

FROM THE HEART

A glimpse back to
the beginning

Keeping active
YOUR way

Volunteer's Week

Recipes, crafts
& puzzles

June 2021

Special 75th
Anniversary
Edition

Chest
Heart &
Stroke

75
YEARS
ON YOUR SIDE



HELLO AND WELCOME

Hello and welcome to our June edition of From the Heart.

We're delighted to include a history of Northern Ireland Chest Heart & Stroke as we mark our 75th Anniversary. There are too many achievements to mention here, but we would like to thank all our clients and supporters for being part of this journey over the years.

Thanks too to our amazing volunteers! This week is Volunteer Week and we would like to recognise the role of our volunteers and the support they provide in helping us to deliver our services to people living with chest, heart and stroke conditions across Northern Ireland. We could not do it all without them.

Also, in this edition, I hope you enjoy reading the stories of how our care team are working side by side with clients in our local communities.

Let's hope for brighter times ahead! Take care everyone.

Catherine Murnin

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Head of Care Services
Northern Ireland Chest
Heart & Stroke

75 Years of NICHHS. On Your Side since 1946.



1946 was a very big year for Northern Ireland; legendary footballer George Best was born, local artist John Luke completed the infamous Northern Rhythm, and Nutts Corner replaced Belfast Harbour as the principal civil airport. But, as well as significant progress in sport, art and aeronautics, 1946 saw a huge step forward for public health.

In June of '46, 16 visionary volunteers set up the first NI branch of the National Association for the Prevention of Tuberculosis, an organisation that still thrives today, albeit under a new name and with a more varied purpose – it is, of course, Northern Ireland Chest Heart & Stroke.

By 1946, the second world war had ended but the repercussions of six years at battle still rippled through the farthest corners of Northern Ireland. At the beginning of the war, rationing in NI was more relaxed than neighbouring England and conscription was voluntary, but the relative comfort did not last. Northern Ireland's industrial contribution to the war effort, including aircraft, ships and linen, made it a target. The Belfast Blitz of 1941 devastated the city. Over 100,000 people were left homeless and deprivation, particularly in the cities, was rife.

In the countryside, families supplemented rations with homegrown vegetables but, in the city centres, poor nutrition, inadequate cramped housing and poverty, exacerbated by returning servicemen, waged a third war – this time on health.



The new enemy, an airborne bacterial infection, Tuberculosis (TB), was actually anything but new, having existed in Ireland since the 1600s. But, with the poverty of post-war, the infection rate was on the rise and Northern Ireland was suffering from the highest death toll from TB of anywhere in the UK.

Northern Ireland was in crisis.

Recognising the devastating effects of this pandemic, the 16 volunteers called a meeting on Friday 14 June 1946, in a borrowed room on William Street South in Belfast. Their mission was to educate people about TB, disseminate information about the disease and care for those suffering.

Today, the core values instilled by these volunteers remain unchanged; those of compassion, courage, consideration and commitment. We won the war against TB and adapted and evolved, changing our focus to concentrate on all diseases of the chest and heart in 1959, and further expanding to include stroke in 1976.

In 2020/21, we have continued to support the front line in the face of adversity and, during the recent COVID-19 pandemic, have committed to change, learn and grow. All our care rehabilitation programmes, support groups, and even our respiratory-support choir!, normally all delivered face-to-face, have been adapted to a virtual, socially distanced platform (Zoom).

Through lockdown we have continued to disseminate advice on healthy living and preventing disease: we have successfully hosted webinars on sleep, stress and diet, delivered health checks to the general public, and offered a wellbeing programme to local businesses and their staff, all online. Plus, ensuring no-one was left behind, we introduced Blood Pressure and Atrial Fibrillation testing units into homeless hostels, combined with online training for the hostel staff.

Always mindful that not all our clients are in a position to embrace new technologies and recognising that many of them have been shielding during the pandemic, we have kept in touch with posted monthly newsletters (From the Heart), a system of support telephone calls (32,100 calls made to date) and through our newly established walking groups for Cardiac clients.



What's more, we have created a one-of-a-kind COVID recovery service, actively caring and supporting sufferers of long COVID.

It has, no doubt, been a challenging 15 months but, as always, we have adapted to face your most immediate needs and to be exactly where you need us, when you need us, to support you and your family through your most difficult time.

Today, as we celebrate 75 years of NICHs, we look back to the beginning and thank the original 16 volunteers:

Mr Bradley McCall (chair),
Dr H Aiken, Dr B R Clarke,
Mr Davidson, Councillor C G Hall,
Dr H P Hall, Miss J Heslip (later
Mrs Middleton), Mr D Lyttle,
Mr B McGuigan, Mr A Millar,
Mrs J Oliver, Mr J Parry,
Mr D Ross, Mr W Scott,
Miss D Todd and Dr N Whyte.



KEEPING ACTIVE

This year marks the 75th anniversary of the formation of Northern Ireland Chest Heart & Stroke. Throughout the years the charity has encouraged us to maintain a healthy lifestyle. It continues to do so in 2021 and a big part of a healthy lifestyle is to keep physically active.

We can all agree that being physically active is important for our physical and mental health; it can enhance our mood, wellbeing and energy levels by helping to reduce stress, anxiety and depression.

Being physically active will mean something different to each of us. For some it may mean

a walk or cycle, while for others, it may mean some armchair exercises or gentle household chores. We should remember that any amount of safely completed physical activity, however small, is good for us.

During the past year our staff have been hearing inspirational stories of how you have kept active.

Here are some of great examples of clients keeping active, side by side with a few of our own hero NICHS staff who have helped them every step of the way.



Jim Nash

Derry/ Londonderry
Stroke 2002, Aged 35

I keep fit mentally with puzzles, word searches and crosswords, as I feel it's always important to challenge my brain.

To keep physically fit, I walk my dog Elmo daily. When my grandchildren visit, we all take Elmo walking and they love it!

NICHS has been, and still is, a great support for me. After several years at the Foyle Stroke Scheme, which was so beneficial to my recovery, I decided I wanted to give something back, so I became a volunteer.

I meet and chat with new and existing clients and do my best to give them hope and the confidence that there is a future for stroke survivors.



Mona Duddy

Derry/ Londonderry
Care Services Co-ordinator for the Western Trust.

I have worked for Northern Ireland Chest, Heart & Stroke for 20 years, mostly with Stroke Activity Groups. I find my job both rewarding and humbling. My NICHS clients are always pleasure to work with. Despite their difficulties after stroke, they always turn up with a smile on their faces.

During lockdown, I have been walking a lot more, always aiming for 10,000 steps a day. I have also developed an interest in growing from seeds. It gives me such satisfaction to watch and nurture my plants, herbs and tomatoes and to see them flourish and grow.



Kathleen Beggan

Roslea
Stroke 2013, Aged 51

In 2013 I was 51 years old and I took my first stroke. It affected my hippocampus, giving me memory loss. When I was discharged from hospital I felt like I had been sent home and forgotten about. This made me feel very anxious and scared. I didn't want to be left on my own and I didn't want to go out as I felt like people would be staring at me. After a while I found out that there were groups and help out there, and I took up the support offered by NICHS.

I was able to go along to the gym and do exercises which I always liked to do. When I took my stroke, I hadn't wanted to do that, so it was great to have people with me who could help me. I was also able to have a chat and a laugh. The main thing which helps me is to keep going out for walks. It doesn't matter how long or short or if you need a stick. You shouldn't worry about what it looks like - I got myself a stick which has a small seat connected to it so that I can stop and have a slight rest when I'm out. I don't care what it looks like as I am using it for my health and wellbeing.

Now, as I'm not able to go out as much, I am in the house sitting down quite a lot. But it's very important not to just sit in the corner doing nothing. You need a hobby. I took up crocheting while I am at home and the day goes by so quickly. I was able to join different groups that offer crochet and painting. It doesn't matter what your disability is, you can still take part in these crafts and always remember, there's light at the end of the tunnel!



Norma Ferguson

Derrygonnelly
Stroke Services Coordinator for the Western Trust.

I started running in 2009 as my 'action plan' while training to deliver 'Taking Control', our 6-week self-management programme, and I haven't looked back. I run 3 times a week and, in the summer, I also enjoy cycling. Getting outside in the fresh air and enjoying my surroundings is a great opportunity to think things over and have some time for myself, especially this last year which has seen so much change for everyone.

Working with my clients and seeing the hurdles they have overcome as well as their determination is amazing. I am very proud of the work that I do with Northern Ireland Chest Heart and Stroke. I'm part of a great charity that encourages and supports people to live their best lives.

I find that if I set myself a challenge every once in a while, to cover a certain distance over a month, it keeps me motivated and pushes me out of my comfort zone. Julie, my work colleague, recently said during PREP (our 6-week stroke education programme) that "motivation comes from action" and that really struck a chord with me.

My tip is to find an exercise you enjoy, otherwise it will seem like a chore. Not all exercise should be measured by speed or distance, it's about the feeling you get after the exercise and the boost that it gives to your mood, along with the many health benefits.



John Sheriff

Banbridge
Heart Attack 2020, Aged 55

Since my heart attack, and the COVID lockdowns, it has been extremely difficult to motivate myself, however my wife and little pup, Freya, have kept me going. We walk 12,000-15,000 steps daily and having a scenic route like Lurgan Park or Murlough Sand Dunes (when restrictions lift) makes this very enjoyable. While in Lurgan, I can have a peak through the fence and watch golfers make their shot in the neighbouring golf course. I feel fit enough to play golf but whether I can strike the ball where I want it to go is another thing! I look forward to playing again. While the gyms remain closed, I do some strength training in the garden too and this, alongside the walks, lifts my mood and spirit. I also enjoy watching cricket and The Chase on TV... soon enough, I WILL beat the chaser!

I completed Taking Control in February 2021 and this has helped me look forward with much more optimism since my heart attack.



Maeve O'Hagan

Portadown
Stroke and Cardiac support. Heart Strong Coordinator

Since lockdown I have loved going for walks around my local area. I start my day with a 3-5km walk and finish my day with another walk. I just love a good walk! I've found myself admiring a "good field" from time to time and saying hello to the cows. I did the Couch25k over the Winter lockdown and was delighted with myself that I can now run my local route at a pace that suits me. When I'm not outside, I've been using the BBC Good Food App and have discovered my new favourite snack: medjool dates with dark chocolate and peanut butter. I also enjoyed watching the Queen's Gambit on Netflix and it inspired me to buy the board game Draughts (the closest thing to Chess!). We have had family tournaments which have been great talking point in the house.



I FEEL FIT ENOUGH TO PLAY GOLF BUT WHETHER I CAN STRIKE THE BALL WHERE I WANT IT TO GO IS ANOTHER THING!"



Magi Hogg

Glengormley
Bronchiectasis

I have a lung condition called bronchiectasis which has meant that I have had to shield. But I established a routine that helped me mentally and physically stay at home during the first 100-day lockdown. Every weekday at 10.30, I would play the Pop Master Quiz on Radio 2's Ken Bruce show with my friend in London.

After lunch, I would put a record on, open the doors for fresh air and get on my treadmill for a 3km walk (having a break to turn the record over!). I resisted trying Zoom sessions until recently and now enjoy the NICHS sessions online - the choir is a great workout! Also, during the subsequent lockdowns, like a lot of folk, I have rediscovered beautiful walks close to home and now enjoy meeting friends outdoors for a chat and exercise.

Kerry Marsh

Coleraine
Breathing Better Co-ordinator for
the Northern Trust

Over the past year, I have totally rediscovered my love of horses! Just before lockdown last March I had completed a refresher course in horse-riding and in June 2020, I loaned a horse 'Woody' from Shean's Horse Farm.

Woody has kept me busy - catching him in the field, grooming him after his numerous rolls in the muck and, best of all, cantering up the hills on the farm!

As well as that I have 3 boys who have kept me busy (don't mention home schooling...) and I frequently drag them out on walks with our two dogs Tilly and Elvis.



DURING LOCKDOWN, LIKE A LOT OF FOLK, I HAVE REDISCOVERED BEAUTIFUL WALKS CLOSE TO HOME AND ENJOY MEETING FRIENDS OUTDOORS FOR EXERCISE."

Thank You Volunteers

Volunteer Week (1 – 7 June 2021)

When we had to take the difficult decision to suspend all face to face services, and to temporarily stand down our volunteers, nobody expected that we would still be living with so much uncertainty more than 12 months later. Although we have all become used to keeping in touch at a distance, and the “joys” of Zoom, nothing can replace the face-to-face interaction and invaluable

support provided by you, our volunteers.

Our volunteers are still vital to what we do. The NICHS team is looking forward to the time when you can return to providing support to the people who depend on our services. As we rebuild, we would value your continued contribution and support. Things may not be exactly the same as they were a

year ago, but we will always need volunteers.

Our values at NICHS are Caring, Courage, Consideration and Commitment – and we are committed to you. We would also like to thank you, and recognise that although life is still very different, we look forward to welcoming you back, and look forward to better days to come.



**OUR VALUES
AT NICHS ARE
CARING, COURAGE,
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TO YOU.”**

NICHS Volunteers A FAMILY AFFAIR

Anne, Nicki and Katie (above) represent three generations of NICHS volunteers from one family.

Having begun volunteering in 2012 for her Duke of Edinburgh’s Award, Katie was joined swiftly by her mother, Nicki. While Katie primarily volunteered at wedding fairs and conferences (still a student at the time), Nicki devoted her time to a weekly Stroke Activity Group to support those attending.

After hearing from Nicki about how wonderful the group was, her mother Anne came along

to lend a hand. She had such a wonderful time that she too became a permanent volunteer and started attending the group every week.

Anne and Nicki volunteered in the Stroke Activity Group in Newtownards every week and Katie was delighted to get the chance to join in and lend a hand, once her studies were finished. Nicki’s other daughter, Olivia, has

popped in as well to sing for the group.

All three ladies miss the group terribly as they each had found great joy in taking part. They sincerely look forward to getting back to volunteering and hope to see the group very soon! They are missing you all.

NICHS Volunteer BETTY DEMPSTER

86 years young

Date started: September 1985

Location: North, Down & Ards Stroke Activity Group



In early September 1985 I answered an advertisement in the Belfast Telegraph for volunteers wanted in the Bangor area, to help Joan Farrel set up a new activity group for stroke survivors with Chest, Heart and Stroke (as it was known then!).

The group was set up with the help of two other volunteers in the Good Templar Hall in Bangor. We started with 9 clients and soon grew in numbers.



I started to volunteer after most of my 8 children had left home. I like to be kept busy and to volunteer was a good way to do this, plus I find pleasure in helping people.

Some of my roles have been as a fundraiser, bus escort, games organiser, tea-brewer and bingo caller. NICHS' Ursula calls it Betty's Bonkers Bingo!! It always goes down a storm.



I have helped the charity through my own bereavement - my husband David passed away of a massive stroke in July 1998.

This is now my 35th year with the charity.

I have fond memories of the group in the early days; going on respite trips to the share centre, the outings and, of course, all the service users I have helped and supported.

These days, I like to pass the time knitting, which is put to good use with 19 grandchildren and 15 great-grandchildren!



(Betty awarded a gift from former CEO Andrew Dougal after 25 years of service)



Reading

Reading is a great way to relax and rest while being productive. There are many benefits of reading for pleasure:

- It can support your health and wellbeing in many ways: improve your knowledge, help develop knowledge/skills (both personal and social) as well as support social connections – something that is very important at this time given the sense of disconnect and isolation many people have experienced.
- Reading can also widen your cultural awareness and appreciation and can be spiritually enriching. It offers time to rest and spend time on your own or connect with loved ones and provides an outlet for empathy and emotional expression.

Whatever it is that you like to read – fiction, non-fiction, books or magazines, in whatever format – paperback, hardbacks, audio or e-books consider:

- Finding somewhere comfortable and quiet to read and enjoy a treat or warm drink while you take this time.
- Start slowly - habits aren't formed overnight. Set aside a block of time or aim to complete a new chapter per night, a book per month. Give yourself a goal.
- Try a new format. If you've only ever read paper copies why not try an audio book read by your favourite celebrity or try an e-book or magazine. The choice from our public libraries is vast as well as being free and easily accessible.
- Motivate yourself. Read something you really enjoy – tap into a longstanding or new-found interest.
- Choose something uplifting or with beautiful photos or illustrations.
- Set up a virtual book club with your colleagues – connect with each other at work or in your free time to discuss and share your thoughts.
- Get your children involved – time reading together creates special memories and will help improve their reading skills.
- Reflect. How is using your time in this way making you feel. Are you happier, calmer, inspired, more relaxed, rested, motivated?

“Reading is to the mind what exercise is to the body”.

Richard Steele



As this year is the 75th anniversary of NICHs, it's the perfect time to look back and reflect on just some literature that was published in 1946:

Agatha Christie

The Hollow

C.S. Forester

Lord Hornblower

Constance Cox

Vanity Fair

Errol Flynn

Showdown

Edith Blyton

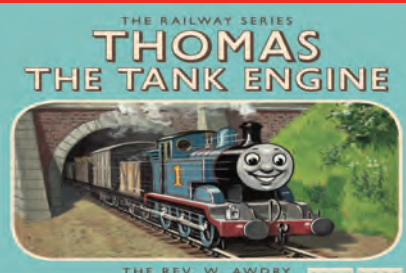
First Term in Malory Towers

But a classic that everyone will have read, as a child, a parent or grandparent, at some point in our life is...

Thomas the Tank Engine!

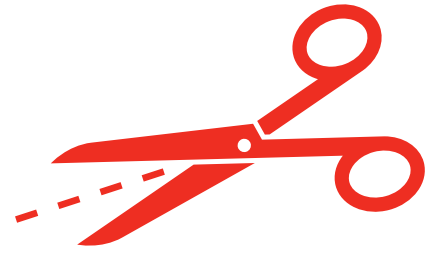
Happy 75th Birthday

Thomas!



Creative Craft

Handmade Birthday Card



Everyone loves to receive a birthday card, so why not try to make one of your own. A handmade card can be a fun activity for you and receiving a handmade card can make the receiver feel even more loved and appreciated knowing that extra bit of effort went into it.

1. Fold a piece of card in half - the size and colour are up to you, depending on what you want the final product to look like.
2. Using "Happy Birthday" sheet music, cut around it so that it is 1cm smaller than the diameter of the card.
3. Glue the music to the front half of the folded card using either PVA or Pritt stick.
4. Decorate how you prefer and write a little personal message inside.



Little Birthday Lanterns

This is a good way of recycling old jam jars and you can make it personal to the recipient. They can be used as either tealight holders or a small vase.

1. Cut a strip of wrapping paper, smaller than the jam jar. Using PVA glue, stick it around the jar and cover the paper with more glue to seal it.
2. Using gardening wire, wind it around the rim of the jar, leaving two little loops to attach the handle.
3. For the handle bend a piece of wire (whatever length you want the handle to be) into a horseshoe shape so that the jar will hang off the two loops you have already created.

TOP TIP

If you have an old book that is falling apart, use one of the pages instead of wrapping paper. Seeing the words of Jane Austen or William Wordsworth illuminated will make your lanterns extra special.



IN THE KITCHEN SUMMER SUN

With the arrival of the new season, it is easy to become nostalgic for jam sandwiches eaten from tin boxes, Tupperware being fished out of the bottom of bags containing precious pieces of cake, sand in our sandwiches and flies in our tea. It is of course officially picnic season and, for some reason, eating a sandwich outside always seems to add a bit more joy to the meal. If you want to elevate your picnic and help us to celebrate 75 years of NICHs, these simple recipes are easy and will brighten up any meal.

Blueberry and Almond Cake

Lovely for a treat and great to share!

- 175g/ 6oz caster sugar
- 150g/5oz soft butter
- 3 eggs (lightly beaten)
- 150g/5oz self-raising flour sifted with 1 teaspoon of baking powder
- 175g/6oz ground almonds
- Zest of a small orange
- 30g/1oz flaked almonds
- 1 x 225 g punnet of blueberries
- Icing sugar for dusting



Line the base and sides of a 25.5 x 15cm / 10 x 6in baking tin with baking parchment. Pre-heat the oven to 180c/ Gas 4.

Put the butter, sugar, eggs, flour, orange zest and almonds in a bowl and mix until combined. Spread half the mixture over the base of the tin, scatter with half the blueberries, then spread the remaining mixture over the top. Scatter over the rest of the blueberries and the flaked almonds.

Bake for 40-45 minutes until risen and firm to the touch. Cool for 10 minutes in the tin, then turn out, once cold, cut into squares and dust with icing sugar. Store in an airtight container for up to 2 days. Can be frozen.

TOP HEALTHY TIP! Blueberries are rich in antioxidants

Flake Meal Biscuits

- 200g/8oz plain flour
- 1 teaspoon baking soda
- 75g/3oz no added sugar Alpen
- 75g/3oz porridge oats
- 75g/3oz coconut
- 150g 6oz either soft brown sugar or granulated sugar
- 200g/ 8oz margarine

Cream together margarine and sugar, add in all dry ingredients slowly and mix. Roll into balls about the size of a walnut in its shell, flatten slightly and place on a floured baking sheet.

Bake at 180c/ Gas 4 for approx. 15 minutes until golden brown.

Cool on a cooling tray and then store in an airtight container.

TOP HEALTHY TIP!

Including oats in your diet offers many health benefits. They are high in both soluble and insoluble fibre. Soluble fibre helps lower cholesterol levels. Insoluble fibre helps to support good gastrointestinal health.



Please follow any special dietary and allergy requirements, as advised by your health professional or other.



Easy Wraps

These delicious wraps are great for picnics and lunches. Recipe makes 4 wraps. Start by making the slaw first (this recipe will make enough for the wraps and some left over for your evening meal).

Crisp Light Slaw

This slaw is light, crisp and delicious and perfect served with a BBQ. I have used the slaw as a base for the picnic wraps.



- ½ red cabbage
- 2 carrots
- 4 spring onions
- 2 tbsp reduced fat crème fraiche
- 2 heaped tbsp of reduced fat mayonnaise
- 1 heaped tsp whole grain mustard

Slice the red cabbage VERY finely. Grate the carrots onto a few layers of kitchen paper, when finished grating, squeeze out any juices from the carrots. This will prevent the coleslaw from being too wet. Slice the spring onions into fine lengths 4-5 cm in length. Mix all the vegetables together. In a separate bowl add the crème fraiche, mayonnaise, wholegrain mustard, salt and pepper. Mix together, combine with the vegetables and mix well. Keep in the fridge if not using right away.



Easy Wraps

- 2 cooked chicken breasts (chopped into bite-sized pieces)
- 4 wholemeal wraps
- Handful lettuce (rocket, iceberg or whatever you have)
- 8 baby tomatoes cut in half

Spread 2 heaped dessert spoons of coleslaw over each wrap. Sprinkle the lettuce and tomatoes on top of the coleslaw then add the chicken and roll each wrap up. Wrap in tin foil or greaseproof paper for easy serving.

Enjoy!

Celebration Cake (from 1946)

For those who prefer a traditional celebration cake, why not try this recipe from the 1940s. In 1946, when NICHS held its first meeting, rationing was still in place, a few changes have been made to the original recipe - fresh eggs replace dried eggs and milk replaces the stout. Making this cake will give you a sense of how difficult it must have been to bake in the '40s.

- ½lb margarine
- ½lb sugar (brown if possible)
- 5 dried or fresh eggs
- 10 tbsp water (leave out if using fresh eggs)
- ½ tsp vanilla essence
- ½ tsp almond essence
- ¾lb plain flour
- 1 level tsp bicarbonate soda
- ½ level tsp salt
- 2 level tsp mixed spice
- 2lb mixed dried fruit
- 3 or 4 tbsp ale, stout or milk

Cream margarine and sugar adding dried eggs and water gradually, beat until white and creamy. Add essences. Sift flour, soda, salt and spices together and add to mixture. Add prepared fruit and lastly the liquid to make a fairly stiff mixture. Mix thoroughly.

Put in a cake tin lined with paper and bake in a slow oven for 3 hrs. Leave in a tin to cool, then keep in airtight tin.

NICHS, FROM THE BEGINNING


























QUIZ

- Which year did Northern Ireland Chest, Heart & Stroke start?
1940, 1946 or 1948.
- Which health condition was on the increase?
Tuberculosis, COPD or Asthma.
- How many people were involved in setting it up?
14, 16 or 18.
- In which year did the charity focus on chest, heart and stroke conditions?
1957, 1958 or 1959.
- Which year was the first Stroke club set up?
1971, 1972 or 1973.
- Which year did the first Cardiac Group start?
1987, 1988 or 1989.
- Where is Northern Ireland Chest, Heart & Stroke's head office?
Omagh, Enniskillen or Belfast?
- In the year 2019/20, how many people did NICHS support?
20,000, 30,000 or 15,000?



INSECT HUNT

Spend some time in your garden this summer and tick off the different insects you see, as you spot them!

WORM 	SNAIL 	SLUG 	WOODLOUSE 	MILLIPEDE 
CENTIPEDE 	DRAGONFLY 	GRASSHOPPER 	BUSH CRICKET 	EARWIG 
SHIELDBUG 	FLOWER BUG 	HOPPER 	BUTTERFLY 	MOTH 
CATERPILLAR 	BEE 	WASP 	ANT 	FLY 
CRANEFLY 	HOVERFLY 	LADYBIRD 	BEETLE 	SPIDER 

Summer Flowers and Insects

S	E	S	A	U	H	O	N	E	Y	B	E	E	U
E	C	H	T	O	M	L	A	F	Y	Y	E	D	Y
I	S	P	N	A	H	S	S	O	S	R	E	R	L
L	G	U	O	A	O	U	T	X	A	D	P	I	F
F	E	D	F	S	N	N	U	G	E	E	S	B	R
R	S	C	L	T	E	F	R	L	L	C	A	Y	E
E	S	B	M	E	Y	L	T	O	F	R	W	D	T
V	E	U	U	R	S	O	I	V	X	O	B	A	T
O	I	D	I	L	U	W	U	E	I	C	E	L	U
H	S	D	N	U	C	E	M	F	F	U	E	O	B
I	N	L	A	A	K	R	S	E	W	S	O	W	U
E	A	E	R	N	L	S	G	I	W	R	A	E	O
G	P	I	E	I	E	E	B	E	L	B	M	U	B
A	T	A	G	D	A	I	S	E	S	A	O	L	S

PANSIES
GERANIUM
ASTER
SUNFLOWER
BUTTERFLY
FOXGLOVE
CROCUS
MOTH
HOVERFLIES
EARWIG
HONEYBEE
HONEYSUCKLE
LADYBIRD
BUDDLEIA
FLEAS
NASTURTIUMS
BUMBLEBEE
DAISIES
WASP

IT'S GOOD TO KNOW...

Why we all need to make a will



Having a Will is one of the most important documents you will ever sign. It will give you peace of mind, knowing that when you pass away, the people and causes you care about are looked after, and your money and possessions will be distributed how you want.

Considerations when making a Will

1. Consult a solicitor or financial expert: This will ensure you get the best advice for your personal circumstances and your Will is legally correct.
2. Make a list of beneficiaries: Decide who you would like to benefit from your estate; whether family, friends and/or charitable organisations.
3. Make a list of your assets and of your debts: Assets include property, vehicles, jewellery, insurance policies and bank accounts. Debts include mortgages and outstanding loans.
4. Decide on Executors: Usually two people are needed for this role and they will be responsible for sorting out your estate. Executors can be relatives, friends, banks, solicitors or accountants.
5. Review your Will periodically: Every 3-5 years is recommended but this depends on your circumstances. If you buy property, get married, divorced or have children or grandchildren, you should review your Will. Your solicitor can help with this.

As a NICHS client, we can offer you the opportunity to make a Will online at no cost with our free Will-writing partner, Bequeathed.

If you would like further information on making your Will, or would like to access Bequeathed, please go to NICHS's website: www.nichs.org.uk/how-you-can-help/gifts-in-wills

Can you help?

We are updating our legacy advice leaflet and would like to feature someone who has already decided to leave us a Gift in their Will. If this is you, and you would be happy to share why you chose NICHS, we would be delighted to chat to you.

Please contact Alison by email at avidamour@nichs.org.uk, or by mail at FREEPOST, RSYK-LUTK-GTKJ, NICHS, 21 Dublin Road, Belfast, BT2 7HB.

Know your numbers

999

Emergency

111

National non-emergency medical number

112

Emergency number. 112 will work on any mobile phone anywhere in the world

101

Non-emergency number for the police



Answers to quiz

1. 1946, 2. Tuberculosis, 3. 16,
4. 1959, 5. 1973, 6. 1987, 7. Belfast,
8. 30,000

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