

## Supporting our Work

The Irish Heart foundation relies on the good will and generosity of the public and corporate sector to support its work. We need your support to continue the fight against heart disease in Ireland.

### Becoming a Volunteer

Volunteer fundraisers are the backbone of the Irish Heart Foundation, generating vital funds each year from:

- Church Gate Collections
- Happy Heart Weekend
- Skipathon
- Sponsored walks at home and abroad
- Supporting social and sporting events
- Organising local fundraising activities

We are always looking for new volunteers. Whether you can spare a few hours, or a few days, the Heart Foundation needs your support.

### Making a Donation

Many individuals and organisations support us by donating money. Contributions are greatly appreciated and enable us to continue our work.

### Corporate Partnership

The Irish Heart Foundation can also work in partnership with corporate organisations on specific campaigns or projects to further the Foundation's aims.

**For more information, to volunteer, to make a donation, or discuss a corporate partnership please contact the Irish Heart Foundation at:**

4 Clyde Road, Ballsbridge, Dublin 4.  
Tel: 01-668 5001  
email: [info@irishheart.ie](mailto:info@irishheart.ie)  
web: [www.irishheart.ie](http://www.irishheart.ie)

## Staff and Offices



The Irish Heart Foundation has 33 staff. The main office is in Dublin and there are seven regional offices in Cork, Sligo, Carrickmacross, Wexford, Galway, Carlow and Waterford.



### The Irish Heart Foundation

Head Office: 4 Clyde Road, Ballsbridge, Dublin 4.  
Tel: 01-668 5001 Fax: 01-668 5896

#### Main Regional Offices:

Cork 021-450 5822 • Monaghan 042-966 4623  
Sligo 071-917 1002 • Wexford: 054-66050

Helpline: 1890 432 787  
email: [info@irishheart.ie](mailto:info@irishheart.ie)  
Web: [www.irishheart.ie](http://www.irishheart.ie)

## All about the Irish Heart Foundation



# What is the Irish Heart Foundation?

The Irish Heart Foundation is Ireland's only national charity for heart health and is working to reduce premature death and disability from heart disease and stroke.

## What we do

Provide independent information on heart health to the public and media through information materials and our website at [www.irishheart.ie](http://www.irishheart.ie).

Support patients in managing heart disease and stroke through our helpline (1890 432 787), patient support groups and patient information booklets.

Provide heart health programmes in schools, workplaces and the community:

- *Action for Life* is a physical activity programme in schools.
- *Happy Heart at Work* provides healthy eating and physical activity programmes to Irish companies and employees.
- *The HeartSafe Community Award Programme* encourages and supports community initiatives, including CPR training and AED responder programmes.
- *Slí na Sláinte* encourages people of all ages and abilities to walk through a network of marked and measured walking routes throughout the country.

Co-ordinate a national resuscitation (CPR) programme providing training to both healthcare professionals and the general public.

Support research, education and development in the medical profession.

Work to improve stroke services by co-ordinating, and co-funding, the first-ever national review of stroke services.

Lobby for heart healthy public policy and for quality patient services.

## Heart disease - Ireland's No.1 Killer

More than 10,000 people die each year from Cardiovascular Disease (CVD) - including coronary heart disease (CHD), stroke and other circulatory diseases. CVD is the most common cause of death in Ireland, accounting for 37% of all deaths. The largest number of these deaths relate to CHD - mainly heart attack - at 5,500. 24% of premature deaths (under age 65) are from CVD.

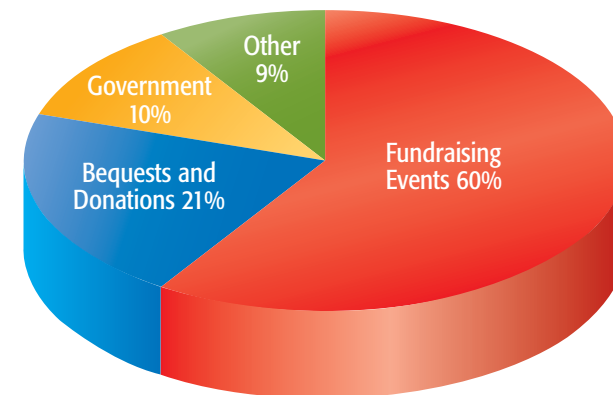
## Stroke

Approximately 2,500 people die from stroke each year accounting for more deaths than breast cancer, lung cancer and bowel cancer combined. More than 10,000 people suffer stroke each year and there are an estimated 30,000 people in the community with residual disability from stroke.

## Funding

The Irish Heart Foundation receives most of its funding from public donations. A small share of funding is received from the Government.

### Income



### Expenditure

