



**Stay connected to
Scotland's Health Charity**

Making connections...



The regular outings I have with my volunteer allow me to enjoy going to places which otherwise I have little hope of seeing again.

The nurse gave us the most important thing of all – HOPE - when we most needed it, and time has proved her right. We now see a future living with a stroke.

Just being able to improve your confidence and realise what you are able to do and also have the chance to talk to other people who've been through the same thing was a big, big help.

My CHSS nurse has seen me through, what has been quite a difficult and traumatic time. With his support I am now not only physically fit but also able to cope mentally.



For more information contact:

CHSS Friends4Life Coordinator
 Chest Heart & Stroke Scotland
 Head Office, Rosebery House, 9 Haymarket Terrace
 Edinburgh, EH12 5EZ.
 Tel: 0131 225 6963 | Email: friends4life@chss.org.uk

Advice Line: 0808 801 0899 Call FREE from landlines and mobiles
 website: www.chss.org.uk

West of Scotland Office The HUB on Pacific Quay 2nd Floor, Suite 1.1B 70 Pacific Drive Glasgow G51 1DZ Tel: 0300 1212 111	North of Scotland Office 5 Mealmarket Close Inverness IV1 1HT Tel: 0300 12 12 777
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Place completed form in an envelope addressed to -

FREEPOST RSKX-EVSG-CZTT

Chest Heart & Stroke Scotland, Rosebery House

9 Haymarket Terrace

Edinburgh

EH12 5EZ

Want to stay in touch? Join

Chest Heart & Stroke Scotland

Friends4Life.

Chest Heart & 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.

Joining **CHSS Friends4Life** will mean:

- You'll continue to stay connected to us by receiving the latest information on chest, heart and stroke illness.
- We will tell you about exciting news and achievements of the charity.
- You will receive invitations to local events that may be of interest to you.

In addition when joining **CHSS Friends4Life** you will receive a membership pack containing:

- Welcome letter with membership card
- Copies of our Update magazine and other materials



Stay connected to

Scotland's Health Charity

To become part of **CHSS Friends4Life** simply complete the online form (www.chss.org.uk/friends4life) or complete and return the tear-off form opposite to our Freepost address.

Title _____

Name _____

Address _____

Postcode _____

Telephone _____

Mobile _____

Email _____

What is your connection to CHSS?

(eg carer, volunteer, group member.):



I enclose a voluntary donation (made payable to 'Chest Heart & Stroke Scotland') or online at www.chss.org.uk/friends4life

Registered with and regulated by the Office of the Scottish Charity Regulator (no SC018761), Chest Heart & Stroke Scotland is a wholly Scottish charity. It also operates as CHSS and is registered in Scotland as a company limited by guarantee, no SC129114.