



Our impact 2019-2020

<https://nichs.org.uk/>

Preventing, supporting, caring & rebuilding.



Chest
Heart &
Stroke

our mission

Leading the fight against chest, heart and stroke illnesses in Northern Ireland.

our vision

A Northern Ireland free from chest, heart and stroke illnesses.

Fighting chest, heart and stroke illnesses together...

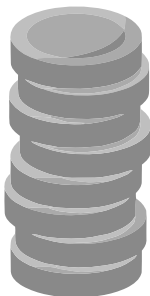
We are the only local charity dedicated to fighting chest, heart and stroke illnesses, and caring for people affected by them.

87%

Almost all the money that we use to deliver services across Northern Ireland, is donated by you. Thank you!

£2,864,488

spent on charitable activities



Compassionate care for you and your loved ones

With your help, we were able to offer a range of services to over 3,000 people across Northern Ireland last year. During the year, we made...

We couldn't do this without your generous donations, and the help of an army of dedicated volunteers. Last year, our volunteers gave up...



1,929 hours

OF THEIR TIME, SUPPORTING YOU AND YOUR LOVED ONES.

To our volunteers, we say THANK YOU!



10,478

TELEPHONE SUPPORT CALLS



1,153

HOME & HOSPITAL VISITS

and provided...



766

PEOPLE WITH INFORMATION PACKS & ONLINE SUPPORT

Only for NI Chest Heart & Stroke, I wouldn't be here, everyone is just brilliant.

The work they do is fantastic!

Great to know someone is out there for both me and my husband...

Life is good when you know someone is there for you.

LAST YEAR, WE CARED & SUPPORTED FOR...

- 1524 people living with a stroke
- 1242 people living with respiratory conditions
- 80 people who care the most - our carers
- 278 people took part in our self-care / self-management programmes
- 202 people took part in our cardiac & generic support programmes



3326

3,326 people supported by our care services last year



I've found the Breathing Better group a very positive influence on my chronic chest condition. I'm managing things a lot better!

Our services make a real and lasting difference to people living with chest, heart and stroke conditions, and to their loved ones...



PREP

People on the PREP programme reported an improvement in their mobility, as well as better mental health and well-being at the end of the programme.



TAKING CARE

We are the first organisation in the UK to offer this programme to carers. People who took the programme reported an increase in how much they felt in control and able to cope as a carer.



INSPIRE CHOIR

Choir members not only had fun, but reported breathing and feeling better. Two thirds reported better physical and mental health at the end of the 10 weeks.

Supporting people to live longer, healthier lives

Helping you make informed healthy lifestyle changes, and educating people of all ages about the early warning signs of chest, heart and stroke conditions, is a core part of what we do.

Last year, nearly 20,000 adults and children benefited from our range of health promotion services - including personal health checks. We delivered these in communities, events, workplaces, and schools across Northern Ireland.



25,260

PEOPLE ACROSS NORTHERN IRELAND BENEFITED FROM OUR RANGE HEALTH PROMOTION ACTIVITIES


Last year, we provided almost 9,000 adults with health checks, giving them giving personal health information, peace of mind, and helping them find additional health support where they needed it.

Our health checks identify risk factors such as high blood pressure, high cholesterol, and Atrial Fibrillation (irregular heartbeat), and provide you with the health information you need to take control of your health. This changes lives. Sometimes, it saves lives.

Well Checks

8,954

PERSONALISED HEALTH CHECKS

 AF

3,845

AF CHECKS LAST YEAR

Life changing – made me sit up and listen! Definite wake up call!

Excellent! Thank you. Very useful. Feeling more motivated as a result.

Improving people's lives by inspiring

G.P. REFERRALS

22%

OF PEOPLE CHECKED WERE REFERRED FOR HELP WITH HIGH BLOOD PRESSURE

22%

OF PEOPLE CHECKED WERE REFERRED FOR HELP WITH HIGH CHOLESTEROL

15%

OF PEOPLE CHECKED WERE REFERRED FOR HELP WITH ATRIAL FIBRILLATION. 2% IDENTIFIED AS HAVING AF

Supporting individuals to live longer, happier

I was very grateful for the health check because unknown to me, I had high blood pressure and had no idea. So, as a result of that, I have been seeing the doctor for about 3 months.



A focus on... Community Health & Well-Being

During the year, we offered a number of targeted programmes to schools, communities, and workplaces.



14,616

ADULTS & CHILDREN BENEFITED FROM OUR TARGETED COMMUNITY BASED HEALTH PROMOTION PROGRAMMES

Health & homelessness

We are all at risk of chest, heart and stroke illnesses, but for those who are homeless, the risk is even greater.

Our Health and Homeless service promotes healthy living and helps tackle this risk. The service is provided in local hostels and drop-in centres, making sure it's accessible to those who need, when they need it.

851

PEOPLE IN 35 HOSTELS BENEFITED FROM OUR HEALTH AND HOMELESS PROGRAMME LAST YEAR.

A focus on...schools

We want to give every child the best start in life by inspiring them to enjoy healthy and active lives.

Last year, our curriculum based **Well Schools** programme helped children across our primary & secondary schools learn about making healthy lifestyle choices.



5,573

CHILDREN TOOK PART IN WELL SCHOOLS



1/4 of local 2-10 year olds are overweight or obese

local children have the lowest physical activity in the UK



Well Team highlighted the main health issues facing our workforce. This has helped prioritise what we need to address and has buy in from all our directors.

OUT THERE SERVICES

I think Well Team is an excellent platform to promote health & wellbeing in the workplace, and the support from NICHs has been first class!

COLLOIDE ENGINEERING SYSTEMS

Well Team

A focus on...workplace health

Last year, our Well Team programme helped 20 workplaces develop a 3 year action plan aimed at improving the health and wellbeing of their employees.

8

WORKPLACES TOOK PART IN WELL TEAM

428

EMPLOYEES BENEFITED FROM THE PROGRAMME

20

HEALTH CHAMPIONS TRAINED

A focus on research

Research is at the heart of what we do. For 60 years, you've helped us fund research in local universities and hospitals, taking the the fight to chest, heart, and stroke conditions.

Since 2012, you have helped us fund 39 projects (£3,115,459), that have led to new or better prevention & care services, and improved how we care for people living with these conditions.

This year, with your help, we funded five new projects which aim to help transform care in COPD, AF and asthma, as well as improve our PREP stroke rehab programme. **Thank you.**



5 new research projects

£393,173

It's time to talk about...asthma, stroke and AF

With your help, we are leading the fight against chest heart and stroke conditions in Northern Ireland.

We actively campaign for better care and prevention of these conditions, working with politicians of all parties and health bodies across Northern Ireland. We always listen to views of people living with chest, heart and stroke conditions, and to their loved ones. We are on your side and together we can fight chest, heart and stroke.

During the year we campaigned for:

- improvements to stroke services and responded to a Government consultation about reshaping these services;
- improvements in asthma care - we set up a local asthma taskforce to look at this;
- more action on air pollution and other factors that contribute to asthma;
- the introduction of measures to improve the control of tobacco and vaping; and
- for action on obesity, especially amongst children.

We also ran a successful awareness campaign for Atrial Fibrillation, and we were one of the first charities in Northern Ireland to promote a Minimum Unit Pricing policy for alcohol. The Minister has now agreed to carry out a consultation exercise in 2021.

It is time to talk about AF.

Last year, we launched a campaign to raise awareness about Atrial Fibrillation (AF). AF is a type of irregular heartbeat. It can cause dizziness, shortness of breath, and tiredness. But you can also have no obvious symptoms, so you may not even know you have AF.


About 40,000 people across NI have been

diagnosed with AF. But another 10,000 people may not know that they have it. AF increases your risk of having a stroke. **This is why testing is so important.**

During the year, we provided almost 4,000 AF checks. As a result, we identified 77 people who didn't know they had AF. We provided them with information and support where they needed it. Armed with this information, they can make informed healthy lifestyle changes, and lower their risk of stroke.

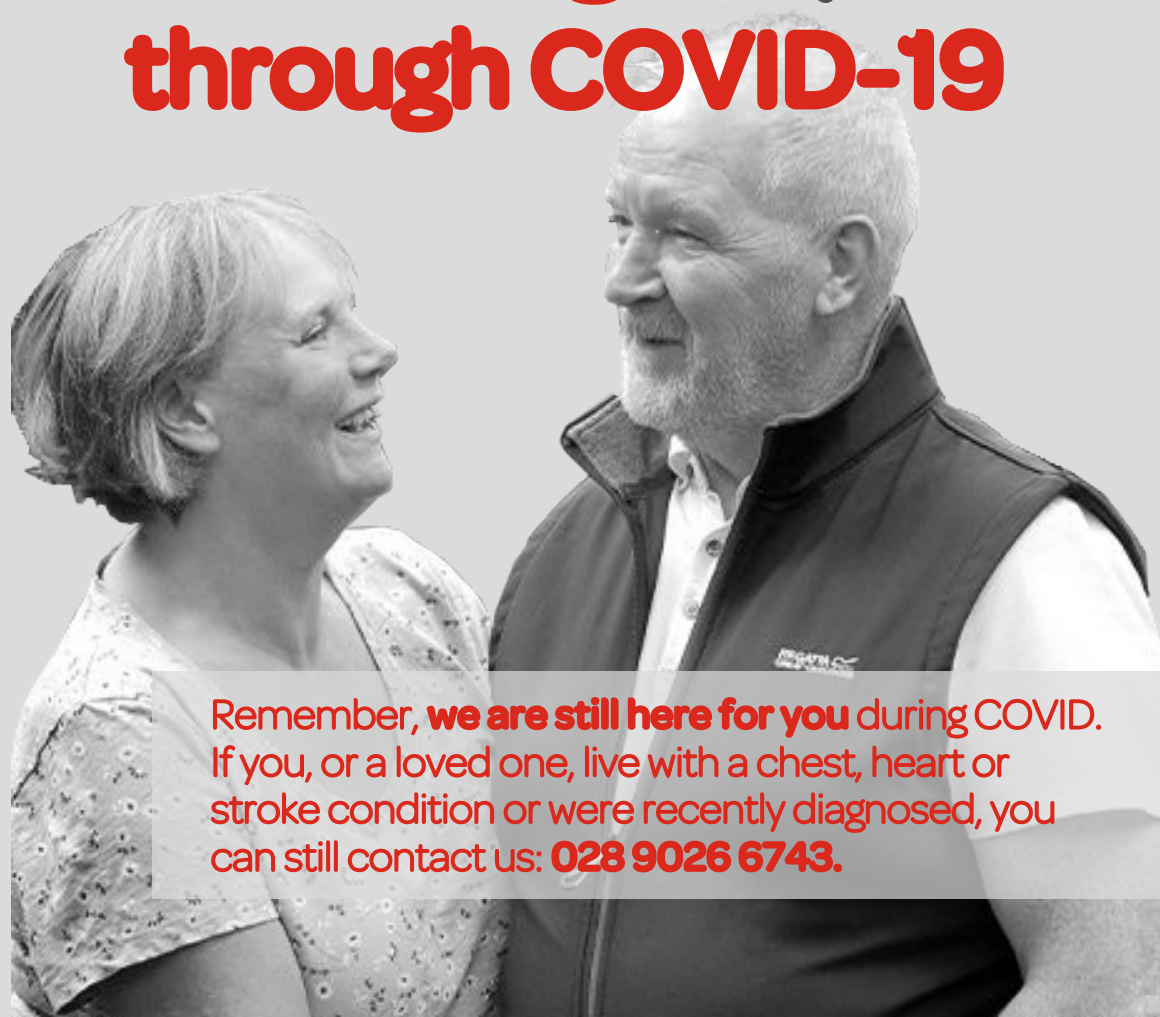
We live in challenging times, and we know it is even more difficult for people living with chest, heart and stroke conditions, and their loved ones.

COVID-19 has hit us too, but it hasn't stopped us caring as we launched the country's first COVID recovery service. We redesigned our services, and launched our **'Still Caring through COVID'** campaign which aims to keep local people healthy.

 **21,000+ calls**

Since the programme started, we've helped more than 21,000 callers to keep well, feel less isolated, stay physically active and to manage their condition.

Still caring for you through COVID-19



Remember, **we are still here for you** during COVID. If you, or a loved one, live with a chest, heart or stroke condition or were recently diagnosed, you can still contact us: **028 9026 6743.**

Our vision is a Northern Ireland free from chest, heart and stroke illnesses.

Established in 1946, we work with people of all ages across the country, delivering vital care and prevention services and carrying out extensive research into how to prevent these conditions, alongside 'on the ground' support.

As a charity, we are committed to supporting thousands of local people living with chest, heart and stroke conditions to keep well through COVID-19.

With almost 90% of our services funded by you, we need your help to continue 'Still Caring through COVID'.

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