


FROM THE HEART



**How to make
successful
lifestyle changes**

**“Knowing the
symptoms of
stroke helped
save my life”**

- Constance’s story

**Get to know the
JAM Card**

**Breakfast
recipes to kick
start your day**

Hello everyone!



Welcome to this edition of **From the Heart**. As always, we have lots of news to share with you about our different services, campaigns we are running, people to introduce, and information to share in understanding and living with chest, heart and stroke conditions.

What I am drawn towards in this edition is the importance of planning and setting small goals to help us achieve lifestyle changes. It is something we learn about during our Taking Control Programme and if you have not heard about this, please do get in touch. I am currently working up to my first 10k run and this is the very definition of small goals and small steps. The photo is of me struggling through those goals!

As the Head of our Respiratory Services, it is great to see our Breathing Better Education Programme featured in the magazine. We have recently made a few changes to this programme, including training many more of our staff to deliver it in a face-to-face setting, which makes it all the better for the participants to support each other.

I would like to thank Constance Jordan who has shared her stroke story in this edition. Clients sharing their experiences is an act of courage which is vital in encouraging others to seek and access our services. It also reminds us here at NICHS why we do what we do.

We hope you enjoy this edition. Until next time, take care!

Mark Dyer
NICHS Head of Respiratory Services

Making Successful Lifestyle Changes

For some people, the start of a new week or the turn of a year can prompt them to take action to make healthier choices in their lives, whether that be with exercise, diet or hydration. For other people, a major life event like the birth of a child, upcoming special occasion or a health condition can be the reason for contemplating change. Whatever it may be that sparks the resolve to do things differently, keeping motivation levels high can be challenging.

The key to avoiding pitfalls is to start by exploring what it is you want to change and why. How will life improve for you if you make these changes and how will you feel in the long-term? Throughout a period of change, refocussing on what it is you wish to achieve and the reasons behind this can help to reignite motivation levels if they should dwindle at times.



Exploring the barriers we might encounter on this journey is important too so that we can do our best to be prepared for diversions. Maybe a family gathering will interrupt our good intentions to stay on a new healthy eating plan, so we need to be prepared to sidestep a little and build in flexibility for when life doesn't always fit with a new routine.

If the end goal we wish to achieve seems overwhelming it is helpful to break this down into small steps, following the **SMART model** – **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**imed.

You could add supports into your plans that will help you stick to what you have promised yourself – maybe have a friend accompany you for a walk or join a group. Accountability helps keep us on track. We tend to make better choices when the ‘observer effect’ is in place. Naturally, we as humans want to do better, and will do better, when someone is watching and especially when they are cheering us on.

Setting your environment up for success can make a big difference too. This might involve removing tempting foods from the kitchen or laying out your walking shoes the night before you need them. Researching local resources which could help you make lifestyle changes is another idea.

Deciding to be more physically active is a positive step to making a healthy change in life. Knowing the difference between physical activity and physical exercise though can be important in helping us to achieve our goals.

Physical activity will be something that engages our body and uses energy such as gardening, housework, or choosing to take the stairs instead of the lift. With these sorts of activities there is no specific fitness goal in mind, but they can improve mood, strength and fitness unintentionally with repetitive movements such as hoovering, sweeping etc. Physical activities will be more ad hoc- we might usually Hoover on a Saturday but maybe we could leave it until a Tuesday if it’s a dry weekend and there is an opportunity to get out and do some weeding instead. Physical activity tends to be unstructured and varies in intensity, rather than being progressive.

With physical exercise we are committing to improving fitness, weight loss or strengthening muscles. Physical exercise is structured and planned, building in intensity or duration as weeks progress and fitness improves.

Physical activity and exercise are not mutually exclusive. In fact, they work together to provide numerous health benefits. Physical activity helps



reduce the risk of chronic diseases and improves overall wellbeing by keeping the body active and moving. It also provides social and psychological benefits, including reducing stress, improving mood, and promoting better sleep. Exercise, on the other hand, allows for targeted improvements in fitness and physical performance. It can also provide additional benefits such as weight management and improving bone density. Rather than seeing physical activity and exercise as two separate entities, it is important to recognise the value of both and strive for a balance between the two.

Lifestyle changes will take dedication, there will be setbacks along the way, but consistency will pay off and remembering the reasons why we are doing it will help. Remember to congratulate yourself weekly on the successes, explore the lows and try to find ways to navigate around the roadblocks.

Chest
Heart &
Stroke

“Knowing The Symptoms Of Stroke Helped Save My Life” - Constance’s Story

Constance Jordan, from Derry, had a sudden stroke last year at 62 years old and she is passionate about raising awareness of stroke and how important it is for people to be aware of its signs and to seek medical help immediately if they experience any.

Constance recalls; “I was sitting on my sofa one day and my right arm started to feel funny. It felt heavy and odd and the FAST (Face, Arms, Speech, Time) campaign came to mind so I went into the bathroom and looked in the mirror and saw I could still raise my arms, although not as high as usual. The next minute I could not feel my right arm. I came out of the bathroom and said to my partner, ‘I’m having a stroke’, and by that stage my face was starting to droop. Then my leg started to feel funny too.”

“I knew time was of the essence, so I told my partner to phone 999. By the time the paramedics arrived my speech wasn’t understandable. I was rushed to Altnagelvin Area Hospital where I had a CT scan which showed I had bleeding on the brain. At that stage I could not move, and I thought, ‘where is my life going to go now?’, because I really did not know if I was going to walk again, or if I would be able to move my arm again. I started to cry; it was so much to deal with.”

Constance was then transferred to the hospital’s stroke ward to start her rehabilitation. “I was in hospital for five weeks. I could not stand, I could not walk, I was talking but it was not very clear. I spent those weeks totally focused on my recovery journey. I worked on my speech, my facial movements, I worked on trying to get my arm to move, and I was doing leg exercises. I did the exercises a couple of times a day. It was tough but I kept going.”

“The stroke was about emotional as well as physical healing for me. I had this overwhelming love for my body after my stroke. We take for granted how amazing the human body is until something happens, and it doesn’t work in the way we are used to.”



Constance’s recovery journey was difficult, but she tried to find the positives every day. “When I was at the start of my recovery process I used to think, ‘what new old thing am I going to be able to do today?’. Like lying on my right side with my arm tucked under the pillow without pain; tying my shoes; or doing up a zip. Like getting back to my painting class as I thought it would be good for my right arm and hand. Or being able to paint my nails again- I was a nail technician for 15 years so that was exciting for me! I still get excited at the little things I am getting back to being able to do like I used to.”

Constance was referred to Northern Ireland Chest Heart & Stroke after she was discharged from hospital. “One of NICHS’s Care Coordinators visited me at home and recommended I attend their Post Rehab Exercise Programme (PREP) groups. PREP is a physiotherapy led, community-based course which focuses on exercise and education, and I found it to be really useful. It was also good to meet other people who have been through the same thing. Unless you have, you can’t understand what it is like to have, and live with, a stroke.”



Constance concludes; “The FAST campaign helped me realise right away I was having a stroke, and I am eternally grateful for that. If it were not for FAST, I could have died or at the very least, have been completely paralysed. I was lucky that I got all the medical help I needed quickly, I had a positive rehab experience, and after that I got support from NICHs. I just feel lucky that I came through it ok in the end. I feel so grateful.”

Thankfully, Constance has recovered well and has not let her stroke hold her back, as she explains; “Six weeks after my stroke I performed some stand-up comedy! I have been doing comedy for twenty years and I have never not been prepared, but this was a last-minute thing, and I did not know what to do so I just talked about the stroke. I was using a four-prong cane at this stage and my arm was still badly affected but I just got out there and did it. It was great, and the audience loved it.”

“I have put in the hard work, and I have recovered well. When I am walking it does not feel like I ever had a stroke. My leg is back 100% to how it used to be. I still experience some pain in my right arm, and I do not have the full range of movement, but it is enough. I just kept working on everything to recover as best I could. I had a positive attitude, and I think that really helped. Giving up was never an option for me.”

“To other people who have had a stroke I would say, stay focused on you and your healing. Really get laser focused and it’s amazing what you can do. Take it as it comes day by day and just try to be in the present and focus on that.”

KNOW THE SYMPTOMS OF A STROKE...

F

FACE - has their face fallen on one side? Can they smile?

A

ARMS - can they raise both arms and keep them there?

S

SPEECH - is their speech slurred?

T

TIME to call 999 if you see any single one of these signs.

For further information about NICHs’s stroke support services please visit nichs.org.uk/strokesupport

Chest
Heart &
Stroke

Give The Gift Of Hope This Christmas

This year, NICHS's Christmas appeal tells the stories of three young stroke survivors - Clodagh Dunlop, Ciara Murray, and Lisa Lecky who all had strokes in their thirties. Their paths crossed after being admitted to the Regional Acquired Brain Injury Unit (RABIU) at Musgrave Park Hospital and they have stayed friends ever since.



services to support them on their recovery journeys, and how, through determination and hard work, they have each reclaimed their lives post stroke.



If you would like to support this year's appeal, you can use the enclosed response form and pre-paid envelope or if you prefer, you can go online to our website and donate there - www.nichs.org.uk/make-a-donation

Almost 90% of our income comes from public donations, so it's only thanks to our generous supporters that the NICHS Care team can be here to help people like Clodagh, Ciara and Lisa. Thank you in advance for any support you may be able to give, and Happy Christmas!

You have probably noticed our Christmas themed envelope along with your newsletter. Inside it, you'll find Clodagh's, Ciara's, and Lisa's inspirational stories, how they used our care



We Are Northern Ireland Social Media Awards Winners!

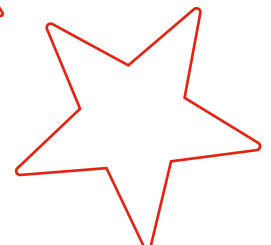
Our Communications team were delighted to be awarded Best Use of Social Media in a Charity at the NI Social Media Awards in October at an awards ceremony held at the Europa Hotel. NICHS was also shortlisted for the Best Social Media Campaign in a Charity, Best Low Budget Campaign and Most Impactful Campaign awards.

Our Communications team put a lot of work into our social media platforms with the overall goal of raising awareness of our charity and work. You will find lots of great information on our channels including health tips, recipes, real life stories, upcoming events, and much more! If you don't already follow us on our social channels, please do at:



Follow us:

- Facebook: www.facebook.com/NorthernIrelandChestHeartandStroke
- Twitter: @nichstweet
- Instagram: @nichestheartandstroke
- LinkedIn: www.linkedin.com/company/nichs
- TikTok: @nichestheartandstroke
- YouTube: www.youtube.com/nichestheartstroke
- Threads: @nichestheartandstroke



A Spotlight On Fatigue And Seasonal Affective Disorder

What is fatigue?

Fatigue describes a feeling of a lack of energy, tiredness, and can leave you with no motivation. Fatigue is different from usual tiredness and does not subside with rest. Many people find that their tiredness does not directly relate to their activity levels on any given day. Being sleepy may be a symptom of fatigue but fatigue is more than just 'feeling tired'. Fatigue can vary from mild to serious and can be constant for some and comes and goes for others.

Why am I experiencing fatigue?

Fatigue can be caused by a mixture of lifestyle, physical, and emotional factors.

Fatigue can also be a side effect of some lifestyle factors such as physical exertion or lack of physical activity, drinking alcohol on a regular basis, consuming too much caffeine and prolonged periods of stress.

The physical impact of health conditions on your body and brain can trigger fatigue, especially in the early weeks and months due to healing processes.

After diagnosis it is normal to feel stressed, depressed, frustrated, or anxious. With these emotions can come a sense of fatigue and they can also affect your sleep.

Some common medications can cause fatigue as a side effect, such as beta blockers and antidepressants. If you think medications are adding to your fatigue discuss this with your doctor but do not stop taking medications without your doctor's advice.

How can I manage fatigue?

Fatigue can improve over time, however, there are currently no specific treatments or medications for it so self-management is key:

- **Communicate** - let friends and family know how you are feeling. Ask for help if required and accept it when offered. Learn to say no.
- **Recognise your triggers/stressors** - different triggers can make fatigue worse like household chores or washing your hair.
- **Rest/take breaks** - resting is essential for recovery, listen to your body.
- **Keep active** - exercise can give you an energy boost.
- **Maintain a healthy weight** - being a healthy weight can help you feel less fatigued and reduces the risk of other health problems.
- **Sleep** - sleep helps with recovery and healing, improving your mood and memory.
- **Monitor caffeine** - caffeine found in coffee, tea, chocolate, and energy drinks is a stimulant making it harder to fall asleep.
- **Be realistic** - about what you can/cannot fit into a day.
- **Find what works for you** - plan activities for when you feel less tired and prioritise what needs to be done, leaving lower priority tasks to another day/time. Adjust your daily routine.
- **Fatigue diary/track progress** - identify times of day when you have more or less energy and know which tasks/activities affect your energy levels.

What is Seasonal Affective Disorder?

Seasonal Affective Disorder (SAD) is a type of depression that you experience during particular seasons/times of the year, and it is sometimes referred to as Seasonal Fatigue. SAD can affect you at any time of year, although it is more common in winter. Signs and symptoms of SAD vary from person to person and can differ from season to season but can include:

- A persistent low mood
- A loss of pleasure or interest in normal everyday activities
- Irritability
- Feelings of despair, guilt, and worthlessness
- Feeling lethargic and sleepy during the day
- Sleeping for longer than normal and finding it hard to get up in the morning
- Craving carbohydrates and gaining weight
- Difficulty concentrating
- Decreased sex drive



What causes SAD?

The exact cause of SAD is not fully understood, but it is often linked to reduced exposure to sunlight during the shorter autumn and winter days. The main theory is that a lack of sunlight might stop a part of the brain called the hypothalamus working properly. This can affect:

- **Melatonin production** - melatonin is a hormone that makes you feel sleepy. In people with SAD, the body may produce it in higher-than-normal levels.
- **Serotonin production** - serotonin is a hormone that affects your mood, appetite and sleep. A lack of sunlight may lead to lower serotonin levels, which is linked to feelings of depression.
- **The body's internal clock (circadian rhythm)** - your body uses sunlight to time various important functions, such as when you wake up. Lower light levels during the winter may disrupt your body clock and lead to symptoms of SAD.

How can I manage SAD?

Speak to your GP and they can advise on the most suitable treatment for you, depending on the severity of your symptoms.

Some of the main treatments include:

- **Lifestyle measures** - try to get natural sunlight, exercise regularly, sit near windows indoors, eat a healthy balanced diet.
- **Light therapy** - via special lamps called light boxes.
- **Talking therapies** - including cognitive behavioural therapies or counselling.
- **Medication** - such as anti-depressants.

Breathing Better Education Programme

NICHHS's Breathing Better Education Programme is a 6-week respiratory education programme giving participants the opportunity to come together and find out more about their own, and other, respiratory conditions. It gives people the chance to share their lived experiences and in turn, support and help others who might be at a different stage in their diagnosis and could benefit from peer support in a safe and welcoming environment.

The sessions last for 90 minutes, during which a range of topics are covered:



Week 1
Respiratory conditions explained



Week 2
Medications and knowing your numbers



Week 3
Breathing better and physical activity



Week 4
Adopting healthy habits



Week 5
Sleep, fatigue and emotions



Week 6
Moving forward well

The programme is offered throughout Northern Ireland, in all five Health Trust areas. The groups are small, usually with an average of 12 to 14 participants. The sessions are relaxed and informal and as well as the education element, there is facilitated peer support, and a welcome cup of tea or coffee included.

At the last of the six sessions, the NICHHS Care Services Coordinator will talk about next steps

and detail all the other support services our charity can offer, along with lots of other useful contacts to enable you to continue your journey to taking the best care of yourself.

We recently completed an education programme in the Westend Community Centre in Enniskillen and are delighted to share some participant feedback:

"During the peer support part of the session we talked about what we were taking away that day. I said that I didn't know what my cholesterol level was and after hearing the importance of knowing the number, I was going to make an appointment to get mine checked. I have since found out my cholesterol level is ok but because of my family history, my GP has started me on medication as a preventative measure. I am also putting into practice the tips we learnt about how to reduce our cholesterol by eating more healthily and exercising more."

James Mullan

"I was heavily reliant on my oximeter, checking it constantly and as soon as the number dropped, I used my oxygen. The session we had on breathing better and managing breathlessness encouraged me to use techniques such as rectangle breathing and belly breathing along with positions of ease to manage my breathing and be less reliant on checking the oximeter. I concluded that I didn't always need my oxygen, I needed to use the techniques we were taught and shown in the videos. This has proved to be the most valuable learning I took from the programme."

Ellie Crean

**Chest
Heart &
Stroke**

'We're Jammin!' - Get To Know The JAM Card

What is a JAM Card?

The JAM, or Just a Minute, Card allows people with a hidden disability or communication barrier to tell others that they need extra time and understanding in a private and easy way. The JAM Card can be used in restaurants, transport outlets, banks, shops and many more locations where JAM Cards are accepted, and staff have been trained to meet card users' needs.

Where can I get a JAM Card?

To get a free plastic JAM Card, visit www.jamcard.org/shop. There is an option to pick a message for your card which is most appropriate to you and your needs, such as:

- I have a learning disability/difficulty
- I have autism
- I have a condition
- I have dementia
- I have a heart/chest/stroke condition

You can also order a card by telephoning the NOW Group on (028) 9043 6400.

A free JAM Card App is also available to download via the App Store for Apple phones and Google



Play for Android phones. The app offers the same support and benefits as the physical card.

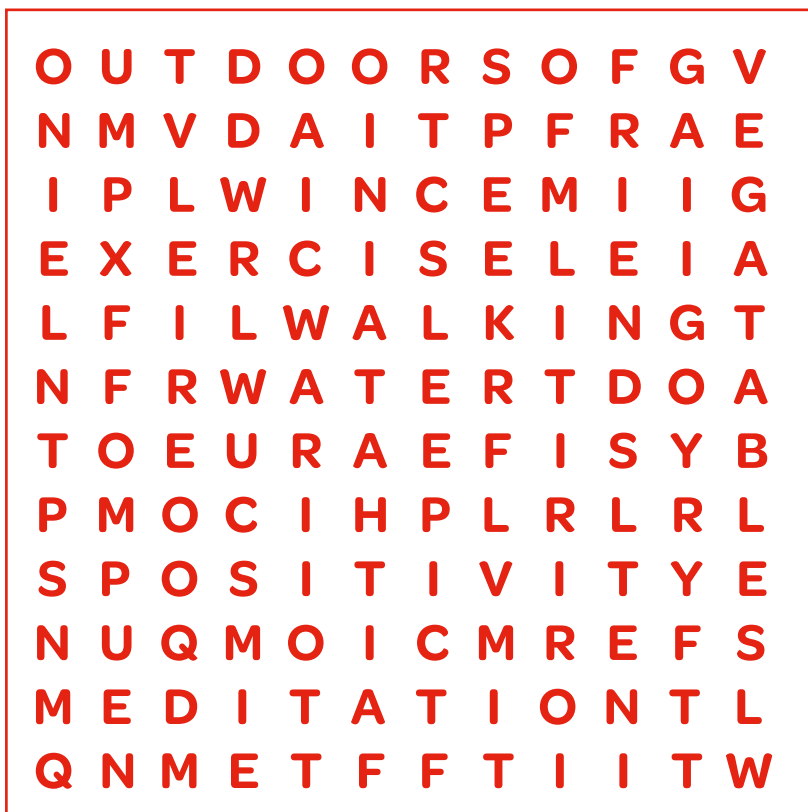
Alternatively, you can get in touch with your NICHS Care Services Coordinator who can provide you with a specific chest, heart and stroke JAM Card.

Where can I use the JAM Card?

Many leading businesses and companies across Northern Ireland and Ireland are JAM Card trained. Here is a list of some businesses that recognise and support the JAM Card:

Banking and Building Societies	Household Utilities	Transport	Shopping
Ulster Bank	Fibrus	Translink	Centra
Danske Bank	Firmus Energy	Transport for Ireland TFI	Supervalu
Bank of Ireland	Power NI	P&O Ferries	Lidl
AIB	Phoenix Natural Gas	Bus Eireann	Spar and Euro Spar
Permanent TSB	NI Electricity Network	George Best Belfast City Airport	Applegreen
Bannvale Credit Union	Budget Energy	Irish Rail	Bloomfield Shopping Centre
Progressive Building Society	Consumer Council	Free Now Taxi Service	Park Centre

Healthy Lifestyle Search



- Exercise
- Family
- Friends
- Fruit
- Meditation
- Positivity
- Sleep
- Vegetables
- Water
- Outdoors
- Walking



Northern Ireland Chest Heart & Stroke

Your legacy of hope and care - a gift in your Will.

A gift in your Will could not only help your loved ones but can leave a legacy of hope for generations to come.

In Northern Ireland four in ten adult deaths are caused by chest, heart and stroke illnesses. We're working hard to change this by funding life-changing research and caring for those who are affected by devastating health conditions every day.

We've been helping local people for over 75 years, and with your help we can continue to be there for people who need us now, as well as those who will need us in the future.

Please visit nichs.org.uk/giftsinwills for further information on leaving a gift in your Will to NICHS or call us on 028 9032 0184.

Preventing, Supporting, Caring and Rebuilding across Northern Ireland.

**Chest
Heart &
Stroke**

NICHS Stroke Services

Family Support Service

Our Family Support Service is here to support both you and your family as you navigate life after a stroke. You will receive an initial home visit through which we can offer practical and emotional support and find out more about your individual circumstances. From there, we can provide you with personalised advice and a support plan to suit your needs.

Post Rehab Exercise Programme (PREP)

PREP is a physiotherapy led, community-based course which helps rebuild people's lives and confidence after stroke through exercise and education. It is designed for stroke survivors who have completed the statutory rehabilitation provided by the NHS to meet their longer-term care needs. Our six-week PREP programme is available across all Northern Ireland's Health and Social Care Trusts.

PREP covers the following topics:

- What is a stroke?
- The benefits of exercise
- Emotions after stroke
- Food for life
- Lifestyle choices
- Fatigue and falls
- Signposting

Wellness Sessions

Our information and wellness sessions delivered across NI focus on secondary prevention, health promotion, physical activity and emotional wellbeing. They offer peer support and reduce social isolation.

Young Stroke Support

This service provides much needed peer support to younger stroke survivors. This service operates in the Belfast and South Eastern trust areas and provides a chance to connect with other people of a similar age, who are living with stroke. Through this service you will also receive health promotion, physical activity and emotional wellbeing support.



Taking Control Self Management Programme

This programme provides a range of skills which will help you to manage your condition better and improve your confidence. It also connects you to people with similar conditions, who understand what it's like to live with a long-term condition.

The programme covers a range of topics including:

- Managing symptoms
- Medication 'how-to'
- Working with your healthcare team
- Setting weekly goals
- Handling difficult emotions
- How to relax
- Tips for eating well

Support for Carers

Carers play a vital role in providing support and assistance to those who are unable to care for themselves due to illness or disability. Our carers support programmes offer a range of services, including our Family Support Service, which are tailored to meet the unique needs of individuals providing care to someone affected by stroke.

To find out more about our stroke services, visit www.nichs.org.uk/strokesupport

Recent Heart Failure Campaign

We are delighted at the success of our recent heart failure awareness campaign which aimed to educate the public about this often-misunderstood condition. Ursula Ferguson, Director of Care Services at NICHS, explains; "It is estimated that 20,231 people are living with heart failure in Northern Ireland and that 6,391 hospital admissions per year here are due to the condition. Heart failure can affect anyone, at any age. The number of people diagnosed with heart failure has increased by 40% in the last ten years so we are really concerned about how these figures may rise over the coming years. In fact, it is estimated there is likely to be an increase in people being diagnosed with heart failure in excess of 50% in the next 25 years, due to an ageing population and rising obesity and diabetes levels."

"We ran our heart failure awareness campaign, which included extensive outdoor, digital, press and radio advertising, to help people across Northern Ireland learn more about the signs and symptoms of this often-misunderstood condition. In a recent survey, 66% of people in NI did not know the symptoms of heart failure and it is crucial the public are aware of these."

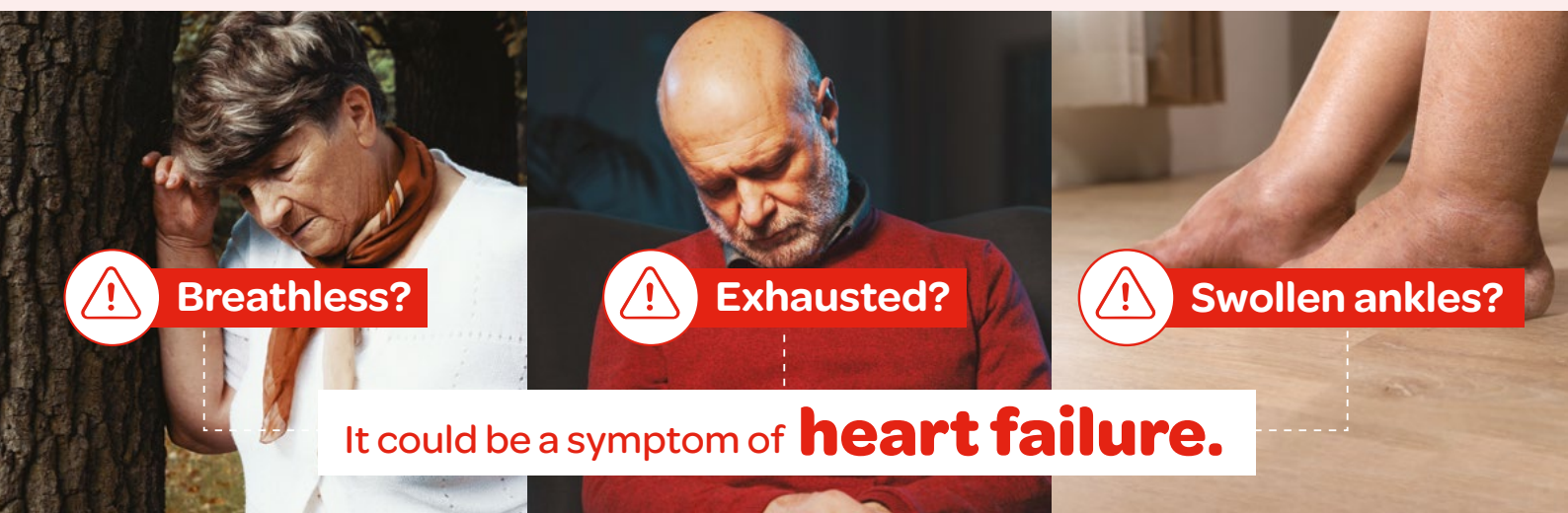
"The most common symptoms of heart failure are breathlessness, exhaustion, and swollen ankles. Symptoms may develop quickly or gradually over weeks or months. If you are

experiencing any of these symptoms, we would urge you to make an appointment to speak to your GP as soon as you can. If you do have heart failure, the sooner it is diagnosed the sooner you can get started on the correct treatment and care plan which is vitally important."

"If you are living with a heart failure diagnosis, the important thing to remember is, although it cannot be cured, treatment can help to control the symptoms, improve quality of life, and slow the progression of the condition. There are cardiologists and specialist nurses who are experts in this field and will guide and support you throughout your journey."

"NICHS's Care Services team are also here to provide support. Our Family Support Service will give the personalised information and advice you and your family need as you navigate life with heart failure. Our Heart Strong Cardiac Education Programme is designed to help participants to learn more about their health and take the steps needed to move forward post diagnosis, and our Taking Control Self-Management Programme provides a range of skills which will help you to manage your long-term condition better and improve your confidence. You are not alone and NICHS is here for those who need us."

For further information about our heart failure campaign, visit www.nichs.org.uk/heartfailure



Heart Failure Symptoms include:

- **Breathlessness**
- **Exhaustion**
- **Swollen Ankles**

Get it checked. Talk to your GP.

Visit www.nichs.org.uk/heartfailure



Breakfast Recipes



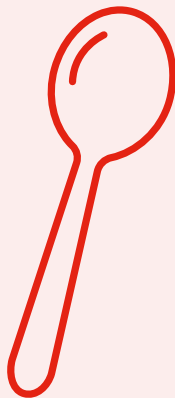
Here are some healthy homemade breakfast ideas packed with nuts, seeds and fruit which will help give you a great start to the day.



Overnight Oats

Ingredients

- 4 prunes
- 1 cup porridge oats
- 1 apple
- 1 tsp vanilla paste
- 1 tsp maple syrup
- 2 tbsp desiccated coconut
- 2 tbsp mixed toasted seeds
- 250g low fat yoghurt
- Handful mixed berries
- Few walnuts/almonds



Method

1. Chop the prunes into small pieces and grate the apple.
2. Place in a resealable container or Kilner jar along with the oats, vanilla paste, maple syrup, coconut, toasted seeds and yoghurt.
3. Add 250ml of cold water and mix well. Thin with milk until you have a thick custard-like consistency.
4. Seal and store in the fridge overnight.
5. In the morning, remove from the fridge 30 minutes before eating and divide between 2 bowls. If the mixture has thickened too much overnight, thin with a little milk.
6. Top with berries and nuts.

Homemade Granola

Ingredients

- 3 tbsp maple syrup
- 3 tbsp honey
- 2 tbsp coconut oil
- 2 tsp vanilla paste
- 200g mixed nuts
- 6 cups jumbo porridge oats
- ¾ cup mixed seeds
- ½ cup desiccated coconut
- 2 tsp ground cinnamon
- 1 cup sultanas



Method

1. Preheat the oven to 140°C.
2. Put the maple syrup, honey, coconut oil and vanilla paste in a small saucepan and warm gently until the coconut oil melts.
3. Roughly chop the nuts and place in a large bowl along with the oats, coconut, seeds and cinnamon. Mix well. Pour over the melted liquid mixture and stir until all the ingredients are coated.
4. Spread over a large tray ensuring the layer is no greater than 2cm in depth, otherwise the oats will not toast evenly.
5. Bake in the oven for about 30 minutes until golden brown. Add the sultanas while the granola is still warm.
6. Allow to cool and store in an airtight container.

Tomato and Avocado Toast

Ingredients (serves 2)

- Sourdough bread
- 1 ripe avocado
- 4 vine tomatoes
- Black pepper
- Extra virgin olive oil
- Balsamic vinegar



Method

1. Lightly toast the bread. Drizzle with extra virgin olive oil.
2. Slice the avocado and layer on the toast.
3. Top with slices of tomato, black pepper and a few drops of balsamic vinegar.
4. Serve and enjoy!



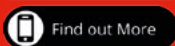
Northern Ireland Chest Heart & Stroke

**Give a
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donation –
make a lasting
impact**

Help us to be here **supporting local people and families living with life-changing illnesses** - today, tomorrow and for years to come.



Visit [www.nichs.org.uk/
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