

FROM THE HEART

Celebrating
NICHS volunteers

Top tips to stay safe
this summer

Support for carers

Recipes & puzzles

Summer 2023

Chest
Heart &
Stroke

Dear Friends,

Welcome to our summer edition of **From the Heart**. A lot has happened since the last time we spoke. Spring arrived on our doorstep, with the sweet aroma of blossom and new life in our landscapes, all while the dark shadows of winter faded into the distance. It is fair to say spring is the stepping stone for greater things to come and the start of summer did not disappoint! While we are normally immersed with wet weather, this year, Northern Ireland entered a heatwave, with the hottest day (so far) reaching 31°C in County Fermanagh! Ice lollies, 99's and cold drinks were somewhat medicinal!

From cooking up some delicious summer delights, to looking after ourselves in the sun, like every edition, the magazine has lots of different segments to enjoy. We also highlight NICHS's Carers Education Programme as well as the work of some of our wonderful volunteers. This edition is filled with tips, tricks, and tasty treats!

At NICHS, we have a specific team, who get together to create, write and produce **From the Heart**. We thoroughly enjoy working on the magazine and always want to ensure we produce work that is of the highest standard for the enjoyment of our clients and carers. We have included a short survey with this edition of the magazine as we would really value your feedback and opinions about **From the Heart**. We want you to have the opportunity to have your say on our magazine- what you enjoy, what could be improved and any additional comments you may have. All feedback is welcome, and we would greatly appreciate it if you could complete the survey and return it in the envelope provided.

We look forward to hearing from you, and until next time, take care!

Care Services Team

Northern Ireland Chest Heart and Stroke

Celebrating NICHS Volunteers

NICHS celebrated Volunteers' Week in June which is an annual celebration of the contribution and impact volunteers make across the UK. We are lucky to have volunteers all over Northern Ireland, helping with service delivery, fundraising and as community ambassadors. We would like to say a massive THANK YOU to our volunteers as our services just could not run without them. Our volunteers devote their time, skills, energy and more on a regular basis and for this we are extremely grateful. We do however need more volunteers and are currently recruiting for opportunities across Northern Ireland. Have you thought about volunteering with NICHS? We would love to have you join the team!

What Are The Benefits Of Volunteering?

- Making a positive difference to people's lives.
- Improved self-esteem, confidence, and wellbeing.
- Development of new skills and knowledge.
- Meeting new people from a range of backgrounds.
- Feeling valued and part of a team.

What Opportunities Do We Have?

- **Volunteer at our support groups** - our community-based support groups are for people who are living with chest, heart and stroke conditions and their carers.
- **Volunteer at our fundraising events** - our event volunteers help us with activities such as bucket collections at public street collections, shopping centre bag-packs, and at our events like the Red Dress Fun Run.

- **Become a Community Ambassador -** our Community Ambassadors work closely with our Fundraising team and are the face of NICHS in their local area. From accepting donations on our behalf, to spreading awareness of our work through leaflet drops, to placing our donation boxes in local businesses, this role is perfect for those who enjoy networking, giving short speeches, or those who have a passion for fundraising!

If you are interested in volunteering with us, please contact 028 9032 0184, or visit nichs.org.uk/volunteering to view our current volunteer opportunities.

NICHS Volunteer Profiles

Bobbie White

Bobbie recently volunteered to sing at the end of year party at our Armagh Wellness Session. Bobbie is a popular face at one of our Southern Trust Wellness Sessions and he has also completed our Taking Control programme. Bobbie has always had a physically demanding job which caused him great stress and anxiety. When his father passed due to COVID in 2020, Bobbie's anxiety became more severe, and he was experiencing chest pains which were getting worse. Bobbie visited his GP and after tests, he was diagnosed with coronary heart disease. Due to Bobbie's level of fitness bypass surgery was able to be avoided and he had three stents fitted.

Bobbie has a love for entertaining - both for singing and impersonations. Impersonating is Bobbie's passion and he won prestigious awards from the Sunday World in 1993 as well as Guinness Impersonator of the Year in 1997. Bobbie worked as a singer in Gran Canaria, performing up to 6 nights a week singing anything that would get the crowd up to sing along!

Bobbie is now taking life at a much slower pace and enjoys relaxing, sketching, and of course singing on the odd Saturday night. Taking part



in our Taking Control programme and regularly attending the Wellness Sessions, Bobbie says talking to others with similar experiences as well as learning more about his own condition has helped change his mindset. Bobbie has found learning how to set goals as well as how to prioritise time to relax through the Taking Control programme extremely beneficial.

Bobbie volunteered to sing for group at the Armagh Wellness Session as a thank you to NICHS for the programmes he has attended which have helped him greatly. Putting a smile on people's faces gives Bobbie great pleasure and is an experience he thoroughly enjoys. Thank you Bobbie!

**Chest
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Stephen Hey



Stephen volunteers at our Enniskillen Wellness Session where he recently gave a talk about his very interesting hobby- beekeeping! Here Stephen tells us more about his hobby.



I studied Zoology and taught Biology for many years, so I have always had an interest in animals and the natural world.



I took up beekeeping seven years ago but have been fascinated by honeybees and social insects for much longer. My wife thought keeping bees in proximity to other people may be a tad antisocial, but they can be positioned in a way that is unobtrusive, even in a small garden.

I find the colonial habits of honeybees totally absorbing, and the more you study them the more you realise how much we don't know about their abilities, acquired over millions of years of evolution. I have been stung a few times, but it is nearly always my mistake that has caused it! If you are calm and gentle with them they are almost always co-operative, but dropping things, rough handling, and disturbing them in poor weather conditions (like the recent thundery conditions) can cause them to get a little tetchy!

Being a type 2 diabetic, I don't eat much honey (perhaps a bit on my porridge!) and I took up the hobby as an interest, rather than as a potential honey farmer. Bees are not aware of you just wanting a few more pollinators for your fruit bushes however and will labour round the clock when conditions are favourable- it can give you quite a bit of work keeping up with them! You need to keep an eye on them in spring and early summer especially, to prevent swarming. This year has been very busy with increases in my own colonies and answering calls for help with other swarms around the county!

I am currently the Chairman of Fermanagh Beekeeper's Association. This is a group of over 100 members dedicated to the conservation and improvement of locally adapted honeybees, namely the Irish Black Bee (*Apis mellifera mellifera*). Local honey, unlike many supermarket honeys, is much more likely to be pure and free from additives, antibiotics, and pesticide residues. Most are blends of EU and non-EU honey, possibly Asian and/or African. Imported bees, such as Italian and Buckfast varieties, can hybridise with local bees and compromise their genetic integrity, as well as being vectors for parasites and diseases not seen here in Ireland at present. Fermanagh Beekeepers breed native Irish Black Bee queens, making them available to members and actively working to discourage non-native imports.

Anyone keen to take up beekeeping should join a local beekeeping association and enrol on a beginner's course. Bees can be obtained as a full hive, or a half-sized nucleus with a laying mated queen, stores, eggs, and brood on 5 frames. Swarms can be captured by the more adventurous but need to be quarantined to avoid the risk of spreading pests and diseases. Don't expect a quick or easy return on your investment however – it all depends on the weather!



Top Tips To Stay Safe This Summer

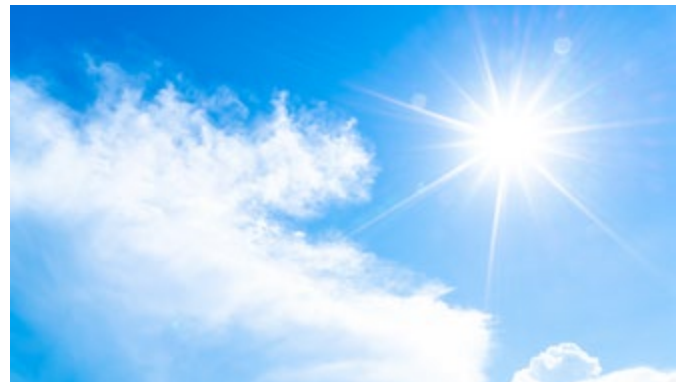
Summer brings a welcome more relaxed feeling. We shed the heavy coats and big boots for lighter clothes. We dine outdoors, enjoying salads, BBQs, and picnics in the park. The heating is off, and the fans are on. The water pools are out, or we are off to the local lakes and beaches. We are busy getting the lawns mowed, the hedges trimmed, the weeds pulled, and the fences painted all before the weather breaks. There is a sense of optimism in the air when the weather is good. It is a time of renewal and growth but as with every change in the seasons and routine, comes some risks. In the words of The Beatles – ‘Here comes the sun, it’s alright... it’s been a long, lonely winter, ... the smiles are returning to the faces.’ So, to keep those smiles on our faces, read on for some summertime tips to stay safe.

Hooray The Sun’s Out!

And so too should the sunscreen! It is recommended that we wear sunscreen every day that our skin is exposed to daylight not just sunshine. Ultraviolet (UV – A, B Or C) radiation from the sun can cause damage to the skin which will accelerate the aging process and can lead to skin cancer. Too much sun exposure is preventable so it’s very important to remember this and protect yourself.

Suncream has evolved over time. Once, our only option was the application of thick cream, which could feel greasy and tacky on the skin and maybe put people off wearing it. If you are not a fan of creams, try an alternative - suncream is widely available now in more user-friendly methods like spray bottles or even roll-on dispensers.

Remember to reapply sunscreen regularly when you are out and about. If you get a mild case of sunburn, treat the area liberally with aftersun cream or aloe vera gel – ideally stored in the fridge for effective, cooling relief!



Clothing And Accessories

Loose fitting, long clothing helps provide a barrier against the sun. Don a wide brimmed hat to protect face, ears and scalp and pop on some sunglasses to shade the eyes.

It’s so important to wear the correct type of clothing when out tending to the garden as accidents can easily happen here. For example,



eye protection is needed when strimming to prevent any errant twigs or stones from causing damage. Wear appropriate gloves to prevent thorn piercings or skin irritations from plants.

Correct footwear when using machinery such as the lawnmower is vital – flip flops are a no no! Also, did you know that although not illegal in the UK, driving barefoot or in flip flops could be classed as ‘driving without due care and attention’ according to The Highway Code. If you are involved in an accident whilst wearing flip flops it could result in penalty points and fines. A good reason to keep the flip flops for the beach or for lounge wear!

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Embracing Nature

It's hay fever season and if you are a sufferer, you may be reluctant to venture outdoors to enjoy the milder weather. It would be a shame to miss out on the benefits being in nature can bring. There are many medications available to help reduce the symptomatic streaming eyes and itch of hay fever.

If antihistamines are your choice of symptom relief be mindful that some medications can increase your risk of sunburn through phototoxic or photoallergic reactions. You may need to increase the sunscreen factor that you normally wear. Please be mindful that this also applies to many other medications that you may regularly take, so do your research and stay safe.

Local honey is often said to be a cure for hay fever symptoms. Hay fever bands are also available and use pressure points on the body to help reduce the allergic reactions to pollen which cause those nasty symptoms.



Up Close And Personal!

Sometimes nature can get that bit too close and knowing how to deal with it is the best way of staying safe. Horseflies (clegs) and midges have a nasty nip and can cause an allergic reaction with localised itching or swelling. To help repel these insects, cover up in long, loose clothing and light a citronella candle. Avoid wearing strongly scented products. Products are also available to try to create a barrier between your skin and their nip.



Reports of tick bites in the UK have risen in recent times and as ticks can transmit illness it is important to be aware of them. Ticks are commonly found in long grassy areas so to avoid coming into contact with them, stick to well established paths when out and about. Always check yourself and pets in case a tick has attached itself- they can be removed with fine tweezers.

Bees and wasps can deliver painful stings. If you are unfortunate enough to be stung, remove any barb that has been left on the skin and wash with soapy water. Apply a cold compress, elevate the limb, and take an antihistamine if appropriate. Keep an eye on the site of bites or stings for any spread of infection or a more severe allergic reaction and if necessary, seek medical treatment.

What about a nettle sting? Thankfully, the remedy is usually near to hand – reach for a dock leaf to rub on the site of the sting! It might not work however unless you say the rhyme aloud as you apply the dock leaf – ‘dock leaf in, dock leaf all about, take the sting of the nettle out!’

Dining

Unfortunately, this happy pastime can be a great attraction for all the bugs and stinging insects we just mentioned! Take care to cover food and drinks. If sipping from cans or bottles, especially with fizzy drinks, be aware that bees might like to try and share and may enter unseen into your drink – a nasty sting could ensue.

Bacteria love the move from chilled to warm conditions – don't leave foods out in the sun to avoid an increase in the growth of nasty bugs. Food should always be cooked thoroughly on the BBQ to avoid tummy upsets. Flat lemonade or ginger milk and a diet of burnt dry toast are said to help settle the digestive system, but it's best not to have to find out if these old remedies work!

Remember to keep your fluid levels topped up by sipping water throughout the day. If you aren't a fan of water, dilute it with sugar free juice instead. Avoid alcohol as it is a diuretic and will actually cause your body to remove fluids at a much quicker rate than water so will do nothing to help you stay hydrated!



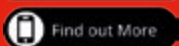
Northern Ireland Chest Heart & Stroke

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Visit www.nichs.org.uk/regulardonation



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Chest Heart & Stroke



Support For Our Carers

At NICHS we not only aim to provide the best support and care to our service users who are living with a long-term health condition, but we also strive to provide services which help to support, educate, and encourage their family, friends and carers who may need additional advice.

Our Carers Education Programme is a six-week programme tailored to meet the needs of carers who are providing support and care for someone post-stroke. The programme is available via Zoom and face to face in some locations. Over the course of the programme, carers have the opportunity to meet others in a similar situation, for moral support and friendship. It also provides a safe and confidential space to ask questions and seek advice from professionals from a wide field of specialities.

Meet Our Carers Education Team:

NICHS Carers Education Programme Lead

Name: Julie McGinnis.

Profession: NICHS Care Services Co-ordinator.

How long have you worked for NICHS? Nearly 16 years!

Have you any hobbies? Reading, walking, travelling and music.

What do you like about the Carers Education Programme? I love that sometimes for the first-time carers are given a chance to talk about how things are for them. Also, our professionals are so experienced that they can ask any question, and not feel that it is trivial. It's lovely to see how the group support one another too through their shared experiences.



Pharmacist

Name: Lynne McCausland.

Profession: Pharmacist.

How long have you worked with NICHS? 4 years.

Have you any hobbies? I love singing and going to the theatre.

What do you like about the Carers Education Programme? It's a great opportunity to have a relaxed conversation about issues which are worrying carers. I really enjoy the wide range of questions and the great conversations which develop.



Summer Word Scrambler Answers:

1. Pool Party 2. Ice Cream 3. Swimming 4. Picnic 5. Waterpark 6. Sunglasses 7. Beach
8. Pineapple 9. Camping 10. Lemonade

Physiotherapist

Name: Rita Greene.

Profession: Chartered Neuro Physiotherapist.

How long have you worked with NICHS? 2 years.

Have you any hobbies? In my free time I love to walk or go to the gym. I also love to meet up with family and friends for a coffee and a chat.

What do you like about the Carers Education Programme?

I really enjoy taking part in the Carers Education Programme. Carers take on so many roles- they are an essential part of the rehabilitation process providing support, motivating, and assisting their loved one as they recover and adjust to life after stroke. Therapists often rely on the support of carers to assist in the delivery of home-based rehabilitation programmes.

The Carers Education Programme is a great opportunity to provide carers with information, answer their queries and give them a platform to talk. I have always found listening to carers is essential. The Carers Education Programme is a two-way process- as therapists we have so much to learn from the carer's experiences.

Most importantly the Carers Education Programme helps to remind carers of the amazing job they do and reinforces how important it is for carers to look after themselves. Self-care has to be top of the list.



Stroke Nurse Specialist

Name: Diane Crooks.

Profession: Stroke Specialist Nurse (retired).

How long have you worked with NICHS? 19 months.

Have you any hobbies? Yoga, walking, reading, and looking after my dogs. I have two shiatzus named Bo and Buddy.

What do you like about the Carers Education Programme?

I like interacting with carers, addressing their concerns, being able to give advice and support and a better understanding of stroke.



If you would like to find out more about our Carers Education Programme, please get in touch!

Visit nichs.org.uk/our-support-services/getsupport or call us on 028 9032 0184.

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Our Asthma Campaign Has Launched

We recently launched our asthma awareness campaign which will run throughout the summer. While many people may think of asthma as being a minor childhood condition, the reality is that asthma attacks can kill. It is also much more prevalent than people might think, with approximately 1 in 10 people in NI having asthma, including 36,000 children.

Michelle Hoy and her daughter Katie are sharing their story of life with asthma in support of our campaign which aims to raise awareness of asthma, how dangerous it can be and the importance of the correct use of inhalers.

Michelle explains; "From she was just 8 weeks old Katie was always in and out of the GP surgery and being referred to hospital for x-rays because of her chest. When Katie was a toddler, she was referred to the asthma clinic at The Royal Belfast Hospital for Sick Children. Katie was very young for this to happen as most children aren't referred until they are around 5 years old, but it was clear Katie needed specialist treatment."

Katie started attending the hospital's asthma clinic and was prescribed inhalers but as she got older Katie's asthma got gradually worse. "She was having asthma attacks everywhere," says Michelle. "Once we took a day trip to Murlough beach. Katie had been in good health, she hadn't been wheezy or shown any symptoms, but she had a full asthma attack on the beach. That was the scariest day we ever had. There was absolutely no warning."

"The doctors later told us Katie had gone from being asthmatic to being a brittle asthmatic which means there are no signs an asthma attack could be imminent. Knowing Katie could have an attack at any moment, with absolutely no warning, is terrifying and it is why Katie is never without her medication. She always carries a little bag with her inhaler, so she has it in case she needs it- whenever, wherever."



"Another frightening attack happened when we were on holiday at our caravan in Newcastle. Katie had a severe asthma attack not long into the holiday and ended up being admitted to Daisy Hill Hospital in Newry for a week."

That hospital stay was sadly just one in a long list for Katie. Michelle explains; "Katie has been admitted to hospital so many times from she was a baby up until about a year ago. It was always so frightening, but the doctors have never been able to diagnose why Katie's asthma is so severe. For most kids with asthma, they find it gets worse in either winter or summer, depending on their individual triggers. With Katie, it makes no difference what time of year it is, she can have bad asthma attacks the whole year round which is quite unusual."

"Katie has a dog allergy, a peanut allergy and different tree allergies but her asthma has never been linked to these triggers alone and nobody has ever been able to tell us why she is so badly affected."

Michelle continues; “The doctors at the asthma clinic tried everything with Katie over the years- different inhalers as well as steroids but nothing was working so she was referred on to a consultant. Katie was then prescribed a new and expensive biological therapy called Dupilumab that is delivered by injection. Dupilumab has been shown to work well in both asthma and eczema when standard therapy has failed. Katie gets this on a fortnightly basis, and it has been life changing for her.”

“Katie hasn’t been hospitalised by an asthma attack since starting the Dupilumab injections. Also, for the first time in over 2 years, Katie has been able to stop taking steroids on a constant basis which is great as there can be side effects of taking these long term.”

“The health impact for Katie has obviously been massive but the life impact has been just as big. It has only been in the last six months that Katie has been able to properly hold down any hobbies. With being constantly unwell, Katie was never able to attend any afterschool activities frequently enough to really be part of a team and properly enjoy the activity. It is amazing to see her now, finally being able to lead a more normal life, just like other kids her age. Finally finding a treatment that is helping Katie has given her a whole new lease of life.”

Although starting the Dupilumab therapy has made a massive difference to Katie, her inhalers and adherence as to how she takes these is still vital.

Michelle explains; “Katie must use her preventer inhaler every day and she takes her reliever inhaler absolutely everywhere she goes, even if it’s just a quick trip to the shops. Having inhalers handy can be the difference between life and death and we must always be ready for an emergency.”

Even though she is just 12 years old, Katie wants to speak out about the impact having asthma has had on her life. She says; “I have always felt different from my peers as I have never been able to lead a normal life and participate in normal activities with my friends. Before, most plans I made ended up being cancelled due to my asthma flare ups. Things like birthday parties, attending gymnastics and Gaelic. Since I started the Dupilumab injections I can lead a more normal life. Asthma is not stopping me.”

Michelle concludes; “People just don’t realise how dangerous asthma can be and that’s why we’re sharing our story and supporting Northern Ireland Chest Heart & Stroke’s asthma campaign, to spread awareness.”



Asthma should be acknowledged more-it’s not just a bit of wheeziness, it can be fatal. The brutal fact is people die every day from asthma attacks. We wanted to share our experiences to play our part in helping raise awareness and get people to take asthma seriously.



For further information and support about asthma visit nichs.org.uk/asthmacankill



**Chest
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Take It Outside

There is nothing quite like eating outside in beautiful weather. There is something special about a picnic or family get together outdoors. Here we share a few favourite, no fuss recipes using leftovers from a previous night's dinner which are perfect for al fresco dining!

Vegetable Quiche

This quiche uses a delicious combination of leftovers from the roasted vegetables recipe below.

Ingredients

- 120g butter
- 200g plain flour
- 1 egg yolk
- Leftover roasted vegetables
- Asparagus (optional)
- 3 eggs
- 3 fl oz milk
- 30g grated cheese



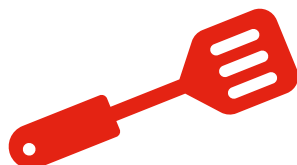
Method

1. In a large mixing bowl, rub the butter into the flour with the egg yolk, using your fingers. Add 4-5 teaspoons of cold water as necessary to properly incorporate all the ingredients and make a firm but manageable dough. Wrap the dough in clingfilm and place in the fridge for at least a couple of hours.
2. Preheat the oven to 180°C/ gas mark 4.
3. Roll out the pastry. Line a 9-inch flan dish, prick the base with a fork and chill for 20 minutes.
4. Line the pastry case with baking paper, fill with baking beans and cook for 15 minutes.
5. Remove the baking beans and paper, return the pastry case to the oven for another 5 minutes. Then allow to cool.
6. Add a few spoonful's of the cold roasted vegetables to the base of the flan tin. You might also like to blanch some asparagus to place on top of the roasted vegetables.
7. Crack three eggs into a jug, whisk, add in 3 fl oz of milk and whisk again. Add in 30g grated cheese, season with salt and pepper and pour over the vegetables in the flan tin.
8. Bake for 20-25 minutes or until the egg mixture is set.

Roasted Vegetables

Ingredients

- A red, green and yellow pepper, cut into wedges
- 2 red onions, chopped into small wedges
- 100g small mushrooms
- Olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp honey



Method

1. Preheat the oven to 180°C/ gas mark 4.
2. Place the peppers and red onions on a baking tray. Add 1 dessert spoonful of olive oil and cook in the oven for 30 minutes.
3. Add the mushrooms, balsamic vinegar and honey. Stir and return to the oven for a further 10 minutes. These vegetables are delicious served hot with other dinner items, or cold as part of a salad.



Pear and Cranberry Salad

Ingredients

- 130g bag mixed salad leaves
- 1 tin sliced pears
- 30g roasted, coarsely chopped hazelnuts
- 30g dried cranberries
- For the dressing – 2 tbsp olive oil, 1 tbsp balsamic vinegar, 1 tbsp maple syrup

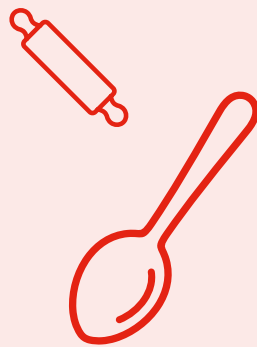
Method

1. Mix all the dressing ingredients together in a small jug, add in the cranberries and set aside for 20 minutes.
2. Place the salad leaves in a serving dish and arrange the pears among them.
3. Pour the dressing over the salad leaves and pears, sprinkle the hazelnuts over the top and serve.

Snack and Go Biscuits

Ingredients

- 200g plain flour
- 75g Lighter Alpen
- 75g porridge oats
- 75g coconut
- 1 tsp baking soda
- 150g soft brown sugar
- 200g soft margarine
- 30g dried cranberries
- 25g chopped hazelnuts



Method

1. Preheat the oven to 350°F.
2. Cream together the margarine and sugar.
3. Slowly add all the dry ingredients and mix thoroughly.
4. Roll the mixture into balls about the size of a walnut shell and flatten slightly. Place on a lightly greased baking tray.
5. Cook for approximately 15 minutes, until golden brown.



Almond and Raspberry Slices

Ingredients

- Shortcrust pastry
- Raspberry jam
- 150g butter
- 150g caster sugar
- 150g ground almonds
- 50g self raising flour
- 1 tsp baking powder
- 3 eggs
- 150g raspberries



Method

1. Preheat the oven to 180°C/ gas mark 4/5.
2. Line a swiss roll tin with shortcrust pastry and bake blind for 10 to 15 minutes. Remove from the oven and when cool, spread with raspberry jam.
3. Cream together the butter and sugar. Then add the eggs with a little of the flour and mix.
4. Fold in the remaining flour, almonds and baking powder, then gently fold in the raspberries.
5. Spread the mix on top of the jam and pastry and bake in the middle of the oven for 30 minutes. When cool, cut into slices.

Puzzles



Summer Word Scrambler

1. OPLO.RPYAT

.....

2. CIE.RAMCE

.....

3. WMSINMGI

.....

4. CINPCI

.....

5. AWRETKPAR

.....

6. NUSASISGSF

.....

7. HECBA

.....

8. EPIPLNPAE

.....

9. MAICNPG

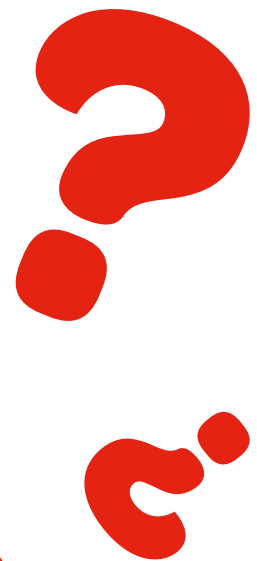
.....

10. MDELOEAN

.....

Sudoku

	3			8				1
		7	4		1		5	
9				5		2		
		2			5		1	
3			2	1		5		
5	9			6				2
		6	5		2			
		9	6				2	7
					8		6	5



Thank You For Your Feedback!

You might remember last summer's edition of From the Heart was delivered with a survey which we asked you to complete. At this time, we were reviewing our Strategic Plan, which sets out our charity's vision and mission and all the big things we aim to achieve.

We asked for your help, because as care services clients your thoughts and opinions were essential in helping us shape our Strategic Plan for the next 3 years. We were delighted with the response to the survey and would like to thank you for taking the time to complete this and give us your feedback.

Our Strategic Plan for 2023 – 2026 is now available. This will be our roadmap for the next 3 years and will guide us as we continue to work tirelessly with our partners and stakeholders to achieve our vision of a healthy Northern Ireland free from chest, heart and stroke illnesses, and strive in our mission to prevent chest, heart and stroke conditions and support people affected by them.

You can read our Strategic Plan here nichs.org.uk/strategicplan

Sudoku Answers:

2	3	5	9	8	6	7	4	1
6	8	7	4	2	1	9	5	3
9	1	4	3	5	7	2	8	6
4	7	2	8	3	5	6	1	9
3	6	8	2	1	9	5	7	4
5	9	1	7	6	4	8	3	2
1	4	6	5	7	2	3	9	8
8	5	9	6	4	3	1	2	7
7	2	3	1	9	8	4	6	5

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
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Almost 90% of our care and prevention services and research are funded exclusively by public donations.

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