



Our impact 2019-2020

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

Compassionate care for you and your loved ones

Care Services 2019-2020

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.

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

We offer a wide range of care and support
services for people living with chest, heart
and stroke conditions, and their loved ones.
We're here to help you, every step of the way.

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...



10,478
TELEPHONE
SUPPORT CALLS



1,153
HOME &
HOSPITAL
VISITS

and provided...



766 PEOPLE WITH INFORMATION
PACKS & ONLINE SUPPORT

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!

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.

Compassionate about heart care

Last year, adding to our existing heart services, we piloted our newest programme, Heart Strong - the first ever heart health and recovery service for Northern Ireland.

Heart Strong bridges the gap between rehab and getting back to normal life, helping people with a heart condition grow beyond their current capabilities. It is delivered in partnership with local cardiac rehab teams, and provides a range of follow-on heart health and recovery services. The programme is for people who have completed their cardiac rehab but need continued support with their physical, emotional, and mental recovery.



Rowley and his wife Brenda, NICHS Service Users from Bangor

Compassionate about stroke care.

Everyone's experience of stroke is different. That's why we have a full range of services designed to help you, whatever your situation, because no one is left behind.

Last year, we cared & supported for more than 1500 people who have had a stroke.

725

PEOPLE BENEFITED FROM OUR STROKE SUPPORT GROUPS.

799

PEOPLE BENEFITED FROM OUR REHAB PROGRAMME, PREP.

I had a stroke when I was 19 years old. When I started to attend a NICHHS Young Stroke Group, that was the turning point. It gave me confidence and acceptance.

Phillip.

PREP (Post Rehab Exercise Programme) is our community based, physiotherapy led, rehab programme for people who have had a stroke, helping them rebuild their lives.

Our team of physiotherapists, co-ordinators and volunteers, guide and support stroke survivors through a 12 week exercise and education (Meade) programme, building their confidence and ability to cope. People who took part on PREP last year, reported that their mobility, mental health, and well-being had improved by the end of the programme.



I was 45 when I had a stroke. I lost my speech, mobility, and ability to swallow. A Nurse referred me to NICHHS. Yvonne visited me and recommended PREP. PREP made a huge difference to me. It shortened the time I took to recover. I learnt what caused my stroke in the first place, and what areas of my life I needed to make healthier. I always pass these lessons on to my friends too. When you have a stroke, life is very much before and after, for the whole family. PREP helps you learn to live with the issues, it motivates you, and you meet people in the same situation. It has been a very important part of my recovery, so when I finished, I stayed on to volunteer, so that I could help others.



PREP shortened the time I took to recover. At first, I found the exercises hard, but now I can do them easily. After my two cycles of PREP I was walking without a stick.

Birol, Ballymena, 46.

Compassionate about respiratory care.

Belfast father of two, Paddy Lynas, once thought his life was over due to a diagnosed lung disease.

QQ I was diagnosed about 6 or 7 years ago. I had to leave my job, and the doctor told me I would be on medications the rest of my life.

After a while, the tablets were doing me no good, so I joined Chest, Heart and Stroke's Taking Control group and took up walking. I did 2 miles every day for a couple of weeks, then 4, 6, 12, 20, then 30. I've done the marathon, I've climbed Slieve Donard. My life has completely, completely changed.

The letter I got from Pauline in NICHS to join the group saved my life. No matter where I go I talk about Chest Heart & Stroke. Last year, I went back to the doctor for tests and he discharged me. I'm still walking and don't need my medication. I will never ever forget NICHS, they gave me back my life. Thank you.



1242

LAST YEAR, WE CARED & SUPPORTED...

people living with respiratory conditions

Compassionate about the people who care the most

Our **Taking Care** programme is proven to help people manage their role as a carer, and look after their loved one while looking after themselves.

We are the first organisation in the UK to offer this programme to carers, and during the year we ran two pilots of the programme. We deliver the programme under licence from Stanford University, and it builds on our many years of delivering self-management programmes locally to people with chest, heart and stroke conditions.

People who took part in the first pilot of the programme reported an increase in how much they felt in control, how well they dealt with stress and fatigue, and in how much they felt able to cope as a carer.



80

CARERS BENEFITED FROM OUR TAKING CARE PROGRAMME



The role of a carer is often undervalued. Our Taking Care programme gives people the chance to meet others in a similar situation, share experiences, develop new skills, and gain support from each other, in a positive environment.

Pauline Millar, Head of Services, NICHS



Compassionate about chest, heart & stroke care.

Last year, we cared & supported for almost 3,500 people who were living with a range of chest, heart, and stroke conditions.

278

PEOPLE TOOK PART IN OUR SELF-CARE AND SELF-MANAGEMENT PROGRAMMES

Our Taking Control 6 week programme has been proven to help people better manage their long-term health condition(s).

Licensed by Stanford University, we are the first in the UK to gain the QISMET Quality Mark for excellence.

People on the 6 week programme, last year, Reported **improved well-being**, felt better able to cope with daily tasks, and reported that they felt less fatigue and pain.

1196

PEOPLE BENEFITED FROM OUR BREATHING BETTER SERVICE

Our Breathing Better service is available to anyone diagnosed with a respiratory condition, and to the loved ones who care for them.

We provide this service in collaboration with local Health and Social Care Trusts and local leisure facilities. It combines our respiratory support groups, and the Trust's pulmonary rehab, with our Taking Control programme.

75%

Three quarters of the people who took part in our Breathing Better programme last year reported that They **felt more confident to manage their condition.**

They also reported an increase in the amount of time they spent exercising, as well as fewer visits to their GP, or to A&E.

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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