

## Writing to your local MSP and Councillors

**Step 1:** To find your local MSP and councillors, go to [www.writetothem.com](http://www.writetothem.com) and put in your postcode, or see the list below.

**Step 2:** You might want to use the draft letter attached below, and include some information about your own experiences.

**Step 3:** Let us know if you've been in touch with your MSP and councillors, and if you get a reply!

Region	<a href="#">Chest Heart &amp; Stroke Scotland support groups</a>	Members of Scottish Parliament	Local Councillors, members of Integrated Joint Board*
<b>Borders</b>  CHSS coordinator: Christine.Wakefield@chss.org.uk	<ul style="list-style-type: none"> <li>Eyemouth &amp; District Rehab Support Group</li> <li>Kelso Kinetics</li> </ul>	<a href="mailto:Rachael.Hamilton.msp@parliament.scot">Rachael.Hamilton.msp@parliament.scot</a>	<a href="mailto:John.Greenwell@scotborders.gov.uk">John.Greenwell@scotborders.gov.uk</a> <a href="mailto:Shona.Haslam@scotborders.gov.uk">Shona.Haslam@scotborders.gov.uk</a> <a href="mailto:Helen.Laing@scotborders.gov.uk">Helen.Laing@scotborders.gov.uk</a> <a href="mailto:dparker@scotborders.gov.uk">dparker@scotborders.gov.uk</a> (David Parker)
	<ul style="list-style-type: none"> <li>Gala Windbags</li> </ul>	<a href="mailto:Christine.Graham.msp@parliament.scot">Christine.Graham.msp@parliament.scot</a>	<a href="mailto:TWeatherston@scotborders.gov.uk">TWeatherston@scotborders.gov.uk</a> (Tom Weatherston)
<b>East Lothian</b>  CHSS coordinator: Christine.Wakefield@chss.org.uk	<ul style="list-style-type: none"> <li>East Lothian Cardiopulmonary Rehab Group</li> </ul>	<a href="mailto:Iain.Gray.msp@parliament.scot">Iain.Gray.msp@parliament.scot</a>	<a href="mailto:sakhtar@eastlothian.gov.uk">sakhtar@eastlothian.gov.uk</a> (Shamin Akhtar) <a href="mailto:scurrie@eastlothian.gov.uk">scurrie@eastlothian.gov.uk</a> (Stuart Currie) <a href="mailto:skempson@eastlothian.gov.uk">skempson@eastlothian.gov.uk</a> (Sue Kempson)

			<a href="mailto:fodonnell@eastlothian.gov.uk">fodonnell@eastlothian.gov.uk</a> (Fiona O'Donnell)
<b>Dumfries &amp; Galloway</b>  CHSS coordinator: Christine.Wakefield@chss.org.uk	<ul style="list-style-type: none"> <li>Dumfries Puffin Club</li> </ul>	<a href="mailto:Finlay.Carson.msp@parliament.scot">Finlay.Carson.msp@parliament.scot</a> <a href="mailto:Emma.Harper.msp@parliament.scot">Emma.Harper.msp@parliament.scot</a>	<a href="mailto:Jim.dempster@dumgal.gov.uk">Jim.dempster@dumgal.gov.uk</a> <a href="mailto:Andy.ferguson@dumgal.gov.uk">Andy.ferguson@dumgal.gov.uk</a> <a href="mailto:Denis.Male@dumgal.gov.uk">Denis.Male@dumgal.gov.uk</a> <a href="mailto:Ted.Thompson@dumgal.gov.uk">Ted.Thompson@dumgal.gov.uk</a>
	<ul style="list-style-type: none"> <li>East Breathers</li> </ul>	<a href="mailto:Oliver.Mundell.msp@parliament.scot">Oliver.Mundell.msp@parliament.scot</a>	
	<ul style="list-style-type: none"> <li>Kirkcudbright Hale &amp; Hearty</li> </ul>	<a href="mailto:Finlay.Carson.msp@parliament.scot">Finlay.Carson.msp@parliament.scot</a> <a href="mailto:Emma.Harper.msp@parliament.scot">Emma.Harper.msp@parliament.scot</a>	
<b>Grampian (including Aberdeen and Moray)</b>  CHSS coordinator: Anne.Toye@chss.org.uk	<ul style="list-style-type: none"> <li>Grampian Pulmonary Fibrosis</li> </ul>	<a href="mailto:Mark.McDonald.msp@parliament.scot">Mark.McDonald.msp@parliament.scot</a>	<a href="mailto:SarahDuncan@aberdeencity.gov.uk">SarahDuncan@aberdeencity.gov.uk</a> <a href="mailto:jcooke@aberdeencity.gov.uk">jcooke@aberdeencity.gov.uk</a> (John Cooke) <a href="mailto:gsamarai@aberdeencity.gov.uk">gsamarai@aberdeencity.gov.uk</a> (Gill Samarai)
	<ul style="list-style-type: none"> <li>Moray COPD</li> </ul>	<a href="mailto:Richard.Lochhead.msp@parliament.scot">Richard.Lochhead.msp@parliament.scot</a>	<a href="mailto:Frank.brown@moray.gov.uk">Frank.brown@moray.gov.uk</a> <a href="mailto:Claire.feaver@moray.gov.uk">Claire.feaver@moray.gov.uk</a> <a href="mailto:Shona.morrison@moray.gov.uk">Shona.morrison@moray.gov.uk</a>
<b>Highland</b>  CHSS coordinator: Anne.Toye@chss.org.uk	<ul style="list-style-type: none"> <li>Cheerful Chesters</li> <li>Lung at Heart</li> </ul>	<a href="mailto:Fergus.Ewing.msp@parliament.scot">Fergus.Ewing.msp@parliament.scot</a>	(Highland does not have a Health & Social Care Board. To find your local councillor, see <a href="http://www.writetothem.com">www.writetothem.com</a> )
	<ul style="list-style-type: none"> <li>Grumpy Gaspers</li> <li>Wick Wheezers</li> </ul>	<a href="mailto:Gail.Ross.msp@parliament.scot">Gail.Ross.msp@parliament.scot</a>	
<b>Tayside</b>	<ul style="list-style-type: none"> <li>Arbroath COPD Group</li> </ul>	<a href="mailto:Graeme.Dey.msp@parliament.scot">Graeme.Dey.msp@parliament.scot</a>	<a href="mailto:cllrfairweather@angus.gov.uk">cllrfairweather@angus.gov.uk</a> (David Fairweather) <a href="mailto:cllrbell@angus.gov.uk">cllrbell@angus.gov.uk</a> (Julie Bell)

CHSS coordinator: Carol.Anderson@chss.org.uk			<a href="mailto:cllrspeed@angus.gov.uk">cllrspeed@angus.gov.uk</a> (Lois Speed)
	<ul style="list-style-type: none"> <li>• Angus COPD Group, Brechin</li> <li>• Forfar Airways</li> </ul>	<a href="mailto:Mairi.Gougeon.msp@parliament.scot">Mairi.Gougeon.msp@parliament.scot</a>	<a href="mailto:cllrfairweather@angus.gov.uk">cllrfairweather@angus.gov.uk</a> (David Fairweather) <a href="mailto:cllrbell@angus.gov.uk">cllrbell@angus.gov.uk</a> (Julie Bell) <a href="mailto:cllrspeed@angus.gov.uk">cllrspeed@angus.gov.uk</a> (Lois Speed)
	<ul style="list-style-type: none"> <li>• Dundee Pocket Puffers</li> </ul>	<a href="mailto:Joe.Fitzpatrick.msp@parliament.scot">Joe.Fitzpatrick.msp@parliament.scot</a>	<a href="mailto:Roisin.Smith@dundeecity.gov.uk">Roisin.Smith@dundeecity.gov.uk</a> <a href="mailto:Helen.Wright@dundeecity.gov.uk">Helen.Wright@dundeecity.gov.uk</a>

\*These are the councillors for your local authority area who are voting members of the local Health and Social Care Joint Board, which has responsibility for health services and social care services. If you would also like to contact your local councillor, go to [www.writetothem.com](http://www.writetothem.com) and put in your postcode.

### Sample wording for your email or letter

#### ***If writing to your MSP***

Dear [name of MSP]

I am writing as one of your constituents to express my concern about the level of support which is available for people in Scotland living with lung disease, and to urge you to help take action by backing the **Chest Heart and Stroke Scotland's campaign for better access to Pulmonary Rehabilitation.**

#### ***Or if writing to the members of your Integrated Joint Board***

I am writing to express my concern about the level of support which is available for people in Scotland living with lung disease, and to urge you to help take action by backing the **Chest Heart and Stroke Scotland's campaign for better access to Pulmonary Rehabilitation**. As a member of the Integrated Joint Board for Health and Social Care, I feel it is particularly important to bring this issue to your attention.

We have one of the worst records for lung disease in Europe. It affects over a million people, and is one of our biggest killers, but it is not given priority by the Scottish Government or the NHS.

Pulmonary Rehabilitation (PR) is one of the most clinically effective and cost-saving treatments for people living with lung disease. It combines physical exercise with education, advice and support, provided by multi-disciplinary teams, and supports the long-term self- management of lung disease. **Chest Heart & Stroke Scotland have found that only 13% of people who would benefit from PR have access to it. If Pulmonary Rehabilitation was a drug treatment, there would be a national scandal about the lack of availability.**

This issue really matters to me, because *[You might want to describe here your own experience of lung disease and pulmonary rehabilitation if you've attended a course]*

Chest Heart & Stroke Scotland has published a report on the provision of Pulmonary Rehabilitation across Scotland's health boards which shows the huge variations in the service provided. There are UK standards in place for how PR should be delivered, but many areas struggle to meet them. Worryingly, one regional Health Board – NHS Borders – provides no resources at all to fund PR and so their service has had to stop, despite the fact there are almost 1,500 people who would benefit.

**Chest Heart & Stroke Scotland's report is available at [www.chss.org.uk/lungrehab](http://www.chss.org.uk/lungrehab) and shows that:**

- 69,000 people would benefit from this effective treatment but there are only 9,000 places available in PR programmes.
- Many people who would benefit from PR are not being referred by their GPs, and more research is needed into the reasons why.
- Waiting times to begin PR range from 2 to 26 weeks.
- People face a number of physical and practical challenges to attending PR and they need more support.

- Only one PR programme has input from a clinical psychologist, despite the well-documented link between anxiety, depression and lung disease.
- The benefits of rehabilitation can be lost within 6-12 months if people don't remain physically active.
- The NHS could potentially save as much as £29m each year through providing PR.

I urge you to help champion this issue and highlight Chest Heart & Stroke Scotland's 4-point Call to Action:

- 1. By 2021 every Integrated Joint Board should meet a target of doubling the number of places available on Pulmonary Rehabilitation programmes, with waiting times kept within the recommended timescales.**
- 2. Every Integrated Joint Board should have an action plan setting out how it will actively address the barriers which stop people being referred to Pulmonary Rehabilitation programmes, and which stop them participating. This should include awareness-raising about PR amongst health professionals and the public, and the local delivery of a pathway into ongoing community based physical activity.**
- 3. The Scottish Government should ensure that the developing Lung Health Quality Improvement Plan for Scotland includes clear requirements for the provision of Pulmonary Rehabilitation for all those who would benefit.**
- 4. NHS Scotland should establish a national dataset about Pulmonary Rehabilitation provision which would enable benchmarking and inform service development and improvement.**

Thank you in advance for your support.