

# BE INSPIRED!



**Wake up to prevent  
Heart Disease**

**How fit are the next  
generation?**

**Eat yourself Happy**

*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 9026 6709**, or email **[supportercare@nichs.org.uk](mailto:supportercare@nichs.org.uk)**

Cover Image: 'Super' competitors from the inaugural Red Dress Run, 11th February 2017

## Belfast Office

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

**[mail@nichs.org.uk](mailto:mail@nichs.org.uk)** **[www.nichs.org.uk](http://www.nichs.org.uk)**

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# Meet Anne Norrie

## NICHS Volunteer Development Co-ordinator

I have worked at NICHS for almost 12 years now, but have always been employed in a caring profession. I have also volunteered for 36 years in various roles.

Throughout my working life and within my personal life, I have experienced the effect long term health conditions have on people. This gave me an appreciation of the support charities like NICHS provide and I have been able to use this life experience within my role as Volunteer Development Co-ordinator for NICHS.

My role involves ensuring our team of 430 volunteers are valued and recognised for their contribution to NICHS. Their role is crucial in helping us provide our services and support. In fact last year our volunteers contributed a massive 10,274 hours to NICHS which equates to a value of £74,000!

Within my job I meet so many amazing people and hear stories which are often humbling and inspiring. I see the difference volunteers make to the lives of others and often return to the office feeling motivated and proud.

To anyone considering volunteering there are many benefits. Volunteer work helps you stay physically and mentally healthy and increases life expectancy! It also helps increase self-confidence and self-esteem and offers the opportunity



Anne Norrie, NICHS Volunteer  
Development Co-ordinator

to make new friends and boost social skills. However, if that doesn't convince you then this might; your chances of employment after volunteering increases by 73% when featured on your CV.

I wish our supporters and potential donors could witness first-hand, as I do, the difference their time and money make to the lives of others!

They would see the smiles on faces of those affected getting out socially, in an inclusive environment at our care services groups, feeling relaxed, cared for and accepted.

They would hear how having the support of NICHS helps those living with chest, heart & stroke conditions, including carers, family and friends, by understanding the life changing issues associated with this.

So please continue to do what you do best and support us to help others and make a massive difference!

**For more information on volunteering opportunities at NICHS please contact Anne on 028 9026 6707.**

# How fit are the next generation?



P5 pupils from Maghaberry Primary School, reading about how to choose 'healthy stuff'.

Recent statistics have shown that over three-quarters of children in Northern Ireland don't get the recommended 60 minutes of physical activity each day. In fact 1 in 4 children are classified as overweight or obese.

With your support we are teaching children to make healthy choices so they may avoid developing illnesses when they grow up.

## How NICHS is helping

- Our current Chester's Challenge Programme is being extended based on important feedback from teachers. As well as healthy eating and physical activity, from September 2017, P5 children will be taught about making healthy choices and coping with stress. And instead of teaching P5s about the dangers of smoking, we will now teach P7s, which teachers feel is a more appropriate age.
- Over the school summer holidays, we've been putting the fun back into exercise for 7-11 year olds with **Ready Set Summer**, sponsored by MACE.

Our fun activity packs have been distributed to almost 17,000 children across Northern Ireland. The packs contain a wall chart of fun things to do. All involve some kind of physical activity with stickers to mark off when completed. With activity days and competitions to win family days out, you can see why Ready Set Summer has been so popular.

- From September, we will be introducing our **Commit to be Fit** initiative. We'll be teaching pupils and staff about the importance of looking after our hearts. In return, we're challenging schools to take on the Commit to be Fit Challenge to help encourage healthy habits amongst Key Stage 2 pupils.
- Did you know that physical education (PE) is not compulsory in primary schools? We are currently lobbying for all primary school children to get 2 hours of quality PE per week and have access to physical activity after school.

To find out more about our Well Schools' activity programme, please go to [nichs.org.uk/how-we-can-support-you/well-schools-programme](https://nichs.org.uk/how-we-can-support-you/well-schools-programme)



Strawberries are a great source of vitamins A & C and manganese.

# Eat yourself Happy

**When we feel stressed our brains are wired to turn to sugary, starchy processed comfort foods to make us feel better. And while these foods might be initially satisfying, ultimately they cause blood sugar spikes, bloating and may leave you feeling down in the dumps.**

The good news is you can help yourself to a better mood and combat stress by eating the right foods. Doing so can charge your brain with the nutrients it needs to produce the mood boosting neurotransmitters, dopamine and serotonin.

The first group of 'happy foods' are oats, grains, brown rice and dark leafy vegetables. These foods produce complex carbohydrates and release serotonin in the brain. They also contain B vitamins, folic acid and zinc which have been linked to managing depression.

The second group of foods to choose from are seeds and nuts such as walnuts, brazils and cashews. Also included here are bananas, beans and avocados. All of these foods are wonderful sources of healthy fats and magnesium which trigger mood enhancing neurotransmitters, dopamine and serotonin.

Next up are protein packed chicken and turkey. These white meats contain mood improving tryptophan. Fish is also

included here and in particular wild caught salmon. Salmon contains vitamin B12 and mood-stabilizing essential fatty acid, omega 3, which helps to lower anxiety.

Our next mood boosting group are berries. Strawberries, blueberries and blackberries are all known for their antioxidant properties. Berries contain vitamins A and C and are a great source of manganese, which again boosts dopamine and serotonin levels and protects against brain degeneration.

Our final group of foods includes dark chocolate and chilli, which work to increase endorphins in the body to boost mood, tackle anxiety and help make you feel happy. For optimum results select the 70% dark chocolate variety. You need to eat 3 to 4 squares per day, or 1.4 ounces. But do remember this equates to 235 calories and account for it in your diet to keep your weight in check.

Bon Appétit and good health!

# Do you have the Will to Give?



Elley Martin, (right), Chair of Will to Give with Meg Abdy, Legacy Foresight, Murdo Murray, NIEL, and representatives of Giving NI.

**As an active member of Will to Give (WTG\*), NICHS was delighted to play a key role during Philanthropy Fortnight, which was held in May. It was standing room only when Meg Abdy, Director of Legacy Foresight, shared some interesting information on gifts in Wills.**

Their research shows that Will making is lower in Northern Ireland. Just over one third of estates going through probate have a Will attached compared to 44% in England and Wales.

In fact 74% of the survey respondents didn't have a Will in place!

NICHS as part of WTG is supportive of the drive to encourage every adult in Northern Ireland to have their Will written, specifically with the support of a Professional Advisor.

A Will helps loved ones take care of your estate and gives peace of mind that your wishes are being carried out. The reality is in the absence of a Will, matters can become very stressful and time intensive for family and friends to resolve.

The fact is 44% of the generous people of NI are 'open' to the idea of leaving a charitable gift, when they make their Will.

Similar to the rest of the UK, gifts in Wills are vitally important to the work of NI charities and the services they provide. Legacy gifts continue to be the cornerstone of NICHS's fundraising making up 57% of all voluntary income in 2016-17.

Last year 60 kind supporters remembered people devastated by chest, heart or stroke illnesses in this very special way, leaving a legacy of hope and care. Without gifts in Wills, NICHS couldn't help one in three of the people who need us.

Thank you to everyone who has already pledged, or intends to leave their very own legacy of hope and care through a gift in their Will to NICHS.

\*WTG is a membership charity open to all charities operating in Northern Ireland. Their aim is to work together to promote gifts in Wills for the benefit of all.

# Remembering your loved one in a very special way

Asking friends and relatives to make a donation in memory of a loved one is a special and enduring tribute.

Donations to NI Chest Heart & Stroke will help us make an immediate and lasting difference to the people who need us most. Giving a donation in this way is easy to do and donations can be made by post, online or through a Funeral Director, who will forward them to us.

We always thank everyone who makes a donation, as long as we have their contact details and we'll also send the next of kin, or family representative, a monthly update on the total tribute amount received.

## Victoria and Natalie's story

"When dad died in 2003, mum, though suffering immense pain, set about making all of the arrangements with the Funeral Director and the church with tremendous strength.

We then lost mum suddenly in September 2016.

We remembered mum had said she didn't want people to send flowers when dad died. Instead she wanted donations go to Northern Ireland Chest Heart & Stroke. Her words stuck with us and we agreed that we should make this gesture too.

After all, nothing was going to bring mum and dad back, and if we could help stop anyone going through the pain we were, we would without hesitation.

This is why we chose to ask everyone at mum's funeral to make donations to NICHS in lieu of flowers.

A few weeks later we received a list of people who had made donations to the charity. At the time this really touched us, and to be honest it still does. Yes, flowers are nice, but unfortunately they only last a few weeks. The legacy of those donations made to NICHS in the names of our mum and dad will not fade.

We hope by reading our message you will want to offer this support to NICHS too, therefore creating a lasting legacy for your lost loved one".

Thank you most sincerely to everyone who has supported our work in this very special way.



Victoria and Natalie Pinkerton

# Wake Up to prevent Heart Disease



**Did you know twice as many people are living with heart disease in Northern Ireland as with cancer? And that heart disease has been the biggest killer in NI for the last 25 years!**

Heart disease not only shortens your life, it also shortens the number of healthy years you have.

***It's time to Wake Up!  
Make your change today!***

## **What is heart disease?**

Heart disease is caused by a build up of fatty deposits in the arteries. If your arteries become completely blocked, it can cause a heart attack. Heart attacks can permanently damage the heart muscle and if not treated as soon as possible can be fatal.

Often when we think of a heart attack we imagine the 'Hollywood Heart Attack'. Someone clutching their chest, experiencing sudden and severe chest pains, sweating and breathlessness.

However, research tells us only one third of people who have a heart attack experience these fast-onset symptoms. We also need to watch for slow-onset symptoms. These start gradually and build in the time leading up to the heart attack.

Slow onset symptoms include:

- Unusual tiredness and sleep disturbances
- Unexplained anxiety
- Frequent indigestion
- Heart racing
- Aching arms and tingling hands
- Chest pain

Unfortunately there are some things you can't control, which puts you at a higher risk of having a heart attack. For example your age, gender, or a family history of high blood pressure, high cholesterol, or heart attacks. But there are some important things you can control:

- Watch your weight
- Keep physically active
- Eat a balanced diet
- Moderate alcohol intake
- Manage your stress levels
- Get enough sleep
- Stop smoking





## Mark's Story

Two years ago Mark Douglas, pictured above, who works for Musgrave MarketPlace Cash and Carry started his working day as normal - with a cup of tea and a cigarette. Suddenly he felt a strong pain in his chest, similar to one he had had the previous weekend. Mark started to sweat excessively and his colleagues commented his colouring was terrible. He needed to go to hospital urgently.

Mark was initially taken to the Mater Hospital where his ECG was normal, but as his nurse left the room he had a coughing fit and collapsed. He woke up in the Royal Victoria Hospital, having had two stents fitted. His angiograms showed his arteries had been completely blocked. He was told the A&E staff had to do CPR twice and use the defibrillator three times. Had Mark not come to the hospital so quickly he would have died. As Mark says; *"It's a race against time. If you have symptoms don't ignore them. Get medical help. It saved my life and it could save yours."*

**"As well as giving up smoking, I have cut salt out of my diet and I try to watch what I eat."**

Thankfully Mark made a very good recovery and returned to work after only 7 weeks.

*"Having a heart attack was actually one of the best things that could have happened to me as now I am healthier. As well as giving up smoking, I have cut salt out of my diet and I try to watch what I eat. I have also taken up exercise."*

*"Now I want to give something back. NICHs is my workplace's charity partner and along with other Musgrave employees I have been raising money. But I also wanted to tell people my story so that maybe someday it will mean someone else's life is saved."*

If like Mark you would like to support NICHs's cardiac services please consider making a donation to our Heart Care Fund using the enclosed response form and return in the envelope provided. Thank you!

# Events Round Up



The Sandy Row Falcons

## Belfast City Marathon

Every year, hundreds of our supporters run, walk and relay at the Belfast City Marathon, raising vital funds for NICHs's work through their sponsorship. This year was no exception, with 250 participants donning our new "Run with your Heart" vests! They were supported once again by our cheerleading friends, the Sandy Row Falcons, along with a team of volunteers and the big NICHs Red Bus!

It was a glorious day, the sun shone throughout and all our runners really did us proud. We're pleased to announce that together you have already raised almost £30,000 to help fund our lifesaving work.

Thank you and well done to our dedicated participants and volunteers!



Some of the many runners who took part in the first Red Dress Run at Stormont Estate.

## Red Dress Run

NICHs's hugely successful inaugural Red Dress Run took place at Stormont Estate on Saturday 11th February. 335 people got dressed to 'kill' heart disease. Despite the cold, rain and even snow there was a wonderful atmosphere!

The Red Dress Run totally captured people's imaginations. Everyone got really involved, wearing their best red outfits for the day. Lots of men were seen having a laugh in their best red dresses, and many of the participants wore tutus, legwarmers, onesies and even wacky red costumes, creating a sea of colour at Stormont!



Together we raised awareness about women's heart disease here in Northern Ireland, along with more than **£17,000** in funds to help continue the fight against chest, heart and stroke illnesses. A huge thank you to everyone who got involved, either through taking part in the run or helping out on the day – your support made the event a roaring success!



# Community Round Up

A special thank you goes to Clare McEntee who held a coffee morning on the 10th June in memory of her husband Colm, who sadly died from a massive heart attack in June 2016. Tragically it happened the day before his 52nd birthday and was a complete shock to Clare and Colm's family circle.

Colm worked in Sainsbury's in Armagh for 5 years and was very highly regarded by all who knew him. As a tribute, Sainsbury's donated a bench to Clare. This has been placed in a beautiful garden, designed by Clare in memory of Colm at their house.

Clare held the coffee morning in his memory as a way of celebrating his life and raised a fantastic **£1,460!** Clare would like to extend her thanks to everyone who made a donation as well as Sainsbury's staff in Armagh who have done so much for her.



Clare McEntee (seated right) and friends.

The golfers who took part in the Tommy Faulkner Memorial Golf Competition.



The 2nd Tommy Falconer Memorial Golf Competition took place on Sunday 28th May 2017 at Faughan Valley Golf Course. A grand total of **£4,500** was presented to Ann Gallen from NICHs, by Sean Falconer and Christine Donaghey, brother and sister of the late Thomas

Falconer. This brings the total now raised in Tommy's memory to **£9,000**, a worthy testament to the man in whose honour and memory the event was held. Thank you to everyone involved for your generosity.



NIFRS cyclists and supporters celebrate the completion of their 700 mile cycle.



Left to right, Mindwise CEO, Edward Gorringer, Group Commander, Keith Black and Declan Cunnane, CEO NICHs, at the launch of the Health Body, Healthy Mind Partnership.

Northern Ireland Fire & Rescue Service has teamed up with NICHs and Mindwise on a new initiative, 'Healthy Body, Healthy Mind', to raise awareness of the importance of keeping both your physical and mental health in good shape.

The first activity was the Station2Station Challenge which involved 4 cyclists from NIFRS cycling 700 miles over 11 days. En route the cyclists visited 68 fire

stations, held 6 Open Nights at local Fire Stations and gave talks at local schools to over 5,000 young people about the 'Healthy Body, Healthy Mind' initiative.

A number of other awareness raising events are planned for the coming months, with NIFRS staff challenging themselves as they highlight the importance of physical and mental fitness to their own staff and the wider community.



# Corporate News



Peter McCausland, Value Cabs; Christopher McCausland, Value Cabs; Declan Cunnane, NICHs; Emma McCausland, Value Cabs.

## Value Cabs 20th Anniversary Ball

Over 400 business representatives joined Value Cabs to celebrate their 20th anniversary at the Europa Hotel in June 2017. A tremendous **£125,000** was raised on the night to help people devastated by chest, heart and stroke illnesses. Huge thanks to everyone involved.



Invest NI Charity Committee and Sinead Lynch, NICHs.

## Invest NI

Invest NI has announced a new two year partnership with NICHs with plans to raise over **£20,000**. Staff have developed an action packed calendar of activity to include static cycles and coffee mornings. Good luck Team Invest NI!



The winning team, Xperience, Victoria Pinkerton from Pinkertons Estate Agents and Gareth McGleenon, NICHs.

## NICHs Charity Golf Day

Our annual Corporate Golf day held at Clondeboye Golf Club in May was a great success raising over **£6,000**. Thank you to all golfers who took part and to each of our sponsors who donated gifts in kind and prizes. A special thank you to our key sponsor Pinkertons Estate Agents.



Left to right, Sinead Lynch, NICHs alongside Peter Lyttle and Lucy Speer from Progressive Building Society.

## Progressive Building Society AGM

Progressive Building Society donated £1 for each online vote registered and 20 pence for each paper based vote received at their AGM. They recently presented NICHs with a cheque for **£2,500**. Thank you to everyone who took part in the AGM vote.



Chest  
Heart &  
Stroke



# Wake Up!

## 5km Pyjama Walk & Brunch

**Take time to prevent Heart Disease**

**Stormont Estate, Belfast  
30th September 2017**

Supported by

**MACE**

# 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.nichs.org.uk](http://www.nichs.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