






Useful contacts and websites

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|  | <p>Dave Bertin; Voices Scotland Lead Chest Heart & Stroke Scotland Third Floor Rosebery House 9 Haymarket Terrace EDINBURGH EH12 5EZ Telephone: 0131 225 6963</p> <p>Email: voicesscotland@chss.org.uk CHSS User Involvement: www.chss.org.uk/voices_scotland</p> |
|  | <p>Chest Heart & Stroke Advice Line 0808 801 0899 FREE from landlines and mobiles Staffed by nurses 9.30am - 4pm www.chss.org.uk</p> |
|  | <p>NHS Education for Scotland (NES) Westport 102 Westport Edinburgh EH3 9DN Telephone: 0131 656 3200 Email: enquiries@nes.scot.nhs.uk www.nes.scot.nhs.uk</p> |



NHS 24

Patient/carer customer relations manager
Caledonia House
Cardonald Park
Glasgow G51 4EB
Telephone: 08454 242424
www.nhs24.co.uk



Health Improvement Scotland (HIS) Elliott House

8-10 Hillside Crescent
Edinburgh, EH7 5EA
Telephone: 0131 623 4300
www.nhshealthquality.org

HIS = formerly NHS QIS also now including

- Scottish Health Council
- Scottish Intercollegiate Guidelines Network (SIGN)
- Healthcare Environment Inspectorate
- Scottish Medicines Consortium
- Scottish Health Technologies Group.



Scottish Health Council National Office

Delta House
50 West Nile Street
Glasgow, G1 2NP
Telephone: 0141 225 6981
www.scottishhealthcouncil.org

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|  | <p>Scottish Intercollegiate Guidelines Network (SIGN) Healthcare Improvement Scotland Gyle Square 1 South Gyle Crescent Edinburgh EH12 9EB Telephone: 0131 623 4720 www.sign.ac.uk</p> |
|  | <p>NHS Health Scotland Woodburn House Canaan Lane Edinburgh EH10 4SG www.healthscotland.com Tel: 0131 536 5500</p> |
|  | <p>NHSScotland Scotland's Health on the Web www.show.scot.nhs.uk</p> |
|  | <p>National Institute for Health and Clinical Excellence (NICE) 10 Spring Gardens London SW1A 2BU Telephone: 0845 003 7780 www.nice.org.uk/getinvolved</p> |
|  | <p>Scottish Ambulance Service National Headquarters Gyle Square 1 South Gyle Crescent Edinburgh EH12 9EB Telephone: 0131 314 0000 www.scottishambulance.com</p> |

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| <p style="text-align: center;">General Medical Council</p> <p style="text-align: center;">Regulating doctors Ensuring good medical practice</p> | <p>GMC Scotland 5th Floor, The Tun, 4 Jackson's Entry, Edinburgh EH8 8PJ Tel: 0131 525 8700 gmcscotland@gmc-uk.org www.gmc-uk.org</p> <p>Help to protect patients and improve medical education and practice in the UK by setting standards for students and doctors.</p> |
| <p style="text-align: center;">NMC Nursing & Midwifery Council</p> | <p>Nursing & Midwifery Council Ground Floor 114-116 George Street Edinburgh EH2 4LH Tel: 0131 624 5000 scotland@nmc-uk.org www.nmc.org.uk</p> <p>The nursing and midwifery regulator for England, Wales, Scotland and Northern Ireland.</p> |
| <p style="text-align: center;">hcpc health & care professions council</p> | <p>Health and Care Professions Council, Park House, 184 Kennington Park Road, London, SE11 4BU 0845 300 6184 www.hpc-uk.org</p> <p>Regulator for 16 different ailed health professionals</p> |



British Lung Foundation

Suite 103-104
Baltic Chambers
50 Wellington Street
Glasgow G 2 6HJ
Telephone: 0141 248 0050
www.lunguk.org



British Heart Foundation Scotland

Ocean Point One
94 Ocean Dr
Edinburgh, EH6 6JH
Telephone: 0131 555 5891
www.bhf.org.uk








The Alliance Scotland

Venlaw Building,
349 Bath Street,
Glasgow. G2 4AA
Telephone: 0141 404 0231
www.alliance-scotland.org.uk
Email: info@alliance-scotland.org.uk



My Condition My Terms My Life Website

A Long Term Condition Alliance initiative around Self Management
www.myconditionmylife.org/

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|  | <p>NHS Inform NHS inform is a national health information service Providing a co-ordinated approach and a single source of quality assured health information for the public in Scotland. https://www.nhsinform.scot/</p> |
|  | <p>Patient UK Comprehensive health information provided by GPs and nurses to patients in consultations https://patient.info/</p> |
|  | <p>Self management support resource centre This resource centre is packed full of information and practical resources that can be adopted and adapted locally to help services and health professionals to develop their own self management support programmes www.health.org.uk/resource-centre/new-sms</p> |
|  | <p>Your Rights, Your Health For NHS Scotland www.nhsinform.scot/care-support-and-rights/health-rights</p> |
|  | <p>Care Opinion in Scotland Care Opinion is an independent non-profit feedback platform for health and social care services. Care Opinion is about honest and meaningful conversations between patients and health and social care services. They believe that your story can help make services better.</p> <p>How it works: Share your story of using a health service We send your story to staff so that they can learn from it You might get a response Your story might help staff to change services www.careopinion.org.uk/info/care-opinion-scotland</p> |