The Community Foundation

NI Chest, Heart & Stroke

Aim of organisation:

NI Chest Heart and Stroke mission is to lead the fight against chest, heart and stroke illnesses in Northern Ireland. Our vision is for a Northern Ireland free of chest, heart and stroke illnesses. Working with people of all ages across the province, we have been delivering our services since 1946, carrying out extensive research into how to prevent these conditions, alongside 'on the ground' support and throughout COVID-19. What we do: We fund research; We campaign and lobby; Working in partnership with communities, workplaces and schools, we provide tailored prevention programmes for people to lead healthy and active lives. Through services, we help people detect early signs of chest, heart and stroke illness inspiring people to make changes for a fitter, healthier future. health champions wellbeing project

Social Challenge:

Health Champions do not have access to accessible, evidence-based health and wellbeing support in a readily available accessible format to meet the changing needs of the working environment. This has been highlighted more so through the pandemic, with many Health Champions working from home or supporting colleagues across various working locations and shift patterns. Construction, food processing, other manufacturing businesses – including BAME groups – are a challenge to engage with due to location, language and culture barriers yet this is where the need is greatest due to poorer health outcomes and higher incidence of illness. It is more difficult for NICHS and Champions to reach employees that require support or signposting services. Furthermore, this comes at a time when workplaces are under immense pressure to survive and to retain jobs – exactly when employees require health and wellbeing support most.

Techie Support Sought:

Seeking to develop a unique, tailored, guided pathway with the ability to provide evidence-based information to workplaces at the right stage on their journey to better health. The solution will encourage peer to peer support and collaboration utilising synchronous or asynchronous chat.