

# BE INSPIRED!

The Key to a  
Healthier Future  
- Our Children

A window into  
a NICHHS stroke  
scheme

Taking action  
against a  
silent killer



Chest  
Heart &  
Stroke

# Inside Be Inspired!

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If you would like to update your name, address or other details please contact our Donor Care Team on **028 9032 0184**.

Cover image: Jessica Perry & Chester deliver a NICHs school's workshop.

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Sinead McCormick,  
NICHs's Long Term  
Conditions Manager

## Meet Sinead McCormick, NICHs's Long Term Conditions Manager

I manage Northern Ireland Chest Heart and Stroke's Taking Control Programme, a workshop based course that runs for 6 weeks. The programme aims to give people living with chest, heart and stroke conditions the confidence, skills and knowledge to manage their condition and feel more in control of their health and their lives.

People who attend the course are doing so at a time of immense stress and upheaval. The work we do helps people and their families to take back some control, whether it's through listening to someone or giving information and advice. We also provide an opportunity for people to share their experiences with others who understand. That way they don't feel so alone.

To feel that you have helped someone, even in a small way, is a hugely motivating factor in why I work for NICHs. It is perhaps best summed up by one of our attendees, "NICHs gave me hope".

Funding for the Taking Control Programme is only made possible because of the generous donations given by our supporters. Thank you so much for making this programme possible.

**To find out more about NICHs's Taking Control programme, please contact Sinead McCormick on 028 9032 0184.**



A healthy breakfast  
at a shelter in Belfast

## Health & Homeless

Thanks to our supporters we can continue to deliver our life changing Health & Homeless projects in areas of severe deprivation. The economic recession has created an even greater demand for these services, especially for our Personal Development Sessions related to nutrition and food education. These sessions are also a great way for residents to come together and build relationships whilst developing an interest in improved diet and lifestyle.

Sarah Perry our Health & Homeless Coordinator advises, "NICHS's Health & Homeless Programme is invaluable. Here we engage on a one to one basis with many people including teenagers who have just come out of care or other institutions. Often they have lost interest in themselves and their lifestyles. Hostel staff regularly feedback on the marked difference they see in people who attend this unique NICHS project."

We can only continue to deliver this programme because of your support and generosity. Thank you.

Nothing else  
matters  
when  
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breathe.



Joy Collins, a member  
of NICHS's Belfast  
Respiratory Group

Being told you have a long term respiratory condition can be devastating. NICHS funds a broad network of 25 respiratory groups across Northern Ireland. Initially funded by the Big Lottery, it is now our supporters that enable us to continue running these groups.

The groups provide a safe haven for those suffering from respiratory illness to meet other sufferers, share their stories and advice with others.

Clients feel that they don't need to be embarrassed about their condition which can cause excess coughing and problems breathing. NICHS's 'Self Management' and 'Moving On' programmes enables clients to make well informed decisions about their health and treatment, empowering them to be more in control of their condition, boosting confidence and motivation.





## Reflections From a NICHS Stroke Scheme

Stroke clients exercising

**You donations have enabled us to continue to fund a network of stroke schemes, carers groups and stroke family support services across Northern Ireland. Siobhan Hanley, NICHS's Director of Fundraising, recently visited the Bessbrook Stroke Scheme to share with you how your donations are making a huge difference to stroke survivors through our unique support.**

"From the moment I entered the room the impact of our supporters' donations was tangible. We met in a local community hall in Bessbrook. There were over 25 stroke survivors sitting along two tables – the men at one table with the ladies at the other! I was immediately captivated by the upbeat and friendly atmosphere.

After an engaging music and singing session we moved into some exercises. Quite a few clients shared their stories with me, telling how their stroke shocked and devastated both them and their families.

Everyone I spoke with said how much of an impact the local group makes to their life after their stroke. It gives them emotional and physical support which they feel is not available anywhere else.

Stroke may take away many things, the ability to drive a car again, to enjoy food, play the piano, sing, run, walk – but what becomes increasingly apparent during this meeting is that it doesn't need to take away the human spirit's ability to face life's greatest challenges head on."

## The future of Northern Ireland

Northern Ireland Chest Heart and Stroke's vision is one of a Northern Ireland where chest, heart and stroke illnesses have been significantly reduced. To achieve this what better place to start than with our children? Now in its second year, our health promotion schools programme's interactive workshops have been brought to an incredible 140 schools, from Ballymena to Bessbrook. Jessica our dedicated coordinator is also joined by the programme's cuddly mascot, Chester the chimp, who has proved a huge hit with the youngsters.

### Workshops that work

Our programme is made up of 3 parts. 'Physical Activity and the Heart' teaches children about how the heart works, what can go wrong and how exercise can help maintain a healthy heart.

Part 2 'Eating Your Way to Health' helps children understand the importance of a balanced diet, portion control and identifying hidden fats, sugar and salt in food.



Jessica Perry & Chester, deliver a NICHS school's workshop. February 2012

The final workshop 'Stamping out Smoking' explores what's in a cigarette and the effect smoking has on the lungs and other parts of the body. These workshops are designed to link with Key Stage 2 and so NICHS works alongside teachers to deliver this key part of the curriculum.

The workshops are provided free to the schools, although many kindly give a donation to NICHS. Of course it is primarily your generosity that enables us to deliver these workshops to help build a better, healthier northern Ireland through engagement with children in local areas. Jessica, Chester and all the children who have taken part would like to send a huge thank you to our supporters.

# Your Support in Action against A Silent Killer.

## **Saving Lives**

**Thanks to your generous support, Northern Ireland Chest Heart & Stroke is poised to fund a unique project to save the lives of people affected by an inherited condition that causes abnormally high cholesterol and ultimately early death. Familial Hypercholesterolaemia (FH) affects one in 500 people in Northern Ireland.**

## **The warning signs**

Sadly families affected may not have any warning signs until it is too late. Symptoms often only appear after the condition has been established and some people never develop any symptoms. Anyone with cholesterol above 7.5mmol/l and has a family history of high cholesterol, or a family history of early heart disease, (before the age of 50) should consult their GP. Shockingly, young men in their 20's and 30's who have FH are 100 times more likely to have a heart attack than those of the same age without FH.

## **Your support in action**

The Northern Ireland-wide project is being co-ordinated from Belfast City Hospital but will involve hospitals all across the province. NICHHS has committed £37,000 towards the project set up, funding the essential equipment. A specialist nurse from the Health Service will advise and assist families in each Health Trust area. For the first time a regional

register of all the people affected by FH in Northern Ireland will be maintained so that doctors will be able to undertake screening of subsequent generations. Since FH is one of the most commonly inherited genetic conditions, this project has huge potential to enable early intervention to save lives.



Maureen McCourt, NICHHS's Health Promotion nurse taking a cholesterol measurement



## Help NICHHS be on your side, today and tomorrow

Gifts in Wills are a particularly important source of income to NICHHS. Such gifts allow us to continue our lifesaving work, right now, alongside investment in pioneering research to improve the health and wellbeing of future generations.

We understand that making a Will is a very personal matter. But we would ask that after remembering your loved ones all of our supporters consider leaving a gift that will have a life-changing effect on many people and their families in Northern Ireland and beyond these shores.

In fact more than **50%** of our fundraising income comes through gifts in Wills. Worryingly we saw a fall last year by **33%**. If this continues we will not be able to invest as much in our long term research into chest, heart and stroke illnesses.

That's why it's never been so important for you to consider leaving NICHHS a gift in your Will.

NICHHS recommend that you contact your solicitor or financial advisor who can advise you on making a Will, or adding a codicil to an existing Will.

We've also recently produced a useful information booklet about leaving a gift in your Will. If you would like to receive a copy, please contact Alison Vidamour on **028 90 320184** or email **avidamour@nichs.org.uk**

## Introducing NICHHS's new Living Oak Fund

When a loved one dies the feeling of loss is often overwhelming. Sometimes we feel we need to do something positive in their memory, especially if they have died before their time. Our new Living Oak Fund is a lasting way for you to celebrate and pay tribute to the life of your loved one. As well as keeping their memory alive, you will be raising money to help other people in Northern Ireland suffering from a heart condition, stroke or respiratory disease.

### Mighty oaks from little acorns grow



Gary Morris

Gerald and Stephen Morris are kindly fundraising in memory of their much loved brother, Gary.

Gary was a keen footballer who tragically died in February 2012, aged only 33 from sudden cardiac death. Here at NICHHS we are very grateful to Gary's family, Corrymeela Football Club and many other clubs for coming together to pay tribute to Gary's memory in this special, life changing and even life saving way.

William Walker from Islandmore was just 25 years old when he collapsed and died from a heart condition when on his way to the Balmoral Show, May 2011. Pricilla William's mum tells us, "We wanted to raise funds for NICHHS in William's memory because of the heart condition he lived with. It also helps keep me focused organising events and I feel it keeps me closer to him".

### Setting up your Living Oak Fund

It's easy to set up a Living Oak Fund in memory of your loved one. Simply contact our Donor Care Team on **028 9032 0184** or email us at **vcarmichael@nichs.org.uk**

# Community & events round up

## Enthusiasts rally in support of NICHS



3 "vintage" enthusiasts who took part in the Canonball Fun Run

Last month almost one hundred rally enthusiasts took part in the Formula Cannonball Fun Rally to raise funds for NICHS. Starting out from Newry these colourful supporters travelled over 200 miles in fancy dress in a variety of vintage, rally and sports cars. The rally also incorporated a fun treasure hunt along the route. A 'rally' great **£4,324** was raised to support NICHS's services in the Newry area.

## Close shave for Mallon's Bar



l to r Turlough McKeever, Valerie Saunders, Ciara McElroy of Mallon's Bar and Oliver Toal. 8th December 2012

A charity evening at Mallon's Bar in Toomebridge raised an impressive **£1,715** in support of local NICHS services thanks to the generosity of customers and staff. Regular customers Turlough McKeever and Oliver Toal bravely grew beards in the preceding three months before shaving them off on the night. The hairy duo decided to raise money for NICHS as many customers and their relatives have suffered from heart disease. Bar owner, Ben Mallon has also undergone a heart bypass operation 5 years ago.

## Shopping for a Good Cause



Natalie Jackson Commercial and Marketing Manager, Fairhill Shopping Centre, Vanessa Elder, Corporate Fundraising Manager, Caroline Lavery, Chairperson of Fairhill Traders Association

**NICHS is excited to share the news that Fairhill Shopping Centre, Ballymena, has selected NI Chest Heart and Stroke as its charity of the year throughout 2013.** We are

coming together to raise **£15,000** to support NICHS services in the Ballymena area including our Stroke Family Support Service, Respiratory Support Groups and Community Stroke Scheme.

To find out more about how your business or employer could help NICHS and the health of your local community please contact Vanessa Elder, Corporate Fundraising Manager on **0783 782 0795** or email **velder@nichs.org.uk**

## BE Aerospace, leading the way in employee fundraising



Vanessa Elder, NICHS's Corporate Fundraising Manager with Neil Cairns, Vice President and Managing Director of BE Aerospace and Members of the Entertainments Committee

Since summer 2012 in the quiet town of Kilkeel, employees of BE Aerospace, have been busy fundraising in support of their local stroke respiratory group.

Having voted for NICHS as their charity of the year employees organised a range of exciting fundraising activities; family fun days, big breakfasts, weight loss programmes, golf days and raffles. Together these have raised an amazing **£16,689.94** to go directly towards helping local people affected by these life shattering illnesses.

## Events round up



Champion Runner!  
NICHs's Maureen McCourt  
who has completed an  
amazing 63 marathons.

### Miles and Smiles

A huge congratulations and thank you to all our runners who joined Run to Remember at the **Belfast City Marathon on Monday 6th May**. With more than 40 relay teams and 100 individuals running the full 26 miles, it was one of the largest ever teams representing NICHs at this event. Some were running to remember a loved one they had lost to a chest, heart or stroke illness while others ran for somebody they knew who is living with one of these conditions.

Check out our photos from the event at [www.facebook.com/runtorememberNICHs](http://www.facebook.com/runtorememberNICHs)

### Heartbeat Trek

**The Derry/Londonderry Heartbeat Trek 2013 is taking place on Saturday 29th June.**

You are warmly invited to join us for this fun event of 6, 12 or 18 miles challenge. To register please contact NICHs's North West office on **028 7137 7222** or Brian McCluskey on **07973 793665**.

### Causeway Trek

Our 7th annual Causeway Trek took place on 11th May 2013, with more than 300 walkers turning out to trek some of Northern Ireland's most beautiful countryside. The route began at the world famous Giant's Causeway and traversed over 10 miles of varied terrain to its finish at the cliff-tops of Carrick-a-rede. Last year the event raised more than **£18,000** for NICHs and with funds still coming in as we go to print, we hope to raise even more this year!

# Run to Remember

Chest  
Heart &  
Stroke

We are delighted to announce the launch of our new running events programme, Run to Remember, which is about taking action against chest, heart and stroke conditions and bringing hope to the families they devastate.

**Any Race, Any Pace.** You can now Run to Remember for NICHs at any running event across the UK, Ireland or even further afield. We're here to support you every step of the way with motivational support when the training gets tough and tips on how best to raise sponsorship.

Keep an eye on our new Facebook page for full details of all Run to Remember activities including our exciting new Run to Remember 5K and 10K beach events – dates to be confirmed.

**Contact us for guaranteed entry for the Great North Run and New York Marathon.**

<b>Dash of the Titans, 10k Belfast</b>	Saturday 8 June 2013
<b>Lisburn Half Marathon</b>	Wednesday 19 June 2013
<b>NICHs' Run to Remember 5k &amp; 10k, Benone Strand</b>	August 2013
<b>Great North Run</b>	Sunday 15 September 2013
<b>Causeway Coast Marathon</b>	Saturday 28 September 2013
<b>Dublin Marathon</b>	Monday 28 October 2013
<b>New York Marathon</b>	Sunday 3 November 2013

**Join Team NICHs at any of these events by registering now at [www.nichs.org.uk/runtoremember](http://www.nichs.org.uk/runtoremember) or phone 028 9026 6705.**



# Run to Remember

Chest  
Heart &  
Stroke

Running for my  
Granny who is  
doing really well  
after her stroke



Register at  
[www.nichs.org.uk](http://www.nichs.org.uk)