

Northern Ireland Chest Heart & Stroke

Chest
Heart &
Stroke



**Do Something
Amazing!**

Fundraise for Us in 2023

Are you up for a challenge?

Whether you want to run, walk, jump, row, bike or hike, we would love you to join #TeamNICHs and help us continue the fight against chest, heart and stroke conditions in Northern Ireland.

There are so many ways your company and staff can fundraise for us. Plus, workplace events are a great way to boost staff morale and team-building, as well as elevating your corporate profile, all while helping a good cause.

You can also download a copy of our fundraising guide on our website at www.nichs.org.uk/fundraisingguide

Check out our events below and get signed up!

London Half Marathon		Dublin Marathon	
Europa Abseil		Christmas Fundraising	
Lap the Lough		Twilight Hearty Hike	
Belfast Half Marathon		Red Dress Fun Run	
Dragon Boat Race		Heartfelt Healthy Morning Break	
Tower Museum Abseil		Static Cycle	
Mourne Seven Sevens			

Regular Giving

Help support your local chest, heart and stroke services with a regular monthly donation.

It's easy to set up online at

www.nichs.org.uk/regulardonation

Don't forget to Gift Aid your donation to add an extra 25%.

Visit www.nichs.org.uk/events for more information or to sign up to any of these events, or contact our events team on:

E: corporate@nichs.org.uk

T: +44 (0)28 9032 0184

Match Funding

Why not check if your company offers match funding?



Almost 90%

of our care and prevention services and research are funded exclusively by public donations.



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**FUNDRAISING
REGULATOR**

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