



Northern Ireland  
**CHEST HEART & STROKE**



Northern Ireland  
Chest Heart & Stroke

Annual Review  
2008 -2009

# Northern Ireland Chest Heart and Stroke Annual Review 2008 – 2009



## Mission

NICHHS aims to improve the quality of life of the people of Northern Ireland by preventing and alleviating chest, heart and stroke illnesses.

## Vision

Our vision is a Northern Ireland where chest, heart and stroke illnesses have been substantially reduced and those affected receive high quality services to meet their needs.

## Contents

Chairman's Letter	4
Chief Executive's Report	6
Care Services	8
Advocacy, Research and Primary Prevention	12
Fundraising	16
NICHHS Members	21



# Chairman's Letter



This year has presented many challenges for the charity.

Steady progress has been made in the implementation

of the agreed strategy and the new structure at senior management and middle management level. In particular much focus has been given to the more efficient delivery of services.

There has been much co-operation with the Department of Health, Social Services and Public Safety (DHSSPS) and with the five Health and Social Care Trusts. It is hoped to continue this and develop a positive relationship with the new Health and Social Care Board and the Northern Ireland Public Health Agency.

An Audit and Risk Committee (A&RC) has been established to comply with good practice. In addition a process of internal audit has been initiated which will assure the Board that the systems which are in place in the charity are sound and effective. The A&RC will be chaired by Mr Alvin

McKinley and members include Mrs Joan Whiteside and Mrs Ann Hayes.

I welcome to the Board Dr Joe Kidney, consultant in respiratory medicine at the Mater Hospital, Belfast. He is involved in research and a staunch advocate of greater resources to combat COPD (Chronic Obstructive Pulmonary Disease).

On average 52 people a week died of heart disease in Northern Ireland in 2008.

Mr Jim Collins has also joined the Board. After a prominent career in the private sector he served as a board member of the NI Labour Relations Agency and a member of the Belfast Education and Library Board where he was chairman of the Finance and General Purposes Committee. He currently is chairman of Ortus, an organisation which works to enhance employment skills and to provide employment opportunities.

I also welcome to the Council, Dr Niall Herity, consultant cardiologist and Clinical Director of Cardiology at Belfast Health and Social Care Trust.

The return to Membership of Council of Mrs Una Bourke, Honorary Treasurer of the Fermanagh branch, is most welcome. Una has been involved as Treasurer for 25 years and during that time in excess of £250,000 has been raised in Fermanagh for the work of the charity.

It is with profound regret that I record the death of our long serving Council Member Mr Ernie Davis. Ernie made a huge contribution as a volunteer on a weekly basis at NICHHS' offices.

*"Ernie Davis was a man who set for himself and his students at the Boys' Model School goals and targets which could only be described as heroic. His achievements both in education and in rugby union are legendary. His erudition, wit and great modesty will be sorely missed."* – Andrew Dougal, Chief Executive NICHHS

Every year in Northern Ireland nearly 2,000 people die due to respiratory diseases.

I also want to pay tribute to Mrs Iris Finlay who died in August 2008. Iris had been Chair and a stalwart member of our Ladies' Committee over many decades. Her leadership, drive and focus were essential ingredients in the many successful fundraising events organised by that Committee. She was able to find time to devote to many good causes and charities.

I want to put on record how much we owe to the volunteers. Without these volunteers our Fundraising Support Groups would not bring in over £300,000 each year and many of our services would not be viable.

The governance of NICHS would not be possible without the effective functioning of the members of the Governance Board as a unit. I particularly want to thank them for the additional time which they invested in the learning and development sessions on governance led by Dr Roger Courtney.

The Council Members act as a very sound source of expertise to the Chief Executive and to his colleagues on the Senior Management Team. The Council Members are the stakeholders of NICHS and represent all the professional organisations involved in the prevention and treatment of chest, heart and stroke illnesses, as well as clients and carers, community members, members of Fundraising Support Groups and other organisations associated with health.

Every year in Northern Ireland around 4,000 people suffer a stroke - that's 11 people every day.

Finally I want to thank the Chief Executive, Senior Management Team and staff for their enduring commitment during a period of change. I am confident that staff will continue to meet the many challenges ahead.

Yours sincerely,

**Professor MPS Varma**  
**PhD FRCP (Glas) FRCPI FESC**  
**FACC**

# Chief Executive's Report



## Income

The year began with concerns across the voluntary sector that the economic downturn would reduce

charities' income and thus threaten services. Fortunately for NICHS, the trend has been for people to look closer to home to support local charities and as a Northern Ireland charity working for local people, our income has remained buoyant despite the recession. We are grateful to the dedicated efforts of our voluntary fundraisers and to our donors.

It has been a very positive year overall in terms of income to the charity. A deficit of more than £100k had been predicted. However, a surplus of £393k was achieved. A very positive outcome of £838k in legacy income was achieved. Although this is £52k lower than last year, it is still well above the 5-year average for legacy income. Legacy income has been the foundation of the maintenance of our income.

## Service Frameworks

NICHS has played a vital role this year in the development of the first ever Health Service Frameworks for Northern Ireland. We carried out extensive consultation with clients and carers on behalf of the Department of Health, Social Services & Public Safety (DHSSPS) for both the Cardiovascular and Respiratory Service Frameworks. These will set high standards which must be followed in every hospital and community setting in relation to cardiac disease, stroke and respiratory illness. We will continue to work to ensure these standards are implemented and eradicate the postcode lottery of treatment which some individuals have experienced.

Over 6,000 people a year in Northern Ireland die from chest, heart and stroke illnesses

## New staff

We welcome a new Director of Corporate Services, David McGinn, who joined NICHS in the spring of 2009. We are now more than a year

into the organisation's restructure and you can read about our progress later in this review. Overall, we are working to deliver a comprehensive range of services for people with chest, heart and stroke illnesses, supported by a robust advocacy and lobbying strategy, as well as supporting high quality research in our universities and hospitals.

## European Dimension

NICHS continues to be a member of UK and European bodies, including the European Heart Network (EHN). During the year much effort was invested to advance the need for a uniform system of food labelling throughout the European Union. In addition, guidance has been given to members of the EHN on procedures to deal with joint co-operation with commercial companies, particularly those involved in the food industry.

## Obesity Prevention

I am a member of the Obesity Prevention Steering Group set up by the DHSSPS which is working to deliver an obesity strategy for Northern Ireland. I was invited by the Health Committee of the Northern Ireland Assembly, along with a representative of the British Heart Foundation and of the Director of Diabetes UK in Northern Ireland to

give evidence on action on obesity to date. This is a complex but growing problem which if it is not tackled urgently will reverse the achievements made in recent decades in cardiovascular health.

### **Services**

The DHSSPS has committed an additional £9m each year for both the treatment and prevention of stroke. These substantial additional funds will make a huge difference to the quality of lives of stroke patients and hopefully begin to reduce the number of strokes. It is essential that this money is deployed wisely and most effectively. NICHS is lobbying for such an outcome.

It is estimated that as many as 40% of strokes could be prevented by either life-style changes or early admission to Mini Stroke (TIA) Clinics. All hospitals in Northern Ireland have or are about to set up Mini Stroke Clinics so that individuals can be assessed speedily and many strokes prevented.

The five Respiratory Services Co-ordinators have been busy establishing Respiratory Support Groups in every part of Northern Ireland. This is made possible by funding from the Big Lottery for a

period of three years. This funding will cease in August 2010 but we are hoping that the Health Service will fund this vital work.

### **Tributes**

It was with great regret that we accepted the resignation of Professor Walter Holland CBE, who had been Chairman of the Scientific Research Grants Committee (SRGC) for a decade. Professor Holland has been a guiding light, both to the SRGC and to those members of staff involved in research. He has been an active researcher since the 1950s and his wisdom and very comprehensive research experience will be missed.

### **Volunteers**

Finally as Chief Executive I would like to commend not only the hard work of staff but of all volunteers whose commitment is vital to the success of Northern Ireland Chest Heart & Stroke. There are currently more than 500 volunteers involved in the work of NICHS. Fundraising volunteers help bring in a quarter of a million pounds a year for research and services to the public. Services' volunteers help provide and assist in the running of groups in local areas.

These groups provide essential support for clients and their families within their local community.

In 2008 around  
2,494 people died  
as a result of heart  
disease in Northern  
Ireland.

Many of our volunteers are carers or have health problems themselves, yet they still give their time willingly and freely to help others. For this they are to be commended. There is no doubt that without this hard work and dedication NICHS would not be where it is today.

**Andrew Dougal**  
**OBE FCIPR MCIPD**

# Care Services

During the past year a number of changes within NICHS were implemented. This included the appointment of Jillian Patchett as Director of Care & Secondary Prevention. Three Area Services Managers, Russell Brown, Fiona Greene, and Johny Turnbull were appointed to manage the delivery of services in the Health & Social Care Trust areas.

Staff and clients have been working together to review and redesign the model of delivery of care services. These will be based on research evidence and focused on outcomes which improve the quality of lives.

Stephen O'Brien, NICHS Contracts Manager, has secured financial commitment from all the Trusts through Service Level Agreements.

The Welfare Grants process continues to support those who suffer financial hardship due to a chest, heart or stroke illness.

## **Chest**

NICHS Respiratory Support Network funded by the Big Lottery Fund is in the second year of its three year funding. To date a network of 20 Respiratory Support Groups have

been established across Northern Ireland; the target is 25 groups by September 2010. The Respiratory Support Groups currently have 374 members, 162 males and 212 females. The respiratory team have been trained in the delivery of Self Management programmes.

## **Heart**

NICHS continues to support the Northern Ireland Cardiac Services Network and its 23 component groups. Together with the Department

### **NICHS Respiratory Support Group**

“The Respiratory Support Group allows me to meet people who experience the same things as me – breathlessness, frustration, the embarrassment of needing to get rid of secretions from your lungs, or needing to sit down after a short walk. I can cough and wheeze in a group that understand and don't judge. I can have a laugh, a moan or a chat and know that everyone understands how I feel. Families are great but unless they have a chronic lung disease they don't really know what it's like.”

*Member of NICHS Respiratory Support Group*

of Health, NICHS is undertaking an audit of Pacemaker follow-up services.

NICHS is a member of the Primary and Secondary Prevention and Cardiac Rehabilitation Group. This group is working on the introduction of a national database which will support benchmarking of services for people once they have left hospital.

## **Stroke**

NICHS manages a total of 23 Stroke Schemes across Northern Ireland. These provide an opportunity for people who have survived a stroke to meet with people in a similar situation, while benefiting from a structured programme of activities aimed at rehabilitation, exercise and information on preventing further strokes. These schemes all receive partial funding from the Health and Social Care Trusts and provide an ongoing service when statutory services have ended.

Nearly 2,000 people with chest, heart and stroke illnesses and their families were supported by NICHS.



### **Strictly Come Dancing at Stroke Groups...**

“The Stroke groups I manage received 60 new referrals this year and I have enjoyed visiting everyone to assess their needs and introducing them into the groups. I decided to introduce dance to all my stroke groups. It has been a real buzz, everyone was ‘shy’ at first but by the end of each session it was clear from the smiling faces they had really enjoyed and benefited from the exercise. On dance days it was an absolute joy to hear the hall filled with laughter. Not to mention the stories of when they used to attend the local ‘bop’.”

**NICHS Stroke Scheme Co-ordinator**

### **Young Stroke Schemes**

NICHS has developed five Young Stroke Schemes across Northern Ireland. The focus has been the rehabilitation, support and the social integration of younger people who have experienced a stroke. People have benefited from this service by learning new skills and improving their confidence, which has meant they have been able to drive again or go back to work.

### **Stroke Family Liaison**

NICHS runs eight Stroke Family Liaison Services across Northern Ireland, assisting people who have recently had a stroke, their families and carers. This service is vital to all people affected by stroke, during and after hospital, to re-adjust to life after stroke. Stroke Family Liaison Co-ordinators help by providing a listening ear, giving advice, signposting to other services and offering support for as long as people need it.

### **Carers Groups**

Looking after someone who has had a stroke can be very difficult, and this year many people have benefited from our network of Carers Groups. The Carers Groups meet on a monthly basis and provide information sessions, support and advice from our staff and many Groups organise outings to places of interest.

**NICHS runs 20  
Respiratory Support  
Groups across Northern  
Ireland, currently helping  
374 people and  
their families.**

### **Self Management – Service Development**

There are at least 500,000 people in Northern Ireland living with long term conditions, including chest, heart and stroke illnesses. Self Management gives people the confidence, skills and knowledge to manage their condition and to improve their quality of life. NICHS ‘Taking Control’ Programme is a structured programme delivered over six weeks.

*“My long term condition has controlled my life for 12 years; I feel now that I can control it.” -*

**Service user**



*NICHS staff who have been trained in Self Management.*



*Donna Higham, client from Young Stroke Scheme rides 'Hector' at Minnowburn Riding for the Disabled Association.*



*Volunteers and clients at Minnowburn, greater Belfast.*

## **NICHS Stroke Groups**

“Wednesday mornings are a joy to me and my wife, who suffered a stroke. Since joining the NICHS Stroke Group, her mental and physical well-being have improved, she looks forward to the social aspect and enjoys all the activities. I look forward to the respite – for two and a half hours I know my wife is in safe hands. I can do some gardening, get the shopping or meet a friend for a cup of tea. While I love my wife dearly and caring for her is no problem, I do look forward to when the Stroke Group is on. A real life-saving service.”

***Stroke carer***

NICHS runs 23 Stroke Schemes in Northern Ireland supporting 536 stroke survivors and their families.

NICHS Stroke Family Liaison Teams assisted 1,264 people learn to live after a stroke and their families.

# Research, Advocacy and Primary Prevention

A new Director's post was created with the appointment of Anne Madden as Director of Research, Advocacy and Primary Prevention in June 2008. The aim of NICHS is to ensure definite linkage between research, advocacy and primary prevention of chest, heart and stroke illnesses. Vital to this is lobbying politicians and those in authority to provide adequate resources and services to support people in Northern Ireland.

## Research

NICHS' research has contributed to the battle against a heart condition called FH, Familial Hypercholesterolaemia, which can expose entire families to the risk of sudden death from heart disease at a very young age.

FH is a type of high cholesterol that is caused by an inherited genetic mutation. The condition is estimated

to affect 1 in 500 people. NICHS funded a project led by Professor Ian Young, from Queen's University Belfast, which paved the way for the establishment in 2008 of a UK-wide screening programme for the condition.

NICHS funded five projects beginning in 2009, amounting to a total of **£311,122**.

## List of grants awarded 2008/09

Lead researcher	Project Title	Institution	Amount
Dr Christine Liddell	Coming In From The Cold: Reducing cardiovascular and respiratory health risks associated with cold weather in Northern Ireland.	University of Ulster	£24,353
Dr Simon Brockbank	Aspirin non-responsiveness: Investigation of esterase expression and activity in plasma.	Queen's University Belfast	£47,823
Dr Lorcan McGarvey	The expression and functional role of bronchial epithelial transient receptor potential (TRP) channels in airway responses to inhaled irritants in asthmatic and cough patients.	Queen's University Belfast	£113,113
Dr Siobhan McCann	A feasibility study examining the use of a progressive tailored, pedometer-based exercise programme to increase and maintain activity levels in phase IV cardiac rehabilitation.	University of Ulster	£10,400.10
Dr Greg Skibinski	Investigation into goblet cell hyperplasia using an in vitro model of paediatric well differentiated bronchial epithelial cells.	Queen's University Belfast	£115,433



**Northern  
Ireland:  
Cook  
Healthy  
Simple Food**



## Advocacy

### Health Service Frameworks

For the first time in Northern Ireland, Health Service Frameworks have been developed which set out standards of service and targets to be reached to improve patient care and ensure equality of treatment. NICHS has been at the centre of this process as a strong advocate for patients, ensuring their voices were heard and influenced both the Cardiovascular and Respiratory Disease Frameworks.

NICHS worked with Asthma UK Northern Ireland to respond to the Respiratory Framework consultation by holding joint workshops. A total of 98 respiratory patients, mostly COPD (Chronic Obstructive Pulmonary Disease) sufferers, and their carers took part. Many said they were helpful in explaining the document and encouraged them to give their opinion.

Comments from the respiratory workshop in Cookstown:

*“When you have a breathing condition, like COPD or asthma, you need access to services now, not in 2 or 3 years time.”*

*“There was good discussion of all the issues. The facilitators from NI Chest Heart & Stroke explained the Standards very well. I was also able to get my points across.”*

141 people attended NICHS consultation workshops on the new Service Frameworks.

### Long Term Conditions Alliance

NICHS also plays an active role in the Long Terms Conditions Alliance Northern Ireland, an umbrella body for a wide range of charities representing chronic conditions. The LTCANI organised a very successful conference at the Stormont Hotel with the keynote speaker from California, Kate Lorig. She is the founder of the Stanford Model of Self-Management, whose programmes NICHS has been replicating (see Self-Management under the Care Services Report).

## Primary Prevention

### Nurse Health Assessments

These continue to be very popular in both the workplace and community settings across Northern Ireland. The



team of professional nurses carry out a range of health assessments, measuring blood pressure, cholesterol and giving lifestyle advice. The nurses carried out 3,341 assessments between April 2008 and March 2009.

3,341 individuals had their health assessed by NICHS nurses.



## **Recipe Book**

NICHS produced a recipe book containing healthy, simple recipes to encourage people to improve their diets. The chosen recipes are tasty, inexpensive and low in sugar, fat and salt. NICHS received support from dietitians at the Belfast Health and Social Care Trust as well as the Food Standards Agency to ensure all the recipes were nutritious. The book also contains a helpful guide to Traffic Light Labelling – the red, amber and green code – on food packaging

## **NICHS Corporate Health Fair**

“The NICHS health screening was a great success at our corporate health fair. Staff certainly felt it was very worthwhile to obtain feedback on aspects of their health they had previously ignored. They admitted that if the opportunity hadn’t been provided they would not have thought to have a health check carried out. Many thanks to you and your colleagues for your professionalism and co-operation, it was greatly appreciated.”

*NICHS corporate client*

to encourage the general public to put healthier items in their shopping trolley.

## **Health and Homeless Project**

The Health and Homeless Project, Energise, has benefited more than 500 people across a range of 40 hostels. From Women’s Aid hostels to Simon Community settings, NICHS Energise Co-ordinator, Sarah Perry, works throughout greater Belfast, and parts of counties Antrim and Down.

We offer a range of healthcare services, provided by health professionals and other specialists, to

## **NICHS Health and Homeless Energise Project**

“We have a couple of new ladies, one is just 17, who were quite surprised and probably a little embarrassed, at being invited to have a massage and a hair cut. This morning I looked around at the expressions on the faces and thought of how these women, who have suffered at the hands of abusers, have someone now touching them with loving hands.”

*Belfast women’s hostel worker*

raise awareness of healthy living and ultimately prevent cardiovascular and



*Sarah Perry from NICHS discussing health issues with a client at a hostel.*

respiratory illness. This service was originally funded by the Big Lottery but is now core funded by the new Health and Social Care Board.

500 people across a range of 40 hostels benefited from NICHS Health and Homeless Project.

# Fundraising

This was a year of change in the fundraising environment, nationally and internationally, as the effects of a building economic crisis and recession began to hit. In this atmosphere of frugality it was even more inspiring to see the generosity of our individual supporters, our Volunteer Support Groups, and the organisations who continued to donate and fund our work to help those affected by chest, heart and stroke illnesses.

## Community Support

The focus of all work in fundraising is the provision of income raised in Northern Ireland for the people of Northern Ireland. The local population hold a reputation for their generosity, kind spirit and their desire to help others. In 2008/09, 232 events were organised by communities across Northern Ireland.

*“After suffering a loss due to stroke, our family decided it was time to give back to NICHS. I didn’t know where to start, but with the help of fundraiser Valerie Saunders, I felt confident enough to host a simple coffee morning. Who would have thought such an easy event could raise so much money! An effortless task, which gave us a chance to say ‘thank you’ to this wonderful organisation.” - Fundraising volunteer*

NICHS received  
£838,073 from legacies  
in 2008/09.

## Pedal Power raises £1,000

Sales Manager, Jim Humphreys presented a cheque for £1,000 to NICHS after completing a gruelling 100km cycle. Yet just the previous year, Jim was recovering from open-heart surgery. It was during his recovery that he took up cycling.



*Jim is pictured with David Magill, Chairman of NICHS Glengormley Support Group and Valerie Saunders, Area Appeals Co-ordinator.*

*Jim said: “I have first hand experience of the value of the work of this charity. I see this as my second opportunity of life – they got me this far and so this is my way of giving something back! I am a competitive person yet this was the single most difficult task I have*

*completed in my entire life! The rain and wind was in my face almost all the way, but I am thrilled at the achievement and it was the massive support from family, friends, work colleagues and customers of Fleet Financial that kept me pedalling through the rain and drove me to complete the challenge.”*

Mr Humphreys, together with two fellow members of Joymount Presbyterian Church, Carrickfergus, completed the challenge. They cycled from Bangor Leisure Centre to Portaferry and back.

## Events

### 25<sup>th</sup> Anniversary Swimathon

One of the most successful events of the year was a 25-hour Swimathon in East Belfast which raised £10,000 for NICHS. Templemore Amateur Swimming Club marked its 25<sup>th</sup> anniversary with a marathon swimming extravaganza in November. BBC host Stephen Nolan was joined by former Lord Mayor of Belfast Jim Rodgers to launch the event (pictured). The money is going towards a unique piece of equipment, the Life Shirt, which allows children suffering from various lung diseases to be monitored in detail either at hospital or at home.



**CM & S**  
Northern Ireland  
**CHEST HEART & STROKE**

60th Anniversary  
**CM & S**  
Northern Ireland  
**CHEST HEART & STROKE**  
60 years in Northern Ireland for 60 years

### **Causeway Trek**

In May, NICHS held its annual Causeway Trek, an event which grows in popularity every year. Attracting more than 360 people on one of the sunniest days of the year, the Trek simultaneously promotes the health benefits of exercise while fundraising for the work of the charity. In total the event raised in excess of £10,000.



*NICHS supporters put best foot forward for Causeway Trek*

### **Annual BBQ & Auction**

Kilrea Manor Golf & Country Club held their annual BBQ and auction for NICHS. This event has been held for more than 12 years and raised over £2,000 for the work of the charity.

More than 360 people  
took part in the  
Causeway Trek in  
May 2008.

### **Have A Heart Week**

The annual awareness raising week focused this year on women's heart disease and the fact that many women put their health second to their family's health. NICHS offered health checks for one of the major risk factors - high blood pressure. Mayors, council chairs and staff around Northern Ireland had their blood pressure checked by NICHS staff throughout the week in February.

NICHS also ran a number of coffee morning fundraisers across Northern Ireland. The Ballymena Fundraising Support Group (pictured) organised a successful 'Have A Heart Coffee Morning', raising £440.

### **Fundraising Support Group Network**

This year, as with every year, the commitment and dedication of the Volunteers in the Fundraising Support Group Network throughout Northern Ireland continued to make a very substantial contribution to the income of the organisation. In 2008/09, £313,349 was raised by NICHS' volunteer Fundraising Support Group Network across Northern Ireland. Dedicating their time and energy to regular events throughout Northern Ireland, these volunteers make up a vital core of the fundraising team.

## Corporate Fundraising

Corporate organisations have also continued to support us locally over the past year. At a time when many businesses are facing difficulties and uncertainty this is something for which we are immensely grateful.



Ballymena Fundraising Support Group hold a 'Have A Heart Week Coffee Morning'.

On the recommendation of NICHS Senior Management Team, no gala events are being held. In March 2008 the Team had feedback from other voluntary organisations that such events were performing poorly. The Board feels that it would be inappropriate for NICHS to attempt to persuade businesses and individuals to participate in gala events when businesses were experiencing great financial pressures and in some instances having to put staff on short-time working or declare some staff redundant.

*"Working with NICHS has been an extremely beneficial relationship for our company. We have the chance not only to provide our employees with great, worthwhile team-building activities, but more importantly, we get to give back to our local community."*

### **Corporate fundraiser**

## Donations in Lieu of Flowers

A source of funding which continues to make a significant impact is that of donations in lieu of flowers. Almost a quarter of our annual voluntary income is donated in this way by families and friends who have lost loved ones. NICHS is very grateful to those bereaved families and the funeral directors who support our work at such difficult times. In 2008/09 fundraising income from donations in lieu of flowers was £242,887.

**£242,887 was given to NICHS from donations in lieu of flowers.**

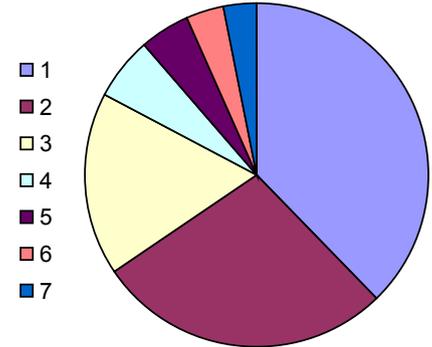
## Legacies

NICHS is extremely grateful for the very generous amount left as legacies to the charity. More than £800,000 was donated as legacies in 2008/09, making up the largest percentage of fundraising income. Legacies continue to be a key source of funding for work undertaken in research and services for NICHS. Our gratitude goes to those who think of us in their will and enable us to continue our work with their legacy.

**£311,122 was spent on research in Northern Ireland for projects beginning in 2009.**

# Income

	£	%
1) Voluntary Income	1,129,000	37.7%
2) Legacies	838,000	28.0%
3) Grants & Contracts	517,000	17.2%
4) New Opportunities Fund	171,000	5.7%
5) Healthcare Provision	144,000	4.8%
6) Investments	106,000	3.5%
7) Other Income	93,000	3.1%
	<b>2,998,000</b>	<b>100%</b>



# NICHS Members

At 31 March 2009

## **Patron**

Dorinda, Lady Dunleath

## **President**

Sir William Hastings KB CBE

## **Governance Board**

### **Chairman**

Prof Mahendra Varma

### **Vice-Chairman**

Mrs Maureen Taggart MBE

### **Honorary Treasurer**

Mr Ian Lindsay

### **Members**

Mrs Ann Burnett

Mrs Joan Whiteside OBE

Prof Paul Nicholls

Dr Michael Power

Mrs Ann Hayes

Mr Alvin McKinley

Mr James Collins

(elected October 2008)

Dr Joe Kidney

(elected October 2008)

## **Senior Management Team**

### **Chief Executive**

Andrew P Dougal OBE

### **Director of Care & Secondary Prevention**

Jillian Patchett

### **Director of Corporate Services**

David McGinn

### **Director of Fundraising**

Tracy Marshall

### **Director of Research, Advocacy & Primary Prevention**

Anne Madden

### **Head of Human Resources**

Peter Dalton

## **Members of Council**

Mr D Allen OBE

Prof J Allen

Mr J Anderson

Dr N Armstrong

Mr T Axon

Mr J Bell

Mrs U Bourke (elected October 2008)

Mrs A Burnett

Mr T Carney

Mrs C Cassidy

Mr A E Cecil

Mr J Collins

Mr J Cooper

Mr E Davis (Deceased 13/12/08)

Mr H Doherty

Dr M Donnelly

Mr G Duffy

Dorinda, Lady Dunleath

Mrs A Dunlop

Mr D Dunlop

Dr K Dynan

Prof A Evans

Mr J Fullerton

Dr K Fullerton

Alderman P Girvan

Ms R Glenn

Mr H Goodman OBE  
Mr G Greenfield  
Prof B Hannigan  
Dr N Hart  
Sir W Hastings KB CBE  
Mrs A Hayes  
Ms G Henry  
Dr N Herity (elected October 2008)  
Dr E Hodgkinson  
Dr R Kapur  
Mr P Lavery  
Mr I Lindsay  
Dr R Lowry OBE  
Mr D Magill MBE  
Ms A-M Marley  
Dr J MacMahon  
Dr E McCartan  
Rev J McDowell  
Mr S McDowell  
Ms C McIlroy  
Mr L McIlvor  
Mr R McKenzie CB  
Dr P McKeown  
Mr A McKinley  
B McLaughlin CBE  
Mr M McLoughlin  
Ms G McMacken  
Dr C Mulholland

Dr M Mulholland  
Mr D Murray OBE  
Prof P Nicholls  
Mr G O’Caireallain  
Mr H O’Kane  
Dr J O’Kelly  
Prof C O’Neill  
Dr M Power  
Dr J Purvis  
Prof P Reilly  
Mr G Roberts  
Dr R Sharkey  
Prof 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  
Prof MPS Varma  
Prof D Walsh  
Mr C Warmington  
Mrs J Whiteside OBE

## Scientific Research Grants Committee

Dr Eric Brunner,  
University College London  
  
Dr Chin-Kuo Chang,  
King’s College London  
  
Dr Avril Drummond,  
University of Nottingham  
  
Prof Frank Dobbs,  
University of Ulster  
  
Prof Stuart Elborn,  
Belfast City Hospital  
  
Professor Alison Halliday,  
St George’s University of London  
  
Dr Lorcan McGarvey,  
Queen’s University Belfast  
  
Prof Hugh McKenna,  
University of Ulster  
  
Dr Pascal McKeown,  
Queen’s University Belfast  
  
Prof Gary McVeigh,  
Queen’s University Belfast  
  
Dr Michael Power,  
Ulster Hospital, Dundonald  
  
Prof Philip Reilly,  
Queen’s University Belfast  
  
Dr John Yarnell,  
Queen’s University Belfast



# When you make a Will, you probably think the one thing you can't leave your loved ones is good health.

Actually, you can. Chest, heart and stroke illnesses claim over 6,000 lives a year in Northern Ireland. But a legacy from you could provide the breakthrough that makes them a thing of the past. Local research funded by NI Chest, Heart and Stroke is saving and improving people's lives every day.

If you're looking for the greatest gift you could leave your children and grandchildren, you don't need to look any further.

For a leaflet on leaving a legacy to NI Chest Heart & Stroke, please phone Alison in confidence on:

**028 9026 6706**

Write to us at:

**21 Dublin Road,  
Belfast, BT2 7HB**

or email:

**legacy@nichsa.com**

Alternatively ask your solicitor for our legacy leaflet.



Northern Ireland  
**CHEST HEART & STROKE**

**www.nichsa.com**

**Northern Ireland  
Chest Heart & Stroke  
21 Dublin Road,  
Belfast, BT2 7HB**

Registered Charity No: XN 47338

**Belfast Office**

21 Dublin Road  
Belfast  
BT2 7HB

**Tel: 028 9032 0184**

**Fax: 028 9033 3487**

**Helpline: 08457 697 299**

**Email: [mail@nichsa.com](mailto:mail@nichsa.com)**

**North West Office**

9-10 Spencer House  
14-22 Spencer Road  
Waterside  
L'Derry  
BT47 6QA

**Tel: 028 7131 1114**

**Fax: 028 7134 3279**

**[www.nichsa.com](http://www.nichsa.com)**



Northern Ireland  
**CHEST HEART & STROKE**

Charity Reg No. XN47338  
Company No. NI 18889  
A Charity Company Limited by Guarantee