Wear red in Feb

Last February, people across the country did one simple thing to show their support for British Heart Foundation (BHF) Northern Ireland: they wore something red.

Offices, schools and community groups all held a fundraising day when everyone made a donation and donned scarlet skirts, cerise coats and ruby rugby shirts.

Across the UK our supporters raised an amazing £500,000 last year and had a lot of fun in the process, too. From red cakes to sweepstakes, raffles to lighting up important buildings, Northern Ireland really made red the colour for the day.

We’re hoping 2013 will be bigger and better than ever. We’re aiming to raise even more funds to help vulnerable people and their families being torn apart by the devastating effects of heart disease.

“Every penny raised supports our pioneering research and patient care”

Well red
Find which red suits you. To test your skin tone, see if silver (cool) or gold (warm) jewellery looks best against your skin. Cool skin tones suit cherry red, ruby, crimson, and strawberry. Warm skin tones suit fire-engine red, tomato red and maroon.

Get inspired to Rock Up In Red

It’s easy to take part – just hold an event on Friday 1 February 2013. It could be anything, as big or small as you want, but the important thing is to Rock Up In Red. Then the fun begins. Fancy making some heart-shaped cupcakes? Need an excuse to wear your favourite red dress or shoes to work? Get together with family, friends or colleagues and put on your brightest red attire to help us beat heart disease.

Order a free fundraising pack and we’ll send you everything you need to organise your event, including posters, a fundraising guide, collection box and event ideas. Everyone who takes part gives £2 and it soon adds up.

Every penny raised supports our pioneering research and patient care, and our continued fight for the better treatment and prevention of heart disease that will save lives. With over 75,000 people in Northern Ireland living with heart disease, our work really is vital. So the more people we get to Rock Up In Red, the better!
Welcome...

W elcome to the latest BHF Northern Ireland newsletter. You may have noticed on the front cover that the publication has a new name – Heart of the Community. This better reflects our vision of being at the centre of work to improve heart health and support people living with heart disease, across the whole of the country.

We are delighted that Coleraine Borough Council has decided to become a Heart Town. We look forward to working with the community to raise awareness of heart disease and raise money for our Mending Broken Hearts Appeal as working together we can beat heart disease.

Looking ahead to the coming year, I hope to see more people than ever before supporting BHF Northern Ireland by wearing red on 1 February. It’s such an easy way to get involved, but every penny really does make a difference.

Thank you from me to everyone who has to complete the full distance just whatever you feel comfortable with."

Mayor of Craigavon, Councillor Carla Lockhart. She said: “Our new Heart Town Walk is located within an attractive setting and it is a popular walking route. The Heart Walk is a permanent walk and available for anyone to use at any time and you don’t have to complete the full distance just whatever you feel comfortable with.”

Our heartfelt thanks go to our partners and supporters in Craigavon Heart Town for their continued support in 2012.

Omagh’s all heart

Once again the students and staff of South West College, Omagh Heart Town have been showing they are all heart by supporting their heart charity with a number of fantastic fundraising events. Since April, they’ve held a number of fundraising activities including an open air Jump Rope for Heart event on Omagh High Street and a collection. We’d like to say a huge well done for raising the much needed £918.00 for Mending Broken Hearts.

We’d like to say a big thank you to Eimer Teague and all her colleagues and students – our heart heroes – for such excellent support.

You can help us raise vital funds for your Heart Town by visiting our Heart Town Just Giving pages and Justgiving Texts. You can donate as much as you want on our Justgiving page. Justgiving text donations can be from £1 up to £10.

To support Omagh Heart Town:
Visit: www.justgiving.com/Omaghhearthtown
Text: OMAH155 to 70070

To support Craigavon Heart Town:
Visit: www.justgiving.com/craigavonhearthtown
Text: CRAI77 to 70070

To support Coleraine Heart Town:
Visit: www.justgiving.com/Colerainehearthtown
Text: COLE55 to 70070

Heart Towns

Craigavon takes steps to beat heart disease

Craigavon Heart Town put their best foot forward to beat heart disease by holding a sponsored walk on Saturday 16 June.

The Heart Town walk was organised by Craigavon Borough Council, councillors, their families and local people. Walkers began their peaceful, picturesque stroll from Portadown Boat club, following the tow path towards Moneypenny’s Lock House and all to help raise vital funds for their heart charity, BHF Northern Ireland.

The event was supported by the Mayor of Craigavon, Councillor Carla Lockhart. She said: “Our new Heart Town Walk is located within an attractive setting and it is a popular walking route. The Heart Walk is a permanent walk and available for anyone to use at any time and you don’t have to complete the full distance just whatever you feel comfortable with.”

Our heartfelt thanks go to our partners and supporters in Craigavon Heart Town for their continued support in 2012.

True Heart Heroes

A big hearty welcome to Coleraine

We are proud to welcome Coleraine as our latest addition to the Northern Ireland Heart Town family. In May, Coleraine Borough Council joined forces with BHF Northern Ireland to help put the heart into the Coleraine area and boost the health of its residents.

Speaking about our newest partners, BHF Northern Ireland Director, Marjory Burns said: “We are delighted that Coleraine Borough Council has decided to become a Heart Town. We look forward to working with the community to raise awareness of heart disease and raise money for our Mending Broken Hearts Appeal.”

Mayor Alderman Maurice Bradley officially launched our third Heart Town. Speaking on behalf of Coleraine, he said: “We’re incredibly proud to have become one of BHF Northern Ireland’s Heart Towns, which puts beating heart disease towards the very top of Coleraine’s health agenda.

“Becoming a Heart Town is a highly visible step towards bringing the entire community together to tackle heart disease in a combined effort, and we hope it will be a major milestone in improving the heart health of local people. Our Steering Group is working hard planning exciting events.”

Welcome on board and watch this space. If you live in the Coleraine Heart Town area and would like to find out more about your Heart Town and how you can get involved, please contact your Fundraising Volunteer Manager, Gary Wilson on 028 6863 3113 or email wilsong@bhf.org.uk

Omagh & Craigavon get on their bikes for first ever Inter-Heart Town charity cycle challenge

Both Omagh and Craigavon Heart Towns have been going the ‘extra mile’ to help in the fight against heart disease. Since launching in February 2013, both Heart Towns have specially designed Heart Walks within their respective Council areas encouraging local people to put their hearts into walking.

In June this year, Omagh and Craigavon challenged each other to a gruelling static cycling challenge. The event saw staff from both Heart Town Councils hop onto their exercise bikes to see who could complete the 300 miles in the shortest time as well as who could raise the most money.

Our hearty cyclists raised a whopping £600 in the process with Omagh Heart Town winning the prize for raising the most money and Craigavon Heart Town coming out tops for the most miles cycled.

A big hearty congratulations to all concerned!

Our Heart Towns need your support to help raise vital funds to support our Mending Broken Hearts Appeal and give hope to those living with heart failure – why not get in touch to order your free One Day Fundraising Pack which will give you some great ideas as to what you, your family and friends can do to help us with this?

For more information contact Gary Wilson, BHF Northern Ireland Fundraising Volunteer Manager on 028 6863 3113 or email wilsong@bhf.org.uk
Powering our hearts…

AES Ballylumford – the people responsible for keeping our electricity going – recently chose BHF Northern Ireland to benefit from their charity chest. A whopping cheque for £1,000 was received and our heartfelt thanks go to everyone who voted for us to receive this lovely sum of money!

Erne Vintage Car Club Annual Charity Parade

We were delighted to be chosen as the charity to benefit from this fantastic event this year. Friday 17th August saw Enniskillen come alive with so many beautiful vintage cars, lorries, tractors, marching bands and entertainment. It was a sight to behold. We want to thank the Erne Vintage Car Club for choosing us as their charity this year and we also want to say a big thank you to the large band of collectors who did such a great job on the day. The total collected was £3,732.85. A big thank you to everyone for their generosity!

Triangle Sponsored Cycle

Another one of our fantastic supporters in the North West, Mr David Dickie, held his annual cycle in the Coleraine Triangle area recently and to date has raised £1,000 – thank you again David for your continued support.

Belfast Heart Project goes further for their heart charity

A group of local people in Belfast recently came together to support us by having a sponsored walk along the River Lagan. They raised a brilliant £1,400 to help us continue our life-saving work! Well done to Siobhan and all the gang from the Maureen Sheehan Centre for all your hard work and time.

Causeway Coast Fair

Once again we are indebted to Lindsay Ford and our lead volunteer Jimmy Walker for their continued support at this premier event. Jimmy and his team of volunteers manned the stand selling raffle tickets and giving out free heart health information booklets as well as completing a bucket collection. Overall the day raised £1,100 and we say a big thank you to everyone who made this possible.

Drumlough Community Association put on their walking shoes

During the summer, Drumlough Community Association from Rathfriland, Co. Down put on their walking shoes and held a healthy walk. Local people were encouraged to take part in a five mile walk or run and on the day they raised a fantastic £140. Well done to everyone for their generosity and support.

North West Pipe Band Championships

We were also delighted to be the chosen charity for this years championships organised by the Royal Scottish Pipe Band Association (Northern Ireland Branch) held in Portrush in August. A glorious sunny day saw our collectors raise a delightful £1,001.00 for our Coleraine Heart Town fundraising target in aid of our Mending Broken Hearts appeal. Thanks to all the officers and members of the RSPBA for their assistance and also the public for their generosity.

The Hearts of Belfast Fundraising Group

Congratulations and welcome on board to our newest Fundraising Group. Based in Belfast this group will be raising much needed funds for our work. They are planning a very exciting launch event which will help raise money to purchase vital diagnostic equipment for the Ulster Hospital, Dundonald, worth £10,000. If you would like to get involved and become part of this fun group please get in touch with Gary Wilson, Fundraising Volunteer Manager on 028 6863 3113 or email wilsong@bhf.org.uk. We would love to hear from you.

Transplant Concerns – our chosen charity at Causeway Coast Fair

We are delighted to announce that Mrs Mary Hall, Secretary of Limavady Branch and a volunteer for 25 years has been selected as our BHF Northern Ireland Fundraising Volunteer of the Year for 2012.

Mary was selected by an independent panel that chose her over several other nominations because of her long standing service and commitment to our work here. She is the lynch pin of the local branch and coordinates all their activities from Sponsored walks to Coffee Mornings, Concerts to In Memoriam Donations, Flag Days to BBQs – you name it and Mary does it.

Speaking about her award, Mary said: “I am delighted to have been given such a prestigious title as there are so many worthy volunteers who give their time to BHF Northern Ireland. It has been rewarding work and I have enjoyed the last 25 years.

“I have made some wonderful friends and have so many lovely memories. I would encourage anyone to volunteer for BHF Northern Ireland as it is such a rewarding experience and lots and lots of fun. We have a lot of support as volunteers and there are lots of things you can do to get involved.”

We would like to congratulate and thank Mary on this very well deserved achievement. Volunteers like Mary play a vital role in the work of your heart charity and they are all Heart Heroes. For more information about volunteering for your heart charity visit bhf.org.uk/volunteer or contact Gary Wilson on wilsong@bhf.org.uk or call 028 6863 3113.

Limavady Volunteer awarded BHF Northern Ireland Volunteer of the Year

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“I have made some wonderful friends and have so many lovely memories. I would encourage anyone to volunteer for BHF Northern Ireland as it is such a rewarding experience and lots and lots of fun. We have a lot of support as volunteers and there are lots of things you can do to get involved.”

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“Without the support of our fundraisers, branches and volunteers, we simply could not do what we do.”
Our new interactive learning tool, *Know Your Heart* launched in the summer.

Through video, interactive games and quizzes, it aims to help you understand the basics about your heart. It covers how your heart works (and what it does), cardiovascular disease (coronary heart disease and stroke), and what you can do to lower your risk of getting CVD.

This is a great tool for everyone of any age to learn more about the heart so please tell your friends and family to go to bhf.org.uk/knownyouheart to find out more.

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### BHF Northern Ireland at work in your community

**BHF Northern Ireland plays a leading role in the fight against heart and circulatory disease which is one of the biggest killers in Northern Ireland, and is responsible for nearly 5,000 deaths locally each year. We are dedicated to improving the lives of local people living with heart disease. Check out below just some of the work we’ve been involved in recently.**

#### Third Hearty Lives project awarded to Craigavon

In June, we awarded £100,000 to Craigavon to fund our third Hearty Lives Project in Northern Ireland.

Developed in partnership with the Southern Health & Social Care Trust, Craigavon Borough Council and Craigavon Traveller Support Committees, Hearty Lives Craigavon aims to work to improve heart health for Travellers and other communities in the area.

Local evidence shows that Irish Travellers and migrant workers within the Craigavon area are at greater risk of developing heart disease than the rest of the population. Therefore, the purpose of this project is to better target these groups in heart disease prevention, treatment services and interventions without removing existing opportunities from those in the resident and non-migrant communities.

The funding will be used to appoint a part time Heart Health Facilitator to co-ordinate the Hearty Lives Craigavon initiative.

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#### Northern Ireland’s first ever All Party Group on Heart Disease & Stroke launched

Some of Northern Ireland’s most powerful politicians joined forces in June to form the Assembly first All Party Group on Heart Disease and Stroke.

Over the next four years the group will provide a forum for discussion on prevention, rehabilitation, on-going care and treatment of heart disease and stroke.

Chair of the Group, Sinn Fein MLA Mickey Brady said: “I am delighted to chair this important All Party Group as heart disease and stroke has a huge impact on thousands of local families.”

The new contact details are:

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#### Northern Ireland at work in your community

**We couldn’t do any of this without donations and fundraising from people like you. Thank you.**
**Coming up...**

**Hearty Breakfast**  
Our Limavady Branch is hosting their very popular fundraising breakfast in the Classic Café, Main Street, Limavady in October, see local press for more details. Enjoy a hearty healthy breakfast with friends and family while supporting local heart patients. Admission will be £5.

**Christmas Lunch**  
Limavady Branch annual Soup Lunch in Christchurch Parish Hall Main Street, Limavady on Friday 6th December 12-2pm. Come along and enjoy the now famous home-made soups on offer followed by a delicious mince pie. What a great way to get in the festive spirit!

**Rock Up In Red**  
Wear red on Friday 1st February to fight Northern Ireland’s single biggest killer. Go to [bhf.org.uk/red](http://bhf.org.uk/red) for more information.

**William Caulfield Comedy Concert**  
Join our William for a fun packed family friendly comedy show at the Ulster Hall, Belfast on 11 May 2013. Local comedian William Caulfield is doing his bit to help mend broken hearts with all proceeds of this special concert going to our Mending Broken Hearts Appeal.Tickets £10. To book your tickets contact the Ulster Hall Box Office on 028 9033 4455

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**Volunteers needed**

If you would like to find out more about becoming a volunteer for BHF Northern Ireland or fundraising in your area, contact your local Fundraising Volunteer Manager.

Gary Wilson  
T 028 6863 3113  
E wilson@g.bhf.org.uk

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**We need more Facebook friends**

Come and be part of the growing BHF Northern Ireland online community and like our Facebook page.

With over 600 likes and growing every day, our Facebook page provides our supporters and friends with up to date information on what’s happening locally. It also provides an opportunity for you to share your news and make friends with similar people.

Be a part of our community – we need to hear from you. So like our page, tell us your news, and spread the word.

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**BE INSPIRED, BE INFORMED, GET INVOLVED**

There are many fun and simple ways you can support BHF Northern Ireland and we have fundraising packs to give you even more ideas.

- Become a volunteer in your local area, at one of our events, or in a BHF Northern Ireland shop. Recruit a friend or family member to join you at BHF Northern Ireland.
- Encourage your employer to match donations/fundraising you and your colleagues raise.
- Get people to sponsor you for doing something unusual or challenging – do a parachute jump, shave your head, or lose weight – you are only limited by your imagination!
- Organise a fundraising event such as a quiz night, concert, fancy dress or car wash. It’s really easy to publicise your event and gather in sponsorship money by using our website justgiving.com/bhf
- Talk to local groups and associations in your area about BHF Northern Ireland.

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**Donate by credit or debit card**  
by phoning 0845 130 8663  
Visit our website [bhf.org.uk](http://bhf.org.uk)  
Email us at [ni@bhf.org.uk](mailto:ni@bhf.org.uk)

**Send a cheque made payable to**  
British Heart Foundation (BHF)  
Northern Ireland, to:  
Admail 3987, Belfast BT1 1TH

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