

FROM THE HEART

Christmas stories

**NICHS Respiratory
Manifesto launch**

**How to combat
loneliness at
Christmas**

Recipes and crafts

Winter 2023



**Chest
Heart &
Stroke**

Hello and welcome to our winter edition of From the Heart

By now, the streets will be lined with bright lights, trees and decorations in preparation for Christmas and this edition of our magazine has a real festive feel to it. Take a look at our client stories as they tell us about their Christmas traditions; get some inspiration for a homemade gift from our creative crafts page; and make a note of some delicious recipes to try over the festive season. We understand Christmas is not necessarily a time of constant cheer for everyone however, and we hope our guide to combatting loneliness at Christmas will provide some helpful tips should you need them.

This edition of From the Heart also shares the stories of Eugene Rankin and Oran McBride, two of our Care service users who have fundraised for our charity following unexpected, life-changing strokes. There is an update about our respiratory manifesto which we launched in the autumn and which calls for the introduction of health policies and changes in legislation that will lead to improvements in the care and treatment of chest illnesses. NICHS has changed and developed over the years and someone who knows all about this is Valerie Saunders from our Fundraising Team. Valerie recently celebrated an amazing 35 years working at NICHS and in this edition of the magazine she shares how she has seen our charity change over time.

We would like to take this opportunity to thank you all for your continued support. From everyone at NICHS, we hope you have a lovely, happy, safe Christmas and New Year.

Until 2024!

Care Services Team

Northern Ireland Chest Heart & Stroke

NICHS Friends Share Their Christmas Traditions

“Hello, my name is Agata, and I moved over from Poland to NI in 2005. I have fond memories of leaving the snow behind in Poland and touching down in Belfast to the green pastures.



In 2021 I had a stroke, and I recently attended NICHS's Post Rehab Exercise Programme (PREP) in Newtownards. I enjoyed this very much and it has helped with both my physical and mental rehabilitation. I am also a member of the Young Stroke Support group, and we meet up fortnightly. This is a great source of peer support and fun.

With Christmas fast approaching I would like to share some of my festive traditions with you. In Poland, Christmas Eve is first a day of fasting, then of feasting. It is known as 'Wigilia', the Christmas Eve Supper. It is a very important and busy day. There is no meat eaten, just fish. The feast consists of 12 traditional dishes, which in most homes starts with the appearance of the first star. It begins with a soup (tortellini), followed by fish in different forms. The most eagerly anticipated part of Christmas Eve, both for children and adults, is quite naturally the exchange of presents, which is done after dinner. When midnight comes many Polish people go to 'Pasterka' (midnight Mass).

In Polish, Santa Claus is 'Swiety Miklaj'. He is an older fellow, dressed a bit like a Bishop, carrying presents and a birch switch, so don't be bad!

Christmas is a very special time and I enjoy following my traditions and of course all the Christmas festivities- singing Christmas carols, listening to Christmas stories, decorating the Christmas tree and all the excitement that comes with it.”

“Hello, my name is Bryan, I am originally from Lincolnshire and moved over to Northern Ireland in 1991. I was a trailer engineer and moved over with work. My late wife and I had a great life, travelling around in our leisure time and always enjoying ourselves.



In 2007 my wife was diagnosed with dementia. She had a couple of strokes, with the second stroke being very severe in 2008. I was retired and became her main carer until 2012 when she sadly passed away. I keep her photo on top of my cabinet where she will always be looking down on me.

I wanted to help others, so I became a volunteer with NICHs in 2012. I was a bus escort for the Lisburn Wellness Sessions, and I felt it gave me a purpose again in life. I love to help, and I get so much from being a volunteer. In 2013 I downsized and moved to Newtownards and began to volunteer there with the PREP group who meet weekly, and I am still volunteering there.

I always remember Christmas being a busy time, writing letters to Santa, decorating the tree, being excited about all the presents. My dad passed away when I was in primary school so I helped my mum a lot and tried to make sure my siblings always had a good and fun life.

I have fond memories thinking back to the 1940s/50s. How my mum wrapped all the gifts and kept them a secret from us I will never know! We would sneak down and peak at the presents but had to wait until my mum got up so that we could open our gifts together.

We lived in the countryside and didn't have a TV, just a radio, so we had to make fun for ourselves. I can remember presents such as a bike and making a bow and arrow. I recall playing with toys, fun and games, doing puzzles, and chasing each other in the woods, giving the birds and rabbits a scare!

Reminiscing about the good times keeps me motivated to enjoy life. Christmas is a much quieter time now, but I have my son who lives locally which is good.”

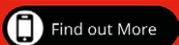
Northern Ireland Chest Heart & Stroke

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Chest Heart & Stroke

Eugene and Oran - 'Legen-Derry' Hope Heroes

Our 2023 Christmas campaign is asking people to please support our charity and help give the gift of hope. NICHS gives the gift of hope to thousands of people every year through our range of services like our life-changing care services, educational school programmes, and our Family Support service. Almost 90% of our income comes from public donations however, so without the generous support of the public we would not be able to be here, giving the gift of hope to those that need it.

People like Eugene Rankin, from Tamnaherin, and Oran McBride, from Derry, are examples of the wonderful Hope Heroes who support NICHS and fundraise for our charity. Both Eugene and Oran understand first-hand the support we can give people living with a chest, heart or stroke condition as they completed our Post Rehab Exercise Programme (PREP) following unexpected, life-changing strokes. They also continue to attend our Wellness Sessions.

Eugene and Oran found our charity's support was very important to their recovery journeys and decided they wanted to fundraise for us as way of giving something back. The funds raised by Eugene and Oran will help us continue to give the gift of hope to others and the gentlemen also hope that sharing their stories will help inspire other stroke survivors to keep fighting on their recovery journeys and see there is still hope after a stroke.



Eugene

"I had my stroke at the age of just 61, four years ago. My stroke was severe, and I had 3 months of intensive rehab in hospital. My left side was completely paralysed, even my stomach- I didn't feel hunger or anything. I had to be hoisted out of bed into a chair which I then had to be propped up in as without support I just slumped over."



"At the start of my rehab I couldn't move anything even though I was trying so hard. The physio team had to use a tilt table to get me on my feet. After some time, I got a bit of movement in my knee and the team worked with that, doing different exercises and gym work to keep me progressing. It was a hard slog over those 3 months to try and get myself moving again but I managed it, with the aid of a quad walking stick."

"I was put in touch with NICHS after I was discharged from hospital. They really helped get me back on my feet. I attended PREP and it was great. The exercises were really useful as I was determined to recover as best I could. I also still go to the Wellness Sessions as they give lots of great information about staying healthy, exercise and looking after your mental wellbeing. I think that is particularly important because you have good days but there are also days when there is an element of grieving for the person you were before you had a stroke."

"I decided I wanted to raise money to help other people. I have come a long way but there are people who have had strokes that haven't recovered as well as me and I wanted to do something to help NICHS be there for those people."

“My family and I organised a social evening in Gransha Social Club recently which raised £12,170. I am delighted so much money was raised for NICHs. My community, friends and customers were so generous, and I would like to thank everyone who supported the event and donated.”

“I never thought in my wildest dreams I would have a stroke, but it can happen to anyone. I would tell people, there is light at the end of the tunnel after a stroke. The light might not be there every day, but it is there. You don't have to give up on life.”

Oran

“I thought I was the last person who would have a stroke - I only took a very odd drink, I never smoked, I ate well, slept well, I was physically very fit.”



“I had a severe stroke 3 years ago at just 53 years old. After my stroke I lost the movement on the right side of my body. It was terrifying. I went from exercising 6 days a week to having to spend 2 months in hospital learning how to walk, how to talk, and to try and use my hands again.”

“I found out about NICHs after I was discharged from hospital and attended PREP. Everyone at the group knows what it's like to live with a stroke. They understand. That is so important, it really helps. PREP has helped me physically but mentally it's really helped too. The team provide great support and information to help you on your recovery journey.”

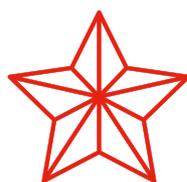
“I decided to fundraise for NICHs because they give so much to people living with stroke, chest and heart conditions through their services and groups, and I thought it was time for me to give something back.”

“I did a triathlon and raised £4000. I didn't think I would raise so much but it's fantastic. I've lost total flexion in my right leg and only 30% of my arm power has come back but my triathlon consisted of 15 lengths of the swimming pool, a 12-mile spin and a 1km walk on the treadmill. I felt a great sense of achievement when I finished.”



I try and take the positives out of what I have and what I can do and work on that. Every day is another day and that's a good day. I always say there are people worse off than me- I'm lucky, I got another go in life.”

If you would like to be a Hope Hero like Eugene and Oran and support our 2023 Christmas appeal, you can use the response form and pre-paid envelope we've enclosed, or if you prefer, you can go online to our website and donate there - nichs.org.uk/make-a-donation Thank you in advance for any support you may be able to give.

 Hope 
Heroes 

Chest
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NICHS Respiratory Manifesto Launch



In the autumn we launched our Respiratory Manifesto, 'Making It Easy For All Of Us To Breathe', at the Great Hall at Stormont. Our Policy and Engagement Officer, Eugene Reid, explains the background to this manifesto and the need for it; "Sadly, respiratory conditions continue to be the third largest killer in Northern Ireland, with 4 deaths every day and over 40,400 hospital admissions every year."

"We worked with our service users, supporters, and governance board to develop the manifesto. It was presented to politicians, policy makers, physicians, and the press to highlight the burden of respiratory disease in Northern Ireland, but more importantly, to call for the introduction of health policies and changes in legislation that will lead to improvements in the care and treatment of chest illnesses."

"Northern Ireland has been without a Services Framework for Respiratory Health and Wellbeing since 2018. The previous framework had 56 standards to improve respiratory services in NI. These were not delivered, and services did not improve due to lack of political and health service leadership and investment. Through the manifesto we are calling for a number of things."



1. Improved air quality.



2. A new lung health strategy.



3. Earlier detection and diagnosis of respiratory problems.



4. Ensure patients have equal and appropriate access to the best medications.



5. Reduce tobacco use and support smokers who wish to quit.



6. Integrated respiratory care units, hubs, and services.



7. Evidence-based and patient-focused integrated pathways.



8. The right to rehabilitation.



9. Investment in, and development of, the respiratory workforce.



10. Reform the GP contract in the absence of Quality and Outcomes Framework.



11. Make asthma a priority.

Respiratory Client Spotlight: Geraldine Sayee



Geraldine has been attending our Belfast Respiratory Wellness Session for over a year. Geraldine helped us launch our Respiratory Manifesto and here she shares her recent journey with us.

When were you diagnosed with your condition?

I became unwell in August 2020 with COVID. I then developed chest infections that were treated with several courses of antibiotics but there was little improvement with the coughing and my breathing. My cough had developed to the stage that it was damaging my vocal cords. I saw a Respiratory Consultant and they suggested that I get a CT scan. This led to me being diagnosed with Bronchiectasis in February 2021.

How does your condition affect you?

My condition became so bad that I lost my voice completely. This meant that I had to give up work. I worked in pharmaceutical sales and was disappointed to leave work as I was always full of energy but with the persistent cough, fatigue and increased breathlessness I had no other option. This brought other issues as I was younger than the pension age at the time and had to use savings to pay the bills. My whole life was turned upside down.

I was referred to a speech therapist who helped me recover. She gave me lots of exercises to do and breathing techniques. I must also manage my condition with inhalers and a mucolytic, which helps break down mucus and clear my airways. I use a nebuliser every morning and evening too.

How did you find out about NICHS?

My speech therapist recommended I contact NICHS. I got in touch with Gemma in Care and she got back to me in an hour!

How has your experience of using NICHS respiratory services been?

I don't know what I would have done without NICHS's support. I have learnt so much about my condition and it has been invaluable to me. I attend the monthly Wellness Sessions and have participated in the walking groups. I have also completed the Breathing Better education programme and the Taking Control self-management programme. They were really safe environments for discussing how our conditions affect our lives.

Would you recommend NICHS services?

I would encourage anyone with a respiratory condition to contact NICHS. Having a new health condition can be very isolating. You don't have the answers and you don't know where to turn. The Wellness Session is very supportive and it's like a family.

Why have you decided to volunteer?

I volunteer at the Belvoir Wellness Session in Belfast. I got so much from NICHS, and I want to give back. My role is to help, support and encourage new members on their health journey.

I was delighted to speak at the Respiratory Manifesto launch at Stormont. I was used to speaking in front of crowds through my previous job and it was great to tell my story and tell everyone there how great NICHS services are!

In January, I will be completing training so I can help deliver some of the education programmes that I once completed. I think it will be good for me to meet other people and show them that there is light at the end of the tunnel.

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How To Combat Loneliness At Christmas



Christmas is traditionally seen as a magical time for family get togethers, office parties, catching up with old friends, and connecting with people. This holiday can be one that some feel excluded from however. It can feel like the whole world is wrapped up in Christmas. In reality, feelings of loneliness are amplified for many over the festive period.

Loneliness is a normal human emotion but chronic loneliness, when people always or often feel this way can be very damaging. Chronic loneliness affects 1 in 20 people in Northern Ireland. It increases the risk of death by 26% – a statistic comparable to the damage to health caused by smoking, obesity, physical inactivity or air pollution. Loneliness increases the chances of a range of cardiovascular problems such as irregular blood pressure and coronary heart disease. Loneliness is linked to cognitive decline and can increase the risk of the onset of depression. It can affect anyone of any age.

The key to coping with loneliness can be trying to understand what triggers your feelings of this emotion at this time of year in particular and realising the negative impact it can have on you.

Loneliness can result from many things- bereavement, illness, family living far away and not coming home for the season, people working over the Christmas period, or even not being able to go to work due to Christmas closures; relationship breakdowns, longer nights, financial constraints, reflecting on changed circumstances from last year to this.

If you are spending Christmas alone, not by choice but rather circumstance, it is important to try to manage the experience by doing things which you enjoy, may not have tried before or which will simply help distract and pass the time. To do this you may need to be brave and reach out to others. Ask yourself what matters most to you? If it is to reduce the feeling of loneliness at Christmas, here are some ideas in keeping with the Take 5 steps to wellbeing approach that you could try.

Be Active

Local park runs or cold-water swims often take place in and around the Christmas break. These events are a great place to meet people and have a lovely sense of community to them. No-one says you have to run or even swim- walking and spectating at both events is equally encouraged. Some local Council/Trust areas organise walking groups for carers or for those who are lonely – this is a great way to meet new people and helps raise motivation to get out and get moving.



Connect

Reach out to someone in your phone book that you haven't spoken to in a while. Renew those friendships. How would you feel if they called you? Chances are if you would be happy to hear from them then the same applies. Be brave, make the call and say hi – there's nothing like a good chat sometimes to raise the spirits and feel connected.

Many befriending telephone services are available which can connect people with a volunteer with shared interests. Regular contact can be set up and this could be something to look forward to each week and help strengthen your connection with people. Helplines such as Lifeline and The Samaritans are also available if you feel that you need a little bit of extra support to get you through the Christmas period. More information can be found at helplinesni.com





Give

Have you ever considered volunteering? Maybe a local community group is supporting people at Christmas by providing lunches or befriending services. Maybe a local animal shelter needs an extra pair of hands at feeding or walkies times. Could you spare them some of your time to help fill some of your time? Or maybe you would benefit from some of the support services that local groups can offer – it could be worth finding out what’s available around you. Your NICHS Care Coordinator can help you find out more- please just ask if you need any help.



Take Notice

Try to notice and enjoy the sights, sounds and smells of Christmas, even if you are not spending it the way you would wish to. Harness the memories that the scents might bring or the happiness that came from hearing an ad on TV for the first time of the year. Appreciate the small things. Remember that those who have their houses full of people may feel lonely too. If it helps to focus your mind, why not write a list of those things you are grateful for each day? In doing so you have to think positive thoughts and detract from the negative.

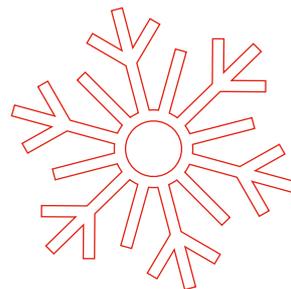


Keep Learning

Is there a tower of books sitting by the bed gathering dust that you have been meaning to start? Christmas could be the perfect time to fall in love with reading again and submerge yourself in a touch of escapism. Maybe it’s a cookery book with new recipes to try, or you want to know more about world cultures, or you have always wanted to learn how to play a musical instrument. The internet also has a wealth of ‘How To’ videos to get you started. Or maybe an audio book would be more appealing to you? NI libraries have a wide variety available for loan, either through their Libby App for eBooks and magazines, or in the local library itself.



Who says that the perfect Christmas has to be white with hundreds of twinkly lights, candy canes, carol singers, turkey for ten and a recycling bin full to bursting with wrapping paper and bottles? Invent your own perfect Christmas and do it in a way that takes the pressure off you. Stick to your usual routines if that helps. Admit that you are lonely, acknowledge the feeling and do your very best to not let it smother you. You’re not alone in these feelings and remember, it’s not all Bah Humbug if you don’t do Christmas like the adverts.



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Creative Crafts



Homemade Sweet Jars

Here Kyle, one of our Care Services Co-Ordinators, shares how to make sweet jars- the perfect handmade Christmas gift! Kyle says:

“With Christmas just around the corner, we are thinking about gifts for loved ones, friends, teachers... the long list continues! For a more personal touch, I like to think of different ways of packaging gifts. Here I share an easy to make idea which would make a lovely gift for anyone- in this case it was for my daughters’ teachers. After long negotiations on wages (leftover chocolate!) my two lovely assistants, Evie and Erin, agreed to help me make these sweet jars.”

You will need:

- Two glass jars- washed and labels removed
- Ribbon e.g. ribbon from an old bottle bag- this is to make Santa’s belt
- Silver card- you can use plain card or tin foil- this is for Santa’s buckle
- Red and white craft felt
- Festive-coloured buttons
- Twine
- Gift tags
- Chocolates or sweets
- Scissors
- Pencils
- Ruler
- Glue



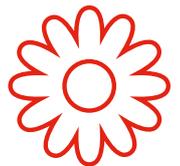
Method:

1. Create a design with the felt - Santa or elf inspired! – and cut to fit the jar neck.
2. If you are making a Santa inspired jar, cut Santa’s belt to size from the ribbon and make a belt buckle from the silver card which should match the ribbon width. Attach Santa’s belt using glue.
3. If you are making an elf inspired jar, glue the elf’s buttons on.
4. Stick your felt design to the jar neck and lid using glue.
5. Add glue to jar neck and wrap the twine with gift tag around it.
6. Fill with your jar with your choice of sweets.



Flower Tins

Try using old tin boxes to make these festive decorations which are ideal as a centre piece or to give as a Christmas gift.



Decking The Halls: Unwrapping The Origins Of Christmas Decorations



You might recognise the words of this well-known Christmas carol and maybe you know it by its original name, **O Tannenbaum**. If so, you will know that the song's routes are German rather than English, and Germany is where the Christmas tree's origins can be traced back to.

**"O Christmas tree,
O Christmas tree
Your leaves are
so unchanging"**

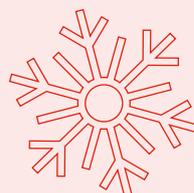


The tradition of the Christmas tree found its way to the United Kingdom through a captivating journey of cultural exchange. While the roots of the custom extend back to ancient Germanic traditions, it was in the 19th century that the Christmas tree became a cherished part of British holiday celebrations. Introduced by Queen Victoria and Prince Albert, who were inspired by their German heritage, the Christmas tree gained popularity as a symbol of Yuletide joy. Queen Victoria and Prince Albert's enchanting Christmas tree, displayed at Windsor Castle in 1841, captured the public's imagination. Featured in the London Illustrated News, the royal couple's festive display ignited a trend that quickly spread across Britain. The Christmas tree became a fashionable addition to households and the rest is history!

Another traditional decoration which we see dotted on doors at this time of year is the wreath. Often made from evergreen branches, wreaths have been used in various cultures as symbols of strength and eternity. The tradition of the Christmas holly wreath has its roots in ancient Roman and Druidic customs. Romans exchanged holly wreaths during the festival of Saturnalia, celebrating the winter solstice. Druids believed in the protective and healing properties of holly, using it in wreaths to ward off evil spirits. Over

time, these customs merged with Christian traditions, and the holly wreath became a popular symbol of hope, joy, and everlasting life during the Christmas season.

As we deck our halls with boughs of holly and trim the tree with care, it is fascinating to reflect on the rich tapestry of traditions woven into our festive celebrations. The Christmas tree, adorned with ornaments, and the holly wreath on our doors are more than mere decorations—they are symbols of continuity, joy, and the enduring spirit of the holiday season. So, as you see the twinkling lights and festive greenery, take a moment to appreciate the centuries-old customs that have shaped our modern Christmas celebrations. After all, each ornament and holly leaf hold a story, connecting us to the past and infusing our present with the magic of the season.



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Festive Feasts



Country Vegetable Soup

Some believe 'happiness is hot soup on a cold day' and with the cold weather settling upon us, soup is a staple for many households. This traditional country vegetable soup is perfect for a festive starter or a quick lunch.

Ingredients

- 25g of unsalted butter
- 2 carrots, peeled and diced
- 2 celery sticks, sliced
- 1 leek, sliced
- 1 large white onion, diced
- 1 parsnip, peeled and diced
- 3 potatoes, peeled and diced
- 600ml vegetable stock
- Double cream for drizzling
- Croutons
- Salt and pepper



Method

1. Add the butter to a soup pot and melt.
2. To the butter, add the carrots, celery, leek and onion. Pop the lid on and let the vegetables sweat. Add pepper and salt to taste.
3. Once the vegetables have had time to cook, add in the parsnip and potatoes- these will thicken the soup.
4. Add the vegetable stock. Let everything simmer until the potatoes are cooked.
5. If you like chunks of vegetables in your soup remove several spoonful's and place to the side. Blend the rest of the soup. If you set vegetables aside add these back in.
6. Add a drizzle of double cream and a handful of croutons and enjoy!



Cranberry Mocktail

The festive season done right- with a mocktail everyone can enjoy!

To your favourite glass add:

- Half a glass of cranberry juice.
- Half a glass of soda water.
- Garnish with a tasty candy cane, oranges, limes or lemons.



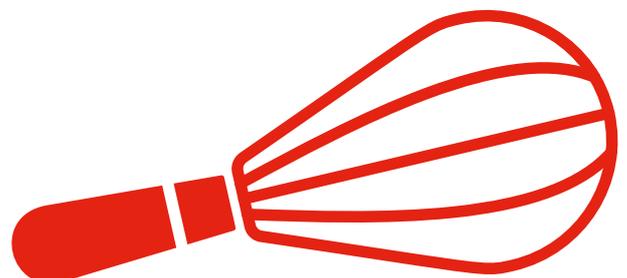
Brussels Sprouts Slaw

Ingredients

- 3-4 small brussels sprouts
- Half a carrot
- Teaspoon mayonnaise



Chop the brussels sprouts, peel and grate the carrot, and mix together with the mayonnaise.





A Very Festive Sandwich

Christmas leftovers don't have to be boring! This festive sandwich takes just a few minutes to make and is perfect on its own or enjoyed with some country vegetable soup.

Ingredients

- 2 slices of bread
- Brussels sprouts slaw
- Leftover meat or alternative desired filling e.g. chicken and bacon
- 2 tablespoons of stuffing
- 2 thin slices of cheese
- 1 spoonful of cranberry sauce

Add the brussels sprouts slaw to the bread. Next add your choice of meat, stuffing, cheese and top with the cranberry sauce.



One Cup Brownie

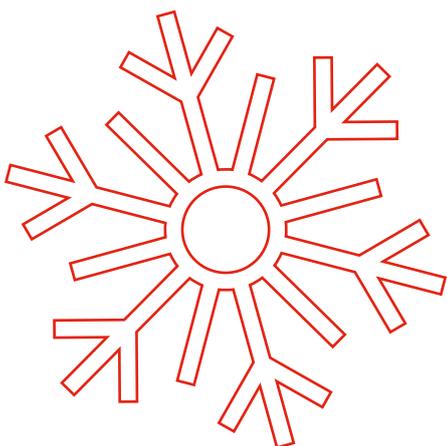
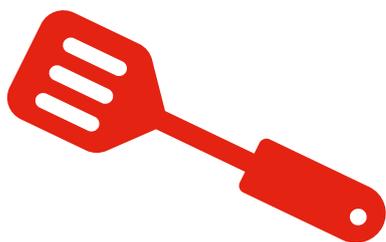
This one portion brownie is perfect when you fancy a small sweet treat. Serve it in your favourite cup- the best part is this is the only thing you need to wash up afterwards!

Ingredients

- 3 tbsp plain flour
- 3 tbsp cocoa powder
- 2 tbsp caster sugar
- 2 tbsp vegetable or sunflower oil
- 4 tbsp milk
- 2 tbsp milk chocolate chips

Method

1. Add all the ingredients, except the chocolate chips, to a microwave safe mug.
2. Mix well until smooth. Add the chocolate chips.
3. Microwave on high for 1 minute/1 minute 30 seconds until cooked.
4. Check the brownie is cooked by inserting a skewer or knife into the middle and ensure it comes out clean.
5. Serve with cream or ice-cream and enjoy!



How NICHS Has Changed Over The Years

Valerie Saunders is part of our Fundraising Team, and she recently celebrated an amazing 35 years working at NICHS! Here Valerie shares how she has seen NICHS change over the years she has spent with us.

“When I started with NICHS the charity was in the process of developing our Care Services throughout NI. Our services were based around stroke and respiratory support and over the years this has developed to include cardiac support.

Fundraising Support Groups were active throughout NI. The first Fundraising Support Groups were based in Enniskillen and Belfast.

Our headquarters building has seen many changes over the years. When I started at NICHS we had a shop in the reception area selling merchandise throughout the year. At Christmas we sold a large selection of Christmas cards including cards designed by local artist, Mattie Vaughn. These local scenes were very popular including winter scenes, Belfast Castle, Queen’s University and Tollymore Forest Park. After the shop closed, the ground floor unit was let out as a coffee shop and enjoyed the busy passing trade on the Dublin Road.

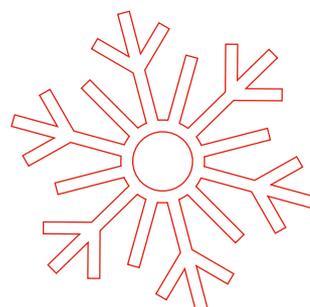
Years ago, the Care groups had a more social focus whereas today they are about developing a pathway plan for each service user. In the past, there were a number of NICHS social groups affiliated to us and these provided a social network for people affected by chest, heart and stroke conditions. These affiliated groups met in the evening and one very active group was the Second Chance Cardiac Group in Newtownabbey. The group met twice a month on a Saturday at Whiteabbey Hospital and over the years many of the members of the group raised vital funds to support the work of NICHS.

The charity used to own several chalets at the Share Centre in Lisnaskea and these were used by the Care groups as well as the social groups for holidays.



A number of new services and areas of work have been added to NICHS’s portfolio over the years I have worked here including the introduction of the Scientific Research Committee which helps inform which local research projects NICHS supports. We also have more health promotion and prevention services including the Health & Homelessness Service, schools programmes and workplace Well Checks.

I love to hear the many positive stories from our service users about how our Care Services have made a difference to their lives. It is an honour being able to share these stories with our charity’s fundraisers and supporters to show them how the money they raise really does help make a difference to people’s lives.”



Handy Numbers To Have



Here is a list of useful numbers to have to hand in case of emergencies etc.:

✓ **Police Emergency -**
999

✓ **Police Non-Emergency -**
101

✓ **Crimestoppers -**
0800 555 111

✓ **NI Water -**
0345 744 0088

✓ **NI Electricity Networks -**
03457 643 643

✓ **NI Direct -**
0300 200 7899

✓ **Elder Abuse -**
0808 808 8141

✓ **Action Fraud -**
0300 123 2040

✓ **Dementia NI -**
028 969 31555

✓ **Deafblind UK -**
0800 132 320

✓ **Consumer Council -**
0800 121 6022

✓ **Out of Hours Doctor**
(*Add the contact number for your area here) -
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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**

Almost 90% of our income
comes from public donations.

**Find out how you can support us at
www.nichs.org.uk**

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Northern Ireland Chest Heart & Stroke

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www.nichs.org.uk



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