

FROM THE HEART

Volunteers' Week 2024

Healthy eating truths

**Avoiding carers
burnout**

**Let's talk about
blood pressure**



**Chest
Heart &
Stroke**

Hello everyone!



Welcome to the latest edition of **From the Heart**. My name is **Mark Dyer**, and I am the **Head of Respiratory Services at Northern Ireland Chest Heart & Stroke**. I am celebrating one year in my role and the time has flown by!

I am from North Belfast and grew up in the shadow of Cavehill. I now live in Newtownabbey with my wife and two cats! I am keen on exercise of all kinds. I play golf and do a bit of running. On a Saturday morning you can find me at various Parkruns where I volunteer and do my best to complete the 5k. I love getting out and about walking accompanied with an audiobook.

My career path has been long and winding, working in the private and community sectors. I have worked for many charities which might be familiar to you, including Age NI, MindWise and AWARE NI. My passion is to initiate and manage services and I have done so for over twenty-five years. One of my previous roles was working for the Stroke Association so I have happily reconnected with colleagues who provide services for people who have had a stroke and their caregivers.

My first year at NICHS has been filled with learning experiences. Seeing what we do and how we impact the lives of our clients, and their caregivers, is a privilege. Meeting the many volunteers who give their time and experience alongside our staff is humbling. It is the best part of my role.

We are moving into an exciting time for our respiratory services including returning to face-to-face services in all five of our health trust areas and revamping some of our programmes. My hope is that we continue to provide great services to people with chest, heart and stroke conditions and of course, some better weather over the next few months would be nice!

With warm wishes,

Mark
NICHS Head of Respiratory Services

Care Services' Norma Runs The London Landmarks Half Marathon!

Massive congratulations and huge thanks to our colleague and friend, Norma Ferguson, who recently took on a personal challenge in celebration of her time with NICHS. To use that well known baseball analogy, Norma knocked it out of the park! Here Norma tells us all about her amazing achievement of running the London Landmarks Half Marathon.



"In November 2023 I celebrated 20 years working for NICHS in my role as Care Services Co-Ordinator in the Fermanagh/Western Trust area. Over this time, I have seen many changes within the charity, for the benefit of our service users. Support groups are available across NI and new services like our Post Rehab Exercise Programme and Taking Control Self Management Programme have been introduced. Stroke, cardiac and respiratory services have all been widely developed since I joined the charity.

15 years ago, I started running and running has been part of my life ever since. I have run several half marathons, but the London Landmarks event is one I've always wanted to complete. When I found out that NICHS had charity places available for this run, I thought signing up to take part in the event would be a great way to celebrate my time with the charity.

A condition of receiving a charity place is that you must fundraise £400. I was nervous about this as I've never taken part in a solo event and asked for sponsorship.... what if no one donated?! That was probably the thing I was most nervous about- not the 13-mile run or maybe missing my flight to London, or the fact that I could end up flying during a storm called Kathleen!

I was absolutely delighted when I set up my JustGiving page and raised £400 in 2 days! I have raised over £2000 in total. Everyone has been so generous with both their money and their support and I have found it very humbling.

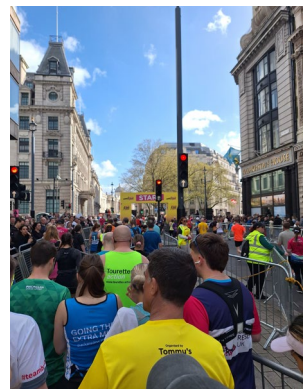
In January 2024, I started my training in earnest by increasing my running distance, adding a mile to one of my runs each week to build up the distance to 13 miles. This had to be done gradually to avoid injury. I normally run 3 times a week but, I'm fond of a wee 3-mile run, and when not training for an event, my long run is around 6 miles so building it up to over 13 miles took time, effort, grit, and determination.

I found the hardest part was getting time to fit my runs in amongst everything else going on in life. This is why having a training plan was vital. Having it written down in black and white, the days I would run and the distance I had to cover, kept me focused. Having people sponsor me definitely kept me motivated and accountable too!

Lots of people have said to me, "I couldn't run a half marathon", but anything is possible. I see people achieving great things every day in work. Having a goal to work towards is great but if you don't have a plan, it can seem overwhelming. Breaking things down into smaller goals helps and I think delivering our Taking Control Programme has taught me the importance of planning. Each week I'd run the distance that was set out for the week, celebrate that, and then move on to the next week.



Needless to say, I didn't win the London Landmarks Half Marathon but what I did do was achieve my goal of completing the run and thanks to NICHS, I've had a running dream come true. The atmosphere was amazing, with steel drums, choirs, and people cheering you on along the route. After all my training through the winter, in the wind, rain and the dark, I was rewarded with the sun splitting the stones on the day of the actual race. **It was one of the best days of my life and it's not often you say that after taking part in a race!"**



**Chest
Heart &
Stroke**

Wake Up And Smell The Caffeine

Latte, mocha, cappuccino, cortado, ristretto. Some of you might now be thinking you are reading the wrong article; some will immediately have had their attention grabbed. For the former you might think these are just a bunch of words in a foreign language, for the latter you will know that this is true, but also that these are all types of coffee. But do we ever stop to consider what we are drinking?

Nowadays you don't have to go far to find a coffee shop and there is something for everyone. You can bring pets, get gluten free, dairy free and egg free treats (but just remember these treats may be high in sugar or fat so why not try making this edition's delicious fruit loaf or cranberry and seed bars instead?) In some places, what seems like a mouthful of coffee will cost £5 and in others you will get a vat and it will only cost £2. There are many social benefits to drinking coffee - catching up with friends over a cup is very common. Perhaps, before we have our next meet ups however, we should stop and consider the impact coffee can have on us.

We shouldn't have more than 400mg of caffeine each day and, on average, a cup of filter coffee contains 90mg. You might be surprised to know that there is also caffeine in tea and chocolate, so you might be having more caffeine than you realise. Whilst it has been found that if you stick below 400mg of caffeine a day it has no long-term effects on your cardiovascular health (Turnbull et al., 2017), it does stimulate your central nervous system in several ways which can alter mood, memory, and alertness (Fiani et al., 2021).



When you are having your caffeine can affect your quality of sleep, which, when poor can have consequences. Caffeine takes 25-45 minutes to 'kick in' and then 6-8 hours for the stimulant effects to reduce by half. Instead of having a cup of regular tea or coffee before bed, you could consider drinking decaf varieties. It is also important to note that having excessive amounts of caffeine (over 400mg per day), can lead to anxiety, frequent urination, muscle tremors, an increased heartbeat, amongst other things.

By no means do we want to put you off enjoying your coffee (or tea) - here at NICHS we are very partial to a cup! We should however be considering when we are drinking our coffee and how much we are actually drinking.



Turnbull, D., Rodricks, J.V., Mariano, G.F. and Chowdhury, F. (2017). Caffeine and cardiovascular health. *Regulatory Toxicology and Pharmacology*, 89, pp.165-185. doi:<https://doi.org/10.1016/j.yrtph.2017.07.025>.

Fiani, B., Zhu, L., Musch, B.L., Briceno, S., Andel, R., Sadeq, N. and Ansari, A.Z. (2021). The Neurophysiology of Caffeine as a Central Nervous System Stimulant and the Resultant Effects on Cognitive Function. *Cureus*, [online] 13(5). doi:<https://doi.org/10.7759/cureus.15032>.

Care Services Advisory Group

My name is Amy Coey, and I am the Service Improvement Lead for the Care Services department at NICHHS. I have worked at the charity for 7 years and have a degree in Nursing (Adult) and a Master's in Public Health from Queen's University, Belfast. I live in Belfast with my husband and our very energetic, one-year old dog.



During my years working at NICHHS I have had a few different roles. My first role was working as a Health Promotion Officer in the Public Health department. I thoroughly enjoyed meeting people in workplaces, communities, and schools, raising awareness of the risk factors for chest, heart and stroke conditions. I empowered individuals to make healthier and more positive lifestyle changes, to reduce their risk of these conditions, which was really rewarding. I then had the opportunity to further develop my skills working in the Care team as a Senior Care Services Coordinator. In this role I completed some internal projects and reviewed services. This was my introduction into working on improving our programmes and developing quality improvement plans.

In my current role, I am reviewing all our existing service offers to ensure they are evidence and research based, we have clear outcomes for each programme, and we follow our standard operating procedures. I am also responsible for maintaining our client management system and developing quality improvement plans. Another key part of my role is to lead on the new NICHHS Care Services Advisory Group.

As part of our 2023-2026 strategic plan for the Care department, one of our priorities is to involve and listen to service users in service planning, design, and review. We plan to do so through establishing a Care Services Advisory Group. In March 2024 we advertised for those living with a chest, heart or stroke condition, or someone who cares for those with these conditions, to apply to become a member of our advisory group. We had a brilliant response and the newly formed group met for the first time in May 2024.

During the first meeting the group got to know each other and talked about their lived experiences. We also discussed NICHHS' strategic plan, our current service offerings, and ideas of what we hope to achieve as the Care Services Advisory Group.

We are delighted to be able to have an advisory group and listen to those with a lived experience of chest, heart or stroke conditions. Our aim is that by listening to those living with and those caring for someone affected by these conditions, we can improve the services we offer and provide better support to the people accessing them.

We look forward to sharing the progress of the Care Services Advisory Group - watch this space!

Chest
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Volunteers' Week 2024

2024 marks the 40th anniversary of Volunteers' Week and it will run 3rd-9th June. The event was first launched by Volunteering England in 1984 and is now organised by the National Council for Voluntary Organisations.

Volunteers' Week is a time to say thanks! It's a chance to recognise, celebrate and thank incredible volunteers for all they contribute to our local communities, the voluntary sector, and society as a whole. Volunteers' Week also acts as a chance to inspire others to give volunteering a go- here are some reasons why volunteering is great!

Why volunteer?

1. Volunteering connects you to others and reduces isolation.
2. Volunteering strengthens communities.
3. You can give something back to a charity that has helped you or a loved one.
4. You can make a difference to someone else's life.
5. It can help reduce your heart rate and blood pressure.
6. It can help combat depression.
7. Volunteering adds to your CV.
8. You can learn new skills and add to your experience.
9. If you are between 14 and 25 years old, you can gain a Millennium Award.
10. You will be helping us provide our services to the local community.

NICHS Volunteer Stories

Geoffrey

Geoffrey, from Ballygowan, has been volunteering with NICHS for two years at our Post Rehab Education Programme (PREP) in Newtownards.



Geoffrey has had two strokes. In 2022 after his second stroke, Geoffrey attended a 12-week cycle of PREP. He found this very beneficial- it boosted his confidence, allowed him to meet others who were going through similar experiences, and he could see the improvement in himself.

After being medically retired after this stroke, Geoffrey found he was becoming more and more stuck at home. He felt frustrated that he was unable to do the things he used to, and the idea of volunteering was a new and welcomed challenge.

Geoffrey says; "After completing PREP I was approached to become a volunteer and I absolutely jumped at the opportunity. The volunteers had made such an impact on me, and I wanted to be able to give back. I feel so fortunate to have the opportunity to now support and help others on their journey."

"I haven't looked back. I feel it has worked in my favour as I have met a great bunch of friends and enjoy the comradery and banter we all have. I enjoy being involved in peoples' recovery and building up a relationship with them. It makes me feel good and I get so much from it."

As well as volunteering at PREP Geoffrey also now volunteers at the Young Stroke Group who meet fortnightly. He finds the group very uplifting and there is always craic to be had!

Geoffrey attends one of our Wellness Sessions as a service user and has met some great friends. He meets up weekly with Neill and Ringland for a coffee, a laugh, and a bit of a carry on!

Geoffrey concludes; "Volunteering with NICHS has been so beneficial to me. It's just brilliant to get out, meet people, volunteer, and attend the groups. It lifts my spirits and has given me a purpose in life again."



Ian

Ian is from Bangor and has been a NICHS volunteer at the Newtownards PREP group for two years.



Ian was introduced to NICHS through his Family Support Co-Ordinator, Dawn, after having a stroke. Ian went on to complete the online Taking Control Self Management Programme, attended a cardiac walking group, as well as PREP and he currently attends our Wellness Sessions. NICHS services helped Ian to meet people, socialise again and get out of the house.

Ian had his third stroke in 2021 and attended the Comber PREP group, where he was paired up with volunteer, Belle. Ian was inspired by Belle's encouragement and support. She was a helping hand when Ian needed it with his most challenging exercises, and they built up a friendship over the weeks.

There was a callout for volunteers and Ian felt he was well enough to help. He wanted to give something back. Volunteering was not something Ian had considered previously but as a full-time carer for his late wife who had motor neurone disease, he had a wealth of caring experience.

Ian says; **"I find my volunteer role very enjoyable - meeting new people, helping them from lived experience, I feel lucky. Being a volunteer is a pleasure!"**



Maria

Maria, from Belfast, has been volunteering with NICHS for nearly one year, first with our cardiac walking groups and now with PREP in Ballynahinch.



After caring for her parents for a number of years, Maria wanted to get back into work and thought volunteering would be a great way to start. NICHS was a charity close to Maria's heart after a good friend passed away from a heart attack at just 34. This drove Maria to take a real interest in cardiovascular health and the risk factors associated.

Maria finds volunteering with NICHS rewarding and says; **"It is enjoyable. I love engaging with the group participants, sharing stories, and having a laugh. Knowing I am making a difference, helping, and encouraging clients on their road to recovery gives me a great sense of achievement."**

In her spare time, Maria loves walking and can found leading many walking groups across the Belfast area.

If you would like to volunteer at our support groups, fundraising events or become a community ambassador, visit nichs.org.uk/volunteering for more information.

**Chest
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Thoughts About Healthy Eating - True Or False?



1. Bottled water is better for you than tap water?

False: Bottled water is no safer or purer than tap water, but it is substantially more expensive. A recent study by Glasgow University found that bottled water is more likely to be contaminated than water from your tap because it is less well-regulated. Bottled water and tap water typically come from the same sources - natural springs, lakes, and aquifers. While public water supplies are tested for contaminants every day, makers of bottled water are only required to test for specific contaminants every week, month, or even up to one year.



2. Eggs raise cholesterol levels?

False: Although egg yolks are a major source of cholesterol (a waxy substance that resembles fat), researchers have learned that saturated fat has more of an impact on cholesterol in your blood than eating foods that contain cholesterol. The lead researcher from a 25-year University of Arizona study on cholesterol concluded, "Healthy individuals with normal blood cholesterol levels should now feel free to enjoy foods like eggs in their diet every day."



3. You can drink too much water?

True: It is very rare for someone to die from drinking too much water, but it can happen. Over hydrating is most common among elite athletes. Drinking an excess of water, called water intoxication, dilutes the concentration of sodium in the blood leading to a condition known as hyponatremia. The symptoms of hyponatremia can range from nausea and confusion to seizures and even death in severe cases. To avoid this, drink fluids with electrolytes during activities.



4. Coconut oil is better for you than olive oil?

False: Gram for gram, coconut oil and olive oil both contain the same kilojoules, however olive oil contains just 17% saturated fat compared to around 90% in coconut oil. On the other hand, extra virgin olive oil is linked to reduced risk of heart disease and some cancers.



5. Drinking fruit juice is as good for you as eating fruit?

False: Calorie for calorie, whole fruit provides more nutritional benefits than drinking the pure juice of that fruit. That is because when you liquefy fruit, many ingredients like fibre, calcium, vitamin C, and other antioxidants are lost. For comparison, half a glass of orange juice that contains 69 calories has 0.3 grams of dietary fibre and 16 milligrams of calcium, whereas an orange with the same number of calories packs 3.1 grams of fibre and 60 milligrams of calcium. Not only that, when you take away the fibre, the sugar from the juice causes a blood sugar spike, which can leave you craving more.



6. All fruit and vegetables have nutritional benefits?

True: Restricting your diet to mainly so-called superfoods could mean that you are missing out on a variety of nutrients. These foods can also be expensive, particularly when out of season. Eat a variety of grains, nuts, seeds, fruits, and vegetables to suit the season, your budget and healthy eating guidance.



7. All fat is bad for you?

False: Dietary fat is neither good nor bad. Some fats, such as trans-fats which are found in processed foods, should be avoided as they are unhealthy. Fats which are found in olive oil, nuts, seeds, oily fish, and avocado help rebuild cells and give you energy and can help fight and prevent disease.



8. Eating five oranges in a day means you have had your 5-a-day?

False: To get the maximum benefit you need to eat different types of fruits and vegetables, i.e. eat a rainbow! This is because different fruits and vegetables contain different combinations of fibre, vitamins, minerals, and phytonutrients. Therefore, eating a variety provides the most health benefits.

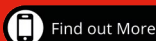
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Carers Burnout

Caring for someone can cause a caregiver to suffer from burnout which can be defined as a state of physical, emotional, and mental exhaustion. Some common signs of carer burnout can include:

- Feeling frustrated
- Extreme tiredness
- Feeling anxious or depressed
- Changes in appetite or sleep pattern
- Feeling overwhelmed

As a carer, it can be hard to care for someone else as well as care for yourself, so what can carers do to avoid burnout?



Eat well and keep hydrated - good nutrition is essential for our health and to energise our bodies. The majority of our body weight is made up of water which is important for many of our body's functions. This is why managing and maintaining a healthy diet and staying hydrated is essential.



Get rest and sleep well - sleep is essential for our physical and mental wellbeing. Seven hours per night is the recommended amount of sleep for an adult. Trying to create an environment which welcomes sleep can help, but also taking a half an hour out during the day to rest or to have a quick power nap can help to reduce tiredness.



Stay active - this is a very important part of self-care and gives you and your loved one the opportunity for space. Being active not only helps your physical health but also your mood which may in turn help improve your sleep.



Ask for a Carer's Assessment if you feel you need more help - getting more help and support could really make a difference for both you and the person you care for. You can contact your local social services department to request a carer's assessment.

From one carer to another

We spoke with Margaret, a carer from the Newry and Mourne area, who very kindly shared her experience of being a carer for her husband who had a stroke.

As many carers would agree, you never expect to be put into such a situation. As a stroke can happen quite suddenly, your world as you know it can change completely in a matter of seconds and adapting to this new life can be difficult. Speaking about this, Margaret said, "caring was all new to me and I learnt as the days went on". For many, longing for life prior to stroke, or indeed any long-term health condition, is normal for both the survivor and carer. For some carers, the work and responsibility of caring for two now weighs on their

shoulders, which can come with its own worries and stresses.

The responsibilities of being a carer can impact a caregiver physically and emotionally. Physical symptoms like exhaustion, lack of sleep and aches and pains can in turn take a mental toll on a carer. Carers can feel overwhelmed, frustrated, and angry. Some carers may question 'why has this happened to us?' and in turn experience guilt for feeling such emotions. Carers may sometimes snap or shout at their loved ones and feel upset or ashamed when this happens. It is important to note however that any long-term health condition can emotionally impact the survivor as well as their caregiver, who tries to aid their recovery each day and provide the best possible care to their loved one.

Carers are sometimes told,



If you don't take care of yourself, you won't be fit to care for anyone else"

but as Margaret says, "when others said this to me, I didn't understand. It's hard to look after yourself when you are just so busy."

As many carers will understand, family support and additional help is appreciated, but can sometimes be hard to get. Caring for someone can therefore be quite an isolated journey for a carer. Upon returning home after a stay in hospital you might have an influx of visitors, family, friends, and health care professionals, all eager to help and support both you and your loved one. Margaret says, "my home at one point was like Heuston station with people coming and going all the time". As time passes, and visitations decrease, a carer may feel less supported and the opportunity to communicate and share with others is lessened. Feelings of isolation and deepening negative emotions may then increase.

It has been some time since Margaret's husband had his stroke and there have been great improvements in his recovery which they are both delighted with. At NICHS we have been honoured to support Margaret's husband through a number of our care services including Family Support, PREP, Taking Control Self Management Programme and our Newry Wellness Sessions.

NICHS's services not only benefit the service user but also provide reassurance to the caregiver. For example, whilst Margaret's husband attended PREP, Margaret had time to herself and a few hours of respite. This was a relief for Margaret who explains; "if your loved one is at home alone you are mindful to not stay too long at the shops etc."

PREP allowed Margaret time out, without worry as she knew her husband was safe under the care of NICHS Care Services Co-Ordinators.

Following PREP, both Margaret and her husband attended Taking Control, our six-week self management programme. At Taking Control they learnt about setting and managing weekly goals and outcomes, good sleep, healthy eating, staying active and communicating with each other. It also offered the couple the opportunity to speak to fellow service users and carers.

At present both Margaret and her husband attend our fortnightly Wellness Sessions in Newry. Emma, the group's Care Services Co-Ordinator says,



Both Margaret and her husband are a special part of our Wednesday sessions. The chat and interaction we have is fantastic and I really enjoy their company. We are very lucky to have such great people attend our Wellness Session!"

At NICHS, we can help and support carers looking after a loved one who has had a stroke. Our six-week Carers Education Programme involves weekly one-hour Zoom sessions and offers carers an opportunity to meet others in a similar situation. Participants can also ask our weekly facilitators, which include a stroke nurse specialist, physiotherapy and pharmacist, questions.

For more information, please get in touch with your local Care Services Co-Ordinator or telephone 028 9032 0184.



Chest
Heart &
Stroke

Health

Let's talk about Blood Pressure

At NICHHS, we work tirelessly to raise awareness of high blood pressure, often known as The Silent Killer. We encourage people to get their blood pressure checked as high blood pressure rarely causes any physical symptoms and is often only discovered after someone suffers a stroke or heart attack. Detection and subsequent action are therefore vital, but how much do you know about blood pressure?

What is High Blood Pressure?

If your blood pressure is consistently higher than 140/90mmHg then you may have high blood pressure.

The only way to know what your blood pressure is, is to have it measured. If high blood pressure is identified, you need to act immediately to get it treated and make lifestyle behaviour changes. This will help prevent and delay the onset of heart attacks, strokes and other conditions linked to high blood pressure. If you already have one of these health conditions, it is also vitally important to monitor your blood pressure to prevent further exacerbation or damage to your health.

As a general guide:

Ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg.

High blood pressure is considered to be 140/90mmHg or higher.

Low blood pressure is considered to be 90/60mmHg or lower.

Around **120,000** adults have **undetected high blood pressure** in NI.

1 in 2 heart attacks and strokes are linked to high blood pressure.



Checking your Blood Pressure

You can get your blood pressure checked by a doctor or nurse or at some pharmacies. You can also invest in a blood pressure machine to monitor blood pressure at home.

If your blood pressure is consistently higher than 140/90mmHg then you may have high blood pressure. We recommend you make an appointment with your GP for further tests or visit A&E as soon as possible, especially if you experience any stroke or heart attack symptoms.

Top Tips for a Healthy Blood Pressure

Maintaining a healthy blood pressure will help reduce your risk of heart and circulatory disease. There are several changes you can make to your lifestyle to reduce high blood pressure and to maintain a healthy blood pressure:



1. Reduce Salt Intake

Adults should eat no more than 6g of salt a day (approx. a teaspoonful). Read the labels on food packaging, choose foods lower in salt and try replacing salt with pepper, herbs and spices to add flavour.



2. Be More Active

Move more and sit less! Adults should aim for at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity each week. 2 days of strengthening exercises should also be included.



3. Maintain a Healthy Weight

Being overweight means your heart must work harder to do everyday tasks - this leads to high blood pressure. Maintaining a healthy weight involves a combination of eating a healthy diet and being more physically active.



4. Limit Alcohol Intake

Drinking too much alcohol increases the risk of high blood pressure and can cause weight gain. We should drink no more than 14 units of alcohol per week, with several alcohol-free days. Men should have no more than 8 units and women no more than 6 units of alcohol per session.



5. Increase Fruit and Vegetable Consumption

Fruit and vegetables contain vitamins and minerals, along with fibre which help to reduce the risk of high blood pressure and improve our heart health. We should aim for 5 portions a day which can be fresh, frozen, canned, dried or juiced.

You should also take medication for high blood pressure as prescribed by your doctor or health professional in addition to making changes to your lifestyle, unless your health professional is happy for you to stop your medication.

For more information on how to maintain a healthy blood pressure, visit nichs.org.uk/highbloodpressure

Chest
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Tasty Treats



Fruit Loaf

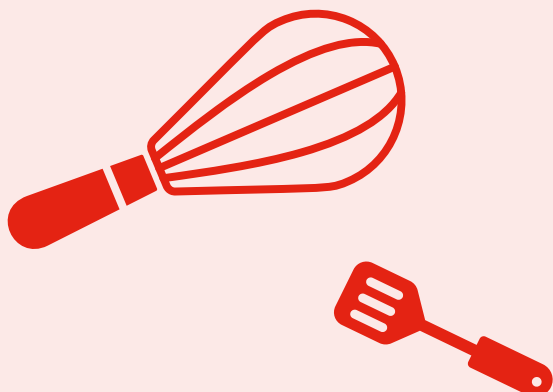
Ingredients

- 100g /4oz margarine
- 100g /4oz brown sugar
- 150g /5oz self-raising flour
- 2 small eggs
- 1 tsp mixed spice
- 250g /9oz mixed fruit



Method

1. Heat the oven to 180°C/gas mark 4.
2. Put the fruit in a pan and cover with water. Bring to the boil and boil for 3 minutes.
3. Drain the water. Add the margarine until it melts into the fruit.
4. Add the eggs and sugar into a bowl and beat until creamy.
5. Stir the flour into the fruit, then add the egg mixture and mix well.
6. Put the mixture into a greased and lined loaf tin. Bake for 45 minutes to 1 hour.
7. Cool and slice.



Cranberry, Oat and Seed Bars

Ingredients

- 110g/4oz porridge oats
- 50g/2oz wholemeal flour
- 40g/2oz dried cranberries
- 25g/1oz pumpkin seeds
- 1 tbsp sesame seeds
- 1 egg, lightly beaten
- 2 tbsp sunflower oil
- 75g/3oz runny honey

Method

1. Heat the oven to 180°C/gas mark 4.
2. Line a 20cm square baking tin with non-stick baking paper, allowing the paper to hang over two of the sides to form handles.
3. Mix the oats, flour, cranberries, pumpkin seeds, sesame seeds and beaten egg together in a large bowl.
4. Put the oil and honey in a small pan, set over a low heat, stir together until smooth and simmer for 1 minute. Add the honey mixture to the oats mixture and stir until well combined.
5. Press the mixture firmly into the prepared tin and smooth the surface with the back of a spoon.
6. Bake for 20 minutes or until a deep golden colour.
7. Cool completely in the tin before cutting into bars.
8. Store in an airtight container.

Something For Everyone At NICHS

At Northern Ireland Chest Heart & Stroke we have a service for everyone, whether you are living with or caring for someone with a chest, heart and stroke condition.

For more information regarding any of our services please get in touch with your local Care Services Co-Ordinator or phone 028 9032 0184.

Chest	Heart	Stroke
Family Support from an assigned Care Services Co-Ordinator	Family Support from an assigned Care Services Co-Ordinator	Family Support from an assigned Care Services Co-Ordinator
Breathing Better Education Programme	Heart Strong Education Programme	Post Rehabilitation Exercise Programme (PREP)
Taking Control Self Management Programme	Taking Control Self Management Programme	Taking Control Self Management Programme
Monthly Breathing Better Wellness Sessions	N/A	Fortnightly Wellness Sessions
Return to Work Programme	Return to Work Programme	Return to Work Programme
Carers Family Support	Carers Family Support	Carers Education Programme
Inspire Choir	Inspire Choir	Inspire Choir
Signposting to other services	Signposting to other services	Signposting to other services
Postal support	Postal support	Postal support

Northern Ireland Chest Heart & Stroke

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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.

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