

BE INSPIRED!



**Heart Campaign
– “Stop” to
Save Lives**

**Ticker Tea
Party Events**

**Researching
the Future**

**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 Supporter Care Team on **028 9032 0184** or email **supportercare@nichs.org.uk**

Cover image: The launch of NICHs's Ticker Tea Parties at Lady Dixon Park, June 2015.

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Declan Cunnane,
Chief Executive Officer, NICHs

Meet Declan Cunnane, NICHs's New Chief Executive Officer

I am truly delighted to be part of a charity which undertakes such valuable work. My father died at a young age from a heart attack, so NICHs's care services and prevention activity has particular significance for me. There is great satisfaction in knowing that our work is improving, and even saving the lives of many people right here in Northern Ireland.

From September 2015, I will become the Chief Executive Officer, when Andrew Dougal retires. The main responsibility of this new role will be to deliver an ambitious 3 year plan to cement our position as one of Northern Ireland's leading health charities. A key focus will be ensuring that the organisation runs smoothly and effectively; investing the donations we receive as wisely as possible.

A significant part of my working day involves meeting health professionals, researchers, supporters and decision makers. One of the most rewarding aspects of my work has been

spending time with attendees and volunteers across our network of 57 support groups. Here people meet others who have the same health conditions and together they support one another in facing the similar daily challenges. It's a great opportunity to see first hand the benefit of our work and the positive difference we make.

At the end of most days I visit the gym on my way home. Working at NICHs has made me very aware of my own health and the benefits of looking after myself.

As I take up the new role and the opportunities and challenges that come with it, I would like to sincerely thank all of our supporters for their ongoing generosity. I am acutely aware of the need for donations which makes possible our life-changing services, research, and campaigning and lobbying against devastating chest, heart & stroke illnesses here in Northern Ireland.

STOP to save lives

NICHS has joined with people who have had heart attacks and families who have lost loved ones in an effort to encourage people to be more aware of the warning signs of heart attack.

According to a snap poll held at the Balmoral Show in May 2015, six out of 10 people wouldn't drive to hospital or call an ambulance if they had chest pain or other symptoms of a heart attack.

That is why NICHS has invested in a new health campaign to make people aware of the symptoms of a heart attack and to tell them that taking immediate action is crucial, in the hope that lives will be saved. The message is simple:

Fidelma Carter, Public Health Director at NICHS, said: "There's no time to waste when chest pain strikes. Every minute that passes can mean the difference between life and death. We're advising people to call 999 rather than driving the patient to hospital, because the ambulance crew can provide critical treatment at the scene."

As well as advertising on billboards, bus shelters, on-line and articles in local newspapers, NICHS has sent window

stickers and small 'STOP' cards to over 500 pharmacy stores across Northern Ireland. Pharmacies are being asked to pop a STOP card in with medicines to ensure that the message gets out to as many people as possible.

Campaigns like this one would not be possible without the generous donations received from the people of

Northern Ireland. Many people support us because they have lost a loved one to a heart attack. For them, the feeling of "if only" may never go away but in helping us make other people aware, other families may be spared the pain they have been through.

Information on the campaign can be found on the NICHS web site at

www.nichs.org.uk/stop



NICHS's Young Stroke Group based at Olympia Leisure Centre, Belfast host a Ticker Tea Party in support of NICHS's STOP Campaign

Challenge Walks:

We're organising a series of 13 mile events at which the atmosphere is sure to be incredible!

North Antrim Challenge Walk - Sunday 13th September 2015

How you can get involved:

'Take Heart' this summer and join in one of our new fundraising activities in support of NICHS's campaign to encourage people to pay attention to the warning signs of heart attack.

Ticker Tea Parties:

Go tea-total with a Ticker Tea Party and invite your friends, family and colleagues around for a cuppa in aid of NICHS. You'll also be helping us spread awareness about the importance of heart health, so start planning your party now!

Causeway Coast Challenge Walk - Saturday 26th September 2015

Tollymore Challenge Walk - Saturday 14th November 2015

You can also **'Take Heart'** by organising any fundraising event of your choice and every penny and pound you raise will make a massive difference to the lives of people living with chest, heart and stroke illnesses. Visit **www.nichs.org.uk/takeheart** today for more ideas on how you can get involved or call the Events Team on **028 9032 0184**.

KNOW THE SYMPTOMS OF A HEART ATTACK...

STOP

Something's not right – symptoms can start slowly

Tightness or pain in the chest, pain in the arm, neck or jaw

Other symptoms such as shortness of breath, nausea or sweating

Phone 999 immediately – the ambulance crew will do an ECG

Chest Heart & Stroke

FIND OUT MORE AT
WWW.NICHS.ORG.UK

Researching the future

Thanks to the generosity of our supporters and gifts left in Wills NICHs are able to announce a very exciting portfolio of medical research this year. We are funding five local research projects totalling, £320,438 in investment, all of which have the potential to change lives and prevent serious life-limiting chest, heart and stroke diseases.

Currently in Northern Ireland 36,000 children are living with asthma. Unfortunately many have become resistant to treatment and some do not take their anti-inflammatory drugs. Dr. Bettina Schock, from Queens University Belfast plans to research the effectiveness of using existing drugs to treat children with asthma, potentially leading to new treatments.

We often hear in the news that following a Mediterranean diet can reduce the risk of developing heart disease, stroke and diabetes. Professor Jayne Woodside from Queens University Belfast will be researching the most effective way of promoting the up take of a Mediterranean diet in local community groups and measuring its impact.

We all know that living a healthier lifestyle can reduce the risk of cardiovascular diseases and this is especially true for people who've already had a stroke, or have heart disease. Professor Margaret Cupples, a GP from Queens University Belfast will be setting up an

interactive tool to help assess patients' lifestyles and to support them to lead healthier lifestyles.

Knowing your blood pressure and having it measured regularly is an important health indicator. Unfortunately we don't know all the risk factors that contribute to cardiovascular disease (CVD) so its important to research new and improved methods of detection and treatment. Dr Declan McKenna from Ulster University plans to measure specific markers in blood samples to diagnose different types of CVD.

And finally, in the not too distant future, it maybe possible to assess your risk of heart disease at your local opticians! Professor Tara Moore from Ulster University is aiming to devise a simple test that looks at the blood vessels in the front of the eye which can indicate this.

Visit our website at www.nichs.org.uk/2015researchgrants for more information.

Making a difference

Every day, right here in Northern Ireland lives are transformed thanks to the generosity of gifts left in Wills by local people. These gifts make a huge contribution to our work and typically fund life-changing research projects and services which impact on thousands of local lives.

Making a Will is something we all tend to put off, but is a really worthwhile thing to do. It is not only an opportunity to ensure your family and friends are looked after, but you can also help support charities like ourselves. Anyone can leave a gift in their Will. It doesn't matter how big or small as every gift is greatly received.

Gillian Parker, our Communications Manager, recently changed her Will and explains why she has chosen to include NICHs in it.

"I recently revised my Will and one of the changes I made was to leave a gift to Northern Ireland Chest Heart & Stroke. I'm the Communications Manager for NICHs so I often meet people who use our services and hear first hand how our work makes a difference to their lives. It's a real privilege and very humbling, but as a



Gillian Parker,
NICHs Communications Manager

member of staff, I also know that we would simply not be able to provide all our services without donations and gifts from people like myself. So I wanted to know that these services will continue to be provided in the future. Having said that, I am only 47 years old now so I hope that it will be a long time before my gift is made use of. But at least I know that whatever happens, I will be able to help people after I am no longer here".

If you would like to receive our information booklet about leaving a gift in your Will, please contact Alison Vidamour on **028 9032 0184** or email – avidamour@nichs.org.uk

The most important day of the week



Bobby Lanigan

Everyday in NI, 11 people will have a stroke. It can have a massive impact on survivors - not just physically, but also emotionally and socially. At NICHS we support those affected by stroke in their recovery through our unique Stroke Activity Groups. The groups provide a caring environment of friendship and support for the men and women who come along every week.

Regular attendee, 65-year-old Bobby has been coming to our Larne/Carrick Stroke Activity Group, since his stroke, ten years ago. He says the group made him feel very welcome and brilliant since he first joined. Meeting others in a similar situation and making new friends who understand what you are going through has proven to be

an absolute a life-line and for many people maybe the only time that week that they leave the house. As Bobby says, **"There are no boundaries – everyone is equal, no matter what walk of life they come from and everyone respects one another."**

Following his stroke Bobby had lost his confidence, but he attributes our NICHS Stroke Activity Group and how it is run, as a key factor in helping him get it back. He says, **"The way people are looked after and cared for by staff and volunteers is amazing, they make everyone feel good about themselves."**

Supporting ongoing recovery and promoting good health are important areas of focus at NICHS Stroke Activity Groups. They offer a broad range of activities including, art and music therapy. Physical activities include, bowling and darts. Healthy diet advice, IT classes, group outings and demonstrations are also on offer. Bobby loves taking part in the group activities particularly darts. Although he can't play anymore, he gets a lot of enjoyment from watching the others play and says there are some very

talented players, especially amongst the ladies. Bobby has a particular interest in the arts and crafts sessions where he makes cards for his lovely wife.

Each of our 24 Stroke Activity Groups run for 40 weeks each year. As the average group comprises 25 people, we rely on volunteers to help the group co-ordinator. One of our valued and loyal volunteers is Anne Cole – who has been with the Larne/Carrick Group since 1996. Anne decided to volunteer because her father had suffered a severe stroke and subsequent heart failure. His illness had a profound impact on her family's life and on Anne herself; she knew helping others was something she wanted to do. Anne says, **"I find it so encouraging to see how the group support and accept each other, especially when each has lost so much."**

Bobby and Anne are just two people whose lives have been changed and enriched by coming to our Stroke Activity Groups. Every week over 660 stroke survivors are helped by 175 volunteers across Northern Ireland.

As Bobby says, **"It's such good work - and very important work to help the people who come here. I've told my wife that if I ever win the lottery I want to give £100,000 to NICHS; just to say a heartfelt thank**

you and give something back in return for all that's been done for me."

Winning the lottery may be a wee bit tricky, but in the meantime if you would like to help support our Stroke Activity Group and help more people just like Bobby by making a donation, please use the response slip and return envelope enclosed with your Be Inspired!

Painting is a popular activity for Stroke Activity Group attendees.



Events Round Up



Benone Run to Remember, March 2015. Kerry Anderson, NICHS's Director of Income Generation and Sarah Travers, TV Presenter.

Benone Run to Remember

On 14th March this year nearly 200 participants took to Benone Strand on the North Coast to 'Run to Remember' for NICHS. TV Presenter Sarah Travers launched the event and took part on the day, as did our Director of Income Generation NICHS, Kerry Anderson. It turned out to be a glorious March day filled with spectacular views and even better craic!

For those of you who ran 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 the event was a resounding success and is on track to raise almost **£10,000**.



Belfast City Marathon, May 2015. Sandy Row Falcon's Cheering Squad spur on a NICHS Runner at Whitla Street Fire Station.

Belfast City Marathon

This year's Belfast City Marathon on Monday 4th May was a great success for NICHS with over 300 runners and walkers taking to the city's streets as the 'Run to Remember' Team. NICHS's cheering stations were based along the route, manned with staff and volunteers helping to spur on our runners and walkers and say thank you for their efforts.

By far the biggest cheer station was at Whitla Street Fire Station where a troop of cheer leaders from the Sandy Row Falcons blasted their cheers and shook their pom poms. Their enthusiasm helped push the runners to the last leg with their fitting chant, 'We are proud of you, we are proud of you!'

Altogether, our marathon participants have already raised **£30,000**. This is an incredible achievement - many thanks to all our inspiring supporters.

Community Round Up

Thank you!

Fabulous Fundraising Families

Holding your own family fundraising event is lots of fun and amazingly rewarding! These fabulous families have recently all raised funds for NICHs.

The Donegans

The family of the late Philomena (Gertie) Donegan organised a 'Keep it Country' night in March at Mahons Hotel, Irvinestown. This was a fantastic night in memory of Gertie, who is remembered as a very special mother, sister, aunt and friend. Gertie suffered for many years from the effects of a stroke before sadly passing away last December 2014. The evening delivered a fitting tribute to Gertie and raised an amazing **£1,922** in her memory. Thank you!



The Kelly family

The Kellys

The Kelly family of Galbally, Co Tyrone, held a family reunion earlier this year. Almost 100 relatives from all over the country, many who have all been affected by chest heart and stoke conditions and who hadn't met up for years, finally got together again and made donations to NICHs. This resulted in a total of **£1,050** being raised through the reunion, which was later presented to NICHs.



The Campbell Family – "Do it for Don"

If your family would like to organise a fabulous fundraising event for NICHs, please contact us at events@nichs.org.uk

The Campbells

The Campbell family from Londonderry have been 'Doing it for Don' and raising funds in memory of Don Campbell. The family set a challenge of climbing Mount Errigal on a sunny day in April. A total of 60 family and friends completed the climb. Family members also organised additional fundraising events, resulting in a grand total of **£6,600**. Well done to the Campbell family – this an amazing achievement!

Fantastic Fundraising Support Groups

NICHs's fantastic groups have been busy organising and supporting a great range of events over the past few months to raise much needed money for our work. Recent successes include Glengormley Support Group's 4th Annual Sponsored Walk on Saturday 16th May 2015 at Loughshore Park in Newtownabbey. They smashed their fundraising target raising a fantastic **£1,407.50!**

Representatives from Ballycastle Support Group, were delighted to be presented with a cheque for **£1,050** at the recent Clydesdale Stallion Parade & Show held in Kilrea Livestock Market. The money was raised by the ballot held at the Clydesdale Foal Show back in December.

A huge thank you goes out to all our amazing Support Groups, along with good wishes for all your upcoming autumn activities!



Pictured are Elizabeth White and Wendy McCormick (NICHs) receiving the cheque from CLHBS Secretary, Yvonne Hanna and fellow members from the Society.

Corporate Round Up

Dunbia

Over 300 farmers joined Dunbia staff at the Dunbia Farmers' Ball and Auction in January 2015. Dunbia have raised a tremendous **£26,000** in the course of their charity partnership and engaged in a range of fundraising activities including the ball and an in-store bag pack.

NICHS Charity Golf Day

Our first Corporate Golf day at Clondeboye Golf Club in June was a great success. Thanks to the fabulous support of over twenty teams and sponsors the event raised a fabulous **£7,074**.

Institute of Directors

NICHS and the Institute of Directors challenged local business leaders to take on Michael Deane in a true Masterchef Style at Belfast Cookery School. The event was a sweet success and contributed to Institute of Director's fundraising total of **£11,579**.



Pictured left to right Linda Brown, Director IoD NI, Michael Deane, Sinead Magill, Senior Corporate Fundraising Executive NICHS



Pictured left to right– Sinead Magill, Senior Corporate Fundraising Executive NICHS, Janet Dobson Dunbia Charity Committee, Kerry Anderson Director of Income Generation NICHS, Christina Welton Dunbia Charity Committee.

Toals Bookmakers

We would like to say a massive thank you to Lauren Toal from Toal Bookmakers who recently presented NICHS with a cheque for **£5,972**. Throughout 2014 Toals Bookmakers participated in a variety of fundraising initiatives, including David O'Dornan's Betting Competition and a Race Day at Downpatrick Race Track.

Northern Ireland Chest Heart & Stroke

Your Legacy Of Hope And Care – a gift in your Will to Northern Ireland Chest Heart & Stroke

A gift in your Will to NICHS 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. NICHS are working to change this through funding research and caring for those who are affected by devastating health conditions every day.

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.nichs.org.uk

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

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.



Chest
Heart &
Stroke

Chest
Heart &
Stroke

Take Heart

this Summer Join us on a Challenge Walk!

www.nichs.org.uk/challengewalks

**North Antrim
Challenge Walk**
Sunday 13th
September

**Causeway Coast
Challenge Walk**
Saturday 26th
September

**Tollymore
Challenge Walk**
Saturday 14th
November