

80th Anniversary Fundraising Guide



Improving local lives for
80 Years

Join Us In Celebrating Our 80th Anniversary

Thank you for your interest in fundraising for Northern Ireland Chest Heart & Stroke (NICHHS) during our 80th anniversary year. Our charity was founded on 14th June 1946 with a simple belief that people deserved better health, better care and better chances in life. Chest, heart and stroke conditions remain the leading causes of death and disability in Northern Ireland which is why our work is as important today as it has ever been.

Our vision is everyone in Northern Ireland living a longer, healthier life free from chest, heart and stroke illnesses. We work with people of all ages across the country, delivering vital care and prevention services, supporting ground breaking research and campaigning for change. Today, approximately 600,000 people in Northern Ireland are living with a chest, heart or stroke condition and we are committed to supporting them.

With almost 90% of our income coming exclusively from public donations, we need your help to carry on helping thousands of local people and their families rebuild their lives after a chest, heart or stroke diagnosis, as well as continue with our crucial prevention efforts.

Join us in marking 80 years of supporting local people by taking part in our special anniversary fundraising appeal. Take on an 80 challenge, host a tea party, or plant a memory tree. However you choose to get involved, you will be helping to make a real and lasting difference to the lives of so many. Thank you.



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Photo credit:
Alan Fletcher, Woodland Trust

Be Part Of Something Special

For eight decades, we have been here for people and families affected by chest, heart and stroke conditions, helping them rebuild their lives, regain independence, and find hope for the future. To celebrate this incredible milestone, we are inviting you to be part of something special.

Get Involved – Your Way

We have created three simple and meaningful ways for you to support our 80th anniversary:



**Take on an
80 Challenge**



**Host an
80th Tea Party**



**Plant a
Memory Tree**

Take part in one or combine them all!

However you choose to get involved, every pound you raise will help us continue to provide vital care and support to local people who need it most.



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Take On An 80 Challenge

Get active, get creative, or get your community involved by taking on a challenge inspired by the number 80.

Whether you go solo or team up with others, your challenge can be as big or as simple as you like, the important thing is to have fun and make a difference.

Challenge Ideas To Get You Started

Walk or run **80 miles in a month.**

Cycle **80 kilometres in a week.**

Swim **80 lengths.**

Hold an **80 second plank for 80 days.**

Do **80 sit-ups a day for 30 days.**

Complete **80 acts of kindness.**

Bake and sell **80 treats.**

Give something up for **80 days.**

Read for **80 minutes a day for 8 days.**

Climb **80 flights of stairs.**

Take on an **80-hour team challenge.**

Save £1 a day for **80 days and donate it.**

Complete **80 minutes of exercise for 8 days.**

Do a fundraising **car wash for 80 cars.**

Tractor run with **80 tractors.**



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Host An 80 Tea Party

Bring people together and celebrate 80 years in style by hosting your very own tea party.

Perfect for families, friends, workplaces, and community groups, this is a simple and enjoyable way to raise funds whilst making lasting memories. You could even make it 1940's themed for an extra bit of flare!

Hosting Your Tea Party

- Pick a date and invite your guests.
- Decorate your space with an 80 theme. Get in touch for your NICHs branded decorations.
- Serve tea, coffee, and sweet treats.
- Ask guests for a donation to attend.
- Add a fun activity like a raffle or quiz.

Make It 80 Themed

- Bake an **80 cake** or make 80 cupcakes.
- Invite **8 or 80 guests**.
- Share **memories from the past 80 years**.
- Serve **80 biscuits or treats**.



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Plant A Memory Tree

For 80 years, Northern Ireland Chest Heart & Stroke has been rooted in communities across Northern Ireland, standing alongside people and families through some of life's most challenging moments.

The theme for an 80th anniversary is wood which is a symbol of strength, growth and lasting impact. Like the rings of a tree marking each passing year, our journey reflects decades of care, compassion and progress. Just like a tree, the support we provide continues to grow, reaching more people and helping them rebuild their lives. Planting a tree is a powerful and meaningful way to be part of this story and to help us mark this special milestone.

Create A Lasting Tribute

By planting a tree, you can:

- Honour the memory of a loved one.
- Celebrate someone special.
- Mark an important moment in your life.
- Contribute to a greener, healthier future.

It is something that will grow and stand strong for generations, just like the legacy we are building together.

Get Involved & Support NICHS

- Plant a tree in your garden or community space (with the correct permissions).
- Make a one-off or regular donation to NICHS. By setting up a small regular gift you can nurture a legacy of support that grows alongside your tree, creating lasting impact for generations to come.
- Hold a tree planting ceremony and combine it with a fundraising activity such as a tea party or community fair.
- Sponsor My Tree - Ask family and friends to sponsor your tree and make donations in memory of your loved one. You can set up a unique link for people to donate online. Get in touch with us to find out more.

Helpful Guidance

- We recommend visiting the Woodland Trust website for advice on:
- Choosing the right tree.
- Where and when to plant.
- How to care for your tree as it grows.

You can find all this useful information here - www.woodlandtrust.org.uk



Photo credit:
Alan Fletcher,
Woodland Trust

How To Get Started

- 1** Choose how you wish to fundraise.
- 2** Register your fundraiser by emailing our team at Communityfundraising@nichs.org.uk. A member of our team will contact you to discuss how we can support you and what materials we can provide to help with your fundraising.
- 3** Set up your fundraising page here – justgiving.com/campaign/nichs-80th-anniversary
- 4** Share it with family, friends and colleagues.
- 5** Track your progress and keep supporters updated.
- 6** Celebrate your achievement!

Top Tip

Make it social!
Share updates, photos, and milestones along the way to keep your supporters engaged and motivated to donate.



Chest
Heart &
Stroke

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Where Your Money Goes

£20

will help pay for our health promotion team to provide free public blood pressure checks which could help prevent a heart attack or stroke.

£50

will fund a home visit from a Family Support Co-ordinator following a respiratory diagnosis, or after a heart attack or stroke.

£80

will pay for a neuro/physiotherapist to teach exercises to help improve flexibility, balance, mobility as well as strength and stamina.

£100

will help pay for a local researcher's time, working to advance how we prevent, treat and care for chest, heart and stroke illnesses.



"It's about taking that initial step to go to something new. I love every minute of attending NICHS services. Talking to other people, finding out how we all deal with our conditions, giving each other tips and advice. The staff are brilliant, and I have found every group and programme helpful in different ways."

Billy, Comber- Chest

"When I went to NICHS's Heart Strong it was just so nice to be somewhere where other people understood what it was like to live with a cardiac issue. I also got real support in how to manage my condition with things like exercise, healthy eating, and managing fatigue. I hadn't got that before, and as a result, I am now able to do so much more."

Erin, Derry/Londonderry- Heart



"Getting out to the NICHS Post Rehab Exercise Programme group is brilliant. It's the emotional support of having people who have been through a stroke and totally understand which is so important."

Joeline, Armagh- Stroke

What We Do

We Care

**HEALTH IMPROVEMENT PROGRAMMES /
EMOTIONAL SUPPORT / FAMILY SUPPORT
/ PHYSICAL ACTIVITY PROGRAMMES /
INFORMATION & ADVICE /**

At Northern Ireland Chest Heart & Stroke we offer a wide range of care and support services for people living with chest, heart and stroke conditions. We work with people of all ages throughout Northern Ireland, along with their families and carers.

Our services work to improve the overall quality of life of people living with these conditions, with emotional support as well as physical rehabilitation provided.

We Campaign

**CHEST, HEART AND STROKE SERVICES
REFORM / AIR QUALITY / CHILDHOOD
OBESITY / HOSPITAL WAITING LISTS /**

We campaign and lobby local representatives and Government to introduce health policies and changes in legislation that will lead to improvements in the care and treatment of chest, heart and stroke illnesses, and in the health and wellbeing of the people of Northern Ireland.

We always listen to the views of people living with chest, heart and stroke conditions, and to their loved ones. Their experiences help shape our campaigns for better care and prevention of these conditions, today and tomorrow.

We Prevent

**HEALTH PROMOTION / PREVENTION /
ADVICE / HEALTH CHECKS / WORKPLACE,
SCHOOL & COMMUNITY PROGRAMMES /**

As the only local charity in Northern Ireland dedicated to the prevention of chest, heart and stroke illnesses, informing and educating people about the early warning signs of these conditions and supporting healthy lifestyle changes is a core part of what we do.

We offer a range of services for workplaces, schools and community settings to help encourage people to enjoy healthy and active lives and reduce their risk of developing chest, heart or stroke illnesses in the future.

We Research

**LOCAL RESEARCH / SCIENTIFIC
RESEARCH GRANTS PROGRAMME / LIFE
CHANGING ADVANCES IN TREATMENT
AND PREVENTION OF CHEST, HEART &
STROKE ILLNESSES /**

With help from our supporters we fund high quality research in local universities and hospitals. We fund ground-breaking research projects that will advance how we treat, care for and prevent chest, heart and stroke conditions. Since 1994, we have invested almost £9 million into research, funding treatments, medications, therapies, rehabilitation programmes and cures.



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Almost 90%

of our income comes from
public donations.

**Find out more about our work and how you
can support NICHs at www.nichs.org.uk**

Follow us:

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

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