

Northern Ireland Chest Heart & Stroke Association

6th Floor Chamber of Commerce House
22 Great Victoria Street
Belfast, BT2 7LX

Tel: 028 9032 0184

Fax: 028 9033 3487

Email: mail@nichsa.com

Web: www.nichsa.com





Northern Ireland Chest Heart & Stroke
Annual Review 2003-2004



Chairman's Letter



Roger Lowry OBE FRCP
Chairman

Despite the difficulties with our move to temporary premises after the fire at Dublin Road and the huge amount of additional work in coping with the subsequent upheaval, I am delighted to note that our work has expanded greatly, particularly in the area of services to the public.

Congratulations to the fundraising support groups who have increased their income by a marvellous 14%. This source of income is vital to the Association and we are greatly indebted to the volunteers. We are also very grateful to the people of Northern Ireland and to our corporate supporters for their generosity.

The stroke services of the Association depend greatly on the work of volunteers, and we extend our gratitude to them.

I want to record our thanks to Dr Ken Fullerton, Medical Director, Belfast City Hospital who has been involved with the Association - serving on our Council, Governance Board and Scientific Research Grants Committee (SRGC) - for 14 years. Ken was a major catalyst in guiding and leading the Association in improvements in stroke care, particularly in relation to the establishment of stroke units, and has played a major part in transforming the treatment of stroke in Northern Ireland.

Our thanks also to Dr Gavin Dalzell, who has resigned from the Governance Board having been involved in both Council and the Board since 1996. He was the leading adviser to the Association on cardiology and advanced greatly the concept of cardiac rehabilitation.

I extend a warm welcome to our new Board members, Joan Whiteside OBE, and Professor Paul Nicholls, and to Dr Pascal McKeown and Professor Frank Dobbs, who have joined the SRGC. Professor Dobbs takes the place of Professor Scott Brown.

It is with profound regret that I have to record the death during the year of Mr R N (Nick) Bowman. Nick served as Honorary Treasurer for many years and after a gap returned to the Executive Committee of the Association. The Association benefited not only from his consummate business skills but also from his deep sense of humanity and care. He was a great raconteur and wit, and it was always a joy to be in his company.

I welcome the following new members of Council: Mrs Glynis Henry, the Rev John McDowell, Ms Cathie McLroy, Professor Philip Reilly, Dr Tom Trinick, and Dr Tom Trouton.

We were all delighted to learn that Mr Tom Johnston, Chairman of the Donaghadee Support Group, was awarded the OBE in the New Year Honours List in 2004. Tom has been involved with the work of the Association for many years. He was also Regional Chairman of the Abbeyfield Society.

I want to conclude by paying tribute to the Governance Board for the leadership which they have shown during the last difficult year, and to the staff, who had to work under the most demanding conditions, particularly in the early part of the year.

Yours sincerely

A handwritten signature in black ink that reads "Roger Lowry". The signature is written in a cursive, flowing style.

Roger Lowry OBE FRCP
Chairman

Overview and Research



Andrew Dougal OBE FIPR
Chief Executive

This has been an eventful and exciting year for the Association. There have been extensive developments in our services to the people of Northern Ireland, as well as in our overall policy about how those services are delivered.

Thanks to generous financial backing from the New Opportunities Fund (now the Big Lottery Fund) we have launched 9 innovative projects to improve health and save lives. This funding will amount to £1.7m over a period of three years.

This year also saw the launch of our Woman's Heart campaign, the aim of which is to reduce the incidence of heart disease in the female population. The success of the campaign was greatly enhanced by the generous support of Phoenix Natural Gas (see Fundraising section of this report).

Following the burglary and fire at our Dublin Road premises in May 2003, the Association made the decision to demolish the old building and apply for the insurance proceeds, to help fund the construction of a new building on the site. The new building will include 5 storeys, 2 of which will be let out by the Association to provide additional income.

We are currently awaiting decisions on funding applications to help with the project.

Once again, we have committed a sizeable portion of our income to research projects in the hospitals and universities of Northern Ireland. This year's funding amounted to more than £300K.

The following projects have been given financial support during the last year:

1. Dr Greg Skibinski, Royal Hospitals Trust/QUB investigating the interactions between macrophages and epithelial cells in COPD (chronic bronchitis and emphysema) - £68K.

2. Dr Mike Shields (pictured below) of QUB and Royal Hospitals Trust, diagnosing gastro-oesophageal reflux related aspiration in children, using milk proteins immunocytochemistry - £37K.
3. Professor Jennifer Adgey, Royal Hospitals Trust. Management of atrial fibrillation using a novel passive implantable atrial defibrillator - £71K.
4. Dr Conor McCann/Professor Jennifer Adgey, Royal Hospitals Trust. Improving risk stratification of acute coronary syndromes - £12K.
5. Professor Paul Nicholls, Royal Hospitals Trust. Correlation of cardiac output and ventricular ejection fraction in sub-groups of heart failure patients at peak exercise. The physiological effects of resynchronisation therapy with atrioventricular pacing on cardiac function - £72K.



Dr Mike Shields
"Researching reflux in children"

Chest

The Association, in partnership with the 3 Trusts in The Northern Health & Social Services Board – Causeway, Homefirst and United Hospitals - has secured £300k over a 3-year period from the Big Lottery Fund. This funding will help in the establishment of a community based pulmonary rehabilitation service which will be known as the Northern Airways project.

It is hoped that this project will begin in the autumn of 2004 and will enable those affected by chronic obstructive pulmonary disease (COPD – chronic bronchitis and emphysema) to develop skills and have a greater knowledge of the management of their condition. The programme brings together specialists, therapists and clinicians and aims to ensure that a programme of information, exercise, dietary expertise and relaxation techniques is delivered.

NICHSA's respiratory support groups continue to flourish. The groups meet monthly in many areas of Northern Ireland, giving members the opportunity of meeting others in the same position, as well as providing health education and awareness.

The "Combat" project has had a successful year, with many young people and families benefiting from the expertise of the Asthma Nurse who has been providing the programme in schools in North & West Belfast.

A request was made to NICHSA to provide an oxypulsometer for one of the respiratory support group members. The device measures oxygen levels in the blood and thus gives the user more control over his or her condition. The oxypulsometer was presented in the Great Hall of the Downe Hospital and has made a huge difference to the life of the person concerned, helping him to avoid repeated stays in hospital. Sadly we are not, as yet, in a position to make the machines more widely available.

As you may have seen on a previous page, two of our currently funded research projects are investigating different aspects of chest-related illnesses. A project at the Royal Hospitals Trust and Queen's University is looking into the role of two types of cells in the airways of people with COPD, and Dr Mike Shields, working at the same institutions, is investigating a condition called gastro-oesophageal reflux, which can be misdiagnosed as asthma in children.



Respiratory Support Group meeting at Belfast City Hospital

Heart

NICHSA became the lead agency in the Eastern Health Board cardiac rehabilitation programme, which received considerable funding from the Big Lottery. The initiative had two main phases. One was the introduction of telephone support for all those who had been treated in hospital after experiencing a cardiac event (heart attack, for example). The second phase was dedicated to arranging home visits for one third of all patients within the Eastern Board area.

This funding will enable the Lagan Valley and Downe hospitals to develop their services on a par with other cardiac programmes. Another phase of the programme will be delivered through the training of Leisure Centre staff and is aimed at those who have moved on from the earlier stages of rehabilitation.

The pioneering Health & Homelessness project, which is also funded with lottery money, is a partnership between NICHSA and agencies for the homeless. The programme will focus on new ways of introducing health and lifestyle information to one of society's most disadvantaged groups. It is hoped that this proactive approach can prevent the onset of cardiovascular illnesses among people who are more at risk than the general population.

In the year under review, our health promotion nursing team carried out more than 5,100 health assessments, the vast majority of them for cardiac risk factors. This service has a high potential for saving lives, and offers people early warning of impending problems. Employers in the public, private and voluntary sectors are increasingly taking advantage of our health assessments to improve the heart health of their staff.

The Association continues to press for greater action on children's diets, including controls on the advertising of junk food on television. We have undertaken extensive work in this area, in conjunction with Sustain, the alliance for better food and farming.

We will also continue to lobby Ministers for a Service Framework to combat heart disease in Northern Ireland. Such a framework was launched in England in 2000. A strategy to combat both heart disease and stroke has been put in place in Scotland. To deal adequately with the high level of coronary heart disease in Northern Ireland, the Government should be spending 25% more on health per head of the population than in England.

Congratulations and thanks are due to the 4 Health Boards who sent large numbers of patients to centres in Dublin and in Great Britain to have heart surgery. This had a tremendous effect in reducing the waiting list from 600 patients to fewer than 300.

It is hoped that the huge investment which has been made in cardiac surgery in the Royal Hospitals Trust will soon begin to bear fruit. Sadly the number of cardiac surgical operations being performed in the Royal Victoria is under 800, despite the fact that a target of 1,200 was set in 1992. Over the last decade the hospital at any one time has been short of at least one category of the many different staff involved in heart surgery. It is important that adequate and competent manpower planning, training and staff retention are given management priority and the leadership which they deserve.



Targeting the Homeless



NICHSA demand controls on junk food

Stroke

Major developments have taken place in the field of stroke during the past year.

The Stroke Strategy in the Eastern Board area intends to provide a seamless transfer of care from hospital to home, and to ensure that the same high level of treatment is available in all hospitals. Community stroke teams should also be established in each area. Such teams have already been set up in North&West Belfast, North Down & Ards, and South & East Belfast.

Young Stroke projects in the Eastern Board area, Foyle and Armagh/Dungannon aim to improve the lives of younger people who have been affected by the condition. All these projects are being funded by the Big Lottery.

The Association continues to provide a broad range of services to stroke clients. 573 families are benefiting from the Stroke Family Support Scheme, where a member of staff and volunteers support the family during the time when their loved one is in hospital and assist in the transfer from hospital to home. After this period the stroke client is offered the opportunity to participate in our stroke services. 484 people currently benefit from our Volunteer Stroke Scheme.

The Association is very grateful to the 160 volunteers without whose help these services would not be possible. They are ably guided by our stroke services staff, who have shown such commitment and application over the years.

In many of the Schemes for stroke clients, additional therapeutic services such as physiotherapy are provided. In partnership with local Further Education Colleges, lifelong learning programmes for stroke clients are being provided in Belfast, Lisburn, North Down & Ards, Bangor, Armagh/Dungannon, Omagh/Enniskillen, Londonderry and Craigavon/Banbridge. Volunteer Stroke Scheme staff have been trained in the provision of appropriate physical activities.

The table below shows the individuals and families who are benefiting in each of the 4 Health Boards.

HEALTH BOARD	VOLUNTEER STROKE SCHEME CLIENTS	STROKE FAMILY SUPPORT SCHEME FAMILIES	YOUNG STROKE CLIENTS
EHSSB	160	303	64
WHSSB	101	62	32
SHSSB	120	160	15
NHSSB	103	48	8
TOTAL	484	573	119

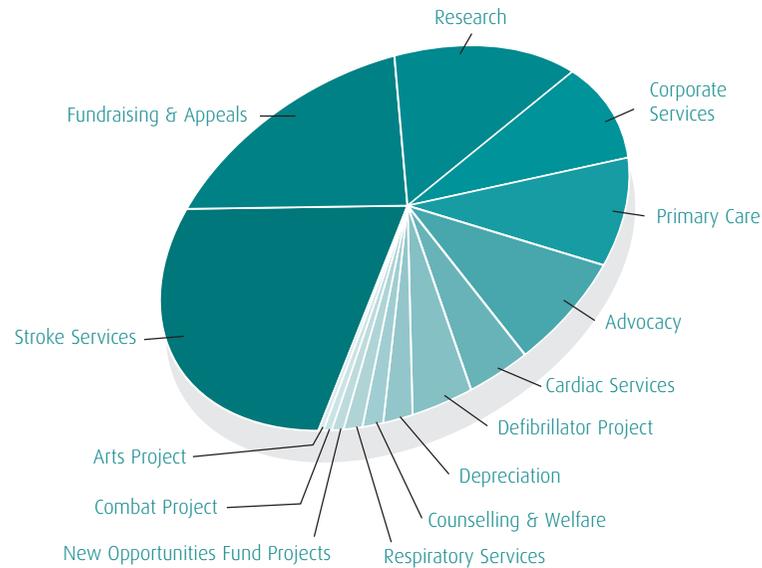
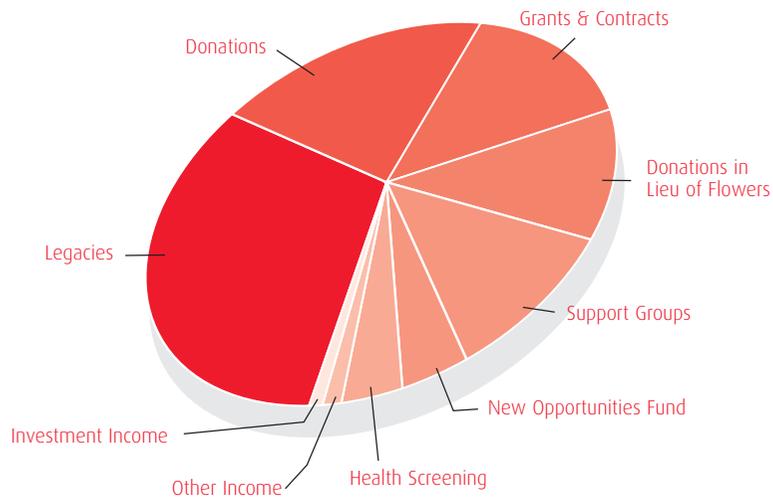
The cost of these services is borne mainly through the voluntary donations of the people of Northern Ireland to the Association. We are also grateful for the financial support given by all the Health Trusts involved in the purchasing of these services.

NICHSA has been actively seeking to consolidate the funding for these projects. It is hoped that the Health Trusts will meet the financial deficit in these services in future years. It will then be possible for the voluntary donations to be used for innovative projects and for the ground-breaking research which we fund in the hospitals and universities of Northern Ireland.

Supported by



Incoming Resources



NICHSA Annual Accounts Year ended 31 March 2004 - Expenditure Analysis

Incoming Resources

	£	%
Legacies	718,210	32.5
Donations	458,948	20.8
Grants & Contracts	354,223	16.0
Donations in Lieu of Flowers	247,297	11.2
Support Groups	228,083	10.3
New Opportunities Fund	82,912	3.8
Health Screening	76,927	3.5
Other Income	24,884	1.1
Investment Income	16,734	0.8
Total	2,208,218	100.0

Resources Expended

	£	%
Stroke Services	496,305	25.8
Fundraising & Appeals	399,150	20.8
Research	314,137	16.3
Corporate Services	225,572	11.7
Primary Care	189,404	9.9
Advocacy	103,982	5.4
Cardiac Services	49,839	2.6
Defibrillator Project	32,700	1.7
Depreciation	25,744	1.3
Counselling & Welfare	24,294	1.3
Respiratory Services	21,626	1.1
New Opportunities Fund Projects	16,906	0.9
Combat Project	14,258	0.7
Arts Project	9,538	0.5
Total	1,923,455	100.0

Fundraising

Congratulations to our fundraising support groups who have for the first time raised more than £225k. This is a 14% increase on the previous year. Such success should give a tremendous fillip to the support groups. Here's hoping for £250k during the current year.

The income from the Give as You Earn scheme has increased very considerably to £120k. This is a tax efficient scheme whereby every £1 given to the charity costs the individual only 72p.

We had a particularly successful year in legacy income with over £718k being received. It must be remembered, however, that legacy income varies from one year to the next.

Donations in lieu of flowers continue to be a strong source of income with over £247k donated. We attempt to ensure that every donation can be tax-efficient in that an individual, if they sign a Gift Aid form, can increase the value of that gift by 28% or 28p in every £1.

We are very grateful to the bereaved families who thought of the needs of others at a time of great personal loss.



NICHSA's local support groups have benefited from an annual fashion show, initiated by former Newtownabbey Mayor, Alderman Paul Givan, MLA.

Fundraising

We are very grateful to our partners in the private sector, particularly Phoenix Natural Gas, Weightwatchers and Iceland.

In the year under review, Phoenix Natural Gas helped out with generous support for our most high-profile event of the year, our Woman's Heart campaign. This awareness-raising and fundraising project achieved massive publicity. We are very grateful to Lynda Bryans of UTV who did such an excellent job in launching the campaign. It was extremely good of her to give of her time to the work of the Association once again.

Nuala McKeever donated her expertise to NICHSA when she made a short film outlining, in a most humorous vein, the benefits of a healthy lifestyle.

We greatly appreciate not just the financial assistance of our corporate partners, but the enthusiasm and dedication of their staff in supporting our work.

We owe a great debt of gratitude to all those who assisted with our special events - in particular UTV's Gerry Kelly for once again hosting the Gerry Kelly Golf Classic at Templepatrick. Nike's generous support for the event made the whole thing possible. Then there are those hardy souls who participated in our Patagonia walk. They trekked across some of the toughest but most beautiful terrain in the world and raised thousands of pounds in the process. They and their sponsors deserve a special word of thanks.

Gerry Kelly launches his golf classic assisted by celebrity friends Terry Neill and Gene Fitzpatrick

Corporate Fundraiser Claire Sheeran puckers up with Castle Court, Iceland Manager, Ross Scott to raise money for NICHSA's "Have a Heart" campaign. Iceland stores raised £56,067 for NICHSA as part of their two year partnership.



Pictured at the launch of the Woman's Heart campaign are left to right: Myrtle Neill, Director of Health, NICHSA, Peter Dixon, CEO, Phoenix Natural Gas and Lynda Bryans, UTV presenter and NICHSA Vice President



Our Members

31st March 2004

Patron

Dorinda, Lady Dunleath

President

Dr WG Hastings CBE

Governance Board

Chairman

Dr R Lowry OBE

Honorary Treasurer

Mr I Lindsay

Mr J Caldwell

Miss R Glen

Dr J MacMahon

Mrs J McCusker

Mr A McKinley

Prof P Nicholls

Dr M Power

Dr M Varma

Mrs J Whiteside OBE

Members of Council

Mr D Allen OBE

Prof J Allen

Mr J Anderson

Dr N Armstrong

Sir Pat Armstrong KBE

Mr J Bell

Mr J Caldwell

Mr T Carney

Mrs C Cassidy

Mr A Cecil

Mr J Collins

Mr E Davis

Dr M Donnelly

Mr G Duffy

Dorinda, Lady Dunleath

Mr D Dunlop

Prof A Evans

Dr K Fullerton

Mr W Gibson

Miss R Glenn

Mr H Goodman OBE

Mrs M Graham

Mr G Greenfield

Prof B Hannigan

Dr I Hassan

Dr W Hastings CBE

Mrs A Hayes

Ms G Henry

Dr E Hodgkinson

Mr H Hughes TD

Mr E Kavanagh

Mr I Lindsay

Dr R Lowry OBE

Mr D Magill

Dr J MacMahon

Mr E McCartan

Mrs J McCusker

Rev J McDowell

Ms C McIlroy

Mr L McIlvor

Mr A McKinley

B McLaughlin CBE

Miss E McNair

Dr C Mulholland

Mr G Mullen

Prof P Nicholls

Mr H O'Kane

Dr C O'Neill

Dr M Power

Dr J Purvis

Prof P Reilly

Mr G Roberts

Dr M Shields

Mrs E Sowney

Mrs D Stevenson

Prof J J Strain

Mrs M Taggart MBE

Mrs W Taggart

Dr F Tracey

Dr T Trinick

Dr T Trouton

Dr M Varma

Prof D Walsh

Mrs J Whiteside OBE

Mrs C Wright

Senior Management Team

Chief Executive

Mr Andrew P Dougal OBE

Director of Health

Mrs Myrtle Neill

Director of Corporate Services

Mr John McCreary

Director of Fundraising

Mr Denny Elliott

The Northern Ireland
Chest Heart & Stroke Association:

6th Floor
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Registered Charity no: XN47338

