

A black and white photograph of three children, two girls and one boy, looking intently at a book. The boy in the foreground is wearing a white shirt and a striped tie. The book they are looking at has cartoon characters on it.

Our impact 2019-2020

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

Supporting people to live longer, healthier lives.

Health Promotion Services 2019-2020

The logo for Chest Heart & Stroke, featuring the text "Chest Heart & Stroke" in a red, handwritten-style font inside a white, irregular circular shape.

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 here to help inform, educate and inspire you
to choose a healthier lifestyle, **as we work
together** to reduce the devastation of chest,
heart, and stroke conditions.

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
workplaces, communities, events, 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 personal health information, peace of mind, and helping them find additional health support where they needed it.

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

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

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.



G.P. REFERRALS



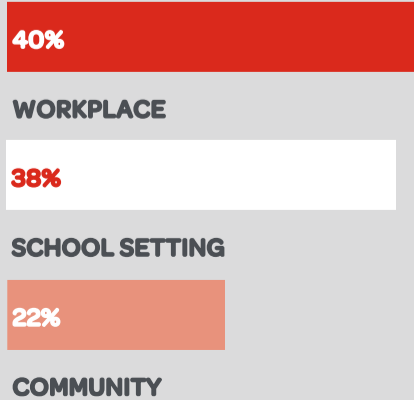
I was very grateful for the health check because unknown to me, I had high blood pressure and had no idea. So, as a result of that, I have been seeing the doctor for about 3 months.

A focus on... raising awareness

Last year, our Health Promotion team delivered a range of interactive sessions to over 5,000 people, from more than 175 groups. We delivered these across Northern Ireland, to all age groups, in workplaces, schools, public events, and in community settings.

Our Well Talks provide information about the signs and symptoms of chest, heart, and stroke conditions, as well as highlighting lifestyle

changes that you can make to reduce your risk of developing these illnesses.



“The Well Talk was life changing – it made me sit up and listen! Definite wakeup call!”

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



Our **Health & 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.

During the year, we provided wellness talks & webinars; lifestyle health checks, and essential cooking skills sessions across Northern Ireland.

We are currently developing a new programme, Well Space, with the aim of delivering next year. This 1 year programme will help staff and residents embed health and well-being practices in their daily lives.

We're passionate that no-one is left behind

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

851

HOMELESS PEOPLE BENEFITED FROM OUR HEALTH AND HOMELESS PROGRAMME LAST YEAR.

35

HOSTELS / HOMELESS PROVIDERS TOOK PART

328

PEOPLE RECEIVED HEALTH CHECKS

137

PEOPLE WERE SUPPORTED TO ATTEND HEALTH APPOINTMENTS

69

PEOPLE RECEIVED LUNG CHECKS

454

PEOPLE RECEIVED TAILORED SUPPORT & ADVICE

27

HOSTEL STAFF RECEIVED HEALTH PROMOTION TRAINING

Well Team

A focus on... workplaces

Well Team is our free workplace health and wellbeing support service, kindly funded by the Public Health Agency (PHA).

Last year, our Well Team programme helped eight local workplaces develop a 3 year action plan that will improve the health and wellbeing of their employees.

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 & well-being in the workplace, and the support from NICHHS has been first class.

COLLOIDE ENGINEERING SYSTEMS

8

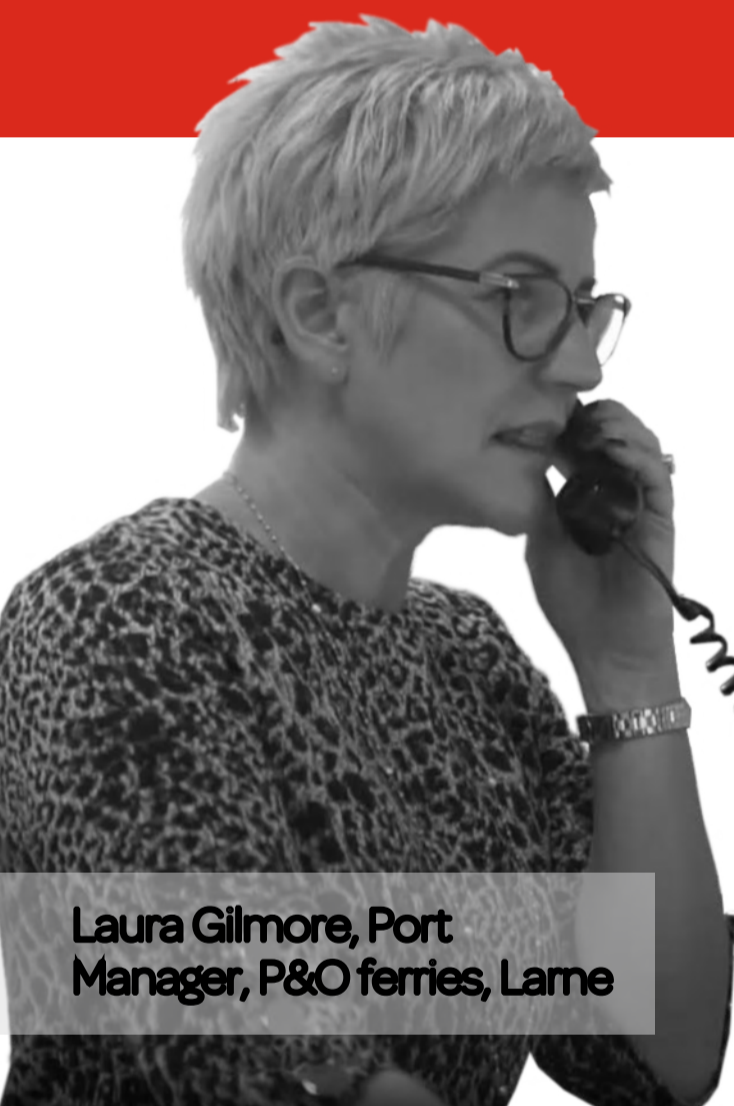
WORKPLACES TOOK PART IN WELL TEAM

428

EMPLOYEES BENEFITED FROM THE PROGRAMME

88%

NEARLY 90% OF PARTICIPATING ORGANISATIONS WERE "VERY SATISFIED" WITH WELL TEAM



Laura Gilmore, Port Manager, P&O ferries, Larne

I'm delighted we decided to work with NICHHS!



We were looking for structured programme to improve employee health and well-being. NICHHS talked us through Well Teams - it definitely ticked all the boxes. Chest, Heart, & Stroke made the whole process really easy, by offering training and support in bite sized chunks. With their help, we have trained seven Health Champions, and developed plans that the staff have bought into and who are really starting to see changes. I'm delighted we decided to work with NICHHS.

The Well Team programme really helped us implement our health & well-being initiative. There has been a real improvement in staff well-being, morale, and teamwork. It's been really good for P&O Ferries. Thank you, NICHHS.



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HEALTH CHAMPIONS TRAINED - A LONG TERM INVESTMENT

We help you develop **your** workplace plan. That's why training staff to be Health Champions is so important. So is quality of training and support provided to them - last year, **every single champion** reported that they were confident and motivated in the role because of the training and support we provided.

Staff also reported an **increase in the knowledge and confidence** to deal with aspects of their health and lifestyle, such as nutrition, physical activity, stress, alcohol, and smoking, because of the training we provided.

The health checks gave me a lot of health information, and changes I could make. I can recognise and deal with stress, and I've taken up swimming and cycling!

Ailis Buchanan, P&O Ferries

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ORGANISATIONS SHORT LISTED FOR REGIONAL HEALTH & WELL-BEING AWARDS 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.

During the year, we delivered almost 4,000 talks to primary and secondary school pupils. Almost 2000 primary 5 & 7 children took part in Chester's Challenge, which focuses on healthy eating, the importance of exercise, and the risks associated with smoking. Chester targets schools in areas of greater need and where pupils have a higher risk of becoming unwell in the future.



5,573

CHILDREN TOOK PART IN THE WELL SCHOOLS PROGRAMME



1,900

CHILDREN TOOK PART IN THE CHESTER PROGRAMME



3,673

CHILDREN, FROM 23 SCHOOLS, TOOK PART IN WELL TALKS



7,600

HEALTH INFORMATION PACKS WERE ISSUED TO PARENTS / GUARDIANS




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

Local children have the lowest physical activity in the UK

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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