

# THE KINDNESS PROJECT

**Chest Heart & Stroke Scotland have recruited and trained over 5,000 Kindness Volunteers to support people across Scotland due to the effects of the Covid-19 pandemic. The aim of the project is to keep people safe and well in their own homes. Many people right now are feeling lonely and isolated and the Kindness project is there for anyone who needs it.**

**Through our partnership you can now refer into this service offering people the opportunity to be matched to a Kindness Volunteer who can provide one or more of the following:**

- **A regular kindness phone call**  
– checking in for a supportive chat
- **Collection of shopping**
- **Dog walking**



## **About Chest Heart & Stroke Scotland**

Chest Heart & Stroke Scotland is a charity which supports people across Scotland to do more than survive when living with a chest or heart condition, or the effects of stroke. They are supporting people directly with their recovery from covid-19 through hospital and self-referrals.

## **Who can access the project?**

Anyone who needs or wants support can access the Kindness Project.

It is useful to know if the applicant has any long-term health conditions. However, they do not need to have a chest, heart, or stroke condition to be able to benefit from support from one of the Kindness volunteers.

## **How is the project accessed?**

Applying for a Kindness Volunteer is simple. Go to the following link and select your organisation when completing the referral form:

**<https://www.chss.org.uk/coronavirus/i-need-help/>**

Or you can call our Advice Line on **0808 801 0899**.

It will be helpful if you can keep us informed as to who and how many people you are referring to the project on an ongoing basis.

## **Will there be opportunities for feedback?**

We will be offering everyone who accesses the project the chance to give feedback to ensure that we are providing the appropriate support. We will share with you the feedback of those referred from your organisation.

## **Where can I ask further questions?**

If you would like to know more about the Kindness Project you can send any questions to the Kindness Project Leads

**[Tracey.Groom@chss.org.uk](mailto:Tracey.Groom@chss.org.uk)** or

**[Hannah.Macrae@chss.org.uk](mailto:Hannah.Macrae@chss.org.uk)**