

BE INSPIRED!



Baby Joe,
one year on
Smoking in
Cars Campaign
Breathe easier
thanks to NICHs

Chest
Heart &
Stroke

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

Cover image: Pauline Millar, NICHS Respiratory Co-ordinator, Orla Clarke, NICHS Fundraising Support Officer & Noel McKee from the Red Watch, Northern Ireland Fire & Rescue Services, launch NICHS' Belfast Marathon Team 2014.

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Dorothy Stevenson, Volunteer & NICHS Council Member, July 2014

Meet Dorothy Stevenson, Volunteer & NICHS Council Member

"I have been a volunteer for 30 years and Chairperson of the Mount Oriel Support Group. I am also a Council Member of Northern Ireland Chest Heart & Stroke. My husband, Hugh Stevenson, suffered from a heart condition, and sadly passed away 15½ years ago. My friends were organising a concert to raise funds for NICHS, so I got involved and have just kept on going. Our group organizes quizzes which are great fun and I attend cheque presentations on NICHS' behalf. This involves thanking the organisers and saying a few words about NICHS' work. I really enjoy the bridal fayres as that's where I come face-to-face with the public. The young brides-to-be are keen to hear about and see NICHS' wedding favours.

I also volunteer at NICHS' unit in Connswater, which is open on Mondays and Thursdays. The public can call in to have their blood pressure, weight and lungs checked.

This service has been going on for six years now and we have lots of regular clients.

If someone was thinking of volunteering for NICHS I would tell them that you get great satisfaction from the feeling that you've been able to help others and relieve their stress and strain. Any time they can spare is very useful; whether it's an hour or two each week or month. There are many things which they can do whether it's flag days, bag packing, or even running marathons! We are always looking for volunteers so, if you're interested, or you know anyone who would be interested in volunteering, please do get in touch and be part of the NICHS Team."

If you would like to get involved and volunteer for NICHS please call Anne Norrie, NICHS Volunteer Co-ordinator on 028 9032 0184.

Baby Joe one year on!

Little Joe Degnan
aged 10 months
11th July 2014

NICHS' Fundraising Team is delighted to announce that the Baby Hearts Campaign has reached its target and £172,737.26 has now been received towards the research study.

Thank you to each and every one of our campaign supporters, the families affected by congenital heart disease and even kind-hearted suppliers who helped us reach such a significant milestone in just 10 busy months!

The Team were also pleased to receive the Institute of Fundraising, Partnership of The Year Award 2014 for the Baby Hearts Reader's Appeal with the Belfast Telegraph.

As a supporter of NICHS you may well have already heard of our campaign poster boy - little Joe Degnan from Larne. Happily, Joe celebrated his first birthday on 14th August.

Already in his short life Joe has had to undergo two life-saving surgeries on his tiny heart. He has a condition known as double inlet left ventricle which means he suffers a lack of oxygen in their blood and major organs. For his first operation Joe had to be flown by air ambulance to Birmingham and was in the operating theatre for five hours – five hours his mother, Kerri, described as “agony.” Joe on both occasions has had to fight a number of post-surgery complications. Kerri said; “The whole experience was hard, completely life-changing and very humbling. Joe teaches us something every day. I’d do anything to help make sure that no other family has to go through what we’ve been through. That’s why I support the Baby Hearts Campaign by sharing our story and fundraising for the study.”

Andrew Dougal, Chief Executive of NI Chest Heart & Stroke, said; “This is local research with the aim of preventing babies being born with congenital heart disease. The study has the potential to have worldwide impact and we’re proud to support it. The generosity of the people of

Northern Ireland has meant that the funding for this significant 3 year research project has been secured.

We thank all those families who have allowed us to tell their personal stories to draw attention to this vitally important campaign.”



Kerri's hair is
shaved off!
5th July 2014

A very close shave!

Kerri Degnan, Joe's mum told us:

“Baby Joe became a poster boy for the Baby Hearts appeal so I decided that I would give myself a personal challenge and shave my head to help raise money for both the Baby Hearts appeal and Birmingham Children's Hospital cardiac ward.”

Kerri's head shave raised **£590** – what a touching challenge – well done!

NICHS' fight to ensure our children's health is protected

Northern Ireland Chest Heart & Stroke is campaigning to influence Stormont to bring in a law which would ban smoking in cars carrying children. A recent opinion poll carried out on behalf of NICHS found that 82% of people in Northern Ireland want the law introduced. Currently Northern Ireland is the only region in the UK, either without such a law, or considering it. Worryingly, research has revealed the level of harmful particles in a car where a cigarette has been smoked is many times the safety level recommended.

Northern Ireland's children risk being left behind as the only children in the UK who are unprotected by second hand smoke. MPs at Westminster have backed legislation to outlaw smoking in cars carrying children in England and Wales but unfortunately this ban did not extend to Northern Ireland. A similar bill is expected to come before the Scottish Parliament in

the next few months. In the Republic of Ireland, legislation on the issue is expected soon.

NICHS is currently lobbying Stormont and our MLAs to get this law introduced. We have also started a petition to call on the Assembly to ban smoking in cars carrying children. We recognise children are a vulnerable group who often cannot take responsibility for their own choices and rely on adults for their health and wellbeing. Second hand smoke impacts on children's health and wellbeing. Research has shown that children of smokers are three times more likely to become smokers themselves, leading to poor health in later life.

So far we have over 500 signatures to hand over to Stormont this autumn but we need many more people to join us. Please take two minutes to support our online petition at www.nichs.org.uk/smokingincars



Breathe Easier – thanks to NICHs



Members of a NICHs Respiratory Support Group on an outing to Kiltonga Nature Reserve 10th June 2013

In Northern Ireland today almost 150,000 people are living with either asthma or chronic obstructive pulmonary disease (COPD). This means 8% of the population are living with a severe respiratory disease every day. Chronic obstructive pulmonary disease, or COPD is the name used to describe a number of long-term lung problems which can make breathing difficult. It causes consistent pain and tiredness and sadly cannot be cured.

The impact a respiratory condition can have on a person's life and that of their family can be very traumatic. A respiratory condition is not always obvious to other people and so is often referred to as an 'invisible illness.' This means people don't always receive the necessary support and understanding.

Furthermore many people find making significant changes to the way they lead their lives very difficult and need additional support. NICHs recognises the support of fellow sufferers can really help to manage chronic respiratory conditions and have set up a network of respiratory support groups across Northern Ireland. We now have 23 such groups and these now offer a Self Management Programme which is crucial to help with long term rehabilitation.

Thanks to our supporters we are able to provide life-changing respiratory services which are helping 416 people every year. For more information on COPD and other respiratory illnesses go to www.nichs.org.uk



Florence from Belfast sufferers from COPD and shares her story with us.

Florence, June 2013

"It was back on 11th August 2011. At the top of my stairs, on my way to bed I became so breathless I thought I was going to die. I wasn't able to speak but I phoned my daughter and she recognised my number and knew something was wrong so came round immediately. By the time she got to me my breathing was a little better and I was able to whisper.

My GP later told me I had COPD. I retired from work on medical grounds and everything in my life became a bit slower. It took me longer to do household chores and I had real trouble with my stairs at home and I was struggling with difficult emotions like frustration, anger and fear.

In September 2012 I was in a local chemist, when I saw a poster for a

NICHs Support Group. I rang the number to speak to the Respiratory Support Co-ordinator and am so glad I did. Meeting people with similar experiences has been wonderful. The group are so encouraging.

Through NICHs I have also been put in contact with a physical activity co-ordinator and I am now attending an activity class for people living with COPD and I love that I am back at the gym. It's something I have always loved.

Things have just fallen into place and I now feel so much better about my life."

If you would like further information about joining a NICHs Respiratory Support Group, please call Rosemary or Greg on **028 9032 0184**.

Corporate Round Up

The Great Mango Bake-Off

The staff at ethical marketing company Mango recently held a fundraising 'bake-off'. Mango's Josephine Morgan explains why they wanted to help NICHs.

"Mango has been involved with the amazing work carried out by NICHs for many years now. The team has grown increasingly attached to Baby Joe and everything he has been going through. We wanted to help the Baby Hearts Campaign and



The Great Mango Bake Off!
20th June 2014

the Bake Off Fundraising Event was born. The chance to show off varying degrees of baking skills was an opportunity too good to be missed and it was game on! We hope our support will help him on his difficult journey and also other children and families who are going through a similar situation."

Fundraising with a touch of Luxury

NICHs has been named charity partner of the year by Belfast's award-winning Merchant Hotel. A team from the hotel tackled the 2014 Belfast City Marathon Relay, while The Merchant's Fashion Teas Event also raised funds for NICHs. Alison McLaughlin, manager of The Gymnasium and The Spa

at The Merchant Hotel said: "The Merchant nominates a new charity each year, as we feel it's important to give back to the local community. The aims and objectives of NICHs fit well with our approach to wellness, health and nutrition at The Merchant Gymnasium, so there's a natural synergy.

Taking Care of our Future

Since 1946 Northern Ireland Chest Heart & Stroke has been offering a lifeline to those struggling with the devastating effects of chronic chest, heart and stroke illnesses in Northern Ireland. Much of our work is only possible thanks to our supporters who leave NICHs a most generous and personal gift in their Will.

Funding ground breaking research and life-changing services really does make a huge difference to thousands of people all across Northern Ireland. On page 9 you can read Florence's story and how attending a NICHs Respiratory Support Group changed her life in such a positive way. Without our supporters' help such services just wouldn't be possible.



NICHs' Noeline Hughes speaking to a stroke client
21st June 2013

When thinking about leaving a legacy to charity people often think you need to be wealthy, but this simply isn't the case. Once you have taken care of loved ones, whether family or friends, any gift that you would consider making to NICHs would be greatly appreciated.

A gift in your Will allows us to continue providing our lifesaving work, providing immediate care and support to people suffering right now, alongside investing in pioneering research to improve the health and wellbeing of future generations.

Please contact Alison on **028 9032 0184** or email **legacy@nichs.org.uk** for more information about leaving a gift in your Will.

Community Round Up *thank you!*

Tractors "Run" for NICHS

The Five Road Ends Tractor Club Annual Run was held on 29th March raising a fantastic **£4,500**. With over 100 entries the convoy of tractors completed the circuit from Rasharkin, through

Kilrea, Garvagh, Swatragh and Portglenone. A big thank you to all the club members, friends and family for their generosity and to everyone who kindly donated gifts to the auction and ballot.



Stormont School of Singing members present a cheque to NICHS' Dorothy Stevenson
19th June 2014

Something to sing about!

Stormont School of Singing recently held a very successful fundraising concert at Stormont's stunning Parliament Buildings raising a fabulous **£2001**. The concert featured students from Stormont School of Singing along with guest performer Malachi Cush and host for the evening Noel Thompson.



CIYMS Junior members fundraising for NICHS
June 2014

Red Socks play in Belfast!

Around 1000 young rugby players from Belfast donned red socks instead of their usual club colours during a two day mini rugby festival to raise funds for NICHS. The

youngsters from CIYMS Rugby Club celebrated the 20th anniversary of their Youth Rugby Club by raising over **£500** for our work. Thanks to everyone who took part.

Celebration at Cairndhu Golf Club

Cairndhu Golf Club organised a weekend of events in celebration of the life of the late Bob Walker and his contribution to the club. Bob was one of Ireland's top

golf professionals and was the Professional at Cairndhu Golf Club for over 50 years. A total of **£3,500** was raised. Well done to all involved!

Events round up



Walkers on the Trek
31st May 2014

A Great Day's Trek

Over 300 dedicated walkers took to the Causeway Coast on 31st May 2014 for the 9th edition of our annual trek. Flahavan's kindly fuelled us with some yummy pots of porridge before the Trek got underway and also offered a hamper for the top fundraiser. It turned out to be a glorious day filled with spectacular views and even better craic! For those of you who walked to fund research studies, prevention programmes or care services – thank you so much for putting the time and effort into taking part. We are delighted to say that, thanks to you, the Causeway Trek was a resounding success and is well on track to raise over **£20,000**.



NICHs' Staff Belfast Marathon Team
5th May 2014

Run to Remember, Belfast City Marathon 2014

A big thank you to everyone who was involved in the 300 strong Belfast City Marathon Run to Remember Team on Monday 5th May 2014. Whether you walked or ran for NICHs, every step taken raised an amazing £40,000 for chest, heart and stroke patients here in Northern Ireland. It was a fantastic event, and despite the weather, your dedication warmed our hearts!

Please contact Cheryl on **028 9032 0184**, or email, **cbrown@nichs.org.uk** for more information.



Calendar of Events

Slieve Donard Mountain Challenge	Set your own date
Titanic Marathon Walk	Sunday 7 September 2014
BUPA Great North Run	Sunday 7 September 2014
Ireland Coast to Coast Cycle Ride	17-21 September 2014
Causeway Coast Marathon Walk	Saturday 27 September 2014
Dublin Marathon	Monday 27 October 2014
Ben Nevis Mountain Challenge	10-12 October 2014
Benone Strand, Run to Remember	March 2015

Run, Trek or Cycle for NICHs

NICHs has events to suit everyone. Make 2014 the year to take on your NICHs challenge. Our upcoming events are above but if you fancy taking part in a different event, let us know and we'll support you every step of the way.

Carole Cunningham from Ballynahinch took part in the Causeway Trek in May, raising £70.

"After celebrating a big birthday in February I wanted to prove I was still fit and healthy taking on 11 miles! I aimed to raised £50 for NICHs and found everyone so generous. On the day the sun was splitting the trees and I completed the walk. I did ache a bit the next day or two but I was grateful to have been able to do the walk where so many fighting these conditions couldn't."

Whatever event you choose, your sponsorship will change lives. Sign up today and we'll send you your sponsorship pack, including our NICHs running vest, or t-shirt, sponsor forms and regular e-updates.

For further information or to sign up to any of our events visit **www.nichs.org.uk** or call Cheryl on **028 9032 0184**.

Celebrate one life. Change thousands.

A donation in lieu of flowers is a special way to honour the memory of your loved one by helping to fund the Care and Prevention of chest, heart and stroke conditions.

Contact our Supporter
Care Team on
028 90 320184 or
visit www.nichs.org.uk

