

# BE INSPIRED!

**Taking Control  
Programme**

**Having your say –  
Survey Results**

**2016 – Celebrating  
70 years of caring  
& prevention**

**Thank  
You**

*Chest  
Heart &  
Stroke*

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Heart &  
Stroke*

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If you would like to update your name, address or other details, please contact our Supporter Care Team on **028 9032 0184**, or email **supportercare@nichs.org.uk**

Cover Image: Sacha Livingstone, Miss Ireland 2015, who is supporting NICHs as her mum survived a stroke, says ‘Thanks’ to all our supporters.

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# Meet Pauline Millar

## Care Services Co-ordinator & Taking Control Programme Facilitator



Pauline Millar, Taking Control Programme Facilitator.

I began working with NICHs six years ago as I felt really inspired by the excellent work being done across Northern Ireland. I manage five Support Groups and deliver the Taking Control Programme in Belfast and Lisburn. My role involves organising speakers, activities and outings - plus visiting service users in their own homes and working with health care teams in two Health Trust areas. The six week Taking Control programme I facilitate is designed to give people with chest, heart or stroke conditions the tools they need to better manage their health. I really love to see the impact NICHs's work has on people's lives; it is very rewarding and humbling.

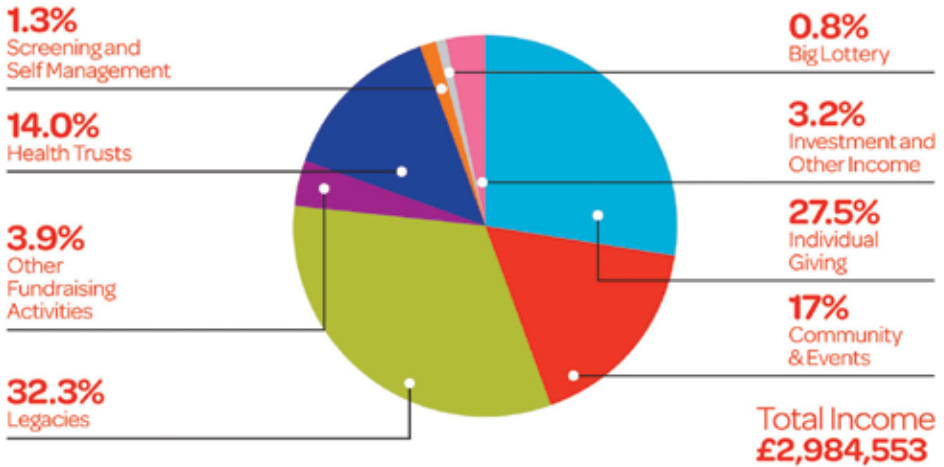
What I most enjoy about my work is seeing how the Taking Control Programme helps service users know about the simple changes they can make to their everyday lives which can greatly benefit their ongoing health management.

There are many wonderful elements to the Taking Control Programme one of which is that people taking part realise they are not alone. They are able to talk about their health worries in a positive atmosphere and learn about new ways to cope. I also find it really rewarding to see the mutual support and encouragement between group members.

As a Programme Facilitator I know how valuable the Taking Control Programme is and the positive impact it has on people's lives. Please do take a few minutes to read our article on Taking Control on pages 8 & 9.

It is only thanks to the generosity of the people of Northern Ireland that we can provide this life changing Programme and I would encourage everyone to support it by making a donation using the gift form enclosed or at [www.nichs.org.uk](http://www.nichs.org.uk) Thank You!

## Where Our Income Comes From 2014-15



## Survey Result – Having your say

Many thanks to the hundreds of Be Inspired! readers who very kindly took the time to complete and return our first Supporter Survey. It is absolutely invaluable that we know what are our supporters' motivations, interests and concerns.

Over the next few editions we will be sharing some of the feedback sent to supporters who had particular queries with regard to our work. If at any time you have questions of your own please don't hesitate to contact our Supporter Care Team on **028 9032 0184** who will be more than happy to help.

It is truly important to us that our supporters are satisfied with how they are kept up to date with the use of their donations to NICHs and how funds are expended. Below is a round up of NICHs activity in 2014-15 which illustrates our life-enhancing and often life-saving work.

### Care Services

We help over **4,000** people throughout Northern Ireland every year, with our care services, health promotion information, advice and support. We help families and carers too.

In one year NICHs Stroke Family Support had **1,442** new referrals which equates to over a third of the total annual number of strokes. The team also made **2,721** home visits.

**416** people benefited from our **20** Respiratory Support Groups.

We helped **573** people across Northern Ireland through our **28** Stroke Activity Groups.

**190** people took part in our 'Taking Control' Self Management Programmes.

Our Post Rehabilitation Exercise Programme (PREP) received **241** referrals in 2014-15.

### Prevention

We also use donations to prevent chest, heart & stroke illnesses occurring in the future.

We run a comprehensive Healthy Schools Programme that aims to influence young people's lifestyle behaviours at an early age, with the hope of a knock on effect on their family and wider community. In 2014-15 we reached a fantastic **2,354** pupils.

Throughout 2014-15 we also delivered our Health & Homeless Programme in **86** hostels benefiting **778** people with **173** health checks.

Thanks to our supporters, we are also able to provide nurse health checks and talks in the workplace

and in the community. In 2014-15 our teams delivered **945** full health checks with 53% of these having high blood pressure and 45% high cholesterol readings being referred to their GP.

### Research

Our supporters' commitment means that we are able to fund research in Northern Ireland's hospitals and universities which will benefit the people living here and beyond our shores. We are currently funding **10** research projects in Queen's University Belfast and **6** in Ulster University – **9** cardiac, **2** stroke & **5** respiratory projects.

### Campaigning

We also campaign at Assembly level on behalf of people and families who are impacted by chest, heart and stroke illnesses.

Over a quarter of our survey respondents let us know that they don't actually have a Will in place. As a member of the Will to Give Group, Northern Ireland Chest Heart and Stroke is behind the campaign to encourage everyone in Northern Ireland to make a Will and when doing so to consider including a charitable legacy gift. For a copy of our Gifts in Wills leaflet and Will to Give's Free Will Making Guide please contact Alison Vidamour on **028 9032 0184**.

# Celebrating 70 Years of Care and Prevention

At 5.30pm on Friday 14th June 1946, 10 people met in William Street South in Belfast, with the aim of arranging a public meeting about tuberculosis. In the 70 years since, the National Association for the Prevention of Tuberculosis (Northern Ireland Branch), expanded its remit to cover other respiratory illnesses, heart disease and stroke, and became Northern Ireland Chest Heart & Stroke.

Though 70 years have passed, the similarities between the organisation then and today's NICHS are striking. As early as 10th September 1946, the organisation was focused on 'care and prevention' as you can read from select NICHS Minute Book notes included here.



*It is suggested that the Welfare side of our work should include both an advising junction and a material help side.*

As the years went by, our work expanded to include health promotion, research and support groups.

Like today, this work could only be carried out with the support and generosity of the people of Northern Ireland. From the very start, there was an annual Christmas Appeal. In 1946 this raised £643.3.0 (almost £19,000

today). By Christmas 1956, this had risen to £35,55.5.3 (£62,000 today). Fundraising events such as Midnight Matinees were very popular, the first being held November 1947 at the Imperial Picture House, Cornmarket, Belfast.

Our first legacy gift was mentioned in the minutes on 28/03/69.



*"...a legacy of £448. 19s. 7d from the estate of the late Miss Ray of Lisburn."*

**(Just under £6,000 today)**

This year, to celebrate 70 years of working with, and for the people of Northern Ireland, we are asking our supporters to raise money by organising their own vintage themed event or taking part in our new series of challenge events.

We are also planning a celebration event in June with the theme 'Then and Now'. It will focus on how nutrition, physical activity and smoking have changed over the years; how diagnosis, treatment and care have developed and the contribution made by NICHS. Event details will be available early next year and we hope all of our supporters will join us in our celebrations.

# Declan's 'Be-Spoke' Tour



Declan Cunnane,  
NICHS's CEO starts  
his 'Be-Spoke' Tour.

Our new Chief Executive, Declan Cunnane undertook an unusual induction programme when he took over the reins in October. He visited staff, volunteers and service users around Northern Ireland – using only pedal power!

Declan covered nearly 300km by bicycle and met 300 people in his 'Be-Spoke' Tour which started in Belfast with a visit to our Respiratory Support Group in Belfast City Hospital. He then visited our Antrim Respiratory Support Group before heading north to meet Professor Tara Moore and Professor Alison Gallagher for an update on their research projects that NICHS is funding. He visited Stroke Activity Groups in Coleraine and Limavady before stopping off at our North West office to meet staff, volunteers, fundraisers, service users and even the Mayor. Continuing on to Omagh, Declan met stroke survivors who attend the Young Stroke Gym Group, then visited the Respiratory Support Group in Lisburn. He finished his week by visiting the Stroke Activity Groups in Banbridge and Bessbrook.

Declan said: **"NICHS has 57 support services helping over 500 people every week – so what better way for me to fully appreciate the value of**

**what the charity does, keep up my fitness levels and raise vital funds at the same time? Along the way, I raised £1,402. I was struck by the high regard in which NICHS is held around the country. It was an amazing, rewarding, humbling, as well as somewhat tiring week. I have learnt so much about how chest, heart and stroke conditions affect people's lives and it has made me more determined to ensure that NICHS cares for them in the future and works to prevent others becoming ill.**

**There are 206,000 people in Northern Ireland living with a chest, heart or stroke condition and these illnesses cause almost one in two of all adult deaths. Yet our research shows that unfortunately the Northern Ireland public underestimate the prevalence of chest, heart and stroke illness and in many instances are not aware of symptoms. In taking on the role of Chief Executive, I want to make it my mission to increase people's awareness, work together to save lives and continue to support those affected. As the new Chief Executive, that is my challenge."**

Well done to Declan and a massive thank you to everyone who welcomed and supported him on his tour and so generously sponsored him.

# Taking Control

**NICHs's 'Taking Control' is a Self Management Programme to help people living with a long term chest, heart or stroke illness. There is no other local service like it in place in Northern Ireland.**

The aim is to give people the confidence, skills and knowledge in order to better manage their condition, be more in control of their lives and ultimately have a much improved quality of life.

With help from our supporters and grant-making trusts, Northern Ireland Chest Heart & Stroke are hoping to deliver 15 Taking Control Programmes this year. We can only do this with sufficient financial support.

The Programme was developed 20 years ago by Stanford University Patient Education Research Centre Stanford. It involves 6 weeks of 2 1/2 hour weekly workshop sessions within a community setting.

There are 8-16 participants and two leaders who are trained, assessed and operate under a Stanford licence. The Programme includes small group discussions and activities and short talks.

The starting point is the understanding that people with long term illness make decisions and engage in behaviours that affect their health. It acknowledges that people are expert in their experience of their own condition and recognises that any improvements in health and wellbeing depend hugely on daily decisions and activities that people and their families make.

Participants look at dealing with pain and tiredness, frustration, anger, depression and isolation. Taking Control delivers very practical help through relaxation techniques and physical activity, healthy eating, communicating with family and health professionals, reviewing medication and planning for the future.

Individual goals are set on a weekly basis and participants make 'Action Plans' to work towards achieving them. Examples of goals include getting back to work, driving again, going back to lapsed hobbies, taking up new activities and volunteering. 'Problem Solving' when plans don't always go as planned is also a core activity.

Taking Control also enables participants to learn from each others' experiences and to look at how activities or tasks can be adapted so that they can still be involved in life rather than becoming withdrawn and isolated.

This was very much in evidence at the final session of one of our autumn Belfast based Taking Control groups





'Taking Control' participants facilitated by Pauline Millar.

where attendees shared what they had put in place over the previous six weeks and what they hoped to take forward into the next 6 months. Every person in attendance had gained from the experience. It came up again and again how this manifested itself in a physical way – people seemed much healthier – the changes made even impacted on how they looked.

One of the group Paula spoke of how helpful the action plans had been – through setting goals she feels much more positive and able to adapt. In fact Paula took the decision to travel to and from the programme, something she hadn't been able to do for a very long time. "This is really important to me. I have also been to see the Cedar Foundation to see about retraining for employment. At my pace, to fit with what I can do."

For Vera, through the Taking Control Programme she has made some really positive but profound changes that she plans to build on. When she first came she found it difficult to talk without being tearful. Now she feels more confident, has started wearing make up again and walking for exercise.

### Need for Taking Control

- 206,000 people are living with a chest, heart or stroke illness in Northern Ireland.
- Long term conditions account for 52% of all GP appointments, 65% of all outpatient appointments and 72% of all hospital stays.
- We have an ongoing waiting list of attendees across the country.

### The Results

- ✓ 81% of Taking Control participants say the quality of their life had been improved through the course.
- ✓ 78% can cope with tiredness since they started the Programme.
- ✓ 84% have improved confidence in dealing with their health condition.
- ✓ 77% have improved their physical exercise since starting Taking Control.
- ✓ 100% would recommend the Programme with 93% rating it as excellent or very good.

# Events Round Up



NICHS Walkers at Portballintrae, 2015.

## Causeway Coast Challenge Walk

As part of this Summer's 'Take a Heart' Campaign, 150 walkers took to the magnificent coastline from Carrick-a-Rede to Portballintrae on 26th September 2015. Supporters walked either 13 miles or 26 miles, along the dramatic cliffs, offshore rocks, wide bays and sandy beaches which characterise the stunning Causeway Coast. The weather was wonderful and gave everyone the opportunity to enjoy the beauty of the route at its best!

A hearty thank you to all our walkers who put their best foot forward to raise funds and help highlight the symptoms of a heart attack.

To date this year's series of challenge walks, which also included a walk in North Antrim and Tollymore, have raised a tremendous **£15,000**.

## Tollymore Challenge Walk

NICHS's Tollymore Challenge Walk took place on 14th November in the autumnal beauty of the forest at the foot of the Mourne Mountains. Michelle O'Hare, who suffered a stroke aged just 22, launched the event. Michelle from Kilcoo, which is local to Tollymore, worked with our Events Team to promote and recruit for the Challenge Walk, whilst also raising awareness of the work carried out by NICHS.

60 walkers took part in the 13 mile Challenge alongside Michelle. Michelle is currently working with NICHS on our 2016 Events Programme while she recovers from her stroke. Michelle said:

'Thanks so much to all of those that either read my story and were inspired to take part, or came out in support of such a well respected local charity – it really was a great day for all involved!'



Michelle O'Hare at Tollymore Forest Park, 2015.

# Community Round Up



Lion President John Mooney presents a cheque to Kerry Anderson, Director of Income Generation. From Left - Shauna Mooney, Councillor Thomas Hogg current Mayor of Antrim & Newtownabbey Borough Council, Lions' President John Mooney, Kerry Anderson NICHS, and past President Raymond Wilson.

A huge thank you to **Antrim Lions Club** for raising a grand total of **£9,000** through their May Ball and Chinese Evening held earlier this year. Their most recent cheque was presented at Antrim Lions Club Charter Night, by Lion President John Mooney to Kerry Anderson, Director of Income Generation.

**Rasharkin's** Sixth Annual Charter Event has raised an amazing **£4,300** for NICHS. This year's event was extremely well attended with participants invited to take part in a 5k or 10k walk/run, 40k or 75k cycle and duathlon.

The amazing **Dougan family** from Armagh recently presented NICHS with a cheque for over **£7,000!** The funds were raised by the family and their friends through a sponsored

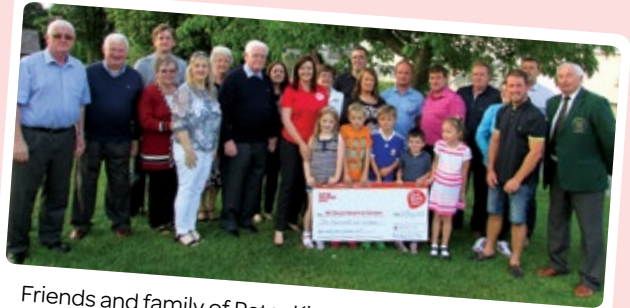
climb of Slieve Donard in memory of their beloved father and husband, John, on the 20th anniversary of his passing.



Cyclists from Portadown Cycling Club set off on their Mourne cycle.

**Portadown Cycling Club** held a static cycle and charity sportive which saw over 150 cyclists ride through the Mournes in August 2015 to raise funds for NICHs. The event was a tremendous success, raising a grand total of **£6,500**.

The family and friends of **Peter King** from Downpatrick recently organised a Golf Day in his memory which raised a fabulous **£6,262** for NICHs! Over 280 golfers supported the event at St Patrick's Golf Club, Downpatrick in a fitting tribute to Peter.



Friends and family of Peter King.



Harriet Fleming and choristers from Stormont School of Singing.

In December 2015 groups from all over Northern Ireland organised **Jolly Jumper Fundraising Events** and collected at our **One Big Difference Flag Days**. We also had a fabulous turn out for our two **Christmas Concerts** and would like to thank Malachi Cush, Jamie Huish and friends, along with Stormont School of Singing and QUB Brass Band for helping to make these events such a resounding success.

# Corporate News

## Old Bushmills Distillery's coffee morning

Local attendees of our Causeway Stroke Scheme were recently invited to one of our corporate partners, The **Old Bushmills Distillery** for a Coffee Morning. This event formed part of a series of events hosted throughout 2015 in support of our Charity Partnership. The coffee morning was kindly sponsored by Sodexo Catering with all proceeds going to NICHs.



Sinead Magill – Senior Fundraising Executive meets Causeway Stroke Scheme attendees in The Old Bushmills Distillery.



Victoria Pinkerton Managing Director, Sinead Magill NICHs and Peter Morrison, Pinkertons pictured at the launch.

## Pinkertons launch partnership with NICHs

Bangor based **Pinkertons Estate Agents** has chosen to partner with NICHs on a range of fundraising activities. The charity has particular resonance with one of Pinkertons' Directors, Victoria Pinkerton, as her father passed away a few years ago due to a sudden heart attack.

## Decora Blinds score with their football match fundraiser

**Decora Blinds**, Lisburn recently held an employee charity football match in memory of their colleague Philip McNally raising a fantastic **£750**.



Gillian Corstophine, Decora Blinds presents a cheque to Debbie McGuire, NICHs.

# Your Legacy Of Hope And Care

## - a gift in your Will to Northern Ireland Chest Heart & Stroke

**A gift in your Will to NICHHS could not only help your loved ones, but leave a legacy of hope for generations to come.**

In Northern Ireland almost half of all adult deaths are caused by chest, heart and stroke illnesses. NICHHS are working to change this through funding research and caring for those who are affected by devastating health conditions every day.

A gift to us in your Will could be invested in critical local research that will change the future for families at risk from our biggest killers.

**The smallest investment can lead to the biggest breakthrough.**

Please visit our website to see how our Medical Research Programme has already supported groundbreaking projects and is committed to many more over the coming years. [www.nichhs.org.uk](http://www.nichhs.org.uk)

**For a leaflet or further information on leaving a legacy to NICHHS, please call us on:** 028 9032 0184, or write to NICHHS Gifts in Wills, 21 Dublin Road, Belfast, BT2 7HB



Chest  
Heart &  
Stroke

Run to  
Remember

Chest  
Heart &  
Stroke

YOU'RE  
ONE STEP  
CLOSER

Chest  
Heart &  
Stroke

RUN, WALK  
OR RELAY

Belfast City Marathon  
2nd May 2016

SIGN UP NOW  
[WWW.NICHS.ORG.UK](http://WWW.NICHS.ORG.UK)

[www.nichs.org.uk/run](http://www.nichs.org.uk/run)

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