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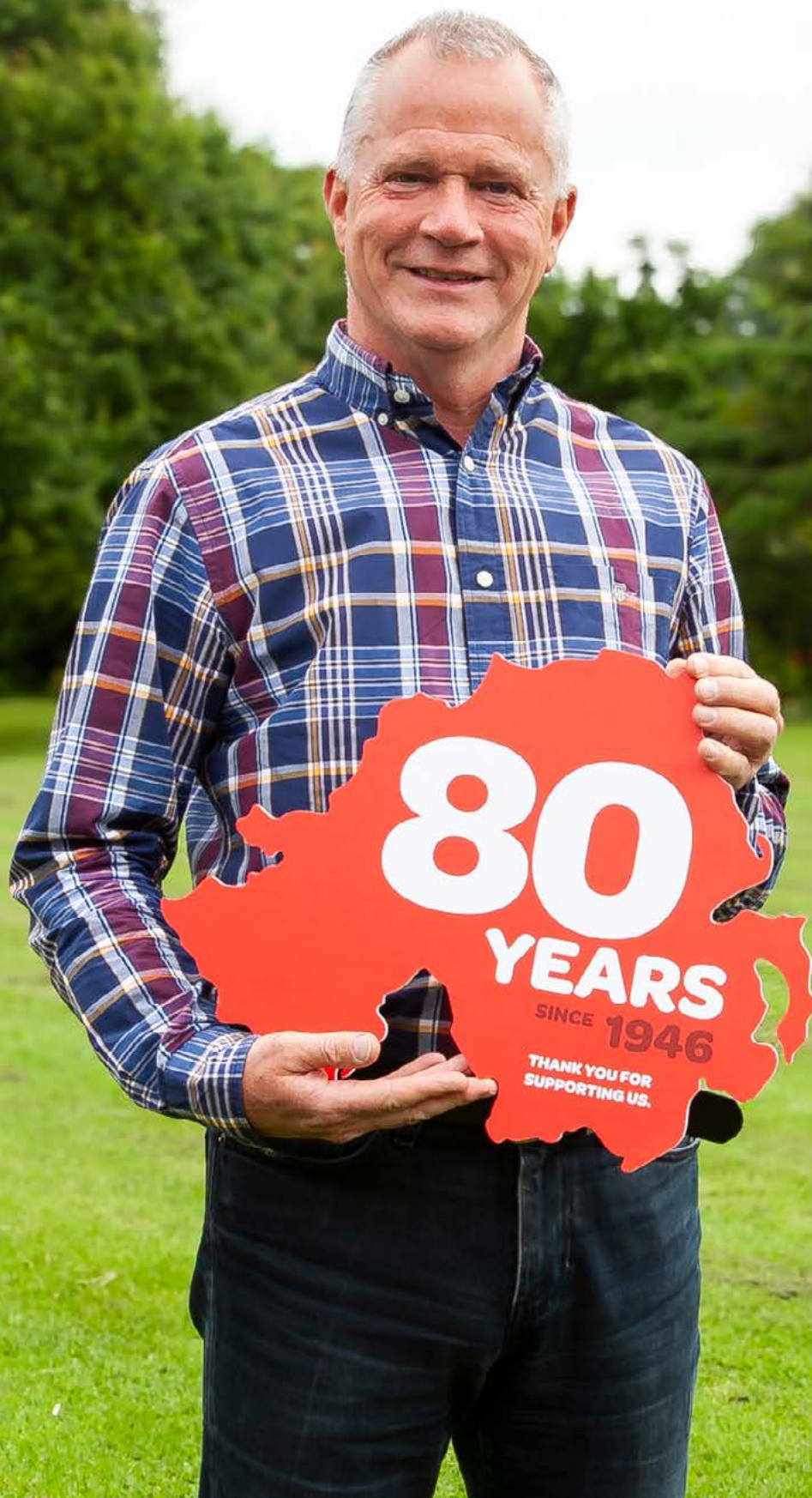
Issue 2 2026

**Celebrating
80 years of NICHs**

**New research studies
funded by our charity**

Supporter stories

NEW From the Heart
section – practical
advice to support
healthier living



**Chest
Heart &
Stroke**

80th Anniversary

NICHS is marking a significant milestone this year, 80 years of supporting and improving the lives of people across Northern Ireland. Founded in 1946 in response to the tuberculosis crisis our charity was established with a simple belief that everyone deserves better health, better care and better chances in life. Over the past eight decades we have adapted and evolved to meet the changing health needs of the population and today focus on chest, heart and stroke conditions and illnesses - the leading causes of death and disability in Northern Ireland.

Below we share some highlights throughout our 80-year history:

1969

Established a scholarship scheme for specialised training for nurses.

1965

Posted first appeal letters to large industrial firms and banks in NI – £210 received from six companies (almost £4,000 in today's money).

1959

Changed name to The Northern Ireland Chest and Heart Association.

1973

Set up the First Stroke Club in East Belfast.



1976

Changed name to The Northern Ireland Chest Heart and Stroke Association.

1984

Became the first ever Charity of the Year for Belfast City Marathon.



2017

Significantly expanded Respiratory and Cardiac Care Services.

2015

Gave the largest research grant to Prof Tara Moore for her "Eye as a Window". Value Cabs donated £125k towards the research.



2010

Developed the Post-Rehab Exercise Programme (PREP) for stroke survivors alongside the Southern Trust.

2018

Chris Henry (Ulster & Irish Rugby Legend) raised £150k for NICHS in his testimonial year to support a 3-year PHD developing a programme to increase physical activity in primary school children.



2020

During the COVID-19 pandemic, modified Care Services, Health Checks and seminars to online delivery. Delivered PPE to local hospitals to support the fight against the pandemic.

2022

Funding awarded to Northern Ireland Ambulance Service to employ their first Research Paramedic.

1946

NICHS was founded as the Northern Ireland Branch of the National Association for Prevention of Tuberculosis on Friday 14 June.

1947

Established an Advice Bureau to give support to TB patients.

1951

Organised handicrafts as therapy for patients in the TB sanatoria.

1958

Gave out first research grant – £35 to Dr Knox for equipment to use in research into Chronic Bronchitis.

1957

Distributed 10,000 anti-smoking blotters to schools in Belfast.

1955

Started working in partnership with the Northern Ireland Tuberculosis Authority on aftercare for people leaving sanatoria.

1985

Purchased the charity headquarters on Dublin Road, Belfast.

1987

Established the first Cardiac Support Group.

1997

Established the Young Stroke Scheme.

2007

Delivered the first "Taking Control" Self-Management Programme.

2004

Began to work with schools with Chester's Playground Games.

2001

Set up the first Carers' Support Group.

2023

Started creating Halls of Hope in hospital wards across Northern Ireland.

**2024**

Established the Care Services Advisory Group to involve people who are living with chest, heart and stroke conditions in improving NICHS services.

2026

The Tobacco and Vapes Act became law following years of NICHS campaigning.

Care Services



NEW ACTIVATE YOUR LIFE SERVICE

After a health crisis there is the immediate aftermath of dealing with the illness, starting appropriate treatment, and beginning a recovery journey. What is just as important to consider however is the mental impact going through a health crisis can have, and learning how to live with this, emotionally and psychologically, if it results in a long-term condition. Our Care Services team has recognised this need and is launching a new, innovative emotional support programme, ACTivate Your Life, as part of our service offering.

Gillian Thompson, Head of Service at NICHs explains; "We offer an extensive range of care and support programmes for people affected by chest, heart and stroke conditions and their families. These programmes cover the physical aspects of trying to make the best recovery possible after a chest, heart or stroke related health event and providing emotional support through our Family Support Service has always been a focus. We recognised however that the mental impact of adjusting to life after a chest, heart or stroke diagnosis can be huge and that it was an area with substantial unmet need. We asked our service users and health professional colleagues for feedback, and they also highlighted this as an area requiring further support. We are delighted to now be able to fill this gap and deliver the ACTivate Your Life programme."

"ACTivate Your Life is a psychology-based programme developed by Dr Neil Frude, Clinical Psychologist and Professor of Psychology, which is founded on Acceptance and Commitment Therapy (ACT). Dr Frude has brought ACTivate Your Life to many health organisations in the UK and we are delighted, after eighteen months working behind the scenes, to be able to exclusively offer this life-changing programme to people in Northern Ireland affected by chest, heart and stroke conditions."

Explaining the concept of ACTivate Your Life, Gillian says;

"Living with a long-term condition can feel overwhelming at times. It's natural to experience worry, stress or difficult thoughts, but they can be managed through ACTivate Your Life. It is a short psycho-educational course, an emotional support programme, designed to help you understand how your mind works and how to live a more meaningful life. It uses ideas from Acceptance and Commitment Therapy (ACT) which teaches skills like mindfulness, acceptance and living in line with what truly matters to you."

"Our minds are busy and often unhelpful. They jump to conclusions, judge us harshly, look for danger and constantly wander into the past or future. This can create unnecessary stress and worry. ACTivate Your Life helps you learn how to notice what your mind is doing so you can take back more control. Everyone experiences difficult feelings and unwanted thoughts but trying to fight them or push them away often makes them stronger. ACTivate Your Life teaches acceptance which means allowing these experiences to come and go whilst continuing to live your life. Responding in this calmer way reduces suffering and helps you keep moving forward."

Gillian continues;

"In simple terms, ACTivate Your Life helps you understand your mind, accept what you cannot change, focus on the things that matter, and take steps towards the life you want. We are delighted to be able to offer ACTivate Your Life to local people living with chest, heart and stroke conditions and help them reclaim control over both their physical and mental recovery journeys."

"We are extremely grateful to Dr Frude for coming over to Belfast to train our Care Services Coordinators to deliver ACTivate Your Life and share his wealth of knowledge and experience. We would also like to acknowledge the Hospital Saturday Fund for awarding NICHS a £10,000 grant to help us launch the programme and train our staff. We are looking forward to making even more of a difference to the lives of people living with chest, heart and stroke conditions here and know ACTivate Your Life will be instrumental in this."

Dr Frude comments; "Acceptance and Commitment Therapy (ACT) is gaining a lot of influence, with good scientific proof showing that this really does work for many people. Through ACTivate Your Life I have developed a simple programme which will bring the benefits of Acceptance and Commitment Therapy (ACT) to lots of people. The problem is there are very few therapists or psychologists available to meet the demand of people in need of psychological help.

ACTivate Your Life broadens the access people have to this form of help. It is something which can help almost anybody to understand their own emotions, thoughts and feelings better. It improves what we like to call emotional intelligence which can often be life changing. ACTivate Your Life has been used with thousands of people across many different countries, and I'm absolutely delighted that this is now available in Northern Ireland through NICHS."



Someone who understands the impact a long-term health condition can have on psychological and mental wellbeing is Deborah Cullen who had two strokes four years ago at just 43 years old. Deborah was supported by NICHS on her recovery journey and now volunteers for our charity. Deborah says; "I completed NICHS's Post Rehab Exercise Programme which helped me rebuild confidence, strength and hope. NICHS became my lifeline- physically as well as emotionally."

"It's fantastic to know that NICHS is investing even more in the emotional wellbeing of people like me. Recovery doesn't end when the physical symptoms improve. The fear, the worry, the "what if it happens again?" can stay with you long after. ACTivate Your Life will really help stroke, chest and heart survivors understand their thoughts, manage anxiety and rebuild confidence in a really practical, gentle way. What means the world to me is that it won't just support people who are newly diagnosed - it will also be available to those of us who have been through these illnesses in the past if we ever need that extra help. It shows how truly committed NICHS is to helping people heal in every sense."

**To find out more about
ACTivate Your Life,
please visit
[nichs.org.uk/
activate](https://nichs.org.uk/activate)**

**Chest
Heart &
Stroke**

Supporters



THE ITALIAN JOB

A dedicated group of friends raised an outstanding £15,100 in memory of loved ones sadly taken too young, with funds split equally between our charity and the Macmillan Mandeville Unit at Craigavon Area Hospital. During a year of fundraising, including tough cycling challenges and the Mourne Wall hike, they pushed themselves to the limit whilst giving back to two charities close to their hearts. We are so grateful for their incredible support.



PORTADOWN FESTIVAL OF RUNNING

We were delighted to receive £5,000 from Portadown Running Club, raised through its Festival of Running on Sunday 22nd March 2026. Created to bring the community together and encourage more people to get involved in running, the event uses remaining funds to support causes chosen by the club. We are honoured our charity was nominated in 2026 and thank everyone involved.

ROWING INTO THE RECORD BOOKS FOR NICHs



During Healthy Body Healthy Mind Week, organised by Whitehead community organisation Music and Mind, local people took part in a 24-hour fitness challenge for our charity. Led by Noel McKee, participants bought one-hour exercise slots, while Jason Greenwood went even further, completing a remarkable 24-hour indoor rowing challenge. Jason rowed 260,099 metres, setting a new Irish record, inspired by his own lung health journey, commitment to fitness and the work of NICHs. Supported by family, friends, Whitehead Coastal Rowing Club and volunteers, Jason helped inspire a fantastic community effort which, together with Noel and all supporters, raised an amazing £6,000 for our work. We are hugely grateful.



NIGHT AT THE RACES

The Keyes family from Omagh organised a very special Night at the Races in memory of their much-loved mother, Kathleen (Kate) Keyes. Held at the Coach Inn, Omagh on Saturday 13th June 2026 to mark Kate's first anniversary, the event raised an outstanding £18,502. Colin Keyes said the family were overwhelmed by the huge turnout of family and friends, the generosity of sponsors and prize donors, and the support shown for a cause so close to Kate's heart. He shared that the evening was a wonderful way to celebrate Kate's memory and that she would have been truly blown away by everyone's kindness. On behalf of their father Mick and the whole family, the Keyes family offer heartfelt thanks to everyone who helped make the night so memorable. We are incredibly grateful for this exceptional support and for the lasting tribute paid to Kate.



Thanks to your kind donations each year, we are able to fund high quality research focused on chest, heart and stroke conditions as well as their risk factors. Last year, you made it possible for us to fund two new research studies- thank you.

USING NEW TESTS TO IMPROVE THE TREATMENT OF COPD FLARE-UPS



Dr Dermot Linden

Around 43,000 people in Northern Ireland live with a lung condition called chronic obstructive pulmonary disease (COPD). People with COPD can experience sudden worsening of their symptoms, known as exacerbations or flare-ups. These episodes are often linked to infections and can lead to hospital admission, causing distress for patients and their families.

Current laboratory tests can take several days and may miss bacteria that are difficult to grow in the laboratory. This can make it harder for doctors to choose the most appropriate treatment. In this study, the team will evaluate a new, rapid testing approach that can identify bacteria within hours rather than days. The researchers will also develop predictive models using these results to help identify people at risk of future flare-ups.

This research could help doctors choose the right treatment sooner, improve recovery, reduce unnecessary antibiotic use and lower the number of hospital visits related to COPD flare-ups.

UNDERSTANDING PRESCHOOL WHEEZE TO GIVE THE RIGHT TREATMENT



Dr Helen Groves

Wheezing in young children often happens when they catch viruses like colds and can be very common. About half of all children will have at least one episode before they turn six. It can mean trips to the doctor or hospital, days missed at nursery or school, and parents missing work.

Some children get better when they are given a medicine called oral corticosteroids (OCS), but others do not. Doctors do not yet know why this happens. This study builds on an already established clinical trial called the PRECISE study. When the children attend hospital with a wheeze, doctors will use small samples taken from children's noses called nasal swabs. They will look for tiny things in the samples called proteins. These proteins may help show which children are likely to respond to OCS and which are not.

This could help doctors in the future give the medicine to children who really need it and avoid giving it to children who do not. This means children can get the right care and avoid unnecessary medicine.

Corporate Supporters



CELEBRATING AN A-MACE-ING 10 YEARS IN PARTNERSHIP

A decade of partnership is a milestone worth celebrating and this year we are marking 10 years of incredible support from MACE NI (part of Musgrave Northern Ireland), who along with their colleagues and customers, has raised over £472,000 to date for local people in their communities affected by chest, heart and stroke conditions. This amazing achievement reflects all the fantastic fundraising activities held across MACE stores in Northern Ireland and their dedication to helping support our vital services.

From energetic static cycle challenges and welcoming coffee mornings, to unforgettable in-store karaoke events and colourful 'Dress Red Days', MACE store owners and their colleagues have fully embraced their partnership with our charity and continue to host innovative fundraising initiatives in their stores and local communities.

Our partnership with MACE is about so much more than raising funds. Every year the business sponsors our blood pressure awareness campaign and provides spaces for us to deliver life-saving blood pressure checks in MACE stores. This opportunity, to be right at the heart of communities, is vital in helping us increase the reach of our important health prevention messages.

We would like to extend our heartfelt thanks to everyone at MACE NI who has supported us over the last 10 years, whether by taking part in or hosting an event, or supporting our local blood pressure campaign- every effort has helped to make the partnership such an amazing success.

We look forward to building on this fantastic partnership in the years to come and are excited to see what great ideas the MACE NI team come up with next to continue building on the incredible achievements already reached.

PREMIER ELECTRICS GOES THE EXTRA MILE FOR NICHS

We are delighted to be the official charity partner of Premier Electrics this year, and the employees really hit the ground running in showing their support for our work. This amazing team raised a phenomenal £26,461 by taking part in the 2026 Belfast City Marathon and Belfast City Marathon Relay.

This incredible donation will help us to continue to provide our life changing services to local people impacted by chest, heart and stroke conditions. We were delighted to be welcomed along to Premier Electrics' annual coffee morning to celebrate this achievement and to meet the runners who helped raise this fantastic total.

Our sincerest thanks to everyone at Premier Electrics for this amazing start to our charity partnership and we look forward to seeing what the rest of 2026 brings!



THANK YOU PURE GYM, ADELAIDE STREET BELFAST

Pure Gym, based on Adelaide Street in Belfast, have been long-term supporters of our charity by providing us with gift-in-kind donations through the use of their static bikes for our fundraisers across Northern Ireland.

Through their kindness and generosity, we were able to host 9 static cycles in 2025 which helped raise an amazing £5,000. By donating these valuable resources, Pure Gym, Adelaide Street Belfast has helped us to continue our vital work and support those who rely on our services. Partnerships like this have a lasting impact and we are very grateful for Pure Gym, Adelaide Street's continued support, thank them and look forward to working with the team in the future.



INTRODUCING OUR 2026 CHARITY PARTNERS

We are delighted to welcome our newest charity partners and thank them for their kindness in choosing us as their Charity of the Year. Through fundraising, volunteering and gift-in-kind donations each of these businesses are helping us to continue providing our life changing services across Northern Ireland.

We look forward to working with each of these organisations and seeing what the rest of 2026 brings through our collaborations.

If you are interested in finding out more about becoming an NICHs charity partner, please get in touch with our Corporate Fundraising Team at corporate@nichs.org.uk



ASDA
Antrim



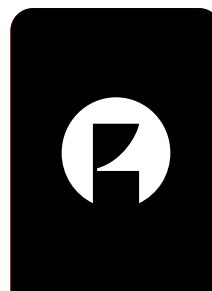
Beggs and Partners



Causeway Coast & Glens Mayor



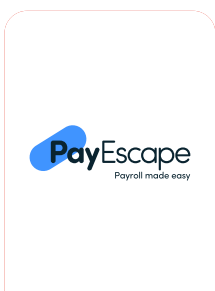
Fred C Robinson



Instil Software Ltd



McKeever Hotels



PayEscape



Premier Electrics



PRM Group



PROFAST

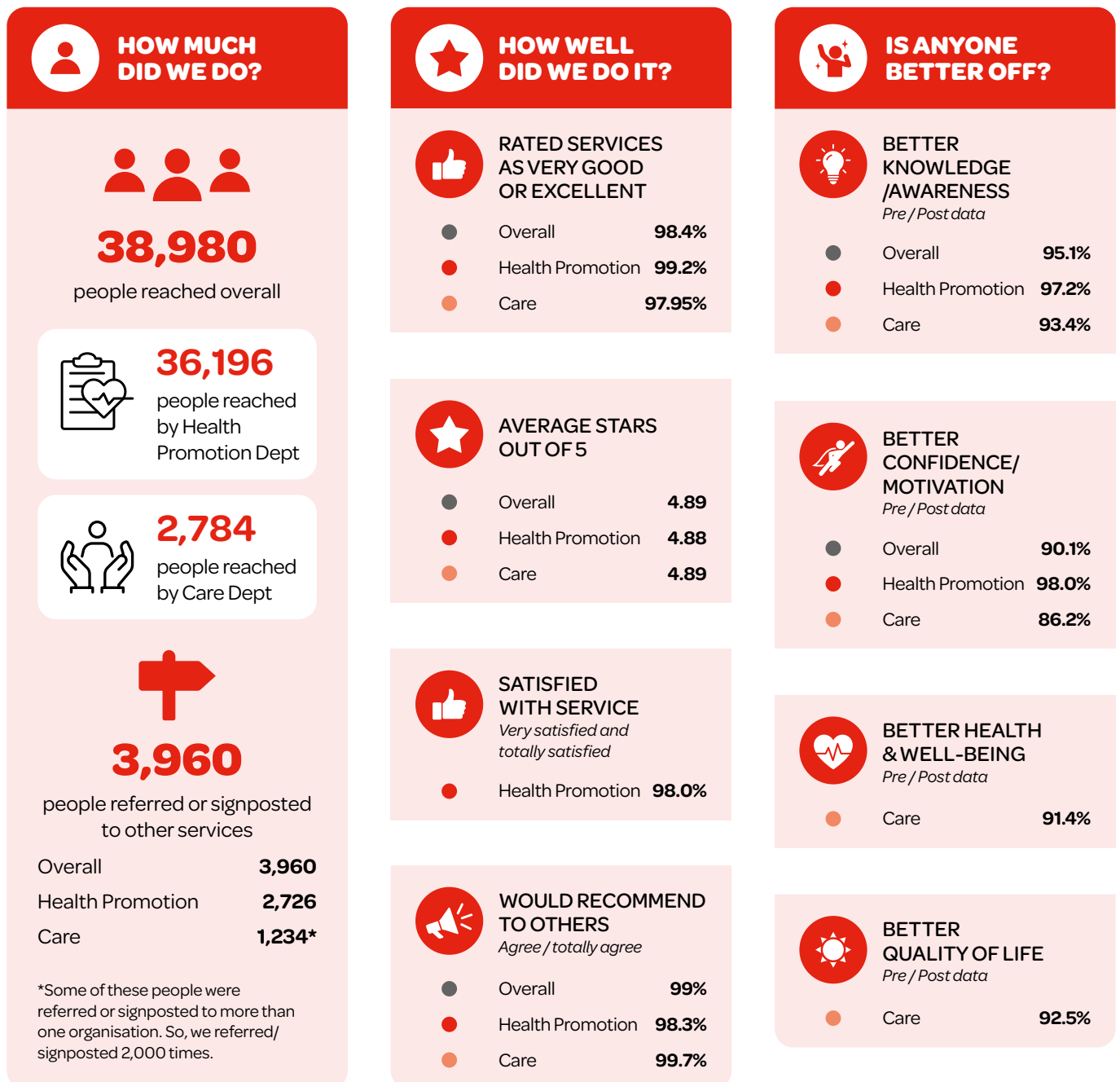


Solmatix Renewables

Impact 2025/2026

THE DIFFERENCE WE MAKE

We use Outcomes Based Accountability (OBA) to check whether our services make a real difference to people's lives. Depending on the service, we look at whether people have: (1) better health and well-being, (2) more knowledge or awareness, (3) more motivation or confidence, (4) a better quality of life. We check that our services are high quality, welcoming, and open to everyone. We report the data we collect using the questions above. Here, we share our findings for our 2025/26 Health Promotion and Care services.



Health Promotion services: Work Well Live Well, Well Community, Well You, Well Health Checks, and Schools programme. (Schools outcome data not available until August 2026 – nos reached included). Care Services: Family Support, Breathing Better, Heart Strong, Taking Control, PREP, and Well Groups. Overall nos reached includes these services & research programme.

Thank you to everyone who used our services and gave us feedback about the support they received – together, we're making a difference!



FIGHTING THE SCOURGE OF TOBACCO AND VAPES

The passing of the Tobacco and Vaping Act through Parliament in Westminster in April 2026 was an important moment in the war against tobacco. Tobacco smoking remains the single largest preventable cause of death, disease and health inequalities globally.

The Act includes the 'progressive age' measure which governs, and gradually increases, the age at which you can purchase tobacco. From 1st January 2027 it will be illegal to ever sell tobacco to anyone born after 1st January 2009. We hope this measure will, in time, erode the market for tobacco and ultimately save thousands of people from ill health and early death.

The Act also requires retailers to register with their local council in order to sell vapes. We hope this will aid council enforcement officers, who up until now have had to deal with a 'free for all' as literally anyone could sell vapes. Council enforcement activity is increasingly moving away from tobacco and towards vaping.

Very importantly the Act gives Stormont the power to license the sale of tobacco and vapes. This would mean that retailers would have to pay separate annual fees if they wish to sell tobacco or vapes. In the Republic of Ireland the fees have been set at 1000 euro per retail unit to sell tobacco and 800 euro per retail unit to sell vapes. Hopefully, this measure will reduce the numbers of outlets selling tobacco and the revenue raised can be used to fund enforcement and help protect our young people from getting addicted to tobacco or vapes.

We lobbied hard to get licensing added to the Act – it was not in the original Bill – and we look forward to working with Assembly Members to see it introduced in due course.



THE EXECUTIVE FAILS TO ACT AGAINST CHEAP ALCOHOL SALES

Despite intensive lobbying by NICHs and a broad range of other charities the Executive did not unanimously agree to let the Health Minister, Mike Nesbitt, bring forward legislation to introduce Minimum Unit Pricing for alcohol (MUP). Without unanimous support a Bill cannot be brought forward to the Assembly.

The evidence from Scotland, where the policy was introduced in 2018 and has been heavily evaluated, was quite clear. The policy has had a distinct positive impact on deaths from alcohol and broader health and societal benefits too. Alcohol abuse in Northern Ireland is a serious and growing problem.

Alcohol-specific deaths in Northern Ireland have risen sharply in the past decade, increasing by over 81% from 219 deaths in 2014 to 397 deaths in 2024. Currently, Northern Ireland shares one of the highest alcohol-specific mortality rates in the UK, standing at 21.4 deaths per 100,000 population. In addition, drinking alcohol significantly increases the risk of cardiovascular conditions, including high blood pressure, irregular heart rhythms (atrial fibrillation), heart attacks, and heart failure. Binge drinking, a prevalent issue in Northern Ireland, is heavily linked to sudden heart problems.

We are committed to re-engaging with all the political parties from now until the Assembly elections in May 2027 to convince them to commit to legislating for MUP during the next Assembly term.

Chest
Heart &
Stroke

Legacies



**Cleaver
Fulton
Rankin**

Michael Graham
Director

Cleaver Fulton Rankin Solicitors

INHERITANCE TAX PLANNING

With recent changes to agricultural inheritance tax rules and pensions being included as part of an estate from April 2027, for many families, early and sensible planning can reduce the inheritance tax burden and make the administration of an estate much easier. The rules are detailed, but a number of basic planning steps are commonly worth considering. In this article, Michael Graham, a Director at Cleaver Fulton Rankin Solicitors in Belfast, explains the basics.

Inheritance tax in the UK is charged on a person's estate at death and can also apply to certain gifts made during their lifetime. Each individual currently has a nil-rate band of £325,000, meaning that up to that amount of chargeable value may pass free of inheritance tax. In addition, where a home is left to direct descendants, an estate may benefit from the residence nil-rate band, currently worth up to £175,000, subject to conditions and tapering for larger estates. Transfers between spouses or civil partners are generally exempt, and unused allowances may often be transferred to the survivor's estate. In some cases, this means that a married couple or civil partners can pass on up to £1 million without inheritance tax, although the position depends on the nature and value of the estate. Any excess above that amount, and which does not attract any other relief, is subject to inheritance tax at 40%.

Gifts to UK-registered charities, whether during lifetime or on death, are usually fully exempt from inheritance tax. Further, if a person leaves 10% or more of their net estate to UK charities, then the rate of inheritance tax on the rest of the estate is reduced from 40% to 36%.

Lifetime gifting is often the first area to review. Some gifts are immediately exempt, while others fall outside the estate only if the donor survives for seven years. There are also useful annual exemptions, including the £3,000 annual gift allowance, small gifts exemptions, and gifts made out of surplus income in appropriate circumstances. Keeping clear records of gifts is important, as executors may later need to show when and why gifts were made and whether any exemption applies.

A properly drafted will is central to inheritance tax planning. A will should reflect the current value and composition of the estate, family circumstances and any available reliefs. Even where no tax saving is achieved, an up-to-date will can ensure that assets pass in the intended way and reduce delay, uncertainty and the risk of disputes.

For some people, more advanced planning may be appropriate. This can include the use of trusts, succession planning for family businesses, or planning around agricultural or business property relief. However, tax should not be the only consideration. Any planning should take account of control, access to funds, family dynamics and possible future changes in the law.

Inheritance tax planning works best when it is undertaken early and reviewed regularly. A periodic review of assets, liabilities, wills and gifting arrangements can help identify straightforward steps that may preserve more wealth for the next generation. Because the rules are technical and reliefs depend heavily on the facts, specific advice should always be taken before significant gifts, trust arrangements or changes to ownership are made.

If you would like advice on planning your estate or making a will you can contact Michael Graham on 028 9027 1332 or m.graham@cfrlaw.co.uk



WORKPLACE HEALTH AND WELLBEING SUPPORT PROGRAMME

Work Well Live Well (WWLW) is a free, accredited workplace health and wellbeing support programme, funded by the Public Health Agency and delivered by our charity across all five Health and Social Care Trust areas.

Figures from the Health and Safety Executive for Northern Ireland (HSENI) highlight the significant impact of poor workplace health. In 2023–24, an estimated 15,000 people in Northern Ireland experienced work-related stress, anxiety or depression, while around 18,000 people were affected by work-related musculoskeletal disorders. Additionally, approximately 640,000 working days were lost due to work-related ill health, costing society an estimated over £391 million in 2022–23.

These statistics demonstrate that investing in workplace health benefits both employees and employers. By creating healthier working environments, organisations can reduce sickness

absence, improve morale and productivity, retain experienced staff, and ensure compliance with health and safety legislation. Supporting both physical and mental wellbeing also contributes to a healthier workforce and improved population health across Northern Ireland.

Workplaces interested in becoming a Work Well Live Well accredited organisation can register their interest using the QR code below or by visiting nichs.org.uk/workwelllivewell. A member of our team will then be in touch to support you on your journey towards achieving Bronze, Silver, or Gold Work Well Live Well accreditation.



References

Health and Safety Executive for Northern Ireland (2025) HSENI workplace health statistics and analysis booklet. Available at: <https://www.hseni.gov.uk/publications/hseni-occupational-health-statistics-booklet-0>

Northern Ireland Chest Heart & Stroke (2026) Work Well Live Well. Available at: <https://nichs.org.uk/prevention-services/workplaces/workwelllivewell>

Prevention Services



COMMUNITY POP-UP HEALTH CHECKS

Our Health Promotion Community Team deliver pop-up health checks across Northern Ireland to help detect early signs of high blood pressure and other risk factors. These checks support people to take action to improve their health and, where needed, access treatment at an early stage.

Why Are These Health Checks Important?

Reducing chest, heart and stroke illness and tackling health inequalities are at the heart of our work. We are committed to supporting communities which face the greatest barriers to good health, often referred to as underserved communities.

People living in the most deprived areas of Northern Ireland are almost three times more likely to die prematurely from cardiovascular disease than those in the least deprived areas. This makes early detection and prevention especially important. Health checks can identify warning signs before illness develops, giving people the opportunity to improve their health and reduce their risk of future disease.

Unlike other parts of the UK, Northern Ireland does not have an NHS Health Check programme that routinely invites eligible adults for cardiovascular risk assessments.

We help address this gap by providing free health checks within local communities, particularly in areas of greatest need. However, limited resources mean we must prioritise where these services are delivered.

Bringing Health Checks Closer to Communities

Our pop-up approach is designed to overcome these barriers. Rather than expecting people to attend appointments, we bring health checks directly into communities and offer them in familiar, trusted locations.

The checks are quick, often taking as little as five minutes, and no appointment is needed. This makes them easy to access and removes obstacles such as booking systems, paperwork and travel.

The impact of this approach is already evident through our Well Ballymena programme. More than 700 people received a health check through this programme, with 35% referred or signposted for further support through their GP or other services. For many, this was a first step towards better understanding and managing their health, helping to prevent future chest, heart and stroke conditions.

Looking Ahead

In September 2026 the next phase of Well Community will launch in Lisburn South, helping us reach more people who may otherwise face barriers to accessing health checks.

We are also developing a new initiative with local libraries in Lisburn and Ballymena. This will allow people to borrow home blood pressure monitors, making it easier and more affordable to track their blood pressure.

Our Commitment

Tackling health inequalities is the number one priority in our new strategy. We are committed to ensuring that those who need our services most can access them and to adapting our approach to meet the diverse needs of communities across Northern Ireland. By meeting people where they are, we can identify health concerns earlier, improve access to support, and help build healthier communities for all.

The image below illustrates the difference between equality and equity, highlighting how providing everyone with the same support does not always lead to fair outcomes. Our approach focuses on equity, recognising that people often need different types and levels of support to achieve good health.

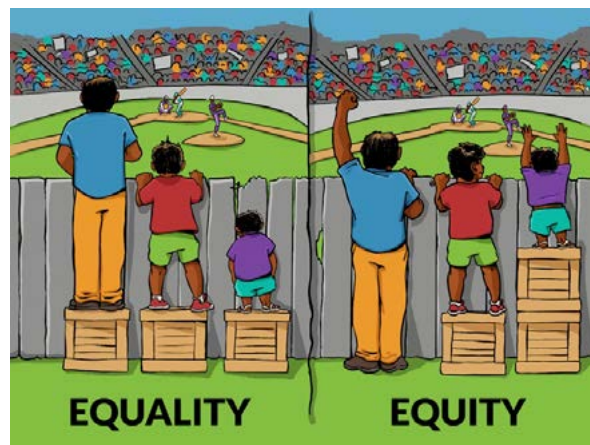


Image credit – Interaction Institute for Social Change / Artist: Angus Maguire

Northern Ireland Chest Heart & Stroke

Leave a Gift in Your Will to NICHHS

We're here 80 years helping to care for and support everyone living with chest, heart or stroke illnesses and conditions; that's 40% of our population.

Care and Support are the best gifts you could leave in your will to help chest, heart and stroke survivors across Northern Ireland.

Every breakthrough in research, every step in recovery and every life changed begins with people like you.

A gift in your will to Northern Ireland Chest Heart & Stroke could make a profound difference by ensuring we can be there for those who need us today, tomorrow and in the years to come.

After caring for family and friends, please consider leaving a gift in your will to NICHHS.



To find out more scan the QR code.

To request "Your guide to making a will" call us on **02890 320184** or email **supportercare@nichhs.org.uk**

**Chest
Heart &
Stroke**

Improving local lives for
80 Years

Events



80 YEARS OF NICHs: AN EVENING OF MUSIC, STORIES AND HOPE

To mark our 80th anniversary, please join us for a special evening of music, storytelling and reflection. You will hear powerful stories from those at the heart of our work alongside performances from talented local musicians.

📍 **Belfast Cathedral, The Cathedral Church of St. Anne** – 18th November 2026

📍 **Guildhall, Derry/Londonderry**
– 10th December 2026

Places are free to book, with an optional donation. To reserve your place, please email events@nichs.org.uk



2027 MARATHON CHALLENGES

We are delighted to have secured places in some highly coveted 2027 marathons. Join our team and raise funds for our local services. Get in touch now to reserve your place for:

📍 **Belfast City Marathon** – May 2027

📍 **London Landmarks Half Marathon**
– April 2027

📍 **Dublin Marathon** – October 2027



RED DRESS FUN RUN

On Sunday 22nd March over 600 people took part in the 2026 Red Dress Fun Run, supported by MACE and Musgrave MarketPlace. We were delighted to see so many people of all ages turn out in support of our charity and of course not forgetting about our fur-friends! It was a fun-filled day with circus performers, Star Wars characters, music and costumes. Thank you to all our supporters who helped make the day such a success.

Save The Date! Next year's Red Dress Fun Run will take place on Sunday 14th March 2027 so please put the date in your diary now. Registration will open in November 2026.

TAKING ON A PERSONAL CHALLENGE?



From marathons, to hikes, and cycles, you can support us wherever your challenge takes you. Be it the London Marathon, the Atlantic Way or something further afield, if you are taking on a personal challenge and want to fundraise for our charity please get in touch. We will support you every step of the way!



ENCOURAGING CHILDREN TO MOVE MORE, SIT LESS

Chester's Challenge is our exciting 3-week schools health promotion programme designed for Primary 5 pupils, helping them build healthy habits that will protect their wellbeing now and in the future.

Throughout the programme, pupils explore key topics such as healthy eating, physical activity, sleep, and screen time in a fun, interactive, and age-appropriate way. The journey follows the adventures of two brothers, Chester and Heartley, as they navigate growing up and discover what it really means to live a healthy lifestyle.

Along the way, pupils learn how nutrition supports a strong and healthy heart, discover enjoyable ways to achieve their recommended 60 minutes of daily physical activity, and explore how screen time can impact sleep and overall wellbeing.

With a strong focus on enjoyment and participation, the programme encourages pupils to adopt our simple but powerful motto, move more, sit less, empowering them to make positive choices every day. This year we have been fortunate to have worked with 44 primary schools and 3,182 pupils across Northern Ireland.

Ideas For Leading A Healthier And More Active Lifestyle

This time of year often sees better weather which can encourage families to spend more time together and find exciting activities to do. Why not try to put the devices and screens down and enjoy what the outdoors has to offer. Here are some fun, interactive ideas on how we can support each other in living a healthy lifestyle everyday:

- **Go on an adventure walk** - when out in forest parks or beautiful beaches give everyone a task of finding different objects that help ground us like seashells, sticks, trees, flowers, birds and leaves.
- **Bring back board games** - try Scrabble, Monopoly, card games, or whatever you have in the cupboard. A perfect rainy-day activity!
- **Make fruit kebabs** - why not create colourful fruit kebabs using your favourite array of fruits. The task is to use as many colours as you can find. This can even be turned into making your favourite meal together when the best part is taste testing!
- **Have a Teddy Bears' picnic** - create a delicious picnic and find a spot to enjoy it on your adventure walk.
- **Try something new** - how about football in the back garden, dusting off the bikes, getting the racquets out, or trying your hand at some hopscotch?
- **Bedtime performance** - ask little ones to re-create their favourite scene from a book they have been reading recently- teddies included!

To find out more about Chester's Challenge, please visit nichs.org.uk/chesterschallenge

**Chest
Heart &
Stroke**

Survivor Story

Gail, STROKE

Every Tuesday Gail Agar gives up her time to help others at one of our Post Rehab Exercise Programme (PREP) groups. Gail knows all too well how much we can help people post stroke as she needed our support after having a severe life-changing stroke in November 2024.



Gail recalls; "I had no symptoms and I collapsed out of nowhere. My husband found me lying with blood coming out of my head. He phoned 999 and within minutes a Paramedic in a Rapid Response Vehicle arrived, followed by an ambulance, and then the Air Ambulance which had been called by the Rapid Response Paramedic. I was placed into an induced coma and airlifted to the Royal Victoria Hospital."

At the hospital it was discovered Gail had a ruptured brain aneurysm. She was transferred to Critical Care where she was ventilated, had a feeding tube and catheter put in, and needed 24/7 nursing care. Gail explains; "The next morning I had surgery to put a stent and coiling in to stop the bleed on my brain. The day after that the sedation started to be withdrawn and a few days later, I was transferred to Neurology. I can't remember any of that time. I couldn't talk because my vocal cords had been damaged by the ventilator. I was trying desperately to talk but no words would come out."

"A few weeks later I was transferred to the Ulster Hospital. I started physio as my left hand was completely paralysed and was in a fist. I also had to start to relearn how to walk. Winning the lottery wouldn't give you the same feeling I got when I started to be able to move again. It was unbelievable- I had been told there was a possibility I might not walk again."

At the start of January 2025 Gail was transferred to the Regional Acquired Brain Injury Unit (RABIU) at Musgrave Park Hospital in Belfast to continue with intensive rehabilitation. Gail says; "It was very hard work as I had to relearn everything, even things like going to the toilet after the catheter was removed as that had all been wiped from my brain. I had to have pureed food, nothing I could choke on. After a few nights I said to myself, 'it's only you who can do this, nobody else can'. I had to make the effort, and I had to do what they were telling me. But it was hard."

Gail continues; "It was at RABIU I realised how severe my stroke had been. A student doctor from Queen's University chose my case for his PhD topic. I asked why and he said 'because there are very few people who have gone through what you have that we can talk to or watch and assess their recovery journey. It helps us with research and to better understand the brain'. It hit me then that I was lucky to be alive and to be working on my recovery."

"I worked hard and on the 5th of February 2025, after months in hospital, I walked out of RABIU with no stick, no walking frame, no wheelchair, nothing. I had come a long way from nearly not making it in the Air Ambulance. I couldn't wait to get home but that is also when you realise how ill you have been. In my mind, once I got home, I was going to be ok but there was still a long way to go. You realise how scary it is because you are starting to live a completely different life."

"Your confidence has gone, people don't really understand what it's like, you always have to be aware of your surroundings in case there are hazards, you are always on the alert. You have to relearn to do things you never gave a second thought, like going to the supermarket. Over the first few weeks I had to set goals like make a hair appointment or go to the dentist. Setting a goal helped me start to rebuild my confidence and feel like I was belonging to normal life again."

After she was discharged from RABIU Gail was referred to our Care Services by her Community Stroke Team. She started going to PREP, our 6-week physiotherapy led, community-based course which helps rebuild people's lives after stroke through exercise and education. Gail says;

"I really enjoyed PREP because everybody was in a similar situation to me. Everybody was friendly and were glad if you achieved something and were doing well. There is real camaraderie at PREP. We were able to share tips about living with a stroke and find new ways to do things like getting dressed more easily. You are part of a group that understand what you are feeling whereas family and friends, as great as they are, can't. That really helped me with the mental impact of my stroke."

"I liked that all the PREP exercises were monitored, and you could see your progress. That helped keep me motivated with my recovery as I could see my efforts were being rewarded and I was moving forward. I also found the NICHs staff very approachable and helpful, and they made the time to listen."

"I was sad at the thought of my time at PREP ending, so I asked the group's Care Services Coordinator, Kyle, about coming back to volunteer. I thought I might be able to help others due to my experiences. I found PREP so beneficial I wanted to help others experience that too, to show people there is hope for a recovery, things can get better, and not to give up."

"That's why I'm also happy to share my story. If it helps show people you can get through having a stroke, if it gives some small flicker of hope, I feel going through this and telling my story will have been worth it. I didn't know enough about stroke when mine happened and if I had seen a story like mine, I would have known things could get better."

Talking about what she gets out of volunteering Gail says; "PREP is the focus of my week. Tuesday is PREP day and everything else just has to work around that. I really enjoy it and I like seeing all the clients and other volunteers."

"When people first come to PREP, they might be scared, feel lost and that they don't know what is ahead of them. I understand what that's like and I'm glad if I can help. It also reminds me how lucky I have been with my recovery; things could be a lot worse."

Gail concludes;

"In a strange way I'm glad that my stroke happened. I've learnt an awful lot about myself. I think things sometimes happen for a reason and I've learnt I'm stronger than I thought I was. I appreciate things now that I didn't before. I wouldn't have met all the people at PREP that I have. There are positives that have come from this, and I hold on to the fact things could be a lot worse. I was dealt a bad hand, but I've played it the best way I could, I've come through it and I'm thankful for that."

For more information on NICHs stroke services, please visit nichs.org.uk/strokesupport

**Chest
Heart &
Stroke**

FROM THE HEART

Information and advice from our Care team to help you live well, live longer.

The importance of fibre

Put a spring in your step

Understanding respiratory conditions

Recipes



THE IMPORTANCE OF FIBRE

Did you know that eating *plenty* of fibre is associated with a lower risk of heart disease, stroke, type 2 diabetes and bowel cancer? But do you know how much *plenty* equates to? Here we delve a little deeper into what fibre actually is, sources of fibre, reasons it is good for you and how to get *plenty* of it!

What Is Fibre?

Dietary fibre, also known as roughage, is the name used for carbohydrates found naturally in plants. It is found in fruits, vegetables, wholegrains, nuts, and legumes. Eating a diet rich in these foods will not only support your intake of fibre but will bring the added benefits of vitamins, minerals and polyphenols which are also contained within plants.

There are two main types of fibre:

- **Soluble** - this dissolves in water and becomes gel-like in the tummy, helping you feel fuller for longer. It lowers blood cholesterol and helps to control blood sugars. You can find it in foods such as oats, carrots, broccoli and apples.
- **Insoluble** - this doesn't dissolve in water and therefore remains largely intact from the small to large intestine, 'sweeping' material through the digestive system. It aids waste disposal, preventing constipation. You can source this fibre in wheat, nuts, potatoes with skin on, cauliflower and green beans.

For a healthy bowel, we need fibre from a variety of these sources but for some people fibre rich foods such as cereals and wholegrains can cause bloating and constipation so a better choice may be to get fibre from fruits and vegetables instead. People with irritable bowel syndrome (IBS), Crohn's disease, or other gut conditions may need individual fibre advice.

How Much Fibre Do I Need?

Government guidelines say adults should aim for 30g of fibre daily as part of a healthy balanced diet. If you are buying ready-made products like bread, pasta or ready meals, you can check the nutritional information on the back of the pack to see how much fibre they contain.

To increase your fibre intake you could:

- Choose a higher-fibre breakfast cereal such as Weetabix or porridge.
- Make swaps from white flour to wholemeal or granary breads and choose wholegrains like wholewheat pasta, bulgur wheat or brown rice.
- Go for potatoes with their skins on such as a baked potato or boiled new potatoes.
- Add pulses like beans, lentils or chickpeas to stews, curries and salads.
- Fill a third of your plate with vegetables, or add more vegetables to stews and sauces.
- For snacks, try fresh or dried fruit, vegetable sticks, oatcakes and unsalted nuts or seeds.



Fibre And Fluids

It is important to be aware that increasing fibre intake is a process that should be done gradually with attention paid to your fluid intake to minimise negative side effects. As fibre can act like a sponge and absorb fluid, it is important to ensure that you stay hydrated to help fibre do its job and keep everything moving along nicely! Too little fluid and the system can become sluggish and backed up.

Water is a healthy and cheap choice to keep you hydrated, but other drinks can also count towards your fluid intake - lower-fat milk and sugar-free drinks, including tea and coffee, all count. The government recommends that people should aim to drink 6 to 8 cups or glasses of fluid a day. This is just a guide, and you may need to drink more fluids if you are in a hot environment, physically active for long periods, ill or recovering from illness.

Please note, If you are on a restricted fluid intake under medical supervision then you should follow doctor's orders on how much to drink daily. You should talk to your health professional if you are intending to increase fibre intake about how best to manage any side effects.

What does 30g of fibre look like?



Apple



Two Weetabix



Thick slice of brown bread



Cup of cooked lentils



Potato with skin



Two carrots



1/2 cup rolled oats

Chest
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Emily's Story

At nineteen, I suffered a headache like never before. I was in agony and fell unconscious. When I awoke, I was in ICU and was told I had undergone a 10-hour emergency surgery because a tangle of my blood vessels had burst under too much pressure causing a bleed on my brain. This is known as an Arteriovenous Malformation (AVM). The surgery caused further swelling so a second procedure was performed where a portion of my skull had to be removed and temporarily placed into my abdomen.

Fast forward to February 2023 and after further treatments I had to have another surgery. This time I was woken up mid-procedure, which is when I knew something had gone very wrong- I had suffered a haemorrhagic stroke. Once again, I found myself back in the ICU only this time I was left paralysed down the left side of my body with permanent, significant vision loss.

Over the course of five months and three different hospitals, my sole focus was making the best recovery possible. Following that intensive hospital stay I was incredibly proud to return to university and finish my law degree. Ironically, I was able to use my own lived experience for my dissertation in medical law which explored the freedom of medical decisions.

It was during this chapter that I came across Northern Ireland Chest Heart & Stroke. I met with Emma and Julie, Care Services Coordinators, who introduced me to the fantastic support resources available from the charity. They completely put me at ease with my health anxieties and helped me learn to cope with my new limitations.

The dedication and talent of the NICHS team inspired me to take the opportunity to help others by becoming a volunteer at one of the charity's support groups. Being a volunteer is a deeply gratifying experience; it enables me to see the amazing progress other survivors make and gives me the genuine satisfaction of watching their confidence grow.



By using NICHS services, that extra layer of worry is stripped away. Survivors can connect with, and feel uplifted by, peers who truly understand, without ever feeling the need to over-explain themselves. A common theme I notice among stroke survivors is a profound feeling of loneliness. It can be hard for family and friends to truly relate to the hardship of a stroke. Seeing how NICHS support people firsthand has been an absolute delight. The support groups create a community where everyone feels understood.

Ironically, after spending so much time in hospital settings and researching medical law at every opportunity, I decided on a total career change- podiatry! Through my life experiences I have become passionate about learning more about healthy lifestyle choices and managing long-term conditions. Moreover, after my stroke and the gruelling process of relearning how to walk, I became fascinated by how neurological damage affects the lower limbs. Combined with my desire to improve people's quality of life, podiatry became the obvious choice. I am so excited to start my master's degree this September, embarking on a fresh adventure and moving to Edinburgh for my studies!

Our NICHS volunteers are at the heart of what we do, and their help and support truly make a real difference in the local community. If you have a passion for helping others, we would love to hear from you! Please visit nichs.org.uk/volunteering to find out more about our volunteering opportunities near you.

With the (usually!) better weather at this time of year many of us feel inspired to spend a little more time outdoors and be more active. The good news is that improving your health doesn't require joining a gym or taking on a strenuous exercise programme. Small, gentle increases in activity can make a real difference to both physical and mental wellbeing.

Regular physical activity can help improve heart health, boost energy levels, strengthen muscles and joints, improve mood, and support better sleep. The key is to start where you are and build gradually.

One simple and effective way to increase activity is by using a pedometer or step counter. Whether it's a dedicated pedometer, a smartwatch, or an app on your phone, tracking your daily steps can be a great source of motivation. Seeing your progress can encourage you to keep moving and helps you recognise achievements that might otherwise go unnoticed.

Tracking your steps can also help you celebrate small wins. Perhaps you have walked a little further than usual, taken the stairs instead of the lift, or added an extra stroll around the block. These small changes soon add up and can help create lasting healthy habits.

When introducing more activity into your routine, setting realistic goals is important. Rather than aiming for dramatic changes, focus on small, achievable targets. For example, you might aim to add an extra 10 minutes of activity to your day, take a short walk after lunch, or increase your daily step count by a few hundred steps each week.

Remember that progress looks different for everyone. The most effective goals are specific, manageable, and suited to your individual circumstances. Success isn't about being perfect; it's about making steady progress and building confidence along the way.



So why not challenge yourself to take that first small step? Whether it's a walk around the garden, a trip to the local shops on foot, or simply moving a little more each day, every step counts. By setting realistic goals, tracking your progress, and celebrating your achievements, you can put a real spring in your step and enjoy the many benefits of a more active lifestyle.

Top Tips For Moving More

- ✓ **Start small** - aim for just 10 extra minutes of activity each day.
- ✓ **Wear a pedometer or step counter** - tracking your steps can help you stay motivated.
- ✓ **Set realistic goals** - choose goals that are achievable and meaningful to you.
- ✓ **Track your progress** - keep a note of your daily steps or activity minutes.
- ✓ **Celebrate small wins** - every step counts and every achievement matters.
- ✓ **Make it social** - invite a friend, family member, or neighbour to join you.
- ✓ **Enjoy the season** - take advantage of lighter evenings and milder weather.

"You don't have to go fast or far – the important thing is simply to get started. Every step is a step towards better health."

**Chest
Heart &
Stroke**

Understanding Respiratory Conditions

Respiratory conditions are illnesses that affect the lungs and airways, making it harder to breathe and reducing the amount of oxygen reaching the body. These conditions can be short-term or long-term and may vary from mild to severe.

Common Respiratory Conditions

- **Asthma** - causes inflammation and narrowing of the airways, leading to wheezing, coughing and breathlessness.
- **Chronic Obstructive Pulmonary Disease (COPD)** - includes chronic bronchitis and emphysema, causing persistent breathing difficulties.
- **Pneumonia** - an infection that causes inflammation in the air sacs of the lungs.
- **Pulmonary Fibrosis** - causes scarring of lung tissue, making breathing increasingly difficult.
- **Bronchiectasis** - results in widened airways that are prone to infection and mucus build-up.

People living with respiratory conditions may experience the following:

- Shortness of breath, especially during activity.
- Persistent coughing or wheezing.
- Fatigue and reduced energy levels.
- Increased mucus production.
- Reduced ability to carry out everyday activities.
- Anxiety, low mood or social isolation due to breathing difficulties.
- Frequent chest infections or hospital admissions.

Treatment depends on the specific condition and severity but may include:

- Inhalers which deliver medication directly to the lungs and which relieve symptoms quickly by opening the airways (reliever inhalers) or reduce inflammation and prevent symptoms (preventer inhalers).

- Pulmonary Rehabilitation which is a structured programme combining exercise, education and support to improve quality of life and independence.
- Other treatments may include medications, oxygen therapy, vaccinations, breathing techniques and regular contact with your respiratory team.

Practical Steps For Daily Management

- Stop smoking and avoid second-hand smoke.
- Attend regular health appointments.
- Keep vaccinations up to date e.g. flu and pneumonia vaccines.
- Eat a balanced, nutritious diet.
- Maintain a healthy weight.
- Stay physically active.
- Practise good hand hygiene to reduce infections.

With appropriate treatment, support and healthy lifestyle choices, many people with respiratory conditions can continue to lead active and fulfilling lives.

To find out more about our 6-week respiratory Breathing Better Education Programme, please visit nichs.org.uk/breathingbetter



Meet Grace

25

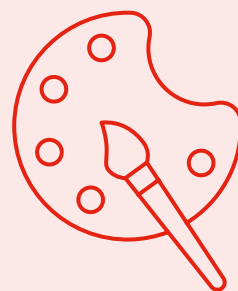


Grace Carson
Workplace Health &
Wellbeing Coordinator

Earlier in the magazine we highlighted our **Work Well Live Well (WWLW) programme** which is a free, accredited workplace health and wellbeing support programme, funded by the Public Health Agency and delivered by our charity. Here we introduce you to Grace, one of the Work Well Live Well team.

Can you introduce yourself and tell us about your role?

I'm Grace Carson and I work as a Workplace Health & Wellbeing Coordinator with Northern Ireland Chest Heart & Stroke. I'm based in the Western Trust area, and my role focuses on supporting local workplaces to improve the health and wellbeing of their staff. This includes delivering health promotion sessions, coordinating workplace surveys, and helping organisations work towards our Work Well Live Well accreditation.



What do you enjoy most about your job?

It might sound clichéd but it's genuinely the people. I'm really fortunate to work as part of such a supportive team and I also get to meet people from a wide range of workplaces. What I enjoy most is feeling like we are making even a small difference to people's health and wellbeing which can then have a positive ripple effect on their families and the wider community.

What is a typical day like for you?

No two days are ever the same, which keeps things interesting. A typical day might involve travelling out to meet with local businesses, delivering a wellbeing talk or health checks, or supporting a workplace with their health survey or accreditation journey through mentoring meetings. There is also time spent following up with contacts, planning upcoming training events, and working closely with my team to make sure we are offering the best possible support across all five Health and Social Care Trust areas.

What do you like to do outside of work?

In my spare time I enjoy running, especially getting outdoors whatever the weather! I also enjoy spending time with family and friends and being creative through painting.



**Chest
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Recipes



To celebrate our 80th anniversary year we thought it would be nice to include recipes which would have been a family staple in 1946. Rationing was still in place, so our crumble and wheaten recipes are a nod to the era.

Both recipes contain oats which provide one of the richest sources of dietary soluble fibre called beta-glucan. This actively lowers LDL (bad) cholesterol and keeps you feeling fuller longer.

RHUBARB OAT CRUMBLE

For the rhubarb mixture:

- 400g rhubarb, cut into batons
- 200g caster sugar
- 250ml water

- 1 Put the sugar into a saucepan along with the water and place the pan on a medium heat. Bring to the boil, stirring until the sugar is completely dissolved.
- 2 Add the batons of rhubarb to the boiling syrup then turn off the heat. Set the pan to one side to cool. The rhubarb will continue to cook and soften during this time.
- 3 When cool, remove the rhubarb batons from the syrup. Place 2/3 of the rhubarb in the bottom of a 1.2 litre oven dish. The remaining rhubarb can be kept in a sealed container in the fridge and is great served with porridge, custard, or yoghurt. The sugar syrup is just that, sugar, so apart from a teaspoons worth over the rhubarb this can be discarded.

For the crumble:

- 100g wholemeal flour
- 100g porridge oats
- 100g margarine or butter
- 80g soft brown sugar

- 1 Pre-heat the oven to 180°C or gas mark 4.
- 2 Place the wholemeal flour, porridge oats and sugar in a bowl and rub in the butter or margarine using your fingertips.
- 3 Sprinkle the crumb mixture on top of the rhubarb and bake for 20-25 minutes.
- 4 Serve with plain Greek yoghurt. Either hot or cold this is delicious!





WHEATEN BREAD

- 170g coarse wholemeal flour
- 90g plain flour
- 1 tsp baking soda
- 2 tsp brown sugar
- 40g butter
- 300ml buttermilk
- Handful of rolled oats for the top

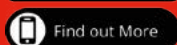


- 1 Preheat the oven to 170°C/gas mark 4 and line a 450g/1lb loaf tin with baking paper.
- 2 Apart from the rolled oats, add all the dry ingredients into a bowl. Rub the butter into the mix with your fingertips until it looks like dry breadcrumbs.
- 3 Gradually add the buttermilk and mix in with a fork until you have a sticky, workable consistency. Place the mix in the lined loaf tin and spread evenly. Put a crease up the middle (this stops it from rising too much) and sprinkle the oats on top.
- 4 Bake for 40-45 minutes until golden and cooked through. Allow to cool in the tin for about 30 minutes and then place on a cooling tray.

Northern Ireland Chest Heart & Stroke

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