



Christmas Collection

2019

YOU'RE HELPING US BE A FAMILY AGAIN



When Derek lost his wife Michelle, he thought things couldn't get worse.
Then out of the blue he had a stroke.
He lost the ability to talk, walk and look after himself.
He still can't look after his kids at home.

With the help of Chest Heart & Stroke Scotland
he's learning to look after himself again.



Your donation can help them be a family.

NO LIFE HALF LIVED

**Chest
Heart &
Stroke
Scotland**



*Order online now
www.shopchss.org.uk*

CONTENTS

.....

Christmas Cards

Scottish Collection p. 4

Animals p. 6

Floral p. 9

Scenes p. 10

Carols & Religious p. 11

Birds p. 12

Gift Wrap p. 14

Diaries & Notebooks p. 16

**Please see order form
for ordering instructions**



**"Help change lives. Support
Chest Heart & Stroke Scotland"**



SCOTTISH COLLECTION



BRAW CHRISTMAS

150 x 150 mm
Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Merry Christmas and a Happy New Year - Nollaig Chridheil agus Bliadhna Mhath Ur

**Code
201**



HIGHLAND WOODS

141mm x 141mm

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
209**



TARTAN SNOWMEN

141mm x 141mm

Flitter

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
210**



IN THE WOODS

150 x 150 mm

Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

**Code
212**



TARTAN BEST WISHES

150 x 150 mm

£3.99 for 10 cards

The greeting inside these cards reads:

Merry Christmas and a Happy New Year- Nollaig Chridheil agus Bliadhna Mhath Ur

**Code
217**



FLOCK OF TARTAN SHEEP

150 x 150 mm

£3.99 for 10 cards

The greeting inside these cards reads:

Merry Christmas and Happy New Year

**Code
247**



TARTAN RUDOLPHS

150 x 150 mm

Flitter

£3.99 for 10 cards

The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

**Code
248**



CHRISTMAS COCKTAIL

150 x 150 mm
Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Christmas! Have a good one!

Designed by Winnie Stewart

**Code
249**



TARTAN TREES

150 x 150 mm
Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

Designed by Winnie Stewart

**Code
250**



A CLAN OF COOS

150 x 150 mm
Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Merry Christmas and a Happy New Year- Nollaig Chridheil agus Bliadhna Mhath Ur

**Code
251**



TARTAN STOCKINGS

150 x 150 mm
Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

**Code
252**



TARTAN PRESENTS

150 x 150 mm
Die Cut/Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
253**



GOLDEN PUDS

150 x 150 mm
Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Merry Christmas and a Happy New Year

**Code
254**



11 PIPERS PIPING

150 x 150 mm
Flitter

£3.99 for 10 cards

The greeting inside these cards reads:

Merry Christmas and a Happy New Year- Nollaig Chridheil agus Bliadhna Mhath Ur

**Code
255**



TARTAN BAUBLES

150 x 150 mm
Die Cut / Silver Foil

£3.99 for 10 cards

The greeting inside these cards reads:

...and a Happy New Year

**Code
256**



JINGLE ALL THE WAY

150 x 150 mm
Silver Foil

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
257**

ANIMALS



HIGHLAND COW WITH SCARF

150 x 150 mm

£3.99 for 10 cards

The greeting inside these cards reads:

**Wishing you a Merry Christmas and a
Happy New Year**

Code
202



COOS ON A MOONLIGHT NIGHT

150 x 150 mm

Silver Foil

£3.99 for 10 cards

The greeting inside these cards reads:

**Wishing you a Merry Christmas and a
Happy New Year**

Code
205



OCH AYE THE COO

141mm x 141mm

£3.99 for 10 cards

The greeting inside these cards reads:

**Wishing you a Merry Christmas and a
Happy New Year**

Code
208





HAPPY CHRISTMOUSE

150 x 150 mm

£3.99 for 10 cards

The greeting inside these cards reads:
With Best Wishes for Christmas and the New Year

**Code
213**



WINTER WOOLLY WISHES

150 x 150 mm

£3.99 for 10 cards

The greeting inside these cards reads:
Wishing you a Merry Christmas and a Happy New Year

**Code
215**



CHRISTMAS PATROL

170mm x 120mm

£3.99 for 10 cards

The greeting inside these cards reads:
Wishing you a Merry Christmas and a Happy New Year

**Code
216**



SEASON'S BLEATINGS

150mm x 150mm

Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:
Wishing you a Merry Christmas and a Happy New Year

**Code
218**



CHRISTMAS DOGS

150mm x 150mm

£3.99 for 10 cards

The greeting inside these cards reads:
With Best Wishes for Christmas and the New Year

**Code
219**



A CHEEKY CHRISTMAS COO

150mm x 150mm

Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:
Season's Greetings
Designed by Ruth Slater

**Code
220**



HENRY THE CHRISTMAS COO

150 x 150 mm

£3.99 for 10 cards

The greeting inside these cards reads:
With Best Wishes for Christmas and the New Year
Designed by Shirley MacArthur

**Code
221**



PUDDY CAT

150 x 150 mm

Flitter

£3.99 for 10 cards

The greeting inside these cards reads:
With Best Wishes for Christmas and the New Year

**Code
222**



SPARKY THE SCOTTIE

150 x 150 mm

Die Cut / Gold Foil

£3.99 for 10 cards

Blank Inside

**Code
223**



DRIVING HOME FOR CHRISTMAS

150 x 150 mm

£3.99 for 10 cards

The greeting inside these cards reads:

Merry Christmas and a Happy New Year

**Code
224**



SCOTTIE IN THE SNOW

150 x 150 mm

Flitter

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
225**



JACK RUSSELL

150 x 150 mm

Flitter

£3.99 for 10 cards

The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

Designed by Ruth Slater

**Code
226**



HARE WITH MOONLIGHT

150mm x 150mm

Silver Foil

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
227**



REACH FOR THE STAR

150 x 150 mm

Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

Designed by Catherine Redgate

**Code
228**



BEARY LIGHTS

150 x 150 mm

Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

Designed by Catherine Redgate

**Code
229**



**ADVICE LINE
NURSES
FREEPHONE
0808 801 0899**

Chest
Heart &
Stroke
Scotland



FLORAL



SEA HOLLY

141 x 141 mm

Flitter

£3.99 for 10 cards

The greeting inside these cards reads:

Season's Greetings

**Code
211**



CHRISTMAS HOLLY

150mm x 150mm

Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

**Code
214**



THISTLE

150 x 150 mm

Flitter

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
235**



MERRY CHRISTMAS TREE

150 x 150 mm

Die Cut / Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Season's Greetings

**Code
236**



TARTAN HOLLY

150 x 150 mm

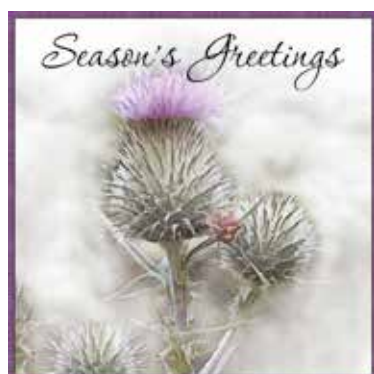
Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
237**



FROSTED THISTLE

150 x 150 mm

Flitter

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
238**



GREEN WREATH

150 x 150 mm

£3.99 for 10 cards

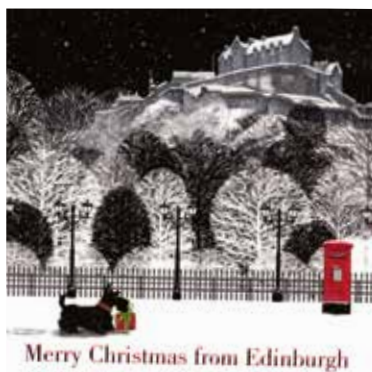
The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

**Code
239**



SCENES



MERRY CHRISTMAS FROM EDINBURGH

150mm x 150mm

Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:
Wishing you a Merry Christmas and a Happy New Year

Code
258



HAPPY CHRISTMAS FROM ABERDEEN

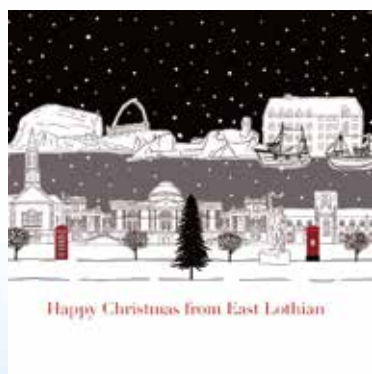
150 x 150 mm

Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:
Wishing you a Merry Christmas and a Happy New Year

Code
259



HAPPY CHRISTMAS FROM EAST LOTHIAN

150 x 150 mm

Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:
Wishing you a Merry Christmas and a Happy New Year

Code
260



GREETINGS FROM GLASGOW

150 x 150 mm

Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:
Wishing you a Merry Christmas and a Happy New Year

Code
261



FORTH BRIDGES

170mm x 120mm

Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:
Merry Christmas and a Happy New Year- Nollaig Chridheil agus Bliadhna Mhath Ur

Code
262



MERRY KELPIE CHRISTMAS

170mm x 120mm

Silver Foil

£3.99 for 10 cards

The greeting inside these cards reads:
Merry Christmas and a Happy New Year

Code
263



CAROLS & RELIGIOUS



HARK THE HERALD ANGELS

150 x 150 mm

Die Cut

£3.99 for 10 cards

The greeting inside these cards reads:

Season's Greetings

**Code
240**



PARTRIDGE IN A PEAR TREE

150 x 150 mm

Copper Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

**Code
241**



BETHLEHEM

150 x 150 mm

Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

With Best Wishes for Christmas and the New Year

**Code
242**



THE STORY OF CHRISTMAS

150 x 150 mm

Silver Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Season's Greetings

**Code
243**



DOVES OF PEACE

150 x 150 mm

Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Wishing you a Merry Christmas and a Happy New Year

**Code
244**



GATHERED AT THE STABLE

150 x 150 mm

Die Cut / Gold Foil

£3.99 for 10 cards

Blank Inside

**Code
245**



THREE KINGS

150 x 150 mm

Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:

Merry Christmas and Happy New Year

**Code
246**

BIRDS





TARTAN ROBIN

150 x 150 mm
Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:
With Best Wishes for Christmas and the New Year

Code
203



TARTAN PHEASANT

150 x 150 mm
Gold Foil

£3.99 for 10 cards

The greeting inside these cards reads:
With Best Wishes for Christmas and the New Year

Code
204



POSTBOX ROBIN

150 x 150 mm
Silver Foil

£3.99 for 10 cards

The greeting inside these cards reads:
With Best Wishes for Christmas and the New Year

Code
206



PUFFIN IN THE SNOW

141mm x 141mm

£3.99 for 10 cards

The greeting inside these cards reads:
Wishing you a Merry Christmas and a Happy New Year

Code
207



CHRISTMAS TWEETINGS

150mm x 150mm
Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:
With Best Wishes for Christmas and the New Year

Code
230



ROBIN IN A TARTAN TAMMY

150 x 150 mm

£3.99 for 10 cards

The greeting inside these cards reads:
Merry Christmas and a Happy New Year

Code
231



SKATING ROBINS

150 x 150 mm
Red Foil

£3.99 for 10 cards

The greeting inside these cards reads:
Wishing you a Merry Christmas and a Happy New Year
Designed by Winnie Stewart

Code
232



FLUFFY ROBIN

150 x 150 mm
Flitter

£3.99 for 10 cards

The greeting inside these cards reads:
With Best Wishes for Christmas and the New Year

Code
233



PENGUINS IN THE PARK

150 x 150 mm
Flitter

£3.99 for 10 cards

The greeting inside these cards reads:
Merry Christmas and a Happy New Year

Code
234

GIFTWRAP



TARTAN SHEEP
2 sheets of gift wrap and
2 gift tags
495 x 695 mm
£1.49 or 4 for £5

Code
GW01



TARTAN BUTTERFLIES
2 sheets of gift wrap and
2 gift tags
495 x 695 mm
£1.49 or 4 for £5
Designed by Winnie Stewart

Code
GW26



SCOTTIE DOG SUITOR
2 sheets of gift wrap and
2 gift tags
495 x 695 mm
£1.49 or 4 for £5

Code
GW27



HENRY THE HIGHLAND COO

2 sheets of gift wrap and
2 gift tags

495 x 695 mm

£1.49 or 4 for £5

Designed by Shirley MacArthur

Code
GW02



THISTLE CLOSE-UP

2 sheets of gift wrap and
2 gift tags

495 x 695 mm

£1.49 or 4 for £5

Designed by Liam Dobson

Code
GW10



HIGHLAND DANCERS

2 sheets of gift wrap and
2 gift tags

495 x 695 mm

£1.49 or 4 for £5

Designed by Chris McColl

Code
GW15



CHRISTMAS TWEETINGS

2 sheets of gift wrap and
2 gift tags

495 x 695 mm

£1.49 or 4 for £5

Code
GW21



CHEEKY CHRISTMAS COO

2 sheets of gift wrap and
2 gift tags

495 x 695 mm

£1.49 or 4 for £5

Designed by Ruth Slater

Code
GW22



TARTAN TREES

2 sheets of gift wrap and
2 gift tags

495 x 695 mm

£1.49 or 4 for £5

Designed by Winnie Stewart

Code
GW24



JINGLE ALL THE WAY

2 sheets of gift wrap and
2 gift tags

495 x 695 mm

£1.49 or 4 for £5

Code
GW25



2020 DIARIES & NOTEBOOKS





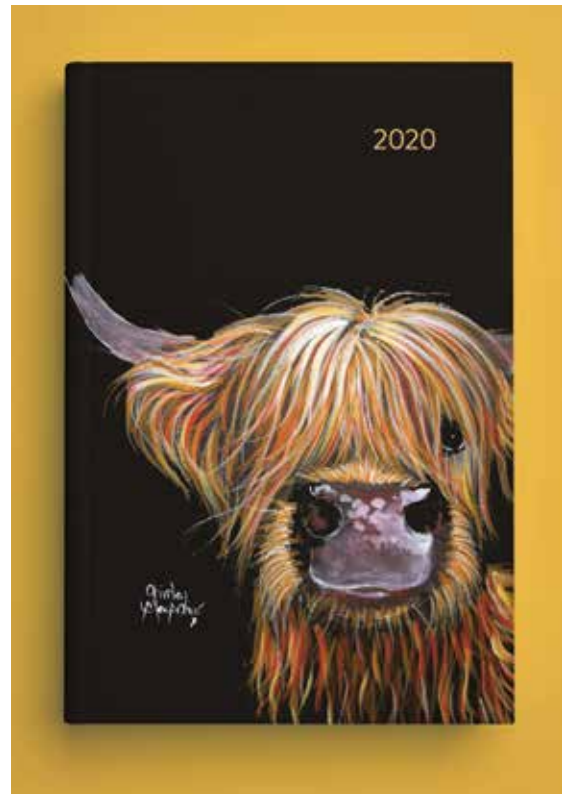
TARTAN SHEEP

A5 Diary
148 mm x 210 mm

£3.99

Designed by Philip Johnson

Code
DJ02



HENRY THE HIGHLAND COO

A5 Diary
148 mm x 210 mm

£3.99

Designed by Shirley MacArthur

Code
DJ05



WALTER THE WESTIE

A5 Diary
148 mm x 210 mm

£3.99

Designed by Ruth Slater

Code
DJ08



THISTLE

A5 Diary
148 mm x 210 mm

£3.99

Designed by Liam Dobson

Code
DJ11



TARTAN SHEEP
Slimline Diary
87 mm x 171 mm
£2.99
Designed by Philip Johnson

Code
DJ01



**HENRY THE
HIGHLAND COO**
Slimline Diary
87 mm x 171 mm
£2.99
Designed by Shirley MacArthur

Code
DJ04



WALTER THE WESTIE
Slimline Diary
87 mm x 171 mm
£2.99
Designed by Ruth Slater

Code
DJ07



THISTLE
Slimline Diary
87 mm x 171 mm
£2.99
Designed by Liam Dobson

Code
DJ10

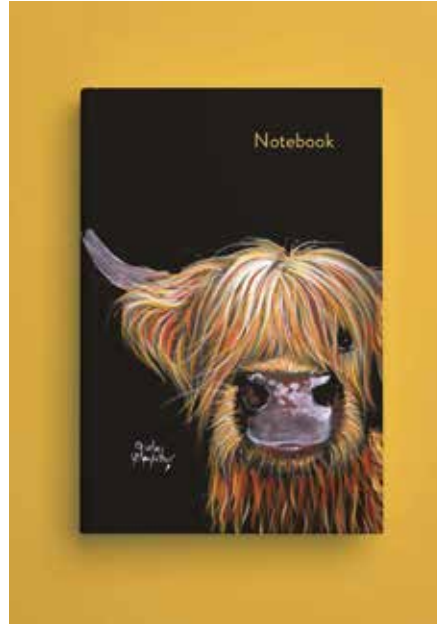




TARTAN SHEEP

Notebook
105 mm x 148 mm
£3.99

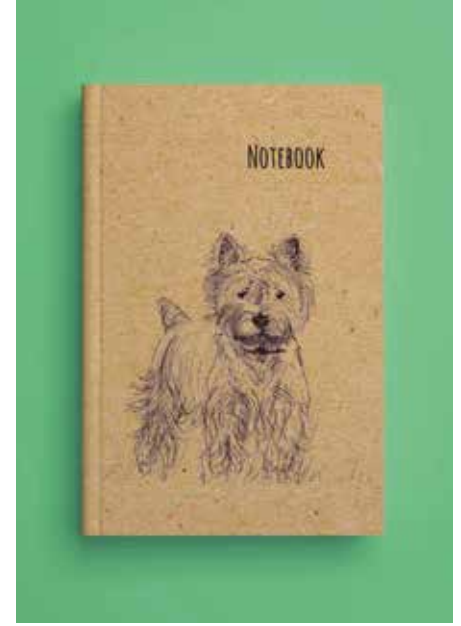
Designed by Philip Johnson



HENRY THE HIGHLAND COO

Notebook
105 mm x 148 mm
£3.99

Designed by Shirley MacArthur



WALTER THE WESTIE

Notebook
105 mm x 148 mm
£3.99

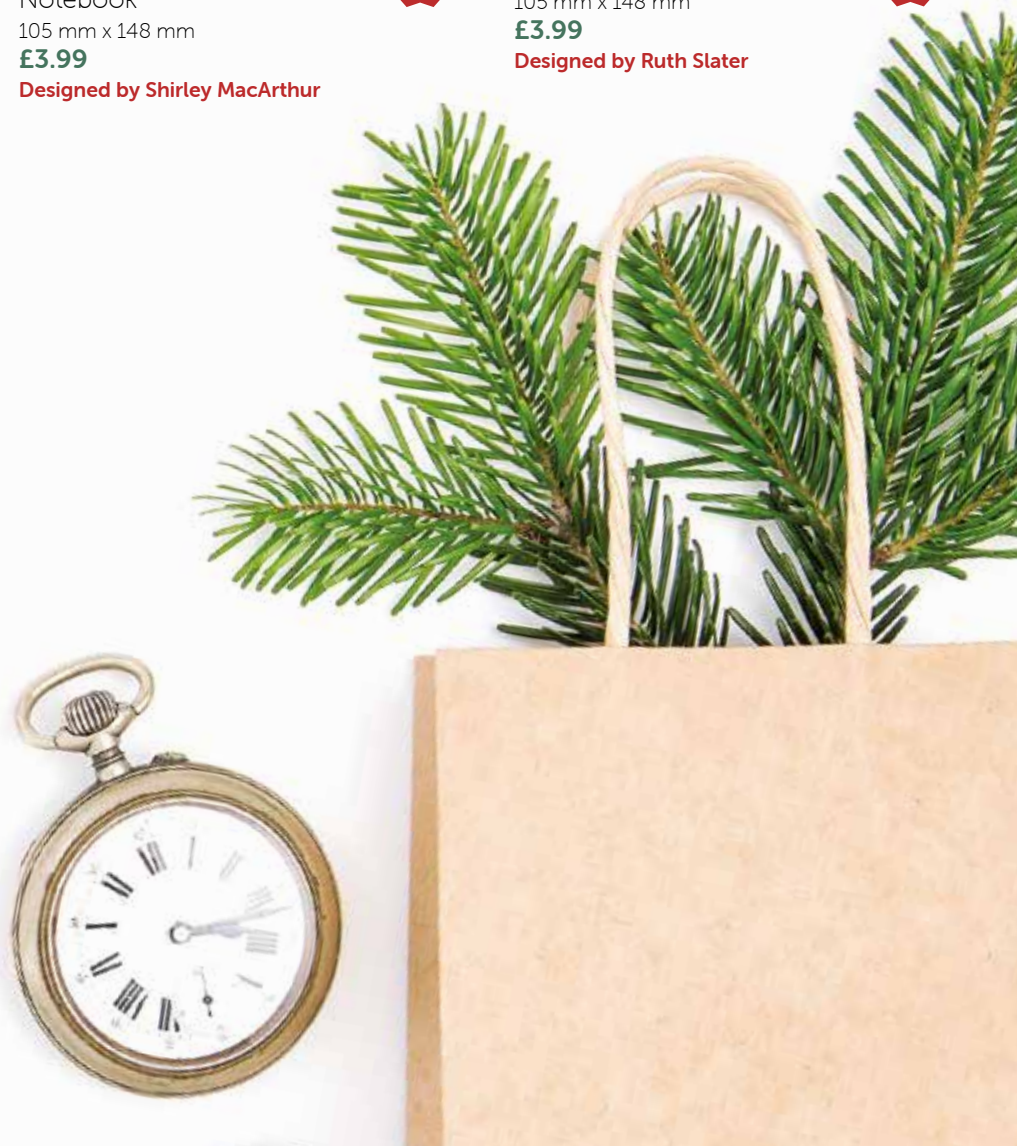
Designed by Ruth Slater



THISTLE

Notebook
105 mm x 148 mm
£3.99

Designed by Liam Dobson





**"My heart stopped
for 24 seconds,
without research
it could have
stopped forever."**

Rob Hannigan

A GIFT IN YOUR WILL MEANS THE GIFT OF LIFE TO SOMEONE LIKE ROB.

A Chest Heart & Stroke Scotland research project monitored Rob's heart for two weeks. It stopped four times - once for 24 seconds. Within 24 hours of the results, he was fitted with a pacemaker.

"I have been given my life back. I now have a future with my family, can go back to work, lead a normal life and most importantly, see my children grow up."

If you'd like to talk about leaving a legacy through a Gift in your Will, call Hayley on 0131 220 9592 or find out more by visiting chss.org.uk/legacies

**Chest
Heart &
Stroke
Scotland**



NO LIFE HALF LIVED

Scottish Charity Regulator no SC018761



ORDER FORM

Code	Page	Name	Price	Quantity	Cost	Code	Page	Name	Price	Quantity	Cost
201	4	Braw Christmas	£3.99			238	9	Frosted Thistle	£3.99		
202	6	Highland Cow with Scarf	£3.99			239	9	Green Wreath	£3.99		
203	13	Tartan Robin	£3.99			240	11	Hark the Herald Angels	£3.99		
204	13	Tartan Pheasant	£3.99			241	11	Partridge in a Pear Tree	£3.99		
205	6	Coos on a Moonlight Nicht	£3.99			242	11	Bethlehem	£3.99		
206	13	Postbox Robin	£3.99			243	11	The Story of Christmas	£3.99		
207	13	Puffin in the Snow	£3.99			244	11	Doves of Peace	£3.99		
208	6	Och Aye the Coo	£3.99			245	11	Gathered at The Stable	£3.99		
209	4	Highland Woods	£3.99			246	11	Three Kings	£3.99		
210	4	Tartan Snowmen	£3.99			247	4	Flock of Tartan Sheep	£3.99		
211	9	Sea Holly	£3.99			248	4	Tartan Rudolphs	£3.99		
212	4	In the Woods	£3.99			249	5	Christmas Cocktail	£3.99		
213	7	Happy Christmouse	£3.99			250	5	Tartan Trees	£3.99		
214	9	Christmas Holly	£3.99			251	5	A Clan of Coos	£3.99		
215	7	Winter Woolly Wishes	£3.99			252	5	Tartan Stockings	£3.99		
216	7	Christmas Patrol	£3.99			253	5	Tartan Presents	£3.99		
217	4	Tartan Best Wishes	£3.99			254	5	Golden Puds	£3.99		
218	7	Season's Bleatings	£3.99			255	5	11 Pipers Piping	£3.99		
219	7	Christmas Dogs	£3.99			256	5	Tartan Baubles	£3.99		
220	7	A Cheeky Christmas Coo	£3.99			257	5	Jingle All The Way	£3.99		
221	7	Henry the Christmas Coo	£3.99			258	10	Merry Christmas from Edinburgh	£3.99		
222	7	Puddy Cat	£3.99			259	10	Happy Christmas from Aberdeen	£3.99		
223	7	Sparky the Scottie	£3.99			260	10	Happy Christmas from East Lothian	£3.99		
224	8	Driving Home for Christmas	£3.99			261	10	Greetings from Glasgow	£3.99		
225	8	Scottie in the Snow	£3.99			262	10	Forth Bridges	£3.99		
226	8	Jack Russell	£3.99			263	10	Merry Kelpie Christmas	£3.99		
227	8	Hare with Moonlight	£3.99			Gift Wrap					
228	8	Reach for the Star	£3.99			GW01	14	Tartan Sheep	£1.49		
229	8	Beary Lights	£3.99			GW02	15	Henry the Highland Coo	£1.49		
230	13	Christmas Tweetings	£3.99			GW10	15	Thistle Close-Up	£1.49		
231	13	Robin in a Tartan Tammy	£3.99			GW15	15	Highland Dancers	£1.49		
232	13	Skating Robins	£3.99			GW21	15	Christmas Tweetings	£1.49		
233	13	Fluffy Robin	£3.99			GW22	15	Cheeky Christmas Coo	£1.49		
234	13	Penguins in the Park	£3.99			GW24	15	Tartan Trees	£1.49		
235	9	Thistle	£3.99			GW25	15	Jingle All the Way	£1.49		
236	9	Merry Christmas Tree	£3.99			GW26	14	Tartan Butterflies	£1.49		
237	9	Tartan Holly	£3.99			GW27	14	Scottie Dog Suitor	£1.49		

ORDER FORM

NO LIFE HALF LIVED

Code	Page	Name	Price	Quantity	Cost
Diaries and Notebooks					
DJ01	18	Tartan Sheep - Slimline	£2.99		
DJ02	17	Tartan Sheep - A5 Diary	£3.99		
DJ03	19	Tartan Sheep - Notebook	£3.99		
DJ04	18	Henry the Highland Coo - Slimline	£2.99		
DJ05	17	Henry the Highland Coo - A5 Diary	£3.99		
DJ06	19	Henry the Highland Coo - Notebook	£3.99		
DJ07	18	Walter the Westie - Slimline	£2.99		
DJ08	17	Walter the Westie - A5 Diary	£3.99		
DJ09	19	Walter the Westie - Notebook	£3.99		
DJ10	18	Thistle - Slimline	£2.99		
DJ11	17	Thistle - A5 Diary	£3.99		
DJ12	19	Thistle - Notebook	£3.99		

SUB TOTAL		£
POSTAGE & PACKING		£
DONATION		£
GRAND TOTAL		£

POSTAGE AND PACKING RATES (UK mainland only)

Order value up to £12.00	£2.50
Order value £12.01 - £25.00	£4.50
Order value £25.01 - £35.00	£6.50
Order value over £35.00	£8.50

Name:			
Address:			
Postcode:		Telephone:	
Card number:	Card type: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express <input type="checkbox"/> Maestro (sorry, we don't accept Visa Electron cards)		
<div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>			
Valid from date:		Expiry date:	
Issue number: [if applicable]		Security code: [last three digits on signature]	
Signature:			Date:

Terms & conditions

Your goods will normally be dispatched within seven days but please allow up to 21 days. No orders will be fulfilled until the end of September. The cards will be available to purchase from our shops from the end of August. All items are subject to availability. Occasionally we may have to substitute an item with something similar and of equal value.

When paying by credit or debit card, you can telephone your order to us on **0300 121 1002** between 10am-4pm Monday-Friday. We can only dispatch to the address of the card holder.

Please note: we may record your details on our database and use this information to keep you advised of other CHSS activities. We will not share this information with anyone else.

☐ If you wish to hear of other CHSS activities, please tick this box

Our Christmas cards and gifts are available to purchase online at www.shopchss.org.uk

Cheques should be made payable to **CHSA Trading Ltd.**

Your donation and all profits from the sale of Christmas cards will support the vital work of Chest Heart & Stroke Scotland in changing lives this Christmas.

Please return to:

Chest Heart & Stroke Scotland
3rd Floor Rosebery House
9 Haymarket Terrace
Edinburgh EH12 5EZ

Tel: 0300 121 1002

**Or you can order online now:
www.shopchss.org.uk**

HELP US CHANGE LIVES

Help us to make sure there is No Life Half Lived for people across Scotland who are living with chest, heart and stroke conditions. Support us in whichever way you can and:

Share information about us with someone who may need it.

Fundraise by taking part in one of our exciting events or organise your own.

Give by making a one-off or regular donation or a gift in your Will.

Donate clothes and household items to our shops.

Volunteer and give your time.

Buy from our shops or our online selection of Scottish themed cards and gifts.


Gift Aid any donation you make to us.

Campaign with us for better health and care services.



www.chss.org.uk

NO LIFE HALF LIVED



"I will always be grateful to Douglas for giving up his time for me. I needed help. He provided it in bucket loads"

Brian, stroke survivor

MAKE YOUR TIME MATTER. VOLUNTEER

Make your time matter. Become a volunteer.
There are so many ways you can volunteer to help people like Brian.

You can help in our shops, at fundraising events or work directly with people helping them to live life with their condition.

Visit www.chss.org.uk/volunteer
Call us on **0800 169 5139**



NO LIFE HALF LIVED