

BE INSPIRED!



Eating Well, Staying Well

NICHS's Health & Homeless Programme in Action

Gloria's special gift to fellow stroke survivors



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If you would like to update your name, address or other details, please contact our Supporter Care Team on **028 9026 6709**, or email **supportercare@nichs.org.uk**

Cover Image: Sarah Perry, NICHS's Health & Homeless Co-ordinator and Jim, a service user from Rosemount Hostel in Belfast, say thank you!

Belfast Office

21 Dublin Road
Belfast
BT2 7HB
T. 028 9032 0184

North West Office

32 Balliniska Road
Springtown Ind Estate
Derry / Londonderry BT48 0LY
T. 028 7137 7222

mail@nichs.org.uk www.nichs.org.uk

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Hannah Williamson,
NICHS Senior Health &
Wellbeing Officer.

Meet Hannah Williamson,

NICHS Senior Health &
Wellbeing Officer

I began working at NICHS in September 2014 as a placement student from Queen's University Belfast where I studied Food Quality, Safety and Nutrition with Professional Studies. I thoroughly enjoyed my placement with NICHS and thankfully last year, the opportunity arose to apply for my current role of Senior Health and Wellbeing Officer.

My role is extremely varied, which is why I love it so much! Currently I am working on a new Health and Wellbeing Behavioural Change Programme which will be launched in early 2017. I carry out 'Well Checks' and 'Well Talks' to different businesses and community groups across the country and support NICHS's Chester's Challenge Programme for schools. I also help to write information leaflets for new programmes, ensuring they are in line with current evidence and research.

I really love working with children, meeting new people, and giving advice on ways to live and enjoy

a healthier lifestyle. I find it really fulfilling to know that the health information I give, or a test I perform, could make a huge difference to improving the lives of others. What could be more motivating?

But the most important health promotion message I can tell people is that it's all about balance. Like a lot of other people out there I love chocolate and struggle with exercise. But it's about taking tiny steps and doing something you love. Eating healthily and exercising will improve your health and reduce the risk of many illnesses, and for me it means I can have that little piece of chocolate at the weekend!

I love every minute of working at NICHS and it's thanks to our supporters' generosity that I'm able to share NICHS's health promotion message with so many people throughout Northern Ireland. At some stage in your life, you or a family member may benefit from NICHS's work and it could be a donation you gave which helped us make the difference. You can read more about eating for health on pages 4 & 5, or visit www.nichs.org.uk

Eating well, staying well

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Eating a balanced diet is one of the best ways to help look after your health. With all the information available on the internet and differing media reports, knowing the right foods to eat can be very confusing. The key to eating well is to have a balanced variety of foods, and this is where the "Eatwell Guide", featured right, can help. It shows how to choose from each of the different food groups and how much of your diet should be made up from each group. Portion control is key to maintaining a healthy weight and should always be followed when preparing meals.

Eating from each food group is important as this increases the range of nutrients we consume and adds variety to our diet. To stay healthy our bodies need 5 important nutrients. These nutrients are vitamins, minerals, protein, carbohydrate and fat.

Fruit & Vegetables

Eating at least 5 portions of a variety of fruit and vegetables a day is recommended. Fruit and vegetables do not have to be raw, but can be tinned, stewed, frozen, in juices, or cooked in soups or stews. Importantly fruit and veg contain antioxidants which help protect

against diseases such as cancer and heart disease.

Starchy or Carbohydrate Foods

Foods from this group contain carbohydrates which provide us with energy and contain less than half the calories of fat. Starchy foods should make up about one third of what we eat. Try to include at least one starchy food with each main meal. Meals should be based on potatoes, bread, rice, or other starchy carbohydrates. Wholegrain varieties are recommended because they are high in fibre which helps lower cholesterol, helps us feel fuller for longer and keeps the gut healthy.

Dairy Foods and Milk

These foods provide calcium and are very important for strong, healthy bones. Adults are recommended to have three portions daily, and children, four. But be careful of portion size, as one portion of cheese is the equivalent to a matchbox. Milk (one glass) and dairy alternatives are excellent sources of calcium, vitamins, minerals and protein. Low-fat and low-sugar products are preferable to full-fat products and unsweetened and calcium-fortified dairy products are recommended as dairy alternatives.

Protein

These foods provide protein for growth and to repair muscles. Beans,



Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland.

pulses, fish, eggs, meat and other proteins are excellent sources of iron, zinc, magnesium and B vitamins. It is recommended to eat two portions of sustainably sourced fish a week, one of which should be oily, such as salmon, sardines, mackerel or trout. Beans and pulses are healthy alternatives to meat and are low in fat. Other non-meat alternatives include bean curd, tofu and mycoprotein e.g. Quorn. Choose leaner cuts of meat and limit red and processed meat to 70g per day. One portion is equivalent to the size of a playing card.

Foods High in Fat, Salt and Sugar

These foods should be eaten in small amounts and used sparingly if eaten every day. Too high a consumption can lead to weight gain due to their energy dense nature. Food and drinks containing sugar should be eaten as part of a meal, rather than in between meals. It is better to eat lower fat spreads rather

than butter as this can help reduce saturated fat intake. Unsaturated fats from plant sources are the healthier option when buying oils and spreads.

Fluids

It is important to drink enough fluid to stay hydrated. The body needs 6-8 glasses of fluid daily and low-fat milk, teas and coffee are included in overall consumption.

The Eatwell Guide also includes information in relation to traffic light food labelling and calorie intake. Colour-coded labels make it easier to see if the product is high (red), medium (amber) or low (green) in fat, saturates, sugar and salt.

To access the EatwellGuide online go to: www.gov.uk/government/publications/the-eatwell-guide

How we help – NICHS's Year in Figures

Over 4,000 people with chest, heart or stroke illnesses and their families and carers were supported by NICHS in 2015-16.



We invest in life-saving medical research. We are currently funding 11 research projects in Queen's University Belfast and 8 in Ulster University. That's 11 cardiac, 2 stroke and 6 respiratory projects.



We provide care service teams to undertake visits to homes and hospitals, run support groups, or programmes and provide help and advice to families and carers. Last year:

- ♥ **2,721** home visits were made by our Stroke Family Support Service
- ♥ **550** people were helped through 28 Stroke Activity Groups
- ♥ **277** people benefitted from 20 Respiratory Schemes
- ♥ **399** people were referred to PREP (Post Rehabilitation Exercise Programme)
- ♥ **134** people took part in 10 Taking Control Programmes



We reached 2,084 pupils through health talks and our Chester's Challenge Programme, helping to educate young people about the best possible health choices.



We delivered our Health and Homeless Programme in 36 hostels through 127 visits which benefitted 858 people, with 22 health checks for 93 people who are homeless and 47 GP referrals.



We performed over 1,578 vital health checks to 23 businesses and 16 community organisations. 1,675 blood pressure measurements were taken at Balmoral Show and other events. We also gave 124 health talks in the community.



We campaign for life-saving policy changes to health related legislation.

A huge thank you to all our supporters for enabling NICHS to deliver this extensive range of programmes and services.

Gloria's special gift to fellow stroke survivors



Members of
Bessbrook Stroke
Activity Group.

Our Fundraising Manager Elley Martin was delighted to have the opportunity to see first-hand the incredible impact that a gift in a Will can make to people who need NICHS's help the most. The experience was made all the more moving by the fact the generous gift of £1,000 had been made by Gloria Mullan, who had herself attended our Bessbrook Stroke Activity Group for several years before she sadly passed away in December 2015.

The Bessbrook Group has been coming together on Friday mornings for over 11 years. Elley told us, "When I went to the Bessbrook Stroke Activity Group I was immediately struck by a real feeling of camaraderie.

Everyone at the group has been affected by stroke in one way or another. I counted at least eight very enthusiastic volunteers - over half of whom had themselves experienced a stroke. Their commitment to help others more severely affected was very much in evidence.

From the get-go, the sense of positivity and fun is absolutely palpable. There was much enjoyment of the musical session that made up the first part of the group's activities. What a talented bunch of singers and musicians.

The second half of the session was when the activity levels really ramped up, helped by Mary, Bessbrook's answer to Mr Motivator! Everyone joined in and took part in a high energy session involving a series of chair based exercises and ball games that help with co-ordination and movement. There was also dance, sprints, and laps of a pool!

These types of activities are incredibly important for post stroke recovery and a good number of the group commented that although they find the session tough going, they feel absolutely great afterwards. It was just wonderful to see the energy and focus of the group as well as hearing the huge amounts of laughter."

Ann, NICHS's Bessbrook Group Co-ordinator, advises that Gloria was very much valued and enjoyed any physical exercise and movement activity undertaken by the group. Gloria's appreciation of this element of NICHS's stroke services, alongside her desire to help fellow stroke survivors led her to make such a special and enduring gift.

If you are interested in some information on making a Will, or even making a gift in your Will to NICHS please contact Alison at NICHS on avidamour@nichs.org.uk.



Rosemount Resident Jim and NICHS's Health & Homeless Co-ordinator Sarah Perry.

NICHS's Health & Homeless Programme in Action

As part of our Health Promotion Programme, NICHS provides a Health and Homeless Service, working with people living in hostels and assisted living accommodation.

Homeless people are particularly vulnerable to chest, heart and stroke illnesses. They are also significantly less likely to be registered with a GP, making access to medical support difficult. To help address this NICHS provides health checks, advice and information to improve awareness of healthy living and practical advice on how to achieve a healthier lifestyle.

NICHS's Health and Homeless Programme has been in place for almost 14 years, and during 2015-16 we worked with 36 hostels, benefitting over 800 people directly.

We understand that homelessness is not just a housing issue. People can

become homeless due to a vast range of reasons such as family breakdowns, domestic violence and financial problems. Homelessness can also be linked to difficult life experiences, such as mental health issues, drug and alcohol dependencies and institutional experiences.

One of the hostels NICHS works with is Rosemount House in Belfast. It is a homeless hostel which provides accommodation and individual rehabilitation for 20 men. Residents are primarily long term 'rough sleepers' and the hostel provides residents with a home and hot meals, something many of the men will not have experienced for a long time. Sadly men who sleep rough

have an average life-expectancy of only 47 years, compared to 78 for the general population. The importance of having somewhere to call home cannot be overstated.

The hostel is managed by Charlie McGarry who has worked with the homeless in shelters for the past 30 years, 28 of those at Rosemount.



Charlie McGarry, Manager of Rosemount House.

Charlie explained each resident is given an individual programme for 18-24 months with a counsellor and key worker assigned. The hostel itself offers activities such as art classes and gardening projects. External services

such as community nurses come into the hostel as well as the essential health promotion programmes which are provided by NICHS on a regular basis. Residents often don't have good coping skills, so these services help address this and improve confidence. NICHS services also provide stress release and help residents to start feeling better about themselves. This is crucial for the men's psychological recovery and to help the men start rebuilding their lives, so they can live an independent life free from addiction.

Jim, a resident at Rosemount, is an enthusiastic supporter of NICHS's Health & Homeless Programme and an advocate of the benefits he has experienced. Jim, aged 61, became estranged from his family because of his chronic alcoholism. He has been living at Rosemount for the last 18 months and has been working

hard to re-start his life, including regaining contact with his family again. He has been actively involved with the health talks and practical cookery sessions provided by NICHS's Health & Homelessness Co-ordinator, Sarah Perry.

The 'Cook It' sessions Sarah delivers are designed to increase knowledge of how to have a healthy balanced diet. Before learning about healthy eating Jim admits that he ate mainly fast food and says "Healthy eating was not on my radar – just the opposite in fact."

Jim has also enjoyed the other sessions delivered by Sarah including Walking, Smoking Cessation and the De-Stress Programmes. He told us how much the men at the hostel rely on people like Sarah coming to the hostel to teach them new skills. He says, "We would be lost without Northern Ireland Chest Heart & Stroke coming in."

"Without the help of NI Chest Heart & Stroke I probably wouldn't be around now."

Jim, Rosemount Hostel Resident.

To encourage a 'whole hostel' approach to chest, heart and stroke health, Sarah also runs staff training sessions for hostel staff, which focus on smoking cessation and healthy eating so NICHS's work can continue after her training sessions have finished. Last year Sarah made 127 hostel visits which benefitted 858 people – well done Sarah!

If you would like to support services like NICHS's Health & Homeless Programme, you can donate to our Health Care Fund. Please use the response slip and return envelope enclosed. Thank You!

Events Round Up

The last 6 months have seen NICHS successfully organise a number of exciting new events. With walks, cycles and a challenging trekking weekend, there was an event suitable for all levels of fitness and ability!



The Winners – Team Walkie Talkies - Karen McConnell, Janette McCleave, Lynne Peoples, Christina Gibson, Cathy Reavey & Rachel Reid.

5 Peaks Challenge

On the weekend of 10-11 September 2016, teams of walkers took on the highest peak of each county in Northern Ireland in a non-stop, timed race against the clock! This event was unique in that only 2 members of each team had to conquer each mountain, resulting in a wide range of participants. Teams were made up of family and friends, groups of work colleagues and even a troop of scouts! The ultimate winners were the incredible Walkie Talkies, who blitzed the 5 peaks in an awe-inspiring time of just 22 hours 26 minutes! Congratulations to everyone who took part in this special event and a huge thank you to everyone who sponsored them.



Team Gasp: Paul McCorry, Sonia Morgan, Alan Brown and Gillian Abraham.

Run to Remember

As ever, our reliable runners have been raising funds for NICHS by taking part in events all over the country and further afield. A particular mention goes to Gillian Abraham and her buddies from 'Team Gasp', who have taken on 5 and 10k runs, marathons and even an ultra marathon for NICHS in the last year! What an incredible achievement!



Jeremy Gardiner, far right, & team members from Castlereagh Cycle Club.

Causeway Cycle

Thanks to everyone who took part in our inaugural cycle sportive on the 1st October. Cyclists from all over Northern Ireland joined us for a challenging 70km, or 100km route, taking in the best of the beautiful North Coast on what turned out to be a stunningly sunny day! An extra special thank you goes to Jeremy Gardiner, stroke survivor and Gran Fondo finalist and David McCann, Olympian and Track Cyclist, for supporting the event and helping NICHS

reach over 20,000 people with their awareness raising videos!!

If we've motivated you to take part in a run or challenge event for NICHS this year, the line up so far includes:

- 11th February 2017** – Red Dress Run, Stormont
- 1st May 2017** – Belfast City Marathon
- May 2017** – Causeway Trek*
- September 2017** – Love Walk*
- September 2017** – 5 Peaks Challenge*
- October 2017** – Causeway Cycle*
- October 2017** – Trek Peru*

*Planned provisionally. For more details, please check our website : www.nichs.org.uk/runtoremember

Community Round Up



A huge thank you to the **Dickey Family**, pictured, (left) who have raised an incredible **£10,000** for NICHHS over the past year by selling copies of their DVD "Working to Get the Job Done." The film was produced in memory of their mother, the late Agnes Dickey. What an amazing achievement! Thank you also to everyone who bought a DVD!

Every year, many of our supporters make their birthday, anniversary or special occasion even more meaningful by asking their friends and family to make a donation to NICHHS instead of giving presents. These special individuals will truly change lives through their generosity! We'd liked to say a hearty thanks to:

Norman McCaig who celebrated his 80th birthday this year and raised **£1,231** in lieu of gifts.

Bobby Gallagher from Omagh celebrated his 90th Birthday with family and friends at Fintona Golf Club and presented NICHHS with **£1,000**.

Siobhan McCallion celebrated her 50th birthday with a party dedicated to the memory of her mum, raising **£320**.

Happy Birthday Norman, Bobby and Siobhan and thank you from everyone at NICHHS!



Norman McCaig and family present NICHHS's Valerie Saunders with a cheque for **£1231**.

We'd also like to thank the pupils of Holy Family Primary School and Nursery who so kindly presented NICHHS with a brilliant donation of **£800**, instead of giving their teachers Christmas presents. What a great idea! If your school would like to do the same this year please contact Orla on **02890320184**, or email **oclarke@nichs.org.uk** for more information.



The McCrea Family present NICHHS's Lorna Watson with their cheque for **£7841.86**.

Meet the **McCrea Family**. This amazing family organised a sponsored cycle followed by a quiz in October and raised a staggering **£7,841.86!** The events were held in memory of Brian McCrea, who sadly passed away in October 2015 following a heart attack. Both NICHHS and the family would like to thank everyone who supported these events and made them so successful.

A massive thank you to **Mickey Gillespie and family** for organising another Galbally Vintage Tractor Run, in aid of NICHHS. This year saw 90 tractors taking part, raising a tremendous **£1,761.16**. Thanks to everyone who got involved and especially to all the volunteers who helped out.

In August a group of cyclists took on a challenging cycle around the Italian lakes to raise funds for NICHHS. Led by long term supporters **Geoff Vogan and John McNally**, the group's efforts resulted in a fantastic **£4,700** being raised. Thank you to you all for your pedal power and fabulous fundraising!

Corporate News



Kerry Anderson, Director of Income Generation, NICHS is pictured with Chris Conway, Chief Executive, Translink, Lorraine Milne, Senior Business Development Consultant, Westfield Health and Denise Cranston, Head of Communities, BITC.

Activity Works

We recently launched a new initiative 'Activity Works' in partnership with Business in the Community and sponsored by Westfield Health (pictured above). Recent studies have highlighted that the average desk worker in Northern Ireland sits for 8.9 hours a day, increasing the risk of developing stroke, heart disease and many other illnesses. This programme is designed to encourage employers and employees to build physical activity into the workplace.

Winemark

Winemark is working in partnership with NICHS. This includes in-store fundraising, events and collections across all 84 stores in Northern Ireland with an overall target of **£10,000**.



Sinead Magill, NICHS & staff from Winemark.



Brendan Duffy, Gary Lennon, Sam Harper and Marty McIlmail from Mace Killough alongside Sinead Magill, NICHS.

Mace Killough

All Mace stores across NI have been raising funds for NICHS as part of a three year partnership, with the goal of raising **£150,000**. The Killough store used their pedal power and cycled to Rome, an amazing 2,300km. This was an incredible challenge so thank you to everyone who supported them!



Victoria Ross, NICHS receiving a cheque from Victoria Pinkerton, Managing Director & staff at Pinkertons Estate Agents, Bangor.

Pinkertons

Pinkertons Estate Agents, who have offices in both Bangor & Comber, recently presented NICHS with a cheque for **£1,864** and have renewed their partnership for another year with planned coffee mornings, static cycles and many more events.



Your Legacy Of Hope And Care

- a gift in your Will to Northern Ireland Chest Heart & Stroke

A gift in your Will to NICHHS could not only help your loved ones, but leave a legacy of hope for generations to come.

In Northern Ireland almost half of all adult deaths are caused by chest, heart and stroke illnesses. NICHHS are working to change this through funding research and caring for those who are affected by devastating health conditions every day.

A gift to us in your Will could be invested in critical local research that will change the future for families at risk from our biggest killers.

The smallest investment can lead to the biggest breakthrough.

Please visit our website to see how our Medical Research Programme has already supported groundbreaking projects and is committed to many more over the coming years. www.nichhs.org.uk

For a leaflet or further information on leaving a legacy to NICHHS, please call us on: 028 9032 0184, or write to NICHHS Gifts in Wills, 21 Dublin Road, Belfast, BT2 7HB



Chest
Heart &
Stroke