



Helping you to have *your say*

Working together to
improve health and
social care services



Chest
Heart &
Stroke
Scotland



VOICES SCOTLAND

Health and social care services in Scotland are committed to providing a **person-centred service**. In order to do this they need to **talk to you**, to find out what you think and to learn from your experience.

The **Voices Scotland programme, delivered by Chest Heart & Stroke Scotland (CHSS)** has built a **national network** of people affected by chest, heart and stroke conditions to help them **influence local and national services**. Through **free workshops** and ongoing support you will be provided with the knowledge, skills and confidence to **HAVE YOUR SAY**.

SELF MANAGEMENT

Voices Scotland also offers our “**COSMIC Workshop**” (**Champions Of Self Management In Care**”). The workshop aims to **explore and value the breadth of self management** and support people in **promoting self management** in Scotland. It is **available free** to help you have your say on health and social care policy and decision making.

WHAT ARE THE BENEFITS?

You can:

- **use your own experiences** to improve health and social care services
- **work in an equal partnership with professionals** to improve local and national services
- **receive support** to have your say

- explore the **principles of self management**
- **develop contacts** with others

As a professional you can:

- develop **effective public involvement**
- learn more about the **public perspective**
- **use Voices Scotland to advertise** local opportunities for public involvement
- **explore the principles of self management**



As a long term conditions organisation you can:

- **inform people** about self management in Scotland
- **influence policy** effectively
- use **free “COSMIC Resources”** – flexible training materials at www.cosmicresources.org.uk

HOW CAN I MAKE A DIFFERENCE?

Please **fill in the form on our website** to register with Voices Scotland. Alternatively **fill in the form opposite** and send it back to us indicating whether your interest is in chest, heart, stroke conditions and/or self management.

You will receive information about opportunities to get involved and can **join the nationwide network of public representatives** and start to make a real difference. There are a wide range of opportunities available across health and social care organisations and within the voluntary sector.

Title _____ Name _____

Address _____

_____ Postcode _____

Telephone _____

Mobile _____

Email _____

Are you a:

- Patient
- Carer
- Professional
- Long term conditions organisation

Are you interested in:

- Chest conditions
- Heart conditions
- Stroke
- Self management
- All of the above

If you have already attended training – please state workshop name, venue and date _____

- Keep me informed of the work of CHSS
- Put my name on the Voices Scotland database
- I am happy to hear from Voices Scotland partnership organisations





**Chest Heart & Stroke Scotland
Rosebery House
9 Haymarket Terrace
Edinburgh
EH12 5EZ**

PARTICIPANTS' COMMENTS

“ Before Voices Scotland I didn't question a consultant...I do now. ”

“ I was so pleased to have the opportunity to attend the training day...the day was excellent...and a good confidence booster. ”

“ Really useful resources for anyone interested in involving patients or the public. This is practical, participative training that uses plain English and makes learning fun! (Scottish Health Council) ”

“ The course has given me the skills and tools I will need to champion the case for continued Self Management. It focused my mind on how to communicate clearly and present my case in an effective, well constructed format. My thanks for a superb course! ”

For more information contact:

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www.chss.org.uk | voicesscotland@chss.org.uk

Advice Line Nurses 0808 801 0899

9.30am – 4.00pm Mon – Fri

Free from landlines and mobiles

Voices Scotland is based on Hearty Voices Scotland which CHSS developed in partnership with the British Heart Foundation

Chest Heart and Stroke Scotland improves the quality of life for people in Scotland affected by chest, heart and stroke illness, through medical research, influencing public policy, advice and information, and support in the community.

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