



GUERNSEY CHEST & HEART

**OUR IMPACT
2025**



**GUERNSEY
Chest & Heart LBG**



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Welcome



SALLY-ANN DAVID

Chair, Guernsey Chest and Heart LBG

This year, and my first as Chair, has been one of consolidation, growth, collaboration, and continued commitment to improving cardiovascular health across our island community.

During our 50th anniversary year, we have strengthened our partnerships, expanded our reach, and continued to deliver high-quality, person-centred services. Through our clinics and community engagement, we are not only identifying risks earlier but also supporting individuals to make meaningful changes to their health and wellbeing.

Partnership working has been central to our success. By working closely with Public Health and community organisations, we are helping to build a more joined-up, preventative approach to healthcare in Guernsey.

We were delighted to see our past Chairman, Dr Stephen Brennand-Roper recognised in the King's Birthday Honours 2025 for medical services to the Bailiwick with a British Empire Medal (BEM). On behalf of the Board, I would like to thank our staff, partners, and supporters for their ongoing dedication and commitment.

A circular portrait of Caroline Ogier, a woman with short brown hair, wearing a dark blue polo shirt with a red collar. The portrait is set against a white background and is framed by a dark blue circular border. The background of the entire page features a blue and red curved design.

CAROLINE OGIER

*Centre Manager, Guernsey Chest and
Heart LBG*

2025 has been an active year for Guernsey Chest & Heart in the best possible way.

We've been busier than ever, with a significant increase in clinic numbers and a real expansion in our reach across the community. More people are accessing our services, more risks are being identified earlier, and more individuals are getting the support they need at the right time. That growth has come from a clear focus on being visible, accessible, and responsive to what our community needs. The impact of Covid delayed testing has been completed, and we are now focussed on pro-active testing.

A big part of this year has been about building and strengthening partnerships. Our work with Public Health has supported targeted case finding, specifically around high blood pressure (hypertension) and high cholesterol (hypercholesterolaemia), helping identify those most at risk and connect them into the right pathways. We've also developed an exciting partnership with Bailiwick Social Prescribing, becoming their first charity referral partner which is an important step in creating a more joined-up, preventative approach to health and wellbeing.

These partnerships have genuinely changed the way we work making us more proactive, better coordinated, and ultimately more impactful.

Behind the scenes, it's been a huge team effort. Our staff have shown incredible flexibility and commitment, adapting to increased demand while continuing to deliver a high standard of care.

There is real momentum behind what we're doing, and we're excited to build on this to reach the people who need our service the most and continue to improve cardiovascular health across the Bailiwick.



WHY OUR WORK MATTERS

Cardiovascular disease remains a leading cause of ill health and the second highest cause of death within the Bailiwick, yet much of it is preventable. At the Guernsey Chest & Heart, our work focuses on early detection, education, and support helping people understand their risk and take action before serious illness develops.

Health is shaped by more than medical care alone. The social determinants of health, including income, employment, education, and access to services, play a significant role in cardiovascular risk. Those in higher-risk groups are more likely to experience poorer outcomes, making equitable access to preventative services essential.

Through accessible clinics, both at the centre and in the community, and our targeted outreach, we bring preventative healthcare directly to the people who need it most. Our core tests, including blood pressure checks, cholesterol testing, blood glucose screening, body composition assessment, and lifestyle risk evaluation, provide vital insights into an individual's cardiovascular health and help identify early signs of conditions such as hypertension and diabetes.

Crucially, we go beyond testing. We provide personalised advice, encourage positive lifestyle changes, and connect individuals with further support when needed. This ensures people feel informed, supported, and empowered to improve their health.

By identifying risk early and addressing the wider factors that influence health, we are not only improving individual outcomes but also reducing pressure on health services and supporting healthier communities across the Bailiwick.

AT A GLANCE



50+

CLINICS DELIVERED



1,000+

RECOMMENDATIONS
TO SEE A GP

3,000+

PEOPLE REACHED
(combined total)



45%

AT RISK
IDENTIFIED



Significant growth in clinic numbers
and community reach



First charity referral partner for
Bailiwick Social Prescribing



Strengthened partnership
with Public Health to support
early detection

WHAT WE DO

Our work is focused on four key areas:

DETECT

Early identification of risk factors

PREVENT

Supporting lifestyle changes and increasing awareness of cardiovascular health

SUPPORT

Providing guidance, reassurance, and signposting to further care

CONNECT

Working with partners to deliver joined-up, person-centred services

OUR IMPACT



Reach

At the Centre



2,247
PEOPLE SEEN



702
NEW CLIENTS

In the Community



265
PEOPLE SEEN



33 CLINICS
DELIVERED

In the Workplace



488
PEOPLE SEEN



18
COMPANIES

This year, we have significantly expanded our reach across the Bailiwick. Through increased clinic provision and stronger community presence, we have engaged more individuals than ever before including those less likely to access traditional healthcare settings.

This growth reflects both rising demand and increased awareness of our services.

Early Detection & Outcomes

Early Detection

At the Centre



In the Community



In the Workplace



Early detection remains at the heart of our impact.

Through our clinics, we have identified individuals at risk of conditions such as hypertension and high cholesterol before symptoms appear. This enables earlier intervention, better management, and improved long-term outcomes.

Our work is making a tangible difference:

- Individuals are being diagnosed earlier
- More people are aware of their health risks
- People are being supported to take preventative action

SOCIAL VALUE



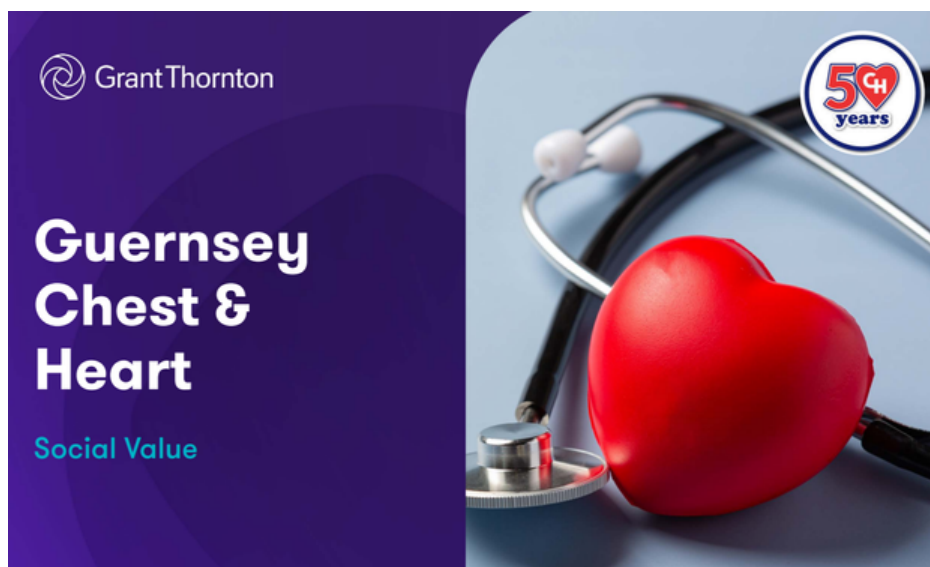
£2.7 MILLION SOCIAL VALUE PER YEAR

Every £1 invested in our service delivers significant social value through prevention and early detection

Our work delivers not only health benefits, but significant economic and social value for the Bailiwick.

An independent assessment completed by Grant Thornton highlights the scale of this impact. Based on activity delivered through our centre, it is estimated that it would have cost the States of Guernsey **£314,028** to carry out the same number of tests undertaken by Guernsey Chest & Heart in 2024 demonstrating the direct value of our service provision.

The impact extends far beyond delivery costs. Our screenings identify conditions such as hypertension and high cholesterol which can lead to serious and costly health issues if left undetected. The value of identifying and managing these risks earlier is significant, with an estimated cost benefit to the States of Guernsey of at least **£795,327**.





EQUIVILANT TO APPROXIMATELY £2,505 PER SCREENING

There is also a substantial opportunity in reaching those currently undiagnosed. It is estimated that around **5,000 individuals in Guernsey** are living with undiagnosed high blood pressure. Through our ongoing risk detection programmes, we are actively working to reach this group. Based on a conservative estimate that 20% of our screenings identify individuals within this cohort, and a 20% risk of serious outcomes, this could represent a further **£1,418,214 in economic benefit** annually through avoided healthcare costs and improved outcomes.

Taken together, these figures highlight the scale of our contribution. **The screenings delivered by Guernsey Chest & Heart generate an estimated £2.7 million in economic benefit and social value each year**, equivalent to approximately **£2,505 per screening**.

In 2025 we saw 2247 people at the centre. This would be equivalent to an estimated £5.6 million in economic benefit.

Importantly, this analysis reflects activity delivered to clients seen at our centre and does not yet capture the full extent of our wider community outreach, meaning the overall social value of our work is likely to be even greater.

This demonstrates the powerful return on investment in prevention and early detection, and the vital role community-based services play in supporting both population health and the sustainability of healthcare systems.



REAL LIVES, REAL IMPACT

“There is no judgement which is
really important that people
know this”

Jeanette



DAVID

“I attended a 5 year check up on the 1st May 2025.

As is your normal procedure the results of my tests were shared with my GP. The tests showed an irregularity compared to my results of 5 years previously. As a precaution I was referred to a cardiac specialist for more detailed tests.

These tests identified that I had coronary heart disease and required surgery. I subsequently underwent a quadruple bypass.

I have no doubt that without the services of Chest and Heart there is a high likelihood that my condition would have remained undetected particularly as I was not showing any meaningful symptoms. This could have had fatal consequences.

I will be forever grateful to Chest and Heart which is a fantastic service to have locally and free of charge.”

STEVEN

“We spoke this morning about me no longer requiring a chest & heart checkup, as last time you identified that I had high cholesterol and referred me to have further tests.

They found that I had an artery (55%) blocked. I was sent to Southampton to have a stent inserted, but when they did test before starting the procedure they found it was (85%) blocked. So instead of a stent I ended up having a triple bypass.

All this time I had no signs of a heart problem. I am now all good and every 6 months I’m having a checkup by my doctor.

I would like to thank you and your team for the checkup you gave me, if it wasn’t for it there is a good chance I would not be here now.”



JUSTIN

“I attended the chest and heart centre after seeing them advertising a drop in health check at there centre within the PEH grounds.

I was feeling well and so like a lot of men would not normal want to bother my GP with a visit and take an appointment away from somebody else that might need it ! but being north of 50 I felt no harm in having a quick check up.

Although I felt fit and relatively healthy it showed up that my blood pressure was on the high side and I needed to make a few life style changes with my diet to help with my cholesterol. These can be hidden problems with relatively no symptoms until you get them checked out but can have very serious consequences for your health if left, so having a charity run service like this available locally is invaluable and potentially lifesaving.

If it wasn't for the open month, I probably wouldn't have asked my GP as there are no symptoms. I even got my friend to come and get checked after I had been.

Don't wait until you have symptoms! Get yourself checked and stay healthy.”



MARYLIN

“I gratefully appreciated the professional feedback I received yesterday to ensure that I fully comprehended the care instructions following the results of my Chest and Heart Screening.

In particular the Chest and Heart Nurse suggested that I make a soon appointment to see my GP as my blood pressure was very high. I managed to see my GP yesterday who has immediately started me on appropriate medication.”



THE POWER OF PARTNERSHIPS

“a great opportunity to reach more people in the community, especially those who might not realise they are at risk”

Dr Nicola Brink



PARTNERSHIP WORKING HAS BEEN A DEFINING FEATURE OF 2025.

Partnership working has been a defining feature of 2025 and has played a critical role in both the growth and effectiveness of our services.

Our collaboration with Public Health has enabled a more targeted and intelligence-led approach to case finding, particularly in relation to high blood pressure (hypertension) and high cholesterol (hypercholesterolaemia). By combining population-level insight with our ability to deliver accessible, community-based services, we are reaching individuals who may otherwise remain undiagnosed. This approach ensures that those most at risk are identified earlier and supported into appropriate care pathways.

This year, we have also strengthened our role within the wider health system by becoming the first charity referral partner for Bailiwick Social Prescribing. This is a significant development, embedding our services within a more holistic model of care that recognises the importance of both clinical and non-clinical interventions. Through this pathway, individuals are able to access our screening services more easily, while also being supported with wider lifestyle, wellbeing, and community-based interventions.

These partnerships are helping to create a more joined-up and preventative system of care across the Bailiwick. By working collaboratively, we are not only increasing our reach but also improving the consistency and coordination of services.

Together, this enables us to:

- Reach more people, particularly those less likely to engage with traditional healthcare
- Deliver more coordinated and seamless support
- Improve long-term health outcomes through earlier intervention and prevention





OUR PEOPLE

Our impact is driven by our people, whose commitment, professionalism, and compassion underpin everything we do.

Throughout 2025, our staff have responded to increased demand with remarkable flexibility and resilience. As our services have grown, so too has the need to adapt - whether through delivering more clinics, working in new community settings, or supporting a broader range of individuals with varying needs. Despite this, the quality of care and the person-centred approach we are known for has remained at the heart of every interaction.

Our team brings not only clinical expertise but also the ability to engage, reassure, and empower individuals who may feel uncertain or unaware of their health risks. This human approach is a key part of our impact and one of the reasons our services continue to be trusted and valued within the community.

We are also supported by a committed Board of Directors who provide strong governance, strategic direction, and oversight.

Together, our staff and Board create a strong foundation that enables us to grow, adapt, and continue delivering meaningful impact across the community.



SUSTAINABILITY AND FUNDING

We are committed to delivering high-impact services in a way that is both financially sustainable and responsive to the growing needs of our community.

Our income is generated through a diverse mix of funding sources, including grants, donations, corporate partnerships, and community support. This blended approach helps to reduce reliance on any single source of income and strengthens our long-term resilience. Throughout 2025, we have continued to build and develop these relationships, recognising that strong partnerships are key not only to delivery, but also to sustainability.

A significant development this year has been the award of a three-year grant from the Social Investment Fund, specifically focused on supporting the long-term sustainability of our services. This funding provides an important foundation, enabling us to plan with greater confidence, invest in service development, and ensure continuity of provision for the community we serve.

We are careful and considered in how we use our resources. The majority of our expenditure is directed towards frontline service delivery, ensuring that as many people as possible can access our clinics. This focus on efficiency and impact means that every pound invested into our service delivers meaningful health outcomes for the community.

As demand for our services continues to grow, so too does the need to ensure we have a sustainable funding model in place. We are actively exploring opportunities to further strengthen our financial position, including expanding corporate partnerships, securing additional grant funding, and continuing to evidence the value of our work through initiatives such as our social value analysis.

Looking ahead, sustainability will remain a key priority. By building on the stability provided through the Social Investment Fund and continuing to diversify our income streams, we are well positioned to maintain and grow our services ensuring we can continue to deliver accessible, preventative care to the Bailiwick for years to come.





LOOKING AHEAD

Building on the momentum of 2025, our focus for the year ahead includes:

- Further expanding community clinics
- Strengthening partnerships
- Increasing awareness and reach
- Continuing to prioritise early detection and prevention
- Developing and delivering a sustainable funding model

We are well placed to continue making a meaningful difference to health across the Bailiwick.



THANK YOU

We would like to thank our staff, volunteers, partners, and supporters. Your continued support enables us to deliver vital services and improve lives within our community. We couldn't do this without your support.

GET INVOLVED

- Attend a clinic
- Support our work through donations
- Partner with us
- Help raise awareness
- Assist with fundraising events

Together, we can continue to make a difference.

Email: info@chestandheart.org.gg