

FROM THE HEART

Summer
2022

Six walks for an
active summer

Staying safe in
the sun

Real life stories

Recipes, craft
& puzzles



Chest
Heart &
Stroke

Hello, welcome to our Summer edition of From the Heart.



What a great opportunity for me to connect with you all and introduce myself. My name is Ursula Ferguson and I have recently taken up the role of Director of Care Services with NICHs. Whilst some of the faces are new to me, a few people are quite familiar having already worked alongside colleagues in my previous role as Head of Services and Engagement at the Stroke Association.

I am from County Down and live at home with my husband and 3 grown up children and have beautiful views spanning the Dromara hills.

My passion has always been for services and service delivery within Health and Social care and that has primarily been reflected in the roles I have held for the past thirty years.

We are now entering an exciting time here at NI Chest Heart and Stroke as we plan for our new strategy period. We want to set out our plans and ambitions for the next few years of what we want to focus our combined efforts on as a senior leadership team. Together with the fantastic skills and knowledge from our dedicated staff we know we can achieve great things for people living in our local communities with chest, heart and stroke conditions.

More reason that I am keen to hear from you, the people who may have benefited in one way or another from our services. I know we as a team would welcome your response to our survey that comes with this edition. So please, have your responses included in the survey as it really does shape our planning.

If you are planning a holiday, a staycation or simply a few days out from the day to day routine then have a great time relaxing and I hope the weather is kind to you.

With warm wishes,

Ursula

Six Beautiful Walks to Help You Stay Active This Summer

1



Armagh Emma Fallon

Care Services Co-Ordinator
for the Southern Trust

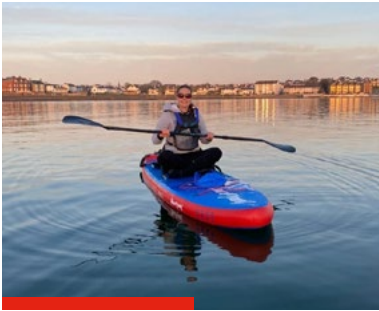
I live in rural Armagh surrounded by beautiful green fields, the blossom of the hawthorn and our pet pheasant Rupert! One of my favourite walks is at Derrymore House which is nestled between Newry and Camlough.

Derrymore was established in 1770 with a beautiful, thatched cottage and acres of luscious parkland. It is now owned by the National Trust who have embraced the longstanding history of Derrymore and its outstanding beauty.

There are several walks around this beautiful parkland, from casual strolls to discovering our local Quaker Hall. The area is pet friendly and even has a specific play area for dogs! The grounds are well maintained and overlook Bessbrook and Newry.

I usually finish off my trip to Derrymore with a hot chocolate from our local coffee trailer and sometimes a well-deserved traybake- don't tell Rupert!

2



Bangor **Lauren Mann**

Care Services Co-Ordinator for the Belfast and South Eastern Trust

I live in Bangor in County Down and enjoy walking along the local beach in Ballyholme and going out on my paddleboard when the weather permits! Ballyholme beach has a free car park with toilet facilities and a coffee and ice cream van at peak times.

Whether you want a short or long walk, there is a footpath to follow with benches located intermittently to allow for a well-earned rest.



Belfast **Tracey Montague**

Care Services Co-Ordinator for the Belfast Trust

The Waterworks is situated in North Belfast and is a lovely place to walk. The park is split into two levels – the lower pond and the upper pond. The photos of my walk are of the upper pond.

You can gain easy access to the upper pond via entrances on the Cavehill Road or at Westland Gardens. There is no car park at the Waterworks however there is lots of on-street parking available.

The circumference of the pond is approximately 1 mile, however there are many places to sit and rest en route. The terrain is very easy to walk – it is completely flat, and the walkway is well maintained.

The pond attracts much wildlife – you will see many birds including swans, geese and ducks.

The Waterworks provides a lovely opportunity to get out and enjoy some of nature's best on your doorstep.

3



**Chest
Heart &
Stroke**

4



Castlewellan

Ursula Digney

Care Services Co-Ordinator
for the South Eastern Trust

I live in a beautiful fishing village called Ardglass in County Down. The village is surrounded by lovely beach walks at Ballyhornan, Killard and Kilclief. The nearby Killough Ropewalk is a gentle walk with lots of seats and beautiful scenery.

In 2008 I had spinal surgery and as part of my long-term recovery I walk every day. I enjoy a varied landscape and drinking in the nature around me. Here I am sharing some photos of a recent walk at Castlewellan Forest Park. There is a charge for admission and there is a car park with toilet facilities and a place to get coffee- although I love a picnic!

Whether it's a maze walk, botanical gardens, a short or long walk you would like, there is a footpath to follow with benches located intermittently for a rest.



Fermanagh

Martina Virtue

Care Services Co-Ordinator
for the Western Trust

I live in Fermanagh and am spoilt for choice when it comes to getting outdoors for a nice walk.

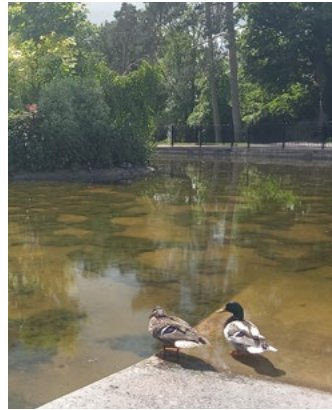
Lough Navar Forest is always a favourite spot, particularly the Blackslee Waterfall walking route. This forms part of the Marble Arch Caves Global Geopark and is approximately 6km in length.

The route winds its way through the forest and although hilly in places with some stony paths, if you're not in a hurry or hoping to beat a personal best it is a wonderful place to get your daily dose of fresh air and to soak up the beautiful scenery. And there is the reward of seeing the waterfall near the end of the walk!

Entry to Lough Navar Forest is free and there is car parking and plenty of picnic spots available. Furry friends are welcome too!

5





Lisburn

Kyle Farley

Care Services Co-Ordinator
for the Belfast and South
Eastern Trust, Cardiac

One of my favourite places to walk and spend the day with the family is Wallace Park in Lisburn. I had always known Wallace Park for its football pitches and tennis courts but through delivering NICHS walking groups at the park I was able to explore its full offering. I have now completely fallen in love with Wallace Park and it's top of our list for picnics and family days out.

My kids love the duck pond and well-equipped playpark which helps burn up their energy! For me however, it's the immaculate grounds, the trees and flowers beds, along with the well laid out tarmac paths which offer walkers, runners and strollers so many different routes and beautiful surroundings which make Wallace Park so special. Finishing a walk at the band stand with a well-deserved coffee and ice cream (for the kids of course!) is just lovely.

Wallace Park offers free car parking, accessible toilet facilities and is close to Lisburn town centre. So, if you're in the Lisburn area or looking for a morning or afternoon out, try Wallace Park!

Creative Craft

Simple Flora Craft

(Sent in by Dorothy Harrison)

You will need:

- Brightly coloured Pansies
- Plain cream/white material or white card
- Wooden chopping board
- Hammer

Method:

- Put the wooden chopping board on a firm surface and place the material/card on top.
- Place the Pansies face down on the material/card and cover with another piece of material/card.
- Hammer the flowers gently and the dye will transfer onto both pieces of material/card.



You can do this to make bookmarks, cushions covers etc. and if using card, you can even make your own greeting cards!

Put Your Best Foot Forward

The summer months bring warmer and drier weather (although as this is being written there has just been a roll of thunder and sheets of rain- we are in Northern Ireland after all!) and we should try to make the most of this by getting outside and going for a walk. This could quite simply be around your garden, neighbourhood or at a local park.

Often when we are out walking we forget about those two things at the bottom of our legs that are doing a lot of the work- our feet! It is important that we look after our feet throughout the year but walking regularly makes it even more important and there are a few things that you can do at home.

The most important thing is that when you are going for walks, of any length, you are wearing appropriate footwear. We all enjoy wearing a pair of slippers, especially if they are lined with a lovely soft, fluffy material! When going for a walk around

the garden we can often be tempted to just keep them on, but slippers do not provide any support and we are often inclined to shuffle our feet, which doesn't allow our joints to work as they should. A pair of running shoes or shoes designed for exercise are best as they provide stability, support your arch and are breathable. We can all be tempted by the ease of a slip-on shoe, but one with a fastening provides much better support.

Another thing to consider is the general wellbeing of your feet. It's important to keep your toenails short- if they are too long, they can push into your shoes and this can cause discomfort. Make sure you dry your feet fully after washing or soaking them, and moisturise them, focusing on the heels (but not forgetting between the toes). As we get older, we lose the fatty pads on the bottom of our feet and soles and our heels become dry, which is why moisturising is important. You could even treat yourself to a pedicure, which men can enjoy too!

For more information on looking after your feet, visit the Royal College of Podiatry's website at <https://rcpod.org.uk>



How Eilish and Jolene Enjoy the Great Outdoors



Eilish



Jolene

Eilish and Jolene met and shared their journey towards recovery at our Craigavon PREP group. They have since completed the PREP programme and are now enrolled in our self-management course, Taking Control. Jolene is also attending our new Return to Work programme and Eilish has recently started to volunteer at PREP.

Amongst the busyness of being young mums and attending and volunteering at NICHS programmes, Eilish and Jolene take time to enjoy the great outdoors.

Eilish enjoys walking along the canal on the tow path (Portadown/Newry) which is a lovely way to enjoy the countryside. The path is also ideal for

cyclists, wheelchair users and parents with young children in prams. The lush vegetation and trees on either side of the canal provide an ever changing and evolving landscape. There are also lovely cafés along the way for a coffee.

Jolene enjoys going to the park with her kids. Tannaghmore Gardens and Animal Farm have a great park - it's enclosed so children can have the freedom to run around and parents can be reassured they are safe. They also have a farm that offers close encounters with many animals including some that are very rare and close to extinction. If the sun is shining, there are plenty of picnic areas and BBQ facilities that can be availed of.

NICHS Volunteer: Agnes



My name is Agnes and I have been a volunteer with NICHS in the Omagh area for almost 18 years. I volunteer with the PREP programme and the Stroke Wellness Sessions.

My husband Tommy used to attend some of the stroke groups in Omagh, so I knew about the kind of work and support that was on offer for people. Sadly, Tommy died in 2004 and I was lost. The Omagh Care Services Co-ordinator at that time asked me if I would be interested in volunteering with NICHS so I thought I'd give it a go to get me out of the house. It was a lifesaver. I got so much from my new role and it really helped give me purpose and something to look forward to at a very difficult time.

COVID and the lockdown came along and really put a dampener on life for me. It was very isolating being unable to go anywhere and see people. I got very down in myself not being able to volunteer at

the weekly groups. I started to feel that I wouldn't be able to go back to the role if, or even when, life got back to normal but then I got the call! PREP was restarting face-to-face and I was needed. I'll admit I was hesitant at first, but I considered it and decided it would give me something to occupy my mind. I'm so glad I did. It's great to be back meeting and supporting people.

NICHS rely on the support and goodwill of volunteers to help us run our groups and programmes. Post the COVID-19 pandemic many of our volunteering opportunities have been left vacant and we are currently recruiting new volunteers. If you could give up some of your time to help support local people affected by chest, heart and stroke conditions please contact us on 028 9032 0184, or speak to your local Co-Ordinator.

Chest
Heart &
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Top Up Your Sunscreen and Top Up Your Vitamin D



Why is Vitamin D important?

Vitamin D, in simple terms, is essential for healthy bones, muscles and teeth as it helps to regulate the amount of calcium and phosphate in the body. Without adequate Vitamin D children can develop rickets and adults can develop bone disease, so it is vital we do not allow deficiencies to occur. Vitamin D has also been linked to improved mood and feelings of wellbeing, although not enough research has been carried out yet to prove a positive effect on depression.

How can we get our Vitamin D requirement?

We can get small amounts of Vitamin D from some foods. Oily fish such as salmon and trout are good sources as are eggs and some meat. Some foods have Vitamin D added to them during processing such as low-fat spreads, some cereals and dairy products. It's important to remember however that the amount present in these foods can vary and is often quite small.



Sunlight can help us to make Vitamin D and government guidelines suggest that for most people, spending time outdoors daily between April and September should provide us with enough. Outside of these times, or for those who are confined indoors for long periods, we may need to take a supplement. Always ask your GP or pharmacist for advice on this.

How much sun is too much?

Depending on the individual, skin tone, sensitivity, medications etc. the length of time spent in the sun should always be considered. Low level sun exposure allows Vitamin D to be produced whilst reducing the risk of sunburn or skin cancers.

The British Skin Foundation recommends 10-15 minutes outdoors for lighter skin tones. For those with darker skin, 25 – 40 minutes is suggested.

The sun is at its hottest in the early afternoon so avoid too much exposure at this time.

Staying safe in the sun

Ultra Violet (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.

Sunscreen!

Look for a waterproof sunscreen containing SPF 30+ and apply liberally to any exposed skin. Don't forget to apply lip balm SPF 30+ too. Reapply sunscreen after swimming or sweating! Studies show that sunscreens still allow a small amount of UV rays through and should not hugely impact our ability to manufacture Vitamin D.

Cover up!

Wear a wide brimmed hat to get good coverage for the face, ears and neck. Wear a light garment with sleeves to ensure shoulders are covered.

Look cool in the sun and get your shades on!

Sunglasses are a good way to protect the eyes from sun damage – look for those with an EU CE mark to ensure quality lenses.

Shade!

Seek shade under a tree, a parasol or go back inside after a while.

Stay hydrated!

Remember to keep your fluid levels topped up by sipping water



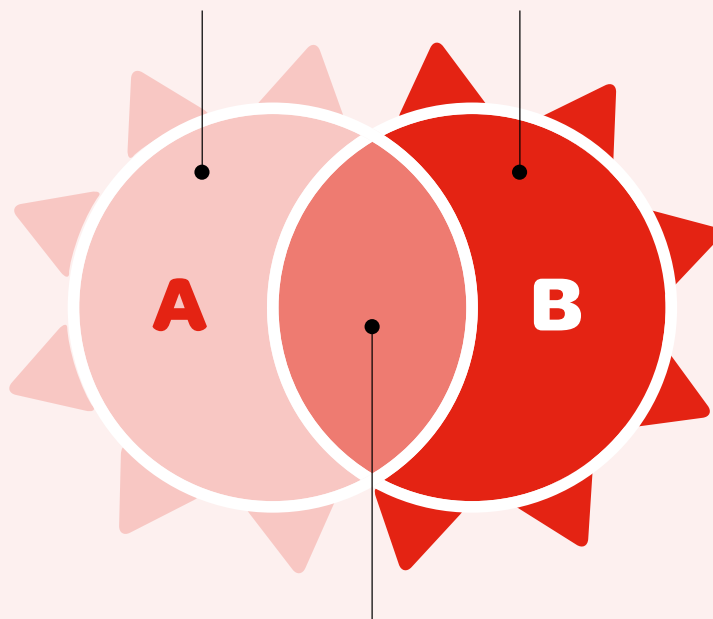
throughout the day. If you aren't a fan of water, dilute it with sugar free juice instead. Avoid alcohol as it is a diuretic and will cause

your body to remove fluids at a much quicker rate than water so will do nothing to help you stay hydrated!

UVA Rays vs UVB Rays

A for aging

- Longer wave length that reaches deep into skin layers
- Responsible for signs of aging and longer term damage
- Can penetrate through glass



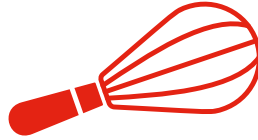
B for burns

- Shorter wave length responsible for surface damage
- Causes sunburn and other more immediate signs of skin damage
- Cannot penetrate through glass

- Can damage skin
- Can penetrate through clouds
- Protect yourself with SPF

Chest
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In the Kitchen



Chicken Pesto Wrap

- 1 wrap
- 1 cooked chicken breast
- 2 tablespoons pesto
- Handful rocket
- 2-3 sundried tomato pieces
- 20g pine nuts
- 40g shredded mozzarella

Shred the cooked chicken and mix in a bowl with the pesto and sundried tomatoes.

Heat the wrap in the microwave for 5-10 seconds to make it easier to fold.

Place the chicken mix in the wrap with the rocket, shredded mozzarella and pine nuts.

Fold the wrap and enjoy!

Nonna's Frittata

- 6 eggs
- 1 garlic clove, finely chopped
- Small bunch of parsley, chopped
- 60g grated cheese
- 40g breadcrumbs
- Salt and pepper

Beat the eggs. Add garlic, parsley, cheese, breadcrumbs, salt and pepper and beat together until combined.

Add oil to a small frying pan, heat over a medium heat and add the mixture. Stir continuously as it thickens until there is no more steam coming from the pan.

Pat the frittata into shape and place under the grill for 5 minutes until it is golden.

Cool and cut into slices.



Serves 6. This recipe can be doubled or even quadrupled to serve more.

Prawn with Mango Rainbow Slaw

- 200g prawns
- 1 mango
- ½ a red onion
- 1 avocado
- ½ a lettuce
- 8 baby tomatoes
- 1 garlic clove, chopped
- 1 chilli, chopped
- Small bunch cilantro
- ½ a lime, juiced
- Olive oil
- Salt and pepper

Roughly chop the prawns, mango and avocado into cubes. Roughly chop the lettuce.

Finely chop the red onion, tomato and cilantro.

Mix everything together.



To make the dressing, whisk together olive oil, lime juice, chopped garlic, chopped chilli, salt and pepper. Pour over salad when serving.



Lemon and Raspberry Parfait

- 150g Greek yoghurt
- 50g fresh raspberries
- 3 tablespoons granola
- 1 tablespoon lemon curd
- 1 lemon slice (optional)
- Mint leaves

In individual jars layer the Greek yoghurt, lemon curd, raspberries and granola until the jar is full.

Top with a sprinkle of granola, slice of lemon and mint.



Chest
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Did You Know 2 Out Of 3 Asthma Deaths Are Preventable?



We recently launched our new asthma awareness campaign which comes as a result of our concern the public do not realise just how serious asthma can be. With approximately 1 in 10 people in Northern Ireland being asthmatic, including 36,000 children, this campaign aims to raise awareness of the condition, how dangerous it can be and the importance of the correct use of inhalers.

Fidelma Carter, Head of Public Health at NICHHS explains; “The fact 2 out of 3 asthma deaths are preventable is unacceptable. Through our new asthma awareness campaign, we want to help prevent future asthma deaths, make people think twice about asthma, as well as take their inhalers properly. This means taking their preventer inhaler daily and ensuring they carry their reliever inhaler with them at all times.”

“Alarming, only 30% of asthma patients know how to use their inhaler properly.¹ Furthermore, only 15% of health care professionals are educated on correct inhaler use which means they are not passing on the right techniques to patients.² This situation needs to change as the blunt fact is asthma can be fatal and it is vital everyone with asthma is empowered and educated with the knowledge and skills on how

to use inhalers correctly to help prevent unnecessary attacks and deaths.”

There are several other issues our campaign is hoping to tackle. Fidelma continues; “We know some people are not taking their brown preventer inhaler everyday which is crucial as this builds up protection in the airways over time to help prevent asthma attacks. We also know people are not carrying their blue reliever inhaler with them which means if they have an attack they are without the lifeline they need. Others think they do not have asthma anymore and mistakenly stop their treatment without consulting their healthcare professional. These are all behaviours which we want to try and change through our asthma awareness campaign.”

A 2019 analysis of 19 high-income countries found that death rates for asthma in 10 to 24-year-olds, among all 14 European nations included, was highest in the UK.³ Fidelma comments; “This is a shocking statistic and is why we are targeting children, teens, young adults and parents as part of this campaign—there is no room for complacency with this potentially deadly condition.”

“Our campaign has been developed in conjunction with our Asthma Partnership Group which includes leading asthma healthcare professionals in

response to community needs and the shocking asthma statistics, and includes extensive outdoor, digital and radio advertising as well as a range of educational materials to spread awareness of asthma and how serious it can be. To engage children, we have developed superhero characters, Peter the Preventer and Raya the Reliever. The aim is to show children their inhalers are actually their superpower and give them the ability to play, join in and have fun like everyone else. We want to empower children with asthma and give them the tools to do the things they enjoy whilst understanding their condition and the importance of using their inhalers properly.”

“It is essential children master the technique of taking their inhalers correctly from a young age and that they are taught about the importance of prevention i.e. taking their preventer inhaler every day and making sure their reliever inhaler goes everywhere with them. Children, young people and adults should know how to spot the signs of an asthma attack coming on and what to do if this happens. Early education will hopefully lead to better asthma management as the child moves through their teenage years and into adulthood and reduce the number of potential asthma deaths.”

¹ Sanchis et al, 2016, ‘Systematic Review of Errors in Inhaler Use: Has Patient Technique Improved Over Time?’, Chest, 150(2):394–406.

² V.Plaza et al, 2018, ‘Errors in the Use of Inhalers by Health Care Professionals: A Systematic Review’, JACI IN Practice, Volume 6, Issue 3, p987–995.

³ Nuffield Trust Think Tank and the Association for Young People’s Health study.

Where was her inhaler?

2/3 asthma deaths are preventable.

Make sure your child:

Uses their Preventer Inhaler Every Day.

Carries their Reliever Inhaler Everywhere.

VISIT NICHS.ORG.UK FOR MORE INFO



“Parents and carers are also hugely responsible for helping their child manage their asthma correctly as set out in their Asthma Personal Action Plan. We cannot stress enough how important it is for parents to play an active role in ensuring their child is taking their inhaler regularly and properly. They should check their child’s inhaler use technique and if they have

any doubts about whether this is correct they should make an appointment with their GP, asthma nurse or a pharmacist.”

Fidelda concludes; “In 2017, the last year for which figures are available, 38 people in Northern Ireland died from asthma and the sad reality is that many of these deaths could have been prevented through better

basic care and correct inhaler use. NI Chest Heart & Stroke’s asthma awareness campaign will hopefully make people think twice about this condition and its potentially deadly impact.”

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

We Want To Hear From You

To help NICHS achieve its vision of a Northern Ireland free of chest, heart and stroke illnesses as well as its mission of leading the fight against chest, heart and stroke illnesses in NI, our charity has a Strategic Plan. This plan sets out the big things that we aim to achieve. We are currently reviewing our plan and we would like your ideas on how we could improve it.

You will have noticed this edition of From the Heart has been delivered with a survey and we would greatly appreciate it if you could take the time to complete this. As Care Services clients

your thoughts and opinions will be essential in helping us as we consider our Strategic Plan for the next 3 years.

It would be great if you could complete the survey and return it in the pre-paid envelope provided. We think the survey will take 5-10 minutes to complete and you can ask someone to help you if needs be. Alternatively, you can complete the survey online at surveymonkey.co.uk/r/nichsserviceuser

We thank you in advance for your help. Your feedback is extremely important to us as we plan for the future.



Chest Heart & Stroke

The Great Outdoors Quiz

1. Summer solstice happens on which two days in the Northern hemisphere?

2. Which season is proven to be the most joyous?

3. Name two vegetables which are best sellers in summer?

4. Which vitamin do you get from direct sunlight?

5. What summertime smell is said to elicit happy memories in humans?

6. What does SPF stand for?

7. Which flower thrives in the sun because it loves it?

- 8) Which insect is the most widespread in the summer?

- 9) What date is said to be the last day of summer?

10. Which tower grows in the heat of summer?

11. What date is said to be the first day of summer?

12. When were ice pops invented?

Puzzles

The Great Outdoors Word Search



U	D	C	N	D	H	H	V	I	S	T	I	B	D	U
E	I	C	E	G	H	I	R	I	T	D	S	V	R	S
I	L	D	C	Y	T	E	I	X	N	A	I	A	T	E
T	M	P	E	A	C	E	F	U	L	S	B	R	O	E
R	F	M	M	P	L	W	A	E	I	B	E	C	D	S
E	E	I	U	N	R	M	D	O	I	S	U	C	O	F
E	N	O	H	N	Y	E	N	T	S	A	I	D	T	Y
S	O	M	E	N	I	H	S	N	U	S	C	U	T	S
L	O	H	E	A	L	T	H	S	R	O	I	E	T	A
L	E	A	N	L	A	D	Y	B	I	R	D	S	I	Y
C	R	N	O	I	T	A	V	I	T	O	M	E	R	S
H	E	H	A	O	Y	T	I	V	E	G	N	O	L	H
C	B	L	C	R	A	E	P	T	R	H	M	E	O	O
G	S	T	E	T	H	I	T	U	T	E	E	U	O	D
C	F	T	L	H	M	T	L	O	M	P	H	N	H	H

ANXIETY
CALM
DEPRESSION
FOCUS
HEALTH
IMMUNITY
INSECTS

LADYBIRDS
LONGEVITY
MEMORY
MOOD
MOTIVATION
PEACEFUL
RABBITS

SLEEP
STRESS
SUNSHINE
TREES
VISION
VITAMINS



Meet Care Services Co-Ordinator Lauren

Hello, my name is Lauren Mann and I joined NICHS in April. I work as a Care Services Co-ordinator in the Belfast and South East Trust. My journey has only started with Northern Ireland Chest Heart and Stroke, but I am extremely proud to work for the charity as it is one that I hold close to my own heart.

In 2014 my father, John Mann, sadly passed away very suddenly from a massive heart attack. He was one of life's true gentlemen, my hero and so dearly loved and missed by all that knew him.

I ran the 2017 Belfast marathon and the 2018 Dublin marathon (on my birthday) and it was an honour and privilege to run in memory of my dad.

Acknowledging that cardiovascular disease is the biggest single cause of death in Northern Ireland, I chose to donate the money I raised to NICHS. I knew that it would help fund work to improve the quality of life of people in Northern Ireland by preventing and alleviating chest, heart and stroke illnesses.



I look forward to being involved with the brilliant work that NICHS do as a member of staff now!

#RunToRemember
#WhenYourLegsGetTiredRunWithYourHeart

What is JAM?

When we hear the word 'JAM', we think of the sweet fruit preserve we enjoy on our scones, but that's not what we're talking about here! JAM stands for 'Just a minute'. The JAM card is available to anyone with a disability or a communication barrier and can be used throughout the UK and Ireland.

Available in card or app form, the JAM card is a free device which offers people the opportunity to make others aware e.g. in public and social situations, that they need extra time and understanding in a private and easy way.

AIB, Bank of Ireland, Lidl and Spar are just a few of the organisations who recognise the JAM card and staff are trained to assist and help people in need of additional support. Here at Northern Ireland



Chest Heart and Stroke we have our own specific JAM card which our service users can avail of.

For more information please contact your Co-ordinator or visit the JAM card website www.jamcard.org

Quiz answers

1. The 21st or 22nd June
2. Summer
3. Corn and Squash
4. Vitamin D
5. Freshly cut grass
6. Sun Protection Factor
7. Sunflower
8. Mosquitoes
9. 23rd Sept
10. Eiffel Tower
11. 20th June
12. 1905

Chest
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