

Annual Report 2022



Fighting Heart Disease & Stroke

COMPANY INFORMATION

Chairman:

Mr Mark Gantly

*Managing Director
HP Galway (Retired)*

Director:

Prof James Crowley

*(Medical Director)
Consultant Cardiologist
Galway University Hospital*

Director:

Ms Marie Gavin

*(Company Secretary)
Associate Solicitor
Ronan Daly Jermyn*

Director:

Dr Tom Walsh

*Consultant Geriatrician
Stroke Specialist
Galway University Hospital*

Director:

Mr James Ward

*Solicitor
Patrick J Durcan & Co*

Director:

Mr Paul Carey

CEO, Carey Developments

Director:

Ms Mary Heffernan

*Tax Director
KPMG (Retired)*

Director:

Dr Emer Curtis

*Lecturer in Accounting
University of Galway*

Director:

Mr Pat O'Donnell

*SVP Global Manufacturing
Allergan (Retired)*

Director:

Mr Laurence May

*Head, KPMG Galway
KPMG Ireland*

Director:

Dr Faisal Sharif

*Consultant Cardiologist
Galway University Hospital*

Chief Executive:

Mr Neil Johnson

Company Number:

118373

Registered Charity Number:

20016616

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Fighting Heart Disease & Stroke



VISION.

Our vision is to lead in the prevention, control and recovery of 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.

- Build healthy communities through support, education and empowerment.
- Amplify the patient voice.
- Pursue the highest level of cardiovascular healthcare.
- Facilitate, participate and collaborate in vital research.
- Build capacity in preventive healthcare nationally through the National Institute for Prevention and Cardiovascular Health:
 - Engage with policy makers and health practitioners in the 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.
 - Align with the United Nations (UN) Sustainable Development Goals by the year 2030 to reduce premature deaths from non-communicable diseases, especially CVD, by one third.

A MESSAGE FROM THE CHAIRMAN & CEO

As we all emerged from the worst of the COVID-19 pandemic, we are pleased to report that we significantly expanded and developed our work programme over the past year, delivering many positive patient and community impacts across the year.

Activities in Croí House resumed to full capacity, with approximately 300 people attending classes each week. In addition, a varied programme of regular training, education and information evenings were back in our calendar, as was the use of our facilities by our partners and varied community groups for meetings and events. We continued to develop and expand our very successful online programme delivery which enabled us to engage with thousands of people across the country.

Over the past year, our community-based activities across the region increased significantly, with in-person health checks being provided by our multidisciplinary health team to over 2,300 people.

In addition to our Croí in the Community Programme, and our Specialist Health Programmes, we made significant progress in the areas of Advocacy and Policy. Having commissioned and published a national survey of echocardiography services, we commenced an advocacy campaign for greater investment in training and service development by highlighting significant disparity and inequities in diagnostic services. Our survey report, which was endorsed by the National Heart Programme, included recommendations to address service gaps and improve timely and equal access for all. The campaign calls to action achieved inclusion in opposition party budget recommendations as well as a special budget provision in the governments health budget.

Throughout the year we had a special focus on strategic long term planning for the future sustainability and development of the organisation to ensure that we can continue to develop and increase the range of services and supports we provide. One outcome of this was the strategic appointment of a Community Stroke Programme Lead who will develop and manage a range of post hospital discharge, community-based stroke support provisions for stroke survivors and their carer's.

As our funding model remains entirely dependent on our own revenue generation activities, we wish to extend our sincere thanks to all our supporters, volunteers, donors and sponsors.

We simply could not do this important work without your ongoing support.



Mr Mark Gantly
Chairman



Mr Neil Johnson
Chief Executive



2022 IMPACT HIGHLIGHTS



10 YEARS

Croí House Celebrating 10 years



2,300

People availed of Health Checks



2,372

Heartlink West online chat attendance



4,500

People attended Croí Webinars



1,280

People had BP Checks as part of the Mayo Third Age Pharmacies Project



1,096

People received CPR training



771

Calls to our Heartlink West telephone helpline in 2022



40+

Community fundraising events organised to support Croí



300

People attended exercise classes each week



2,000

People participated in the Croí Night Run (In person & virtual)



250

People attended Heartfest
(The first in person event in
Croí House post pandemic)



85

Families supported through
the Croí apartments



215

People referred to the CLANN
programme



500

People participated in the
Couch to Wild Atlantic Way
Challenge



100

People completed Zoom
training to support our online
programmes



500

People participated in the
Kavanagh's Colour Run



74

Received the MySláinte
cardiovascular prevention and
rehabilitation programme



772,798

Website Page Views



25,610

Social Media Followers

CROÍ

Fighting Heart Disease & Stroke





10 Years of Croí House

Croí House has been providing support and rehabilitation to those affected by heart disease and stroke for a decade now, offering a range of services from accommodation to rehabilitation, education and research.

Over the past ten years, Croí House has become the backbone of the Croí Community and the dedication of the staff and volunteers has been instrumental in its success.

As we mark this significant milestone, we celebrate the profound impact that Croí House has had on so many lives and look forward to the support it will provide in years to come.



CROÍ IN THE COMMUNITY

As the nation slowly emerged from the grips of the COVID-19 pandemic, the Croí Health Team wasted no time in getting back to their mission of promoting cardiovascular wellness in the community.

Venturing out to the highways and byways of the west coast of Ireland, they continued their mission to connect with individuals and communities and to raise awareness about the risk factors for heart disease and stroke and preventing disease.

In 2022, the Croí Health team conducted 2,500 blood pressure and pulse checks, whilst delivering powerful talks and webinars, educating, inspiring and empowering communities and individuals at health fairs, active retirement groups, farmers marts, family resource centres, pharmacies, schools, shopping centres, and workplaces, to take ownership of their own cardiovascular health and wellbeing. Importantly, Croí works in collaboration with community groups and organisations to facilitate novel and practical ways to educate and motivate individuals and communities to adopt heart healthy behaviours into their everyday lives.



Croí Nurse Julie giving a blood pressure check to Alice who attends COPE's senior support services.



Croí Nurse Norah providing blood pressure checks at a Galway Rural Development event.

Croí's Corporate Cardiovascular Programme



"I enjoy working with Croí. I love the expertise they bring to the subject of heart health. They have supported me in facilitating many of our programmes. These have ranged from on location wellness events, webinars and content for our publications. I look forward to working with Croí again soon".

- Brian Samson, Health Promotion Manager, ESB

Croí Corporate Cardiovascular Programme is delivered by an expert multidisciplinary health team of specialist nurses, dieticians, physiotherapists, health psychologists and occupational therapists who work at Croí Heart & Stroke Centre in Galway.

We design a bespoke wellness programme to help organisations meet the needs of their workplace.

Not only are you investing in the health of your employees but you are also directly supporting the work of Croí, all funds are reinvested into community cardiovascular disease prevention programmes.



Croí nurse Caroline giving blood pressure checks in Medtronic as part of Croí's Corporate Wellness Programme.

CROÍ SPECIALIST HEALTH PROGRAMMES

Croí MySláinte

Funded by a Sláintecare Integration Fund grant, the Croí MySláinte Digital Cardiovascular Prevention and Rehabilitation Programme was delivered to 74 people with heart disease in 2020/21. The outcome report describing significant and meaningful improvements in health outcomes among participants was launched as part of a webinar opened by Minister Stephen Donnelly in January 2022.



Croí MySláinte webinar opened by Minister Stephen Donnelly

The programme was funded by the Government of Ireland's Sláintecare Integration Fund 2019, under Grant Agreement Number 121, to support the delivery of services which focus on prevention, community care and integration of care across all health and social care settings.

The full report is available at:

croi.ie/myslainte



Rialtas na hÉireann
Government of Ireland

Sláintecare.

Relaunch of Exercise Classes

After a pilot phase that began in November 2021, eight exercise classes were launched in Croí House at the beginning of 2022, with 128 places quickly filled.

Classes include circuit training, resistance training and yoga.



Gerard Howard,
Croí exercise class participant

By the end of 2022, almost 300 people had registered for an exercise class, including a cohort of people referred from the local hospital based Cardiac Rehabilitation Clinic to support the maintenance of their exercise routine in a safe and supportive environment.

In addition to weekly in-house exercise classes, we relaunched weekly walking football training in Westside Community Centre in partnership with the Football Association Ireland (FAI) and Galway Sports Partnership.



Croí 2022 Walking Football Group with Dr Lisa Hynes, Croí Head of Health Programmes and Health Psychologist

The Monday Movers Walking Group, led by two Croí Volunteers, was launched in October 2022 and sees 12-20 walkers leave Croí House for a 60-minute walk every week, rain or shine!

Croí CLANN

A core specialist Croí programme since 2013, the CLANN Programme was delivered over 8 programmes in 2022 with 215 people referred from the University Hospital Galway Bariatric Medicine Service.

As the National Model of Care for Obesity develops, Croí was delighted to obtain an additional year of funding to continue to deliver this evidence-based and person-centered cardiovascular health programme into 2023.



Stroke Support

In 2022, the commitment of Croí supporting people impacted by stroke was demonstrated through the recruitment of an Occupational Therapist to the newly created role of Community Stroke Support Specialist.

Several services and supports for people impacted by stroke and their families were also reinstated in 2022 including in-person monthly stroke support groups in Galway and Mayo, the annual Galway and Mayo summer outings, the annual Christmas lunch and events focusing on family members including a retreat day in SCCUL Sanctuary.



Mayo Stroke Support Christmas Lunch in Castlebar



Croí Stroke Carers Outing at SCCUL Sanctuary

Heartlink West

Established in 2020 to respond to support and information needs of the public resulting from the COVID-19 pandemic, the Heartlink West service provides support and information through a Cardiovascular Nurse Specialist helpline and a weekly online group session for the public led by a member of the Croí Health Team. Callers to the Heartlink West helpline include people impacted directly by cardiovascular disease, family members or health care providers with a wide range of questions and concerns, seeking a listening ear, guidance and signposting to internal Croí and external services and resources. Common topics include self-management following hospital discharge, lifestyle queries especially related to exercise and nutrition, and signposting to diagnostic testing and psychological support.

Heartlink West supported 771 people and their families throughout 2022, demonstrating the value of this service to the community.



Third Age Mayo

The Third Age Mayo project aims to encourage people aged over 55 to Own It, Check It, Sort It when it comes to their cardiovascular health. Through community awareness and information activities, Third Age Mayo seeks to empower the public to understand and engage with early detection and management of risk factors for cardiovascular disease such as high blood pressure. Cardiovascular health is key to healthy ageing for all.

Croí partnered with the Mayo Travellers Support Group (MTSG) in 2022 to pilot test a newly developed programme, 'Blood Pressure Champions'. The programme provided training in understanding blood pressure, taking a home blood pressure reading and providing accurate feedback to Community Health Workers from within the MTSG. Community Health Workers are members of the Travelling Community and visit approximately 400 families per year in County Mayo. This pilot project was well received and laid the foundations for the development of similar initiatives to engage communities with cardiovascular health by increasing awareness, ownership and skills.

As part of the Third Age Mayo initiative, a number of exciting projects were rolled out in 2022. Four community Health Fairs took place in June in Castlebar, Mulranny, Swinford and Ballina involving blood pressure checks and lifestyle advice delivered by members of the external Croí community nursing team. Fourteen different community groups participated across the four events including the Mayo Family Resource Centre.

During Men's Health Week in June, Croí collaborated with nine barbers in Ballina to raise awareness of the risks of high blood pressure among their customers. Specially designed posters were displayed encouraging customers to get their blood pressure checked at one of four participating pharmacies in Ballina.



**Croí Blood Pressure checks
in Staunton's Pharmacy, Castlebar**



**Croí Blood Pressure checks
in MacAuliffe's Pharmacy, Castlebar**

CARDIOVASCULAR HEALTH CAMPAIGNS

The World's First Heart Healthy Garden at Bloom

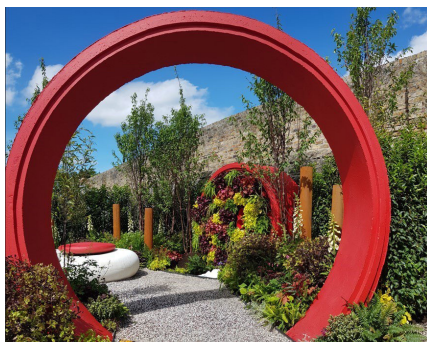
In early June 2022, with summer in the air, University of Galway and partners, along with charity partner Croí, presented an inspirational cardiovascular-themed garden to educate people about heart health. The Croí Garden was featured as a show-garden in Bord Bia Bloom, Ireland's Annual Garden Festival in the Phoenix Park.



**Uachtarán na hÉireann,
President of Ireland,
Michael D. Higgins, at the Croí
Garden at Bloom 2022**

The Croí health team engaged with thousands of people over the five days of the festival.

The Croí Garden at Bloom won a silver medal and was designed by Professor Derek O'Keeffe of University of Galway to highlight the importance of the three cardiovascular pillars – blood sugar (diabetes), blood pressure (hypertension) and blood lipid (cholesterol) control. In addition, the other key trinity of diet, exercise and mental health featured as part of the garden's theme.



Croí Garden at Bloom



**Mary Lillis, Patient Advocate
attending the Croí Garden at Bloom**



**Croí Garden returned for posterity
to the University of Galway campus**

Celebrating World Heart Day with Heartfest

On September 29th, World Heart Day, Croí hosted a free cardiovascular health and wellness event, Heartfest, at Croí House. Over 250 people took their health to heart by attending talks and workshops on mindfulness, stress management, risk factor management, eating for a healthy heart and yoga for health and wellbeing. Local community groups and businesses supported the event with stands and interactive activities. Croí received a letter in support of the day from the Uachtarán na hÉireann, President of Ireland, Michael D. Higgins.



Gerard Howard & Mary Lillis, Croí Volunteers



Heartfest at Croí House was a hive of activity throughout the day, and the event finished up with a public talk, which was also streamed online "Heart Care Is Self Care – The Power Of Knowing Your Numbers And Taking Action".

Heartfest was kindly supported by Benecol.



Deputy Mayor Mike Cubbard officially opens Heartfest with COO Mark O'Donnell & CEO Neil Johnson



Public Talk - 'Self Care Is Heart Care'

Illuminations - Shining a light on Heart Health!

Every year on September 29th, Croí is delighted to collaborate with some of the most iconic and historic buildings, organisations and landmarks throughout the West of Ireland to mark World Heart Day.

Buildings and landmarks illuminate in red for the evening to share the important message that “Self-Care is Heart Care”, one of the core messages that the World Heart Federation identified for the 2022 World Heart Day campaign.



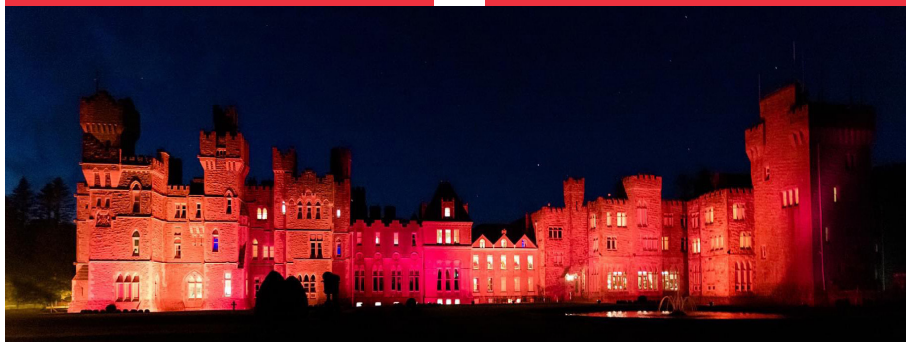
Garda Síochána Sligo



Galway Hooker, Claddagh Basin



Kylemore Abbey



Ashford Castle

World Stroke Day

As part of the World Stroke Day Awareness campaign, Croí, supported by Surmodics, were delighted to host a special virtual Q&A on The Psychological Impact of Stroke.



Dr Tom Burke, Assistant Professor, School of Psychology, University of Galway, and Senior Clinical Neuropsychologist, University Hospital Galway, explained that it is quite usual for survivors to experience emotional and behavioural changes after a stroke and he shared some practical information on how to manage this.

Croí also used this opportunity to remind the public of the importance of stroke awareness and prevention. A stroke is a medical emergency and can happen to anyone, at any time. 'Time is brain' and we need to act FAST if we suspect a stroke.

FREE VIRTUAL EVENT

The Psychological Impact of Stroke

A special **World Stroke Day** virtual event, hosted via Zoom

Thursday, October 27th, 11 am - 12 noon

Visit croi.ie/stroke for more information



Invisible Nation is Quietly Growing!



In October 2022, Croí supported a new worldwide movement called Invisible Nation, a collaboration between the Global Heart Hub and Novartis to rally changemakers to inspire action for heart health.

The campaign was aimed at highlighting and reducing the large number of preventable deaths from the silent, invisible, Atherosclerotic Cardiovascular Disease (ASCVD).

A Croí study in 2022 found that 60% of over 45's had never heard of the term ASCVD which is the underlying cause of 85% of heart attack and stroke related deaths and disability in Ireland each year. Despite its undeniable impact, ASCVD remains a health challenge that continues to be hidden in plain sight.

Dáithí Ó Sé Joined the Campaign

"I can speak from personal experience as I have high cholesterol and belong to the age group that needs to be vigilant about heart health.

While many people are taking some steps to manage heart health, I am concerned that there is very low awareness about the 'invisible risk' of high cholesterol.

I'd advise anyone in my age group to get their cholesterol checked the next time they visit a GP and if their cholesterol levels are above current clinical guidelines, they need to take a proactive role in managing their cholesterol."

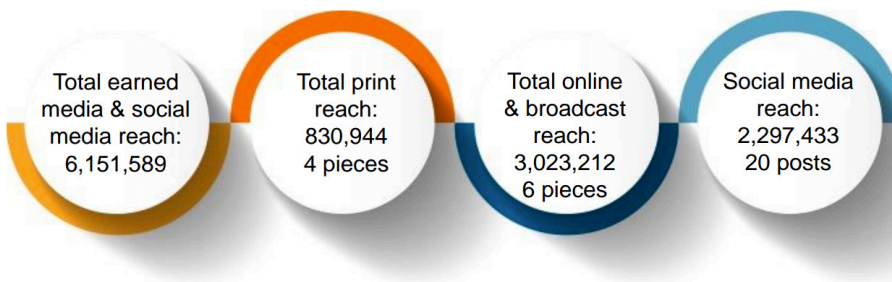
- Irish Broadcaster Dáithí Ó Sé.



Broadcaster, Dáithí Ó Sé, joined the campaign calling on all those over 45 to have their cholesterol level checked the next time they visit their GP.



Campaign Reach



Social media was the primary platform for the Invisible Nation campaign, which also received significant exposure through print media and radio ads.

THE COURTYARD APARTMENTS AT **CR**í HOUSE

Patient Support Accommodation

Sandra Fox's Mum suffered a heart attack and was airlifted from their home in Roscommon to Galway University Hospital.

"Thanks to the Croí Apartment, we were able to travel down and stay in Galway to be by her side for six weeks while she was in hospital. The nurses could see a huge improvement in Mum thanks to the time we got to spend with her by her hospital bed. We're so grateful to Croí for providing this service. We've received follow-up advice and support from Croí's Cardiovascular Nurse Specialist too, which has been so helpful!"

Sandra Fox



CRí

Fighting Heart Disease & Stroke

**Croí recognises the
important role family
and loved ones play in
a patient's recovery**

The Courtyard Apartments at Croí House in Galway have been specifically designed for short-term stays to allow family members to be as close as possible to patients who are in hospital for cardiac or stroke care. We offer these apartments free of charge to our guests and they are maintained entirely through the generosity of our donors.

To our volunteers and supporters...

Thank you!

We would like to extend a huge thank you to our Croí friends who so generously give their time to volunteer and support our work.

There are so many ways you can support Croí by volunteering. We appreciate any help offered throughout the year and we are so grateful for your support!



Croí Volunteers at the Croí Night Run



Dedicated volunteer, Orla Madden, supporting us with our 2022 Christmas Golden Ticket Raffle campaign



Cisco Galway Volunteers at Croí House as part of the Cisco Corporate Social Responsibility Programme

CROÍ ADVOCACY AND EMPOWERMENT

Heart Valve Disease Awareness

The burden of heart valve disease is rising as a consequence of our ageing population and increased life expectancy. It is common and serious but treatable if detected early, so to share this message and to raise awareness, Croí ran a hugely successful National Heart Valve Disease Campaign, Listen to Your Heart, from 12th – 18th Sept 2022.

The Croí team engaged with the cardiology and surgical teams across 3 Galway hospitals and forged genuine relationships which will serve valve disease patients and their families going forward.

Many of these patients and their families were delighted and willing to use their voices to share their stories and to raise awareness to help others.

During this week, activity across social media culminated in nearly 8 million opportunities to see, hear and learn about heart valve disease and Croí across Facebook, Instagram, Twitter and LinkedIn.

The campaign was also picked up by a range of media (radio, tv, print) with 87 features in total.

Free stethoscope checks in Galway's Eyre Square Centre and a public awareness webinar, 'Listen to Your Heart', connected Croí with over 1,000



Cardiothoracic Surgeon Dr Ronan Kelly with Marguerite Naughton and her daughter, Minister Hildegard Naughton



RTÉ Broadcaster Teresa Mannion



Queues for stethoscope checks in Eyre Square Shopping Centre

National Survey on Echocardiography Services in Ireland

In Sept 2022, Croí visited Leinster House in Dublin to launch a report on echocardiography services in Ireland which outlined that 80% of public hospitals do not offer GPs direct access to echocardiograms, an essential diagnostic test for heart patients.

Patients referred for an echocardiogram through a private provider wait, on average, up to one month for their test. Waiting times for those referred for the same test through the publicly funded health system must wait at least six months and, in many cases, have a wait time of over one year. The report also outlined the need to meet additional demand through recruitment, training, and upskilling of the workforce. Specifically, a structured postgraduate programme in echocardiography aimed at the 35% of cardiac physiologists not yet trained in this important test.

In a positive move, the Government allocated €47 million to facilitate GPs in accessing diagnostic tests, with major implications for access to radiology tests as well as up to 266,500 tests across areas such as echocardiography, spirometry and natriuretic peptide blood tests. However, the current budget estimates do not include provision for workforce planning, which will make it more challenging to achieve the best outcome from the funding allocated by the Department of Health.

The full report is available at:
[*croi.ie/echosurvey*](https://croi.ie/echosurvey)



Croí Webinars

In 2022, Croí's webinar series focused on empowering and educating patients and the public to take control of their heart health. The patient voice featured heavily in each webinar alongside that of clinical experts in areas such as Heart Failure, Heart Valve Disease, Women and Heart Disease, Cholesterol, Hypertension, Atrial Fibrillation and Risk Factor Management.



CROÍ
Fighting Heart Disease & Stroke

Living Well with Heart Failure

Thursday, May 26th, from 7 - 8 pm

FREE WEBINAR!

With expert speakers!

4500+ people registered for and watched back our webinars in 2022.



Zoom Training

This training aims to support people to engage with our online programmes and activities such as our popular Heartlink West weekly chats.

Every Wednesday at 12 noon, our team provides digital training to support people to access and get the most out of our online offerings.



As health information and some health services go digital, Croí aims to support all members of the community to become comfortable with using technology such as online meeting platforms.

100 people completed Croí's Zoom Training in 2022.

FUNDRAISING HIGHLIGHTS

The 28th Croí Corrib Charity Cycle

The 28th Annual Croí Corrib Charity Cycle took place on Sunday, 12 June (sponsored by Corrib Oil and associate sponsors Al Hayes Motors, Westside Cycles and Caragh Precision).



The event was held in Connemara for the second year, and Croí were delighted to welcome almost 300 cyclists from across the country to take part in all three routes.

Events such as the Croí Corrib Charity Cycle would not be possible without the dedicated support of Croí volunteers who brave the elements to ensure all cyclists made it home safely!

Thanks to everyone who supported the event –
we couldn't do it without you!



Croí Race Day

After 3 years away, Croí were delighted to be back at the Galway Races!

As the biggest and longest standing charity event at the Galway Races, Croí were delighted to welcome our friends and supporters back to the Galway Races Summer Festival for a fantastic day.



Snámh le Croí

In August 2022, Croí was delighted to launch its first daily swim challenge, 'Swim with Heart', or as Gaeilge, 'Snámh le Croí'.

We had 34 people registered from across the country – all along the coasts.



A total amount of €4,794.88 was raised!

Couch to Wild Atlantic Way

Croí's Couch to Wild Atlantic Way virtual challenge was back for its 3rd year. Over 500 people took on this virtual 6 week journey along the west coast of Ireland.

In addition to getting active over the 6 weeks, all participants received weekly videos as part of Croí's new Wild Atlantic Wellness programme, which covered a wide range of topics including goal setting, meditation, physical fitness, diet, yoga and general cardiovascular health.



Win a Volvo Campaign

After the success of the inaugural Win a Volvo, Croí were delighted to see a wonderful response to the second year of the campaign. Croí were grateful to be able to bring the Volvo across the West and finally sell tickets in person and are very grateful to Kavanagh's Supervalu for their support of the in person sales!



Congratulations to Jim Kelly from Tullamore, Co Offaly, who won a brand new Hybrid XC40 and generously gifted it to his daughter Elaine!

Croí Night Run

The Croí Night run was back with a bang thanks to the large number of participants returning to the event on Salthill Promenade in Galway.

The 8th Annual Croí Night Run took place on Friday, October 7th, and for the first time since 2019, Croí welcomed over 1500 participants to Salthill Promenade at nightfall.



Croí were also delighted to be joined by 500 people taking part in the virtual event from 17 counties in Ireland and participants across the USA, UK and Italy.

With special thanks to Croí's Night Run sponsor, Irish Life Health, 100% of the proceeds will go directly to supporting Croí services. This includes supporting our health and support programmes including Heartlink West (our free community phone line) and the Croí Courtyard Apartments, free to families in need while their loved ones receive heart or stroke care.



"We were delighted to welcome everyone back to the beautiful promenade in Galway after a 2 year gap due to Covid restrictions.



It's a special evening for everyone and the buzz and team spirit has been wonderful! The night run is one of our favourite events of the year and its great to see all our Croí friends out to run and walk in support of people living with heart disease."

- Christine Flanagan, Director of Fundraising, Croí.



Woodford Tractor Run

The Annual Woodford Looscaun Vintage Tractor Run took place in July in memory of Michael English and raised an amazing €11,326 for Croí!

Killimordaly Jog in the Bog

A huge thank you to the Killimordaly Hurling and Camogie Club for raising an incredible €10,500 from their #24hrjoginthebog!

Kavanagh's Colour Run

The Kavanagh Group hosted three Colour Runs across Westport, Dungloe and Donegal Town in support of Croí! It was a brilliant day, with over 500 people taking part and in the glorious sunshine and raising money for Croí

We are extremely grateful to the Kavanagh Group for their continued friendship and support of all we do!



Charlestown Tractor Run

Now in its 8th year, the Charlestown Tractor Run, in Memory of Eugene McLoughlin, took place in August and Croí was delighted to see so many gather together for the first time since 2019! With €10,450 raised, this event has now donated an incredible €52,065 to support Croí in the fight against heart disease and stroke.



A big thanks to the McLoughlin family, the committee, all the volunteers and the community of Charlestown for their incredible support.

Dom Divilly Climb for Croí

In October 2022, Dom Divilly travelled to Nepal to climb Island Peak, which is 6189 metres high and raised an incredible €19,400K for Croí.

"My Dad died from heart issues when I was 24 and at 58 I had three stents inserted in to my arteries. It means that I can continue to enjoy climbing in some beautiful places in the world."

- Dom Divilly

Community Fundraising Highlights

Community is at the heart of what we do and our work would not be possible without the countless numbers of volunteer fundraisers who host their own events in their local communities to support us in the fight against heart disease and stroke. An incredible €120K has been raised through 40 events across Ireland and the UK in 2022. A big thank you to all the fundraisers and volunteers for keeping Croí at the heart of your communities!

FINANCIALS



Croí's total income for 2022 was €2.1m, of which €1,230,000 was achieved through fundraising, donations and sponsorships. In addition, €267,000 was received through grant support from the HSE in support of health programmes such as CLANN and the Mayo Third Age project. Furthermore, Croí received supports from corporates and community in the amount of €603,000 to deliver educational campaigns and vital prevention services to the community.

We expended 75% of our income on the direct delivery of a diverse range of health programmes including:

- CLANN our Government funded healthy Lifestyle Intervention programme.
- Virtual exercise classes and stroke support.
- Heartlink West telephone support line and weekly virtual chat service, connecting people with cardiovascular health specialists, online and in the community.
- Various Advocacy and Empowerment work in the area of health campaigns, targeting those affected by Hypertension, Atherosclerotic Cardiovascular Disease (ASCVD) and Heart Valve Disease, specifically designed in response to the needs of our local and regional population and detailed throughout this report.
- The remaining 25% of our expenditure was expended on the costs associated with running the Croí Heart & Stroke Centre, the provision of patient & carer support accommodation at the Croí Courtyard Apartments and the overall costs of organisational management, governance, revenue generation and depreciation.

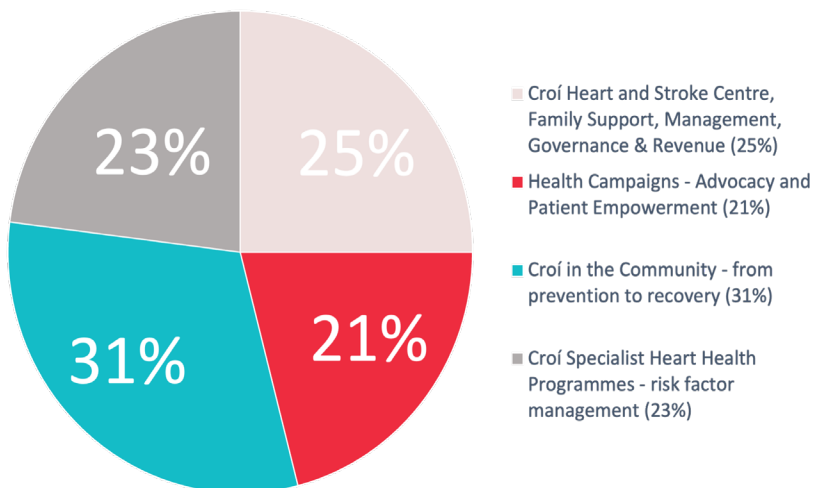
We take very seriously our obligation to ensure that all income is used effectively and efficiently in support of our mission and goals. We are governed by a Board of voluntary non-executive Directors who do not receive any remuneration or compensation. We adhere to the highest standards of governance 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 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 visitors to healthcare professionals, collaborative partners, policy makers, patients, carers and volunteers.

Thank you for supporting Croí

Our work would not be possible without the tireless support of so many. You – our volunteers; donors; fundraisers; corporate, community and media supporters; and our 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 and goodwill you afford us. We are deeply grateful.

Your support has helped fund:



MAJOR PARTNERS AND SUPPORTERS





James P.
Cunningham
Electrical Ltd.



Comhairle Contae Mhaigh Eo
Mayo County Council



NUI Galway
OÉ Gaillimh



Sláintecare.





Croí Heart & Stroke Centre,

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