

BE INSPIRED!

Supporter Newsletter



**How we can help
Eat and Defeat
Become a Community
Ambassador**

**Chest
Heart &
Stroke**

Inside your **BE INSPIRED!**

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For Supporter Care queries and feedback, or to update your personal information please contact us on 028 9026 6709 or supportercare@nichs.org.uk

Over 80%

of our work relies on donations from the public. Without your support we couldn't be here making a difference.



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Cover image: Balloo Inns staff launch their fundraising partnership with NICHS

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Welcome

to the latest edition of our **Be Inspired! Newsletter - a chance for us to show you how we are helping to make a massive difference to local people's lives, with the help of our generous supporters.**

It's been a busy time since our last edition, and with limited space it's only possible to showcase a few examples of our care and prevention work, as well as profiling some of our fantastic supporters who've been busy raising funds on our behalf.

As featured on the cover page, I am delighted to announce an exciting new charity partnership with Balloo Inns Group. Our first joint initiative is Eat and Defeat where customers are invited to add a donation of £1 onto their meal bill to help defeat chest, heart and stroke illnesses in Northern Ireland. More events are planned, so please keep an eye out for details. Also on page 8 we've highlighted how our many services are helping thousands of local people every year, here in Northern Ireland.



Declan Cunnane,
Chief Executive

As always the support we receive from across Northern Ireland has been overwhelming. Hundreds of people have been giving their time to volunteer, fundraise on our behalf and help raise awareness of our work. The life-changing services we provide to help guide and rehabilitate people living with chest, heart and stroke illnesses, are only possible thanks to the continued generosity of our supporters.

I hope you enjoy reading this issue and if you'd like any more information about our work, please get in touch using the contact information opposite.

Declan Cunnane
NICHS Chief Executive

Meet our amazing Community Ambassador, Kim Colhoun

Kim Colhoun is a driving instructor and busy mum from Saintfield Co. Down. But in February 2017, when Kim was just 48, her life changed.

Her day started like any other. But at breakfast her husband Basil noticed her drink was dribbling down her chin, her face had dropped and she seemed confused. Kim tells us, "Basil asked me 'what's wrong with you?' I tried to reply but I couldn't talk, my arms weren't working and I'd lost movement on my right side."

Even though Basil's first thought was that she was too young to have a stroke, thankfully he remembered the FAST campaign (Face, Arms, Speech, Time). Kim's symptoms matched, so he called 999.

Kim was taken to hospital where a brain scan revealed a large clot on the left side of her brain. She was given clot busting drugs and underwent a new type of surgery called 'thrombectomy', to physically remove the clot.

Kim recalls, "My stroke initially left me with communications and motor skills problems. At the hospital a nurse told me about the work NICHS does and by April, I was attending their Post Rehab Exercise Programme (PREP).

"The PREP classes are quite intense but it's at your own level. Each week you complete a set of exercise circuits and the aim of this is to get back your motor coordination skills. It was a massive aid to my recovery to hear that other people were in the same boat as me."

Kim concludes, "I spent a lot of time reflecting both on how far I've come and how lucky I am to have had such a great experience in the hospital and with NICHS, which helped me to get back on my feet. I have now become a NICHS Community Ambassador, helping to promote the charity and support other stroke survivors."

Kim is one of over 200,000 people living with chest, heart or stroke conditions in Northern Ireland. Our volunteers play an extremely important role in our Care Service provision. The need for support is huge! We could not provide our network of support groups and rehabilitation programmes across Northern Ireland without the time and effort devoted by people like Kim. As a Community Ambassador, Kim represents the face of NICHS in her local area by raising awareness and inspiring the community to support us.



Stroke Survivor and Community Ambassador, Kim Colhoun and her running partner, Belle

Would you become a Community Ambassador?

What would I do?

Represent NICHS and inspire others to support us in your local area. There are so many different ways you can help including; attending cheque presentations, distributing information about our work and how we can help local people, collecting at local street collections, promoting fundraising events and initiatives and volunteering at them. If you are brave enough you could even give a short talk to different community groups. The more support we can get across Northern Ireland the bigger the difference we can make to people who need our help and guidance.

How much time does it involve?

As much or as little time as you can commit to.

What skills and personal qualities do I need?

An enthusiasm for NICHS, good local knowledge, happy to meet with supporters and build relationships and ideally access to transport.

How would NICHS support me?

We will give you all the support, advice and help you need to get started and you'll meet other volunteers and become part of the larger NICHS family.

Where can I get more information?

For more information on becoming a NICHS Community Ambassador in your area, please contact our Community Fundraising Manager, Connlaith Ní Raifeartaigh: 028 90 320184 or email her at CNiRaifeartaigh@nichs.org.uk

How we can help



NICHS Care Services across Northern Ireland

Living with a chest, heart or stroke illness can often present many challenges for that person, as well as their families and carers. NICHS has a range of support services designed to provide practical help and guidance for those affected by these illnesses at what is often the most difficult time of their lives.

The emotional impact is immense for the person with the condition and their loved ones. Our Family Support Co-ordinators recognise that recovery is not just about physical rehabilitation. It is also about emotional and mental recovery, as well as signposting them to our services.

Having a chest, heart or stroke condition affects your confidence and your capability to do everyday activities. Our 'Taking Control' Self Management Programme helps address this by giving individuals the tools they need to manage their health conditions, instead of their health conditions managing them.

Physical rehab also forms an important part of the support services we offer. Our Post Rehab Exercise Programme has been specifically designed for stroke survivors who have completed the rehabilitation that the local Health Trusts offer. It is a mixture of physio led exercises and education about stroke.

Through our Breathing Better programme, people with respiratory illnesses are also encouraged to use physical activity to improve their health.

We understand the importance of long term support. Our Activity Groups offer people with chest, heart or stroke conditions and their carers the opportunity to regularly meet others who are in a similar situation as themselves.

If you want to know more about the help we offer, please contact us on 028 9032 0184.

The Care Services map on page 6 is a guide to where our services are located, but further details can be found at www.nichs.org.uk/supportservices

Here's what three of our service users have to say...

Raymond,
Stroke
Family
Support
User



"To this day I still remember the visit from the NICHS Stroke Family Support Co-ordinator. There is a lot I don't remember of that time but I remember her visit because for the first time things didn't seem so dark. She was like a light at the end of the tunnel.

"She was so friendly and encouraging and she had so much information for me and my family. Now I realise that knowledge is power."

- Raymond, a Stroke Survivor who was supported by NICHS's Stroke Family Support service.

Eileen,
Young
Stroke
Activity
Group
Attendee



"The incredible help and support that NICHS provided for me, my husband and mum has made a huge difference to the way we have coped with my illness and the after effects. They are still there helping us today."

- Eileen suffered a heart attack, a stroke and has had a serious respiratory condition as a result of Lupus.

She regularly attends our Young Stroke Activity Group in Belfast, which is specifically designed to meet the needs of the younger Stroke Survivor.

Joan,
Respiratory
Services
Attendee



"Before I met NICHS, I was trying to cope on my own, but now, with their help, things are so much better. I did a six-week course with Northern Ireland Chest Heart and Stroke on how to cope with a long-term illness which changed everything for me."

- Joan has been living with Asthma for over five years. Following a fall at her home she was diagnosed with clots on her lungs that developed into asthma. Joan has attended a NICHS Respiratory Group which has helped her immensely.

Our year in figures

We work with local people and their families across Northern Ireland every day, often in the aftermath of a stroke or heart attack, or when they are struggling with a respiratory condition. Thanks to our supporters we are able to be there to care for people when they need us most and share life-saving health messages with thousands of local people every day. Here's how your donations helped during the last year.

Care Services

In 2017-18 3,595 people were supported in total by our Care Services team.



2,195 new referrals were made into all of our services, mainly through the Health and Social Care System.

1,110 stroke survivors and their families received vital and timely help, information and guidance from our Stroke Family Support Service.

400 people benefitted from attending our Breathing Better Groups, a lifeline for people living with chronic lung diseases.

650 people attended our Stroke Activity Groups, helping them to live well each week following their stroke.

672 people across Northern Ireland transformed their lives by participating in our Post Rehabilitation Exercise Programme (PREP).

273 people are now able to manage their chest, heart or stroke illness better, following attending our Stanford University licenced "Taking Control" Self-Management Programme.

Health Promotion

We helped 4,020 people across Northern Ireland make healthier lifestyle choices through our Well checks. A further 1,359 people received free blood pressure checks.



Research

Since 1994, we have invested over £6.6 million pounds into saving and improving lives through local research enabling 89 research projects to be funded in total, with 78 projects completed.



For 2018, we have allocated £543,997 to six different projects. Three with a respiratory focus, two focusing on heart and one on stroke.

Health & Homeless Programme

We worked with 38 hostels & 6 Outreach centres.



1,058 people benefitted from our Health and Homeless Health Promotion Programme.

554 people were referred to their GP or a mental health specialist.

Educating Young People about Healthy Living

1,670 children from 28 schools in deprived areas took part in our health education programme, Chester's Challenge. 6,000 young people took part in our Well Talks workshops.



"Our team is excited to get involved with a cause outside of our day-to-day business."

- Ronan Sweeney



Big hearted local restaurant group Balloo Inns making a difference.

Baloo Inns has chosen to raise funds and awareness for Northern Ireland Chest Heart and Stroke (NICHS) through an exciting range of fundraising initiatives this year.

Their 120-strong team, including chefs, managers and front-of-house staff from across the group's three award-winning dining pubs; The Parson's Nose, The Poacher's Pocket and Balloo House, will all be taking part.

Kick-starting the charity partnership, Balloo Inns helped launch our brand new 'Eat and Defeat' initiative. They are the first restaurant group to participate in this exciting scheme inviting customers to add a donation of £1 onto their meal bill and help defeat chest, heart and stroke illnesses in Northern Ireland.

Ronan Sweeney, Managing Director of Balloo Inns suffered a stroke ten years ago and is particularly passionate about funding support for NICHS. He says "For me it (stroke) was a huge shock and something that was very difficult mentally to deal with. I remember on the night it happened, it felt like total blackness; standing in the middle of my bedroom totally

confused. In the aftermath, I felt bitter and resentful but overall I felt a deep sense of embarrassment."

Ronan recovered quickly but it took a lot of mental strength to do so. He was determined not to let the stroke affect his future life or business.

"I want to use what has happened to me to help others. Looking back, my wife Jennie and I could both have benefitted from the support Northern Ireland Chest Heart and Stroke gives stroke survivors. With 10 people suffering a stroke every day in Northern Ireland, it is really important that we play our part in reducing these numbers. Our team is excited to get involved and commit to a cause outside of our day-to-day business."

All funds raised from the partnership will go towards funding NICHS's stroke services.

To find out more about the Eat and Defeat initiative please contact our Corporate Fundraiser Steph Ellis on 028 9026 6745 or email her at - SELLIS@nichs.org.uk



The start of the Red Dress Run

EVENTS News

Red Dress Run

Earlier this year our annual flagship event, the Red Dress Run, returned to Stormont Estate with hundreds of men, women and children taking part in a 5k or 10k walk or run.

Over 400 participants came along to raise awareness of, as well as funds to help combat, the biggest single killer of men and women in Northern Ireland – heart disease.

Although it was cold, everyone got into the spirit of the day and had great fun, dressing up in tutus, t-shirts, dresses and leggings, turning Stormont into a sea of red!

Q Radio's DJ Ryan A was there to entertain the crowd with great music and chat, making it a fun and enjoyable day out. We were joined by International Rugby Star and NICHS Ambassador Chris Henry, who helped in the warm up as well as taking part. Runners and walkers

crossed the finish line with a sense of achievement and received a medal and heart warming bowl of soup.

Thanks to all the participants who took part we raised an amazing £22,000.

The Red Dress Run will take place again next year on 9th February 2019! Make it a DATE FOR YOUR DIARY.

Belfast City Marathon

A huge thank you to all 235 NICHS supporters who took part in the May Day Bank Holiday Belfast City Marathon. Runners and walkers pounded the streets of Belfast and raised over £25,000.

A big thanks also to our volunteers who manned the NICHS Cheering Stations along the route at Sydenham Bypass, Whitla Street and Ravenhill Road and helped encourage all those taking part. Everyone felt the love and appreciation!



Would you like to take on a personal challenge in memory of a loved one? If so, we have several 'Run to Remember' events to take part in. We also have a range of exciting challenge events. Please contact the Events team on: 028 9032 0184 events@nichs.org.uk

Run to Remember

Damian Heverin is one of our many amazing supporters who has chosen to support us in memory of a loved one, by running to remember work colleague Martin Birnie who sadly passed away due to suffering a fatal heart attack in work. As a First Aider, Damian had assisted Martin when he took ill. Focusing on Run to Remember has helped him deal with his feelings and Damian will continue to run for NICHS by taking on the Belfast Half Marathon in September.



NICHS Supporters at the Ravenhill station cheer on our marathon runners



Chris, Sharon and members of Ardboe GAA present a cheque to NICHS's Lorna Watson

Strong support from our NICHS community

Kind hearted communities across Northern Ireland continue to generously support NICHS's work and we would like to say a massive thank you for all the support we receive. Here's a round-up of just a few of the many community events that have been taking place to support our work.

Ardboe Fun Runs to Remember

The community of Ardboe and the Ardboe GAA came together to take part in two fun runs, followed by a BIG breakfast supplied by volunteers. The event raised a fantastic £1,000 and was held in memory of local man Stephen Wilkinson who passed away last year. His parents Chris and Sharon presented a cheque to our Community Fundraising Coordinator Lorna Watson.

Go-kart for Heart!

Local Nutts Corner pedigree beef farmer, Eamon McGarry, raised £1,035 this year through an endurance go-karting event in memory of his father, Paul, who died last year of a heart attack aged just 51. 126 participants, organised into 18 teams, took part and raised funds by go-karting continuously for three and half hours.

This fantastic event brought together so many local people, all for a local cause close to a family's heart. Thank you to Eamon, the McGarry family and the community for raising this much-needed money to support their local services.



NICHS's Lorna Watson, with Sean Patterson (centre) of Ace Coaches and Gareth McGleenon, NICHS's Deputy CEO

Introducing Dungannon Friends of NICHS

In May, for the fifth year running, Sean Patterson and the Ace Coaches team ran their Jamboree event in Dungannon. This annual event was set up in memory of Sean's late wife Geraldine who sadly passed away from a stroke in 2011. There was something for everyone and the event enjoyed the support of well-known country singers, Jonny Brady and the queen of country music herself, Philomena Begly. A massive crowd attended and £5,052 was raised at the event bringing their grand total raised to date to a fantastic £12,473!

Sean, colleague Folla and the Ace team have devoted themselves to raising awareness and funds over the past 5 five years and have now formed an official dedicated 'Dungannon Friends of NICHS' Fundraising Group.

We are actively seeking interested members of the community, local businesses and groups to support us in their area.

If you would like to get involved, please get in touch with Connlaith Ní Raifeartaigh 028 9032 0184 or email her at CNiRaifeartaigh@nichs.org.uk

Also if you are planning to hold a fundraising event, please let us know.

Chest Heart & Stroke



Seven key reasons to make a Will

Although you can make a Will at any time, there are a number of key life events and reasons why making a Will is important.

1 Buying a house
Buying your first house is an exciting prospect. A property is likely to be the most important asset you own, so you need to have the right advice when making your Will to ensure it is disposed of how you wish.

2 Getting married
Getting married will automatically invalidate an existing Will, unless it included an expectation of a marriage. Failing to make a new Will could result in previous beneficiaries being disinherited.

3 Being in a relationship
Not everyone chooses to marry, but if you are in a long term relationship and pass away without a Will, your partner won't automatically inherit your estate. The law decides the order of inheritance and the repercussions of not having a Will can be substantial.

4 Having children
A Will lets you decide who should be the legal guardian of any children under 18.

5 Getting separated or divorced
When you separate you remain legally married, which means your ex-spouse can inherit most of your estate.

If you divorce and you have a Will, your 'ex' will be treated as if they had died for the purposes of reading your will. This can create confusion, so it is best to write a new Will to make sure your wishes are clearly honoured.

6 Changing beneficiaries
Relationships and families constantly change due to life events, so keeping your Will up to date is important to make sure those you love and care for will inherit what you intended.

7 Supporting a Charity you care about
Leaving a gift in your Will to a charity you care about can help create a better future for our children to inherit. Gifts to charity are tax free and can help reduce any Inheritance Tax liability.

For further information on leaving a gift in your Will to NICHS, please contact Alison Vidamour, on 028 9032 0184 or avidamour@nichs.org.uk

Your Legacy Of Hope And Care - a gift in your Will to Northern Ireland Chest Heart & Stroke

A gift in your Will to NICHS could not only help your loved ones, but leave a legacy of hope for generations to come.

In Northern Ireland almost half of all adult deaths are caused by chest, heart and stroke illnesses. NICHS are working to change this through funding research and caring for those who are affected by devastating health conditions every day.

A gift to us in your Will could be invested in critical local research that will change the future for families at risk from our biggest killers.

The smallest investment can lead to the biggest breakthrough.

Please visit our website to see how our Medical Research Programme has already supported groundbreaking projects and is committed to many more over the coming years. www.nichs.org.uk

For a leaflet or further information on leaving a legacy to NICHS, please call us on: 028 9032 0184, or write to NICHS Gifts in Wills, 21 Dublin Road, Belfast, BT2 7HB





Chest
Heart &
Stroke



Wake Up! Pyjama Walk

Stormont Estate 29th September 2018

Take time to help us support local families affected by chest, heart and stroke illnesses.

Sign up Now!

nichs.org.uk/wakeupwalk

or 028 9032 0184

Can't make it? Show your support with a donation. Text WAKE18 £5 to 70070.

All the money you donate goes to NICHs. You may be charged for your text message. Please refer to your network operator's standard rates. If you have any questions about JustTextGiving, visit justtextgiving.co.uk.

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