.uk/resources-hub
- **STROKE4CARERS**
A free online eLearning self-management resource.
www.stroke4carers.org
- **SELFHELP4STROKE**
A free e-learning self-management resource.
www.selfhelp4stroke.org
- **PEER SUPPORT GROUPS**
Independently run groups allowing you to share experiences and activities.
www.chss.org.uk/services/peer-support-groups
- **PHYSICAL ACTIVITY**
Our Movement Matters online programme offers specialist delivered sessions, aimed at supporting people to move more in a way that works for them, helping people be more active and manage their conditions.
- **STROKE EDUCATION**
On-line and face-to-face training programmes to increase knowledge, skills and confidence of health, social and care home staff.
- **ADVICE LINE**
Our Advice Line Practitioners are here to help people living with chest, heart, stroke and Long Covid conditions.

E-mail: adviceline@chss.org.uk or call

0808 801 0899



**NO LIFE
HALF LIVED**

www.chss.org.uk

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