



Fighting Heart Disease & Stroke



ANNUAL REPORT 2016

MAKING AN IMPACT

Company Information

Chairman:	Mr Kevin O'Reilly Principal, Beechdale Consulting	Director:	Mr Terry Fahy Principal, Yeats College
Director:	Dr James Crowley (Medical Director) Consultant Cardiologist, Galway University Hospital	Director:	Mr Mark Gantly Managing Director, HP Galway
Director:	Ms Patricia Orme (Company Secretary) Director, KPMG	Director:	Dr Tom Walsh Stroke Specialist Galway University Hospital
Director:	Prof. Mark da Costa Consultant Cardiothoracic Surgeon, Galway University Hospital	Director:	Dr Faisal Sharif Consultant Cardiologist, Galway University Hospital
Director:	Dr Catherine Caulfield Chief Operations Officer, Ovagen Group Ltd	Director:	Mr David Toohey CEO and founder, SyncroPhi Systems Ltd
Director:	Mr Eugene Dalton CEO, Corrib Oil	Director:	Mr James Ward Solicitor, Patrick J Durcan & Co
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Contents

Vision. Mission. Goals	04
Highlights in Numbers	06
A message from the Chairman & CEO	07
Health & Wellbeing	08
Health Programmes	14
Stroke & Recovery	18
Volunteers	20
Mayo Action on Heart Disease & Stroke	22
National Institute for Preventive Cardiology	24
Awareness, Advocacy & Patient Support	27
Together we make a difference...	28
How our work is funded	30
Collaborative & Educational Partners	31

VISION. MISSION. GOALS.



VISION

Our vision is to lead in the prevention, control of, and recovery from cardiovascular disease and to serve as exemplars of innovation and best practice.

MISSION

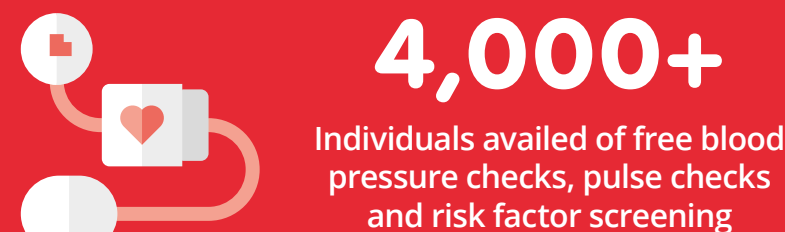
Our mission is to prevent heart disease and stroke, save lives, empower and support families, communities and future generations to take control of their health and well-being.

GOALS

1. Build healthy communities through support, education and empowerment
2. Amplify the patient voice
3. Pursue the highest level of cardiovascular healthcare
4. Facilitate, participate and collaborate in vital research
5. Build capacity in preventive healthcare nationally through the National Institute for Preventive Cardiology:
 - Engage with policy makers and health practitioners in pursuit of excellence in preventive healthcare.
 - Develop innovative models of preventive care and service delivery.
 - Produce a new generation of scholars and leaders in cardiovascular health and disease prevention.
6. Align with the World Heart Federation's mission and ambition to reduce premature death and disability from cardiovascular disease by 25% by 2025.

Highlights In Numbers

2016



A message from the Chairman & CEO

Dear Friends,

Chronic diseases and conditions – such as heart disease, stroke, type 2 diabetes and obesity remain the most common and costly of all health problems. Notwithstanding the enormous personal and family impact of these conditions, the implications for our health services are clear to be seen as it creaks under the weight of this burden.

Cardiovascular diseases are the most preventable of these conditions and over the past four years since the opening of our Heart & Stroke Centre in Galway, Croí has been to the forefront in pushing the prevention agenda by developing and testing a range of innovative prevention and recovery programmes. Equally the launch of the National Institute for Preventive Cardiology affirms our commitment in this area.

Our work is entirely funded from our own fundraising and revenue generating activities. We rely totally on the goodwill and generosity of individuals and organisations who value what we do. We never take this support for granted and we constantly aim to demonstrate measurable impact. Accordingly, this report illustrates the many facets and impact of our work in preventing disease, saving lives, supporting patients and their families, and promoting health & wellbeing across the community.

We are fortunate to have a highly dedicated and hardworking multidisciplinary staff whose commitment inspires us and whose collective achievements are outlined in this report. Our closely knit team was devastated to learn of the untimely passing of our former colleague, Jane Windle, who after a brave battle with cancer lost her fight in April this year. She will remain forever in our memories and we plan to inaugurate a memorial prize for Professionalism in the MSc in Preventive Cardiology commencing in 2017.

We hope you find this report informative and that it reaffirms your support – as a donor, partner or volunteer.

We are deeply grateful for your contribution and partnership.



Mr Kevin O'Reilly
Chairman



Mr Neil Johnson
Chief Executive

“We are lucky To Have Croí,”

In 2016, Croí helped over 1,000 people to proactively manage their health through a range of healthy lifestyle programmes at the Croí Heart & Stroke Centre. These include; Excercise4Health, Walking Football, Croí MyBalance, Croí iBalance, Active Hour, Yoga and Back to Fitness.

In the past year,
980 people
availed of Croí
cardiovascular
risk screening
in their
workplaces
as part of our
Corporate
Wellness
Programme.

Daily swims in Galway Bay keep octogenarian Rita Coll fit and healthy - that and her involvement with Croí.

The 83-year-old has been attending the Croí Heart & Stroke Centre for five years and is one of many who benefit from our health programmes.

Rita attends weekly chair yoga sessions on a Wednesday, returning the same evening for meditation classes. She also takes advantage of talks and lectures around general well-being and how to manage her lifestyle better. "It's just so much easier to be healthy, even if my energy levels aren't what they used to be," she says.

Despite her modest attitude, she still braves the water every morning in Galway Bay, regularly goes on holiday and has recently project managed the renovation of a house for her daughter. If that wasn't enough, she took to the catwalk as a model in a Croí

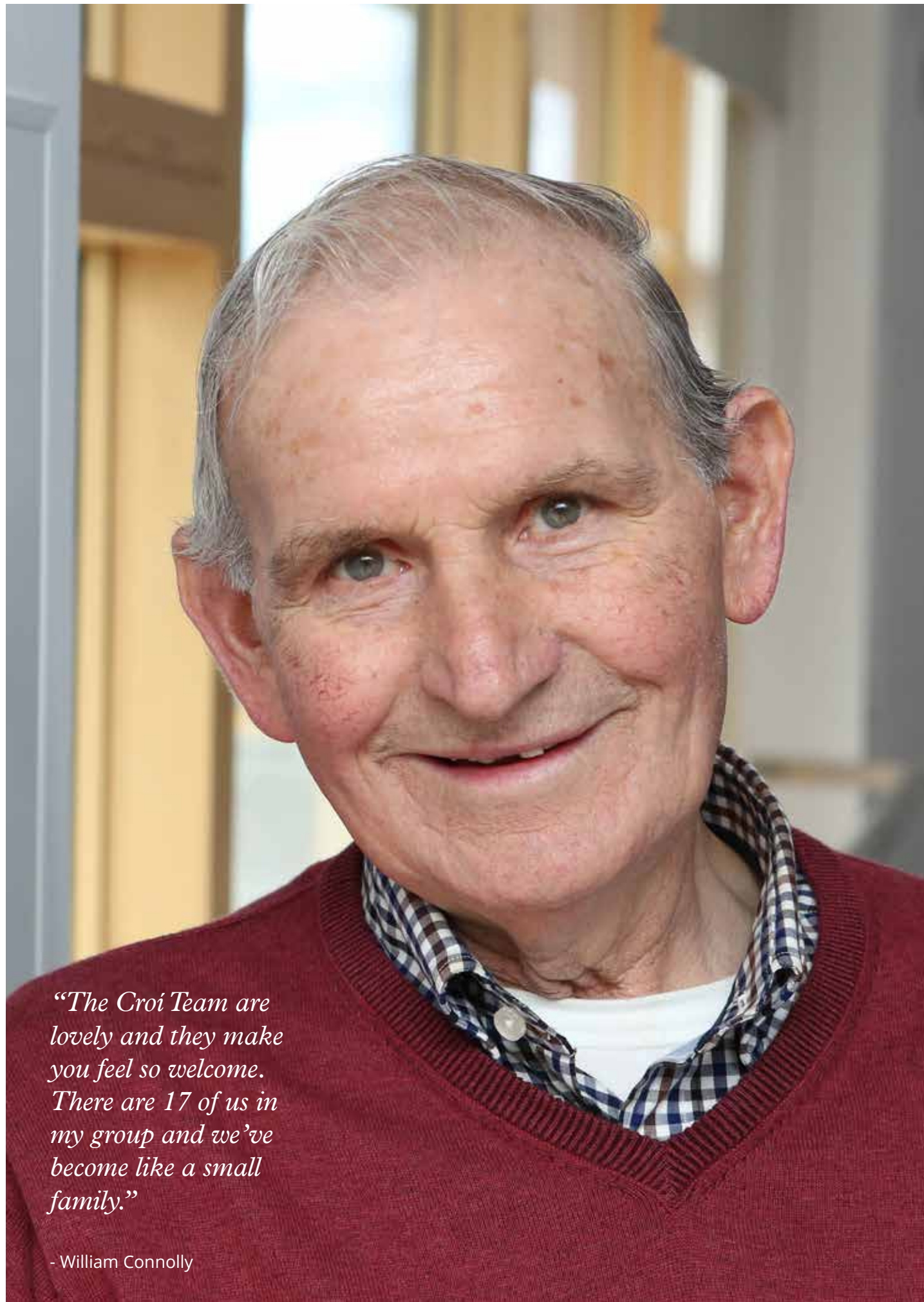
fundraising fashion show, proving age is no barrier to what you can achieve.

"I'm out of the house a lot and I try to keep as active as I can so I won't be a burden to my family," says Rita, a mother of six and grandmother of four. "I chat to a different person every time because I want to learn from them and they might learn from me."

Rita says, "When I first came in contact with Croí, I was struck by a number of things - the age range of the people who benefit from the programmes on offer, the staff who are always so supportive and friendly and above all, the awareness and understanding imparted to all of us who avail of their services."

“We’re so lucky to have Croí and I’m so fortunate I came into contact with the people there and the programmes. I can see that people love attending and so do I.”

- Rita Coll



"The Croí Team are lovely and they make you feel so welcome. There are 17 of us in my group and we've become like a small family."

- William Connolly

"I'm fully fit again Thanks To Croí,"

William Connolly describes the Back to Fitness group as being like a 'small family'. The grandfather-of-ten was put in touch with Croí after undergoing heart surgery eight years ago. In the past year, upwards of 400 people availed of fitness assessments and dietetic consultations with members of the Croí Health Team at the Croí Heart & Stroke Centre.

Throughout 2016, Croí continued to fund research activity in the departments of Cardiology and Cardiothoracic Surgery, Galway University Hospitals.

Having returned to full fitness, he has continued to attend Croí exercise sessions and says he is delighted with the difference Croí has made to his life.

"I thought I was as fit as a fiddle because I was cycling every day but I was heavier than I am now. I wasn't in the best of health at that time but I'm fully fit again now," he says.

William still attends fitness classes, travelling forty minutes from his home each time and says, "It helps to meet people and talk to them and it's a highlight of the week for me."

"I look forward to it every time and that's what everyone else who goes to the group says. I've met lots of other people and my fitness has improved by 80 per cent so there must be some good in it," he says.

William, 75, a former plasterer, spent six weeks in hospital in Dublin following surgery to unblock and reconstruct the main artery to his heart. On returning to Galway, he completed a six-week Croí Back to Fitness programme.

“My pupils are like Family Now,”

In 2016, 230 people engaged our yoga programme, either for general health and well-being or as part of their recovery from a stroke or cardiac event.

In addition to running health & well-being yoga classes for the past 7 years, Vicky has volunteered her time to run free yoga classes for stroke survivors.

Yoga instructor Vicky Harkin treats the pupils in her yoga classes like family and says the benefits of yoga are plain to see.

For the past seven years, 64-year-old Vicky has been running up to eight classes a week for Croí, in gentle yoga, yoga for stroke survivors and armchair yoga (for those with limited mobility). Vicky's classes are very popular and numbers attending have grown steadily from as little as three to now twenty three per class.

“Yoga is massively rehabilitating so it's such a worthwhile thing to do. With the armchair yoga, we have people who have conditions like fibromyalgia and arthritis which limits their movement. They tell me that they benefit so much from the meditation and breathing exercises. When they start, they can't stretch their arms over their heads, but as the weeks go on they are reaching further and further,” says Vicky.

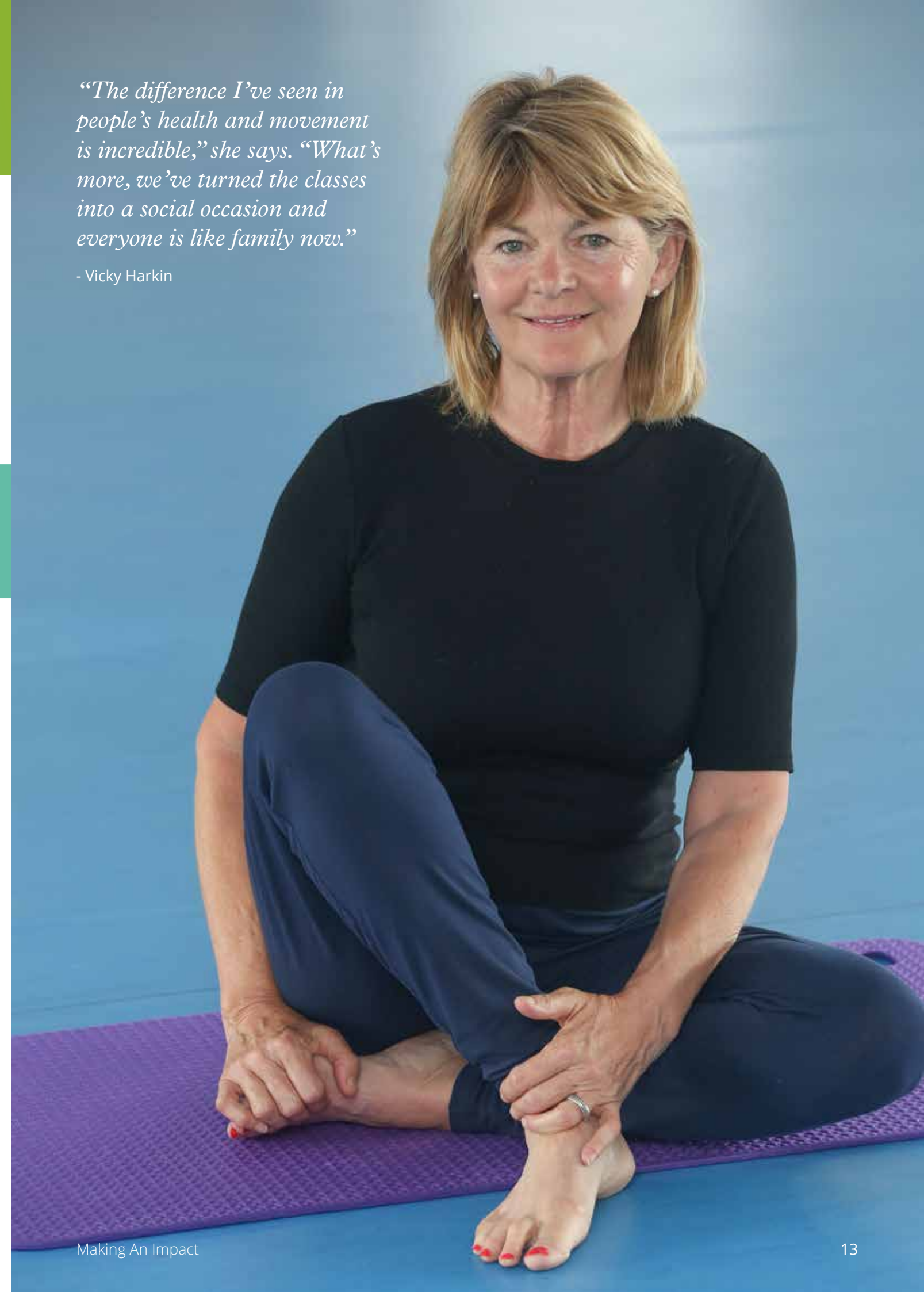
For those recovering from a stroke, Vicky volunteers her time to teach techniques to improve balance using a chair, giving people greater movement and the confidence to go with it.

“These classes build up people's confidence. One lady told me her husband can't wait to come to class and that's fantastic to hear.”

As her pupils benefit, so too does Vicky and she speaks highly of the support she has received. “Croí has been fantastic, they're flying the flag for yoga and I love the people I get to work with,” she adds.

“The difference I've seen in people's health and movement is incredible,” she says. “What's more, we've turned the classes into a social occasion and everyone is like family now.”

- Vicky Harkin



MyAction programme is Gold Standard

In 2016, 139 people completed the Croí MyAction programme showing measurable improvements in their lifestyle and well-being.

Croí has developed nationally recognised expertise in cardiovascular disease prevention, through the delivery of the European Society of Cardiology (ESC) endorsed MyAction Programme.

The Croí MyAction Programme is a gold standard intensive risk factor management and lifestyle modification programme driven by specific protocols designed to achieve the latest ESC Guidelines.

Croí MyAction targets high-risk individuals – i.e. those at high risk of heart attack, stroke or diabetes – with a 12-16 week intervention and a 1-year follow up.

Established in 2009, this flagship community based prevention model has to date reached over 1,200 individuals. Year on year, this nurse led multidisciplinary programme has achieved outstanding and measurable improvements in cardiovascular health which have been widely published, including in the European Journal of Preventive Cardiology and the British Journal of Cardiology.



THE IRISH TIMES Investigates

In 2016, we launched a 5-year patient outcomes report and a health economic evaluation of the Croí MyAction Programme in Ireland. Together they demonstrated both the clinical and cost effectiveness of the programme. Combined, these reports support the compelling scientific evidence for investment in cardiovascular disease prevention in Ireland as shared by an Irish Times editorial on Tuesday, October 11th 2016.



About 5,000 people die from coronary heart disease every year while some 13 per cent of premature deaths are from heart attacks. Coronary heart disease describes what happens when the heart's blood supply is blocked by a build-up of fatty substances in the coronary arteries. This process is known as atherosclerosis and is primarily caused by smoking, high cholesterol, high blood pressure and diabetes.

As treatment and technology improves, more people are surviving acute coronary syndromes and heart attacks. But they are at high risk of recurrent events, and are the focus of lifestyle change and secondary prevention programmes.

Although the medical benefits of secondary cardiac prevention

are well-established, data on the economic benefits is more sparse. But a recent economic analysis of the MyAction programme run by Croí, the West of Ireland Cardiac Foundation, shows the value of structured secondary prevention delivered in the community.

Since the 12-to-16 week programme was established in 2009, Croí has invested €700,000 in MyAction. With the economic analysis showing €4.8 million in benefits, it is clear the prevention programme is delivering improvement in heart disease survival and significant health cost savings.

The intensive lifestyle and risk factor reduction programme has produced some striking benefits for those who have taken part: a smoking quit rate of 51 per

cent; greater adherence to a "Mediterranean Diet" which is directly linked to a reduction in risk of heart attack and stroke; and an average weight reduction among participants of 3.7 kg.

In addition, those who met enhanced physical activity targets can look forward to a 30 per cent reduction in future cardiac events. Improved blood pressure and cholesterol readings among participants means their risk of heart attack and stroke has dropped significantly.

With such impressive benefits, the Department of Health must ensure MyAction is implemented nationally. It is an impressive model of how to reshape our health service by moving from reactive to preventive healthcare.

The journey is Not Yet Over

In 2016, 100 people participated in the Croí CLANN (Changing Lifestyle through Activity and Nutrition) Programme. This 10-week intensive lifestyle intervention is provided to individuals referred from the hospital bariatric services at Galway University Hospital. This programme is the first and only one of its kind in Ireland.

The Croí CLANN (Changing Lifestyle through Activity and Nutrition) Programme is a dynamic 10-week intensive lifestyle intervention targeting individuals referred from the hospital bariatric services at Galway University Hospital. The programme is the first and only one of its kind in Ireland based on the principles of Croí MyAction where the Croí Health Team work with participants who, with their physician, are seeking lifesaving changes in their weight and lifestyle.

In 2016, Croí continued its unique collaboration with Professor Francis Finucane, Endocrinologist and specialist in Bariatric Medicine at Galway University Hospital in delivering the Croí CLANN programme.

There is no doubt for Michael Lynch that Croí saved his life. Depressed and obese, he was at his lowest ebb when he contacted the Health Team. Since then he has lost 18kgs, gained the confidence to set up his own business and become a father

for the first time. He credits Croí with turning around his fortunes, though his journey is not yet over.

"I was pretty messed up when I went to Croí but the difference now is phenomenal. Without the help I've had I'd quite possibly be dead or at the very least, have serious medical problems, but now I'm moving forward."

Michael, 47, had suffered from depression since going bankrupt following the 2008 financial crisis and his weight gain went hand-in-hand with his mental health problems. Visiting his doctor to discuss the aches and pains he had been experiencing, Michael was told his body mass index score was off the chart - he was more than obese - and he would be in a wheelchair within two years if he didn't take action.

Michael signed up for the Croí CLANN 10-week lifestyle intervention programme at the Croí Heart & Stroke Centre, a weekly two-hour drive from his home in Co Clare. Yet, he was always the first to arrive and the last to leave.

"The one-hour sessions included exercises to work every joint using household items so that we could practice at home, starting off slowly and building up to increase flexibility and fitness. For me, the difference was staggering. I couldn't lift my arm over my head or stretch my legs backwards. I was in a pretty bad state but now I have 100 per cent movement" says Michael.

Michael has gone on to set up his own business reconditioning electric car batteries and welcomed his daughter, Leeanne, into the world. His life has changed dramatically and he says it is all down to Croí.

"I'm so much more active and my mindset has changed. Now, when I'm in a shopping centre I park as far away from the door as I can so that I have to walk further and I'm always taking my daughter for a walk on her tricycle. None of this would have happened without Croí and I'm so grateful for that."

*"I'd quite possibly
be dead if it hadn't
been for Croí"*

- Michael Lynch



Immeasurable Support from Croí

In 2016, over 400 people attended monthly Stroke Support Groups in the Croí Heart & Stroke Centre Galway and at various locations in Co Mayo. Additionally, 116 Stroke survivors completed the Croí MyStroke programme - a new educational programme developed by the Croí Health Team in collaboration with Stroke survivors and carers.

In the past year, the Stroke Support Group in Galway actively engaged with occupational therapy and speech & language therapy students at NUI Galway and Biomedical Engineering students from Purdue University, Indiana, USA across a range of education and research initiatives.

Alone and afraid - that's how Monica O'Leary felt when her husband Pat (pictured right) suffered a stroke in 2014. Now she describes Croí as being like family and says the support has been immeasurable.

"We have no family around so it was a very scary time for us but Croí were fantastic. They've always been there if I've had a problem and they've given me much more courage going forward," says 77-year-old Monica.

Pat was in Merlin Park Hospital when he suffered a major stroke leaving him with limited mobility. When a therapist told him about Croí he admits he only went to the Stroke Support Group because he felt he owed it to them to attend at least one meeting. Years later, the couple are still attending.

Initially, Monica says she didn't think about the care she would need. "I was so caught up with what had happened to Pat, that I didn't think about myself. Their attitude was that I needed looking after too because I was his carer."

The Croí Stroke Support Group has been so successful that a separate support group was set up for carers. Although it is called the Carers' Support Group, Monica says that it is not how they see themselves. "I don't feel like I 'care' for my husband, we're just people whose partners happen to have had strokes," she says.

"The difference both groups have made to our lives cannot be put into words. Everyone at Croí is as good as family to us now and we realise, we are not on our own," Monica adds.



Numbers attending the stroke support groups in Galway and Mayo increased steadily throughout 2016.

In Galway, Croí supported stroke survivors with weekly Active Hour, Yoga and Communication Sessions.

Volunteer Libby Kinneen has spent five years giving up her time to Croí. Yet she feels like she is the lucky one to have found such an 'amazing place'.



Volunteers

Lucky to find such an Amazing Place

In 2016, over 600 people across the west of Ireland volunteered their time to support Croí.

We are particularly grateful to all those who regularly volunteer, many of whom have been doing so consistently over many years.

"When you come into Croí the first thing you notice is the whole atmosphere of the place. Every time I come in people thank me, even though I feel part of the team now, which shows that nothing is taken for granted. This kind of attitude is totally unique."

In 2012, Libby began by running the monthly stroke support group together with Croí nurse, Anne Marie Walsh and soon found that some of the group were struggling to get involved due to their speech difficulties. Working with the HSE as an organisational development consultant, Libby is first and foremost a speech and language therapist. "I noticed there were some people with communication problems who couldn't participate in discussions, although they wanted to" says Libby. It was natural for her to then form a communication group as a safe place for people to practice conversations.

Each meeting of the stroke support group is built around a different topic, so the communication group gives participants a chance to practice talking around these subjects beforehand so they can make a contribution in the larger meeting.

As a volunteer across both groups, Libby has also found she is able to put forward her own ideas and she is keen to get others to shape the service too. "I'm very interested in service-user involvement so I encourage members to give talks within the groups, rather than us shipping in experts from outside. We find the people who are using the service want to give something back.

"We want to develop the stroke service by seeing what the participants want rather than us deciding for them," she says.

Diverse and Dynamic Initiatives



In 2016, the Croí Mayo Action on Heart Disease and Stroke programme directly impacted on the lives of over 1,500 people and engaged with over 5,000 people across a range of initiatives. The reach of the programme extended to every part of Co Mayo targeting those most at risk and those socially and economically disadvantaged.

Croí Nurse, Ailish Houlihan, continues to lead the Mayo Action on Heart Disease & Stroke programme in Co Mayo.

This programme is a unique partnership based on a co-funding collaboration between Croí and Mayo PCCC aimed at reducing the impact of heart disease and stroke on families in Co Mayo. This is a community based programme working with individuals, community groups, corporate partners and the wider population.

In 2016, the Mayo Action on Heart Disease and Stroke programme delivered a diverse and dynamic range of initiatives across the county. These included:

- Public talks and workshops aimed at increasing awareness of heart disease and stroke and promoting cardiovascular health and well-being
- CPR training
- Collaborating with the HSE Mayo Stroke Support Groups
- Delivering Croí weight management programmes and community cardiac risk factor screening
- Developing community based phase IV cardiac rehabilitation and Cardiac Support Groups
- Implementing and delivering a unique heart attack awareness campaign delivered through barber shops in Co Mayo.



A total of 19 barber shops participated in a novel Heart Attack Awareness Campaign where barbers opportunistically highlighted the signs and symptoms of a heart attack to their clients.

Ailish Houlihan (pictured) has worked closely with Barbara Ginley, speech and language therapist (Mayo PCCC) and Niamh Murtagh, clinical nurse specialist at Mayo University Hospital to expand and develop the HSE Stroke Support Programme throughout Co Mayo.



Leadership in Prevention & Recovery

Our Mission: to provide leadership through discovery, training and applied programmes to prevent and control cardiovascular disease for all, promote healthier living, raise the standards of preventive cardiology practice, and prepare leaders to advance preventive healthcare in Ireland.

In 2016, the NIPC:

- Welcomed over 100 expert guest speakers, both national and international for the MSc/PG Dip, short course, conferences and public health events.
- Engaged with over 1,000 healthcare professionals, educators and researchers through the NIPC Alliance
- Hosted the 3rd National Prevention Conference which was attended by over 200 delegates at the Croí Heart & Stroke Centre
- Delivered a suite of education and training events in locations across the country:
 - 12 short courses, attended by 449 healthcare professionals.
 - 5 conferences, attended by over 500 delegates.
 - 60 CFR/BLS/HeartSaver training courses – delivered to 679 participants.
 - 12 public talks reaching over 1,500 people.
- Mentored students from NUI Galway, Sligo IT, Athlone IT and University of Limerick on work placements, internships and special study modules in the areas of health promotion, physiotherapy and sports & exercise. In addition, workplace learning opportunities were provided to 10 transition year students from various Galway City and County Secondary Schools.



Pictured at the 3rd NIPC National Prevention Conference (L-R): Neil Johnson; Prof Kieran Daly; Dr Jenni Jones; Dr Brendan O’Cochlain; Prof Rod Jackson; Dr Stephanie O’Keeffe and Prof David Wood.

Research

- The 5-year Patient Outcomes of the Croí MyAction Programme and the Health Economic Evaluation of Croí MyAction in Ireland were published and launched. This programme has been described as an exemplar for cardiovascular disease prevention in Ireland and was acknowledged by the Department of Public Health by being selected as Ireland’s exemplar of best practice in chronic disease management to CHRODIS, a European platform that aims to identify, exchange and disseminate good practice on chronic diseases across EU member states.

“Croí MyAction is an exemplar for cardiovascular disease (CVD) prevention, and not just in Ireland but across Europe and more widely. This community based programme unites secondary and primary prevention by addressing total cardiovascular risk for both patients and their families. The Croí Heart and Stroke Centre is a new and imaginative way of delivering preventive care rather than the traditional hospital or general practice setting. Croí MyAction has become the vanguard for excellence in preventive care in Ireland.”

Professor David Wood

President Elect, World Heart Federation

Professor of Cardiovascular Medicine, Imperial College, London

- Phase 1 of the West of Ireland Hypertension Study, supported by a grant from the Medtronic Foundation and directed by Dr Faisal Sharif, (Consultant Cardiologist at Galway University Hospitals) commenced. A total of 2,372 individuals availed of free blood pressure checks across 44 community locations. From these screenings, 118 individuals with high blood pressure were enrolled in the study. Following a brief education intervention, objective changes in knowledge, reduced blood pressure levels and weight, as well as self-reported changes in physical activity and diet were achieved. These significant findings highlight the importance of patient education for self-care and self-management and phase 2 of this study is planned for 2017.
- A post-doctoral research study 'Optimisation and first-in-man clinical evaluation of combined photoacoustic and duplex ultrasound imaging for carotid atherosclerosis and vulnerable plaques detection' by Dr Haroon Zafar, PhD, co-funded by Croí in collaboration with the Enterprise Partnership Scheme of the Irish Research Council has commenced under the academic mentorship of Dr Faisal Sharif.
- Research activity at the Department of Cardiology, Galway University Hospital was supported by way of a Croí research bursary.

Scientific papers published during the year were as follows:

Irish Journal of Medical Science	Perspectives in Public Health	Journal of Sports and Physical Education	International Journal of Medicine
Lifestyle risk factors for cardiovascular disease and diabetic risk in a sedentary occupational group: the Galway taxi driver study William P Martin, Faisal Sharif, Gerard Flaherty.	Effects of an icon-based menu labelling initiative on a consumer food choice Claire Kerins, Katie Cunningham, Irene Gibson, Jenni Jones, Colette Kelly.	Knowledge and Attitudes of Amateur Sports Participants Regarding the Cardiac Risks Associated With the Use of Anabolic-Androgenic Steroids Dr Syed Yaseen Naqvi, Dr Gerard Flaherty.	Attitudes to outcomes measured in clinical trials of cardiovascular prevention M. Canavan, A. Smyth, S.M. Robinson, I. Gibson, C. Costello, S.T. O'Keefe, T. Walsh, E.C. Mulkerrin, M.J. O'Donnell.

In addition to these scientific papers, abstracts were presented at both EuroHeart Care, in Greece and the World Congress of Cardiology in Mexico. Furthermore, our Nurse Lead, Irene Gibson wrote a chapter in the ESC Handbook of Preventive Cardiology which was published this year,

Education & Training

In the past year, the NIPC and Croí continued to provide a portfolio of education and training programmes in the prevention and control of heart disease, stroke, diabetes and obesity. As a training, education and research hub, the NIPC delivered a range of short courses and conferences within the speciality of preventive cardiology as follows:

- West of Ireland Integrated Diabetes Care Conference
- A masterclass in effective medical, lifestyle and risk factor management
- Motivational Interviewing (2-day courses) Levels 1, 2 & 3
- Demystifying ECG Interpretation – a series of 1-day interactive workshops
- A masterclass in Physical Activity Programming
- A BACPR Fitness Instructor training programme

- Knuston Diabetes Care Counselling (4-day course)
- National Seminar for Women with Diabetes
- BLS and CFR training for community groups, HSE Carers and medical undergraduate students at NUI Galway.

In the area of postgraduate education, Croí continued to collaborate with the National University of Ireland, Galway on a number of postgraduate programmes which include the MSc and Postgraduate Diploma in Preventive Cardiology and the Postgraduate Certificate in Health Promotion - Approaches to Cardiovascular Health and Diabetes Prevention:

- 14 students graduated with MSc/PG Dip in Preventive Cardiology
- 17 students enrolled in the MSc in Preventive Cardiology for the 2016/2017 academic year.

- 11 students graduated with PG Cert in Health Promotion - Approaches to Cardiovascular Health and Diabetes Prevention.

Awards

Our work received national and international recognition as follows.

- Best Student Project and Best Patient Education Project Irish Medical Times Healthcare Awards
- Best Presentation 2016 (Croí MyAction Economic Evaluation Report)
- NW London Research Symposium for Health Professionals
- Community Partner of Excellence Award

Weldon School of Biomedical Engineering, Purdue University, Indiana, USA.

NIPC Advisory Council

- Professor Tim O'Brien (Chair)**
Dean of the College of Medicine, Nursing and Health Sciences, NUI Galway
- Dr Stephanie O'Keeffe**
National Director Health and Wellbeing Division, HSE
- Professor Kieran Daly**
National Clinical Lead for the ACS programme
- Professor Ken McDonald**
National Clinical Lead for Heart Failure

- Professor Peter Kelly**
National Clinical Lead for Stroke
- Dr Ronan Canavan**
National Clinical Lead for Diabetes
- Professor Ian Graham**
Chair Council on CVD Prevention, Irish Heart Foundation
- Dr Nazih Eldin**
Department of Health Lead for Obesity
- Professor Fidelma Dunne**
Specialist in Gestational Diabetes
- Professor Martin O'Donnell**
Specialist in Stroke

- Professor Ivan Perry**
Specialist in Public Health
- Dr Francis Finucane**
Specialist in Obesity
- Dr Diarmuid O'Donovan**
Specialist in Public Health
- Dr Liam Glynn**
Specialist in Primary Care
- Dr Gerard Flaherty**
Director of MSc/PG Dip in Preventive Cardiology
- Dr Jenni Jones**
Executive Director, NIPC

Awareness, Advocacy & Patient Support

Raising awareness & Growing Support

The Croí Courtyard Apartments were in constant use throughout the year, supporting 109 families from as far north as Donegal, as far south as Cork and as far afield as Brazil, USA, UK and Europe.

Croí Courtyard Apartments – a haven in times of stress

The three Croí Courtyard Apartments provide a unique support to the families of those receiving critical cardiac or stroke care in Galway University Hospitals. The apartments are made available free of charge at those critical times when you need to be near your loved ones who are ill in hospital. This service is a crucial support to families, from across Ireland and even around the world, when they have to rush to the bedside of a family member.

Stroke Prevention

Throughout the year, the Croí Health Team delivered free pulse checks to over 1,500 members of the public at various locations throughout the west such as, shopping centres, community centres and workplaces. The aim of this project was to raise awareness of Atrial Fibrillation (AFib) as a risk factor for stroke – a simple pulse check is often the first step to the detection of AFib which is known to be a risk factor for a high proportion of the most devastating strokes.

Heart Failure



Croí is one of the founding members of iHHub (the Global Alliance for Heart Patient Organisations). One of the priority areas of focus for iHHub is to raise global awareness of heart failure. In the past year, Croí in partnership with the HeartBeat Trust formed the National Heart Failure Patient Alliance as the first Heart Failure patient organisation in Ireland aiming to amplify the voice of individuals living with heart failure and their carers. One of the outputs of this Alliance was the publication and launch of the National Barometer on Heart Failure and participation in an EU campaign to secure a written declaration on Heart Failure by the European Parliament.

Croí, together with the National Institute for Preventive Cardiology (NIPC), hosted the second International Heart Failure Patient Organisation Capacity Building Academy which took place in the Croí Heart & Stroke Centre on June 23rd & 24th. Given that heart failure patients worldwide face similar challenges in terms of prevention, early diagnosis and access to specialist opinion and

specialist nurse care, the aim of this Academy is to strengthen the patient voice through collaboration and international engagement. The event served to strengthen relationships across patient organisations, promote best practice and inspire organisational growth and development. This global conference was attended by over 40 delegates from 15 countries namely, Canada, USA, Mexico, Korea, Egypt, Germany, Hungary, Italy, Spain, Portugal, Czech Republic, France, UK, Belgium and Ireland.

World Heart Day

To mark World Heart Day on Thursday September 29th Croí launched the inaugural '15 minute Lunchtime Walk' targeting business leaders and office workers in Galway City Centre as a means of promoting exercise and movement for a healthy heart. A 1-mile route starting and finishing at the Browne Doorway in Eyre Square attracted over 300 participants including the Mayor of Galway, Cllr Noel Larkin. The walk was led by Galway City's Town Crier and the route was lined with large red hearts carrying healthy heart messages.

Together We Make A Difference...

The enthusiastic support and commitment of the many individuals, community groups and corporate sponsors who supported us in the past year continues to inspire us and we are deeply grateful to each and every one of them. We appreciate each and every gift, because every donation allows us to continue our work in providing support to individuals and families throughout the region.

Here are just a few of the fundraising activities in 2016. To see more, make sure to 'like' Croí on Facebook and follow us on Twitter where we post great photos almost every day!



...Thank You For
Your Support.

How Our Work Is Funded



As an independent not-for-profit organisation, all our activities are funded from our own fundraising initiatives and revenue generating activities. We are not a state-funded organisation so each year we have to generate enough revenue to ensure that we can continue to lead the fight against heart disease and stroke in the region.

In the past year, we generated almost 90% of our income from donations, sponsorship and fundraising activities. Our total income for 2016 was €2.08m. We received financial support for our work through HSE Section 39 Grants totalling €170,000

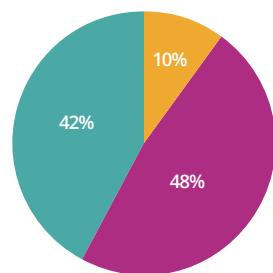
We take very seriously our obligation to ensure that all income is used effectively and efficiently in support of our mission and goals. We are governed by a Board of voluntary non-executive Directors who do not receive any remuneration or compensation. We adhere to the highest standards of governance and accountability having adopted the Code of Governance for Charities and the Statement of Guiding Principles for Fundraising.

Each year, our organisation undergoes an independent audit and we file accounts with the Companies Registration Office. We are also registered with the Irish Charities Regulator.

This year, our multidisciplinary team of 29 worked across the areas of Nursing, Physiotherapy, Exercise & Fitness, Dietetics & Nutrition, Diagnostics, Education & Training, Research, Fundraising and Programme Administration. Each year, our staff engage with hundreds of stakeholders, from Courtyard Apartment guests to healthcare professionals, collaborative partners, policy makers, patients and carers. We are here to serve our community. Our work would not be possible without the tireless support of so many.

You – our volunteers, donors, fundraisers, corporate and educational partners – help us make a real difference and literally save lives. Our ability to innovate and to save lives depends on the generous financial support you afford us. We are deeply grateful for this and we do not take it for granted.

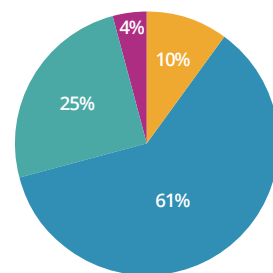
How our work is funded



Total Income 2016 €2.08m

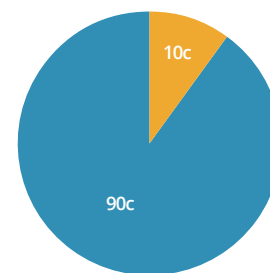
- 10% Programme Grants
- 48% Fundraising Activity & Donation
- 42% Earned Income

Your money at work



- 10% Cost of Income Generation, Management, Administration & Governance
- 61% Prevention and Recovery, Programme Delivery
- 25% Research, Training and Education
- 4% Patient and Family Support Accommodation

For every €1 raised



- 90c supported our core mission to prevent cardiovascular disease, save lives, and promote
- 10c was invested in income generation, management and governance.

Collaborative Partners



Educational Partners





Croí Heart & Stroke Centre, Croí House, Moyola Lane, Newcastle, Galway H91 FF68

t: 091-544310 | e: info@croi.ie | w: www.croi.ie

Registered Charity: **CHY7500** | Company No: **118373**

Registered Name: Croí, the West of Ireland Cardiac Foundation Company Limited by Guarantee

Croí adhere to the Code of Governance for Charities and has adopted the Statement of Guiding Principles for Fundraising. Each year the organisation undergoes an annual independent audit and files accounts with the Companies Registration Office (CRO).