

# BE INSPIRED!

Supporter Newsletter

Issue 10: Winter 17/Spring 18

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Programme**

**Chest  
Heart &  
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## **NICHS's Supporter Care Team**

For supporter care queries and feedback, or to update your personal information please contact:

### **Supporter Care Co-ordinator**

**Victoria Carmichael** 028 9026 6708 [vcarmichael@nichs.org.uk](mailto:vcarmichael@nichs.org.uk)

### **Supporter Care Officers**

**Paddy Trainor** 028 9026 6709 [ptrainor@nichs.org.uk](mailto:ptrainor@nichs.org.uk)

To make a general donation or for donations in lieu of flowers.

**Laura McCoy** 028 9026 6743 [lmccoy@nichs.org.uk](mailto:lmccoy@nichs.org.uk)

To set up or make changes to your direct debit gift or payroll giving.

Cover image: Emma Goldring NICHS's Communication & Marketing Assistant at the launch of Breathing Better, Girdwood Hub Community Centre, November 2017.

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# Meet Paul Carson

## NICHS Respiratory Support Co-ordinator

I am currently a Respiratory Support Co-ordinator for the Greater Belfast area and I have been working for NICHS for just about one year. I have spent most of my adult life working within Disability Services in the South Eastern Health and Social Care Trust. But, after 25 years in the statutory sector, the opportunity to work with NICHS came along. Working with an organisation that has such a wonderful reputation was both exciting and a little daunting!!

NICHS ensures that people with respiratory conditions such as COPD are supported to make sure they get the help needed to manage their condition to the best of their ability. Part of my job entails the promotion and delivery of our self management programme called "Taking Control". I also co-ordinate five monthly respiratory support groups. They provide opportunities for people living with respiratory conditions to come together and gain support and encouragement from each other. Research has shown that people who are "good" self managers, in relation to their condition tend to lead happier lives and have better health outcomes.

I never cease to be encouraged and inspired by the ability of individuals living with respiratory conditions to bring about transformational changes in their own lives and in the management of their condition. It is good to remind ourselves as individuals of the wonderful potential for change that exists within each of us as human beings.

Having only worked at NICHS for a relatively short period of time I am already convinced of the role our respiratory support services play in improving the quality of life for people living with respiratory conditions. Many people may not be aware that our services are completely dependent on public donations and on pages 8 & 9 you can read about how our Breathing Better campaign is aiming to make a huge difference right here in Northern Ireland.

If you would like more information on our Taking Control Programme, or any of our Care Services please contact **028 9032 0184**

# Improving Lives, Inspiring Change



## Would you like to live longer, be happier and healthier?

Making healthy lifestyle choices can prevent many of the illnesses that can lead to long term ill health problems and sadly even death. Lifestyle factors such as exercise, weight, diet, sleep, stress levels, alcohol and smoking can all affect your risk of heart disease, stroke, respiratory illness and many other health conditions.

We launched our **Well NI programme** to help support people in making manageable lifestyle choices so they can live longer, happier and healthier lives.

We offer a range of bespoke packages for local businesses, community groups and individuals which include;

**Well Checks** – One to one sessions which pick up early indicators of cardiovascular or respiratory diseases from key body composition measurements, enabling individuals to improve their health and lower cardiovascular risk.

**Well Talks** – Bespoke interactive talks aimed at increasing knowledge on specific conditions or health

topics and lifestyle choices linked to them.

**Well Mind** – Practical business based programmes to help employees assess their level of stress and provide practical techniques to manage personal stress levels better to improve overall health and wellbeing.

More information on the individual packages we offer can be found on our website –

**[www.nichs.org.uk/wellni](http://www.nichs.org.uk/wellni)**

Alternatively you can contact Gemma Burton, Health Promotion Service Manager, on **028 9032 0184**, **[gburton@nichs.org.uk](mailto:gburton@nichs.org.uk)**



James Turley  
from the SGHSCT

James Turley, 36, who works for the South Eastern Health & Social Care Trust, recently completed a NICHs Well Check. He went because his brother had had a heart attack aged 42. James thought himself relatively fit and assumed he would be told everything was fine. However the check showed James was overweight, had higher than normal cholesterol and borderline high blood pressure. He was stunned by his results!

James would never have imagined that he was at risk of a future heart attack. He said, "I'm a slim and moderately active guy. I can honestly say this is a huge wakeup call and with having four young children at home, I cannot continue the way I am. This is genuinely the motivation I need to get back to training and 'clean eating'."

James said that he never would have attended his GP for a health check and that Northern Ireland Chest Heart & Stroke may have saved him from a heart attack in the future.



Left to right - Adrian and Brian,  
Wincanton Health Champions

**"The training provided by NICHs was very hands-on, with plenty of support, guidance and inspiration. Our employees are our greatest asset so it makes sense to put measures in place that assist keeping our workforce happy, healthy and motivated. NICHs's Well Team has helped us create and implement a well-designed and fun well-being programme for the company, as well as learning what resources are out there to help".**

Brian & Adrian,  
Workplace Health Champion,  
Wincanton, Larne.

# The best New Year's resolution

New Year is the classic time to start planning your annual holiday. Cold dark nights with the curtains drawn, have us all dreaming of sun drenched destinations and lazing by the pool. But before you bulk buy the Factor 20, it's important you have written, or updated your Will.

Making a Will is an important consideration for everyone. People think it's complicated or expensive, or they have nothing to leave. In reality dying without a Will is simply not a good idea.

If you don't have a Will and you leave over £10,000, your estate will be declared 'intestate' and sorting out your affairs will be a very slow process for your next of kin. Your estate will be distributed according to a very strict set of legal rules and your money or prize possessions may end up in the wrong hands. This can be very upsetting for loved ones who may have been expecting to benefit. Furthermore if you have no Will and no identifiable family members, your estate will be destined for the Government's coffers.

Making a Will for most people is relatively straightforward. Arrange to see your solicitor and bring with you a list of any valuables and money you possess. It's also useful to think in advance who you would like to leave things to. Your solicitor will guide and advise you through the whole process and will also store a copy of your Will.

## Leaving a gift to charity in your Will

NICHS like most charities is dependent on the generosity of its supporters and the general public. After family and friends are taken care of we would be most grateful if you could consider leaving us a charitable gift in your Will. Any gift, small or large is most welcome. As an added bonus in most cases, gifts to charity are tax free. Always bring along the Charity's registration number and address. For NICHS this is NIC 103593, 21 Dublin Road, Belfast, BT2 7HB.

For further information on leaving a gift in your Will to NICHS, please contact Alison Vidamour, on **028 9032 0184** or **[avidamour@nichs.org.uk](mailto:avidamour@nichs.org.uk)**

# Year in Figures

At NICHS we want our supporters to be satisfied and kept up to date with how donations are being used. In 2016-17 we raised a fantastic £4,073,340. Almost half of this was thanks to the generosity of supporters who remembered NICHS in their Wills. A total of £3,346,176 was spent on providing services and running costs. Below is a round up of NICHS's activities which will give a snapshot of the services and support we provide everyday right here in Northern Ireland.

## Care Services



# 50%

In 2016-17 we supported 3,720 people with chest, heart or stroke illnesses and their families and carers. We had 2,146 new referrals to our Care Services last year.



287 people attended our Respiratory Support Network, with a total of 2,452 attendances.



527 people from across N Ireland were supported each week through our Stroke Activity Groups with a total of 13,114 attendances. 450 people transformed their lives by participating in our PREP Programme.



165 people benefitted from our "Taking Control" Self Management Programmes.

## Health Promotion



# 19%

We carried out 3,534 Well Checks across NI and taught 917 children how to make healthy lifestyle choices. We also delivered our Health & Homeless Programme in 38 local hostels.

## Campaigning



# 16%

We campaign at Assembly level on behalf of people and families who are impacted by chest, heart and stroke illnesses. We are currently campaigning for minimum unit alcohol pricing.

## Research



# 16%

We are currently funding 8 ground-breaking research projects in Queen's University Belfast and 5 in Ulster University - 7 cardiac, 2 stroke and 4 respiratory projects. These projects will save and improve lives and contribute to the pool of global medical knowledge.

# Breathing Better



NICHs's Paul Carson, Respiratory Co-ordinator, Emma Goldring, Comms & Marketing Assistant, and Pauline Millar, Respiratory Services Project Co-ordinator.

We recently launched a new campaign called 'Breathing Better' to encourage health professionals, GPs and pharmacists to refer patients living with Chronic Obstructive Pulmonary Disease (COPD) to our Taking Control Self-Management Programme.

Nearly 40,000 people are living with (COPD) in Northern Ireland, a massive 43% increase in the last decade. For many sufferers breathing difficulties can be severely debilitating, impacting daily life by causing exacerbations, repeated hospital admissions, poor sleep, anxiousness, isolation and even depression. However while COPD can't be cured, through careful management, people living with the disease can regain quality of life.

We are urging Health Professionals, GPs and pharmacists to refer patients with difficult to treat COPD to one of our Programmes which run throughout Northern Ireland each year. A referral can be the first step towards developing the skills and confidence needed to better manage a condition and make a positive difference to patients' lives.

If you or a member of your family would like more information on our Taking Control Programme, please visit our website at: **[nichs.org.uk/breathingbetter](https://nichs.org.uk/breathingbetter)** or contact Pauline Millar on **07841 150949** **[pmillar@nichs.org.uk](mailto:pmillar@nichs.org.uk)**





Frank Johnston, NICHs  
Volunteer & Taking  
Control Graduate.

## **Frank Johnston shares his personal experience of how our 'Taking Control' Self Management Programme can transform lives.**

“ Like most NICHs volunteers I've been to the dark and struggled to live with, let alone manage, a serious long-term health condition. It means we are uniquely positioned to understand and support those with similar illnesses.

In my case, my life suddenly seemed blighted by COPD early in 2014. I had already had to give up golf and most normal physical exertion. Even sleeping was a problem as lying down caused such a breathing panic that sleep was only possible sitting up in a chair. Medical inhalers were offering some relief, but the only barriers to hospitalisation in monthly exacerbations were crisis doses of antibiotics and steroids.

Quite simply I believed I was on the slippery slope to the end of life - and let go. I became less and less active and more and more ill. Then in my GP's surgery I responded by phone to an NICHs poster, not really with any hope.

Well in that call NICHs talked me into attending a self-management course. You can't cure COPD, they agreed, but you can manage it. Rubbish, I thought.

Reluctantly, I firstly found common cause with like souls. I guess we took strength from each other's experiences. Then, slowly we learned the value of positive thinking, gained from a range of progressive tools we were offered, learned to use diet, gentle exercise and mind power. And, above all, we became lifelong friends.

Three years later, I'll never again run for a bus, but I'm no couch potato. I'm daily at the gym (gently), and twice a week at Tai Chi classes. I sleep soundly in bed and am back to golf (in a buggy).

More importantly I've now been trained to run the "Taking Control" course that so helped me. I'll be happy if I can help rescue just one soul like I was. I'm proud to be one of NICHs's volunteers. ”

Without your generous support, we could not send this information out to GPs, practice nurses and pharmacists. More importantly, we could not run our 'Taking Control' Self-management programmes which make a huge difference to people's lives. Thank you, from all the people whose lives have been transformed.

# Events

## Round Up

The starting line at the Wake up PJ Walk, Stormont Estate.



### Wake Up 5km Pyjama Walk & Brunch

Saturday 30th September saw the first 5km Wake Up Pyjama Walk and Brunch kindly supported by MACE.

Over 200 participants donned their PJs and joined the NICHS team at Stormont Estate to 'Wake Up' to heart disease and raise vital funds to support our life-changing Care Services.

The sun shone and everyone really got into the spirit of the day with onesies and fluffy PJ bottoms all around – we even had a couple of PJ wearing puppies too!

Q Radio's Stephen and Cate from the Breakfast show entertained the crowd along with face painters and balloon modellers. A delicious and healthy brunch of wraps and bagels was laid out in the marquee for the walkers on their return.

Due to the success of the inaugural Wake Up Pyjama Walk we are delighted to announce that the event will become an annual event and next year's date is

**29th September 2018!**

Make it a **DATE FOR YOUR DIARY.**

Help us spread the word and together let's make it a huge fundraiser.



David Kelly and his team mates from the "Peaky McPeakers" cross the finish line at Oxford Island.

## 5 Peaks Challenge

Over 70 brave participants laced up their walking boots and grabbed their hiking gear to take on five Mountains in Northern Ireland within 36 hours!

On the weekend of 9th and 10th September participants raced against the clock and each other to climb the five highest peaks in each county of Northern Ireland. These included Cuilcagh, Sawel, Trostan, Slieve Donard and Slieve Gullion.

Leaving from beautiful Oxford Island, each team decided their strategies, who was taking on what mountain and in what order to tackle the peaks (or be the support crew and have the hot cuppas ready at the base).

The first to cross the finish line were 'The Drifters' who completed the challenge in an incredible 18 hours beating last years winning team, the 'Walkie Talkies', who came in at 22 hours.

To date both 5 Peaks Challenge events have collectively raised **£40,000**, which will help NICHS deliver its care service programmes across Northern Ireland to those affected by chest, heart and stroke illnesses.

Would you like to take on a personal challenge in memory of a loved one? If so, we have several 'Run to Remember' events to take part in. We also have a range of exciting challenge events. The Events Team are waiting to take your call and help you make the best of YOUR fundraising event experience. Please call:

Cheryl Brown: **028 9026 6740**,  
**cbrown@nichs.org.uk**

Emma McClenaghan:  
**028 9026 6719**,  
**emcclenaghan@nichs.org.uk**

# Community Round Up

## thank you!

We have had tremendous support throughout the community this year. Thank you so much to everyone who has supported NICHS. Your contribution is so important as we rely on the public to fund 85% of our services. We would like to include the many events and initiatives that have taken place over recent months but only have space to showcase a few.

### The Reynolds Family touching tribute.

A heartfelt thank you to the Reynolds family, pictured below, who recently held a quiz at Knock Golf Club for NICHS. The quiz was held in memory of the late Jan Reynolds. Jan sadly passed away in June 2017 from a massive heart attack and his family was completely devastated. He was very much loved and respected within his local community. The event raised a staggering **£5,945** on the night. What an amazing total!

Brooke, Jan's daughter, raised an additional **£150** on her own by organising a 'guessing the sweets in the jar' game on the night. A massive thank you to Brooke.



The Reynolds family present a cheque to NICHS's Lorna Watson, pictured right.

### Beattie's BBQ and Barn Dance raises **£14,061**

Richard and Selena Beattie recently held an event at their farm to present a cheque for the money raised at a BBQ and barn dance held in aid of NICHS and Aware Northern Ireland last June. In total they raised an amazing **£28,122**. Thank you to everyone who supported the evening, the many volunteers including Cappagh YFC and City of Derry YFC and their very generous sponsors.

### First past the post!

Linda and her husband Jim recently organised a very successful Pantomime Horse Race at Whitehead Golf Club, raising almost **£5,000**. Linda who suffered a major stroke in October 2016, recently completed NICHS's Post Rehab Exercise Programme (PREP) which helped rebuild her strength and confidence. Linda said, "**The work Northern Ireland Chest Heart & Stroke is doing to help people like me is invaluable.**" Well done Linda.

## Go Hollywood Hearts!

NICHS is delighted to announce the launch of their very own football team - The "Hollywood Hearts". Raymond Alexander from Hollywood has rallied together twenty five football enthusiasts who are keen to take on the challenge of competing against other teams throughout NI. The Hollywood Hearts held their official launch on the 29th September, when they proudly displayed their new football kits. Special guests included Billy Hamilton (ex NI Player) and North Down Mayor Robert Adair.

The "Hearts" will be promoting men's health for the over 50s and at the same time raising vital funds for NICHS.

The Hollywood Hearts Team Line up



Do you have a football team who would like to play a friendly against the Hollywood Hearts? Then get in touch with Lorna, details below and we can make it happen.

If you are planning to hold a fundraising event, or would like to make donations in lieu of gifts during a celebration please get in touch:

Danielle Hollinger – **07436 035664**, [dhollinger@nichs.org.uk](mailto:dhollinger@nichs.org.uk) covering Belfast.

Valerie Saunders – **07712 871778**, [vsaunder@nichs.org.uk](mailto:vsaunder@nichs.org.uk) covering counties Antrim, Londonderry and Fermanagh.

Lorna Watson – **07973 117059**, [lwatson@nichs.org.uk](mailto:lwatson@nichs.org.uk) covering counties Armagh, Down, Tyrone and also Fermanagh.

# Corporate Partnerships

We offer bespoke partnerships to our business supporters which includes a fundraising calendar of activity, workplace health, marketing and PR plans and also numerous sponsorship options.

We enable our partners to 'make a difference' and we help all our corporate supporters increase their profile, boost their social responsibility credentials, build engagement in the workplace and highlight any health issues across the workforce.

## **Corporate Partner in the spotlight**

### **A big THANK YOU to our partner Mace.**

Thank you to all of the Mace stores, especially staff and customers who have supported us through this partnership. A fantastic £80,000 has been raised to date which will help people in local communities with chest, heart and stroke conditions.

### **A snapshot of your Local Mace Stores....**



**The Hoey Family** hosted static cycles in their Belfast stores and set the pace raising **£4,000**



**Mace Cabragh**, held a Red Day in store and thanks to all the support they raised **£800**



**Mace Greenisland** put their best foot forward and completed our Causeway Coast and Wake Up Walk raising over **£1,000**

*"We had the pleasure of working alongside NICHS over the last 2 years as our charitable partner. The NICHS team have motivated and liaised with all staff throughout our 120 store network to maximise all opportunities to enable us to reach our target."* **Alastair Patterson, Mace Regional Manager**

To discuss the potential of working together in partnership or during a campaign, please contact: Sinead Lynch: **028 9026 6700, [slynch@nichs.org.uk](mailto:slynch@nichs.org.uk)** or Victoria Ross: **028 9026 6745, [vross@nichs.org.uk](mailto:vross@nichs.org.uk)**



# RED DRESS RUN

Stormont Estate  
10th February 2018

## Time to Sign Up & Go Red!

Last year saw 335 runners and walkers take on 5k and 10k in a sea of red dresses and outfits, raising over £17,000! In 2018 we need your help to make this event bigger, smashing our target of £30,000, to help fight heart disease and save lives.

Gather your friends, family, colleagues and sign up now. It's a date not to be missed!

Chest  
Heart &  
Stroke

**Time: 11am**

**Choose: 5k or 10k**

**Cost to register:**  
**£10 online,**  
**£15 on the day**

**Fundraising:**  
**Aim to raise £60**

Register for the Red Dress Run to take action for your own heart health and raise funds so we can continue the fight against heart disease:

**[www.nichs.org.uk/reddressrun](http://www.nichs.org.uk/reddressrun)**

# 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](http://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