

ANNUAL REPORT

2023



CRí

Fighting Heart Disease & Stroke

COMPANY INFORMATION

Chairman:
Mr Mark Gantly

Director:
Prof James Crowley
Medical Director

Director:
Ms Mary Heffernan
(Resigned 26/03/2024)

Director:
Dr Tom Walsh
(Resigned 26/09/2023)

Director:
Mr James Ward
(Resigned 26/09/2023)

Director:
Mr Paul Carey
(Resigned 25/07/2023)

Secretary:
Ms Marie Gavin
(Resigned 06/02/2024)

Ms Lisa Small
(Appointed 06/02/2024)

Director:
Dr Emer Curtis

Director:
Ms Dorothy Creaven

Director:
Mr Pat O'Donnell

Director:
Mr Laurence May

Director:
Dr Ruairi Waters

Director:
Ms Marie Gavin

Chief Executive:
Neil Johnson
(up to 31/12/2023)

Mark O'Donnell
(01/01/2024 - Present)

Company Number:
118373

Registered Charity Number:
20016616

CONTENTS

A message from the Chairman & CEO	1
2023 Impact Highlights	2
Croí in the Community	4
Croí Specialist Health Programmes	8
Heart Health Campaigns	13
Courtyard Apartments	18
Croí Advocacy and Empowerment	20
Fundraising Highlights	22
Financials	28
Major Partners and Supporters	30





Fighting Heart Disease & Stroke



VISION

Our vision is an end to premature death or disability from cardiovascular disease in Ireland.

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 in collaboration with the National Institute for Prevention and Cardiovascular Health (NIPC).
- 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

2023 marked another year of significant growth, development, and indeed, change for Croí.

During the year, we continued to build out our services, activities and supports, and you will see many examples of this throughout this report, particularly with regard to our community facing activities, programmes and action focused on prevention and psychological supports. We have also progressed the patient empowerment and advocacy agenda with the formation of Heart & Stroke Voice Ireland, a new patient alliance under the auspices of Croí.

We must acknowledge the transformational legacy donation provided to Croí by the Joe and Helen O'Toole Charitable Trust (Tuam). This funding allocation has been a very important catalyst in enabling us to plan with ambition for a step-change in our levels of service delivery, geographical reach and impact. During 2023, this funding has enabled us to complete the design, statutory planning process and procurement for the new Stroke Hub located at Croí House, action the purchase of a community minibus and two bespoke mobile health units and begin the development of funded research activities in the area of stroke prevention and recovery.

We moved towards an inflection point for Croí as the organisation approaches its fifth decade and a significant focus was placed on strategy development and succession planning. Neil Johnson stepped down as CEO at the end of 2023, after three decades of exemplary service, and was succeeded in the role by Mark O'Donnell. Neil's dedication, commitment, drive and energy have made Croí the organisation it is today, and we wish to put on record the appreciation of the Board, Team, Volunteers and all of those who have benefitted from Croí services for his efforts.

In closing, we wish to sincerely thank our team and volunteers for their exceptional work, and indeed everyone who has supported our efforts across the past year, through donations, sponsorship, corporate partnerships and fundraising events.



Mr Mark Gantly
Chairman



Mark O'Donnell
Chief Executive



2023 IMPACT HIGHLIGHTS



2,530

People availed of Health Checks



4,023

People who engaged with the Croi Health Team in the community



1,200

People had blood pressure checks as part of the Mayo Third Age Pharmacies Project



2,300

People participated in the Croi Night Run (in-person & virtual)



1,020

Calls to our Croi Connects telephone helpline in 2023



82

Community fundraising events organised to support Croi



2,254

Croi Connects online chat registrations



650

People participated in the Croi Cycle



2,423

People attended Croi Webinars



100

Families supported through the Croi apartments



728

Hours of exercise classes and physical activity



330

People participated in the Kavanagh's Colour Run



250

People attended Heartfest in Croi House



485,781

Website Page Views



28,926

Social Media Followers

CR  **í**

Fighting Heart Disease & Stroke



CROÍ IN THE COMMUNITY

In 2023, community engagement and activity grew strongly. The Croí Health Team connected with over 4,000 individuals across various communities providing health checks, talks, workshops and information stands. We reached people where they live, work, and socialise. Through innovative approaches and strategic partnerships, Croí ensured access to essential health resources and promoted wellness across communities.

During the month of May, Croí's Multidisciplinary Health Team organised special information evenings in Galway, Mayo and Roscommon to support individuals who experienced cardiac or stroke events. These gatherings featured expert talks on living well with stroke and heart disease and allowed attendees to connect, share experiences and build a supportive community.



Croí Health Team at information evening in Mayo



To learn more about hosting a #CroíInYourCommunity event in your local area, please email community@croi.ie or call 091-544310.

Partnerships and Initiatives



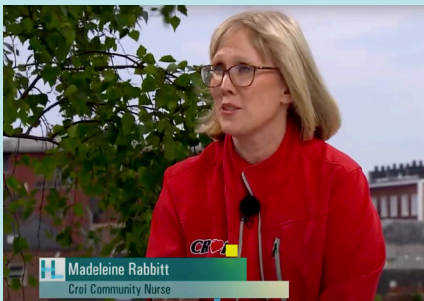
Croí partnered with Basketball Ireland Masters Competitions in Kilkenny, Dublin and Galway, as well as Galway United FC and the Salthill Fives, 5 a side tournament. At these events, we provided blood pressure and pulse checks, advice, support and information on heart health and stroke prevention.



We also partnered with Unipharm Pharmacy Group to deliver blood pressure and pulse checks, as well as advice in 11 of their pharmacies across Dublin, Meath and Louth. We collaborated with local development companies like Galway Rural Development and education and training services like GRETB to deliver holistic health advice and supports to people in rural communities across our region. Our Workplace Wellness Programme saw us engage with businesses big and small across the country to train and support employees in heart health and stroke prevention. These activities underscore Croí's commitment to prevention, early detection, diagnosis and supporting people living with or affected by cardiovascular disease.

RTÉ Hospital Live

In May, Croí joined RTÉ's Hospital Live which was filmed live on the rooftop of The Mater Hospital, Dublin. Our team offered blood pressure checks to crew and life-style advice to viewers. Community Nurse, Madeline Rabbitt, discussed stroke prevention and the FAST campaign. Stroke survivor, Norita Ní Chartúir, shared a powerful story of her stroke, her friend's quick thinking in recognising the signs, F.A.S.T., her recovery, and had an emotional reunion with Dr. John Thornton, who saved her life that day.



Annie Costelloe
Croí Head of Patient & Community Engagement and
Madeline Rabbitt, Croí
Community Nurse on set of
RTÉ Hospital Live.

CROÍ SPECIALIST HEALTH PROGRAMMES

Croí Connects

Croí Connects is our nurse helpline and signposting service. People contact this service for a wide range of reasons, for example:

- Advice and support related to heart conditions and stroke, particularly after hospital discharge
- Guidance for managing high blood pressure and cholesterol
- Exercise information and exercise classes
- Dietetic and weight management support
- Psychological support



The main benefit people describe of Croí Connects is that they feel listened to and understood. We received approximately 1,020 calls to Croí Connects in 2023.

Croí Connects 'chats' are free, weekly, online meetings where a member of the Croí Health Team or invited speaker share information related to managing risk factors for heart disease and stroke and facilitate questions and answers and discussion among the group. Each week, more than 50 people registered and across 2023 there were 2,254 registrations.

An online survey in 2023 showed that 84% found the information delivered was easy to understand, 78% believed the weekly 'chats' were beneficial to their health, and 62% reported making changes to their health habits as a result.

Croí Connects is available weekdays from 9 am – 5:30 pm on

091 544310 or by email at **healthteam@croi.ie**.

For a list of upcoming online chats please visit **croi.ie/croiconnects**

Healthy Hearts Programme

We have been working hard in recent years to develop different ways to support people to understand and find out about their risk for cardiovascular disease and to make important lifestyle changes to reduce risk. In 2023, we developed, and pilot tested the Croí Healthy Hearts Programme with 36 people. The programme is based on a self-directed online model involving weekly emails for 8 weeks containing a short video recorded by a Croí Health Team member, and a worksheet to support activity and practice each week. The programme targets people without a diagnosis of cardiovascular disease and aims to inform people and inspire them to take action and reduce their cardiovascular disease risk.



Psychological Support

Many people affected by heart disease and stroke, and their family members, experience distress, fear, and a sense of isolation. There is a serious lack of psychological support for people with cardiovascular disease. Although it is normal to feel worried and down after something like a heart attack, without access to appropriate psychological support, recovery can be more difficult. In 2023, Croí partnered with the Irish Heart Foundation to deliver a programme called ACTivate Your Life aiming to support emotional health and recovery. This programme is based on an effective approach in psychology called Acceptance and Commitment Therapy. In 2023, 23 people who had experienced a stroke attended the programme. Several family members completed the programme with their spouse or parent. In 2024, the programme will be opened up to people affected by heart conditions.

Stroke Support

For several years now Croí has been placing an increased emphasis on stroke awareness and services for people and families impacted by stroke. As a result of a generous legacy donation received in 2023 from the Joe and Helen O'Toole Charitable Trust, our stroke support activities have received a significant boost, enabling us to design and build a Stroke Support Hub at Croí House. This hub will be operational in early 2025. In 2023, we developed a half-day programme aiming to support people following hospital or community-based stroke rehabilitation called Rebuild and piloted it successfully. Focusing on exercise tailored to each individual, peer support, stroke and self-management information and guidance, and cognitive activities, the programme is intended to help reduce distress and isolation often reported after formal rehabilitation as people adapt to life after a stroke.



Joanna Jordan, Mary Lardner and Mattie and Helena O'Toole of the Joe & Helen O'Toole Charitable Trust, with Mark O'Donnell, Croí CEO; Pat O'Donnell, Croí Board of Directors; and Neil Johnson, Croí Former CEO. Photo Credit: Aengus McMahon

Third Age Mayo

Croi worked with IPSOS to survey 400 people in Mayo to understand attitudes and knowledge related to heart health. The survey's purpose was to gather information from a wide range of people to help shape the Third Age Project which focuses on empowering people over 55 to take action to reduce their risk of cardiovascular disease.

We conducted an analysis, with help from Professor Barry McDonnell of the Cardiff Metropolitan University, of data from 1,200 people in Mayo gathered as part of our ongoing Mayo Measurement blood pressure awareness activities. We found that many people have high blood pressure and are not aware that they may be at risk. Among people diagnosed with high blood pressure, it is common for blood pressure readings to be above the target level, meaning greater awareness and support to understand and manage high blood pressure is needed. Managing high blood pressure will greatly reduce the risk for heart disease and stroke.

In partnership with the Mayo Library Service, Croi launched an initiative to make home blood pressure monitors freely available to be loaned out by the public. Along with instructions for use, the monitors were loaned out 72 times in 2023.



Healthy Communities Event in Achill



Library Blood Pressure Event in Castlebar

Exercise

Over six terms in 2023, an average of 270 people attended exercise classes in Croí House every week. August marked one year of Monday Movers, Croí's community-led weekly walking group. Facilitated on a weekly basis by three dedicated volunteers, as many as 20 walkers gather at Croí House for a 60-minute walk – rain, hail or shine.

In October, 12 men linked with Galway Simon support services in Galway City joined a programme developed through a partnership with Galway Simon, supported by a Social Inclusion Grant from Galway City Council. Taking place over 8 weeks, the programme involved supervised exercise and health promotion information. The overall aim of the programme was to stimulate an achievable physical activity routine among the participants with a focus on long-term engagement in exercise.



Brid Uí Chunaigh, on the right, who experienced a stroke, takes part in the Monday Movers walks at Croí Galway (pictured here with Mary Carroll). Photo Credit: Ray Ryan from the Irish Independent.

HEART HEALTH CAMPAIGNS

Taking a multifaceted approach to our campaigns, Croí not only spreads awareness but also involves the community to encourage, empower and support healthy lifestyles, to save lives and fight heart disease and stroke in Ireland. We engage the community through educational workshops, free health check events, health fairs and partnerships with local organisations to promote cardiovascular health.



Men's Health Week 2023

Croí nurses carried out 352 blood pressure checks during Men's Health Week which took place from June 12th – 18th 2023 across Galway, Mayo and Roscommon. The Croí Walking Group and Walking Football participants took part in a series of videos for social media to highlight men's health and the importance of knowing your numbers and managing your risk factors.



Darragh Maloney, RTÉ sports presenter supporting Men's Health

Heart Valve Disease Awareness

One of Croí's notable initiatives is the "Listen to Your Heart" campaign which aims to raise awareness about heart valve disease (HVD). As part of this campaign, Croí conducts free stethoscope check events across various locations in Ireland, encouraging individuals, especially those over 65, to undergo regular heart checks. In 2023, Croí expanded the Heart Valve Disease Awareness campaign to four locations – Dublin, Mayo, Galway, and Limerick. Partnering with the Irish Nurses Cardiovascular Association and hospital cardiology and surgical teams, the campaign engaged over 1,000 people at the four events and had a reach of over 2.1 million through various media platforms.

This collaborative effort not only facilitated vital health checks but also amplified the campaign's reach through strategic media engagement, thereby significantly raising public awareness about the importance of early detection and management of heart valve disease (HVD). This initiative shows Croí's dedication to improving heart health and preventing heart disease and stroke. We do this by informing people, involving the community, and making healthcare services more accessible.



Dublin



Mayo



Galway



Limerick

World Heart Day



Croí celebrated World Heart Day with 'Heartfest,' a two-day festival of cardiovascular health and wellbeing, in collaboration with the University of Galway and supported by AstraZeneca.

The event included health checks, wellbeing talks, fitness class tasters, CPR demos, and digital health stands. With support from a World Heart Federation World Heart Day grant, Croí co-created an educational video with 6th class pupils from Galway Educate Together National School who shared their top tips for a healthy heart. Landmark buildings in Galway and Mayo, including Kylemore Abbey and Ashford Castle, along with the famous Galway Hooker, were illuminated in red to support the campaign.



Deputy Mayor, Cllr Clodagh Higgins visits 'Heartfest' at Croí House



Galway Hooker illuminated in red



Galway Educate Together National School participating in video



CPR Demonstrations at 'Heartfest'

World Stroke Day

**WORLD
STROKE
DAY** 29TH OCT

To mark World Stroke Day 2023, Croí hosted a community event in Tuam, Co. Galway, to raise awareness about stroke risk factors, symptoms, and support systems. The event, held in partnership with Community Health Care West and Surmodics, allowed attendees to interact with exhibitors offering health checks, relaxation therapies, technology demonstrations, educational resources, exercise sessions, CPR training, and more.



Aisling Harris, Croí Dietitian and Rebecca Dorsett, Croí Community Stroke Support Specialist at the World Stroke Day event in Tuam, Co. Galway.

Croí Webinars

On June 1st and June 15th, Croí hosted two webinars which generated over 1,300 registrants, several hundred watch backs, and a host of new subscribers to our weekly Croí Connects email. As part of Croí's Invisible Nation campaign, our Spotlight on Cholesterol webinar focused on the role that cholesterol plays in ASCVD, as well as highlighting inherited conditions such as FH (Familial Hypercholesterolemia) and LP(a) / Lipoprotein(a).

Two weeks later to mark World Heart Rhythm Awareness Week, Croí collaborated with Get Smart About AFib website to raise awareness about Atrial Fibrillation, the importance of a diagnosis and the importance of managing/treating it once diagnosed. Both webinars featured patients with personal experiences and clinicians with expertise in cholesterol, lipid conditions and atrial fibrillation. Their stories and insights enriched the webinars and provided beneficial content for our social media channels. By sharing clips, quotes, and key takeaways from the webinars on social media, we extended the conversation beyond the live events and encouraged ongoing discussion and awareness with our online community.

These efforts enabled Croí to use social media to increase the educational impact of our webinars, reach a wider audience, and engage the community. This approach ensures that important health messages about heart health and disease prevention are shared widely, supporting our goal of promoting cardiovascular health and wellness.

CROÍ
Fighting Heart Disease & Stroke

Invisible Nation - Spotlight on Cholesterol

Thursday, June 1st, 6 - 7pm via Zoom

FREE WEBINAR!

With expert speakers

Register now at www.croi.ie/ASCVD or call 091-544310

Supported by: NOVARTIS

CROÍ
Fighting Heart Disease & Stroke

Fingers on the Pulse for AFib Awareness

Thursday, June 15th, 7- 8pm via Zoom

FREE WEBINAR!

With expert speakers

Register now at www.croi.ie/webinars or call 091-544310

Supported by: smart AFIB



THE
COURTYARD
 APARTMENTS
 AT **CROI** HOUSE

Patient Support Accommodation

Croi Courtyard Apartments

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

In 2023, we hosted over 100 families from across Ireland, UK, Europe, USA and Australia.

Angela from Mayo stayed with us during Christmas of 2023 while her husband was undergoing surgery at University Hospital Galway (UHG).

“Thank you so much for the accommodation in the apartments. It was a home from home for our family in a time of crisis.”

Vita from Ukraine, now living in Donegal, stayed in the Croi apartments while her mother received surgery in University Hospital Galway (UHG).

“Ireland not only sheltered us from war but gave us hope for life. Thank you very much for the opportunity to stay in your apartments. It was very important for us to be close to our loved one during this difficult time. You have a kind and big heart in which there was a place for our problems. Thank you.”

To our volunteers and supporters...

Thank you!

Our volunteers are at the heart of our work, and we are grateful to those who give so generously of their time to support those living with heart disease and stroke.

There are so many ways to support our work, either through our fundraising events, public awareness events or health activity, helping the team at Croí House or volunteer drivers for our vehicles!



Stephen Hosty, Long-time Croí volunteer



Volunteers at the Croí Night Run

CROÍ ADVOCACY AND EMPOWERMENT

In February of 2023, Croí was a delighted to support the launch of a position paper by our sister organisation, the National Institute for Prevention and Cardiovascular Health (NIPC). This position paper was developed to identify and drive the healthcare policy changes needed to improve prevention and management of cardiovascular disease in Ireland, with a focus on atherosclerotic cardiovascular disease (ASCVD), heart failure and heart valve disease.

It sets out definitive actions for policymakers to prioritise cardiovascular health and take a preventive healthcare approach across the cardiovascular disease population, from early detection of risk factors in primary care to long-term management in the high-risk population – preventing heart attacks, strokes and hospitalisations, and ultimately saving thousands of lives.



Professor J. Bill Mc Evoy, Research & Medical Director, NIPC. Dr Angie Brown, Medical Director, Irish Heart Foundation. Neil Johnson, Former Chief Executive, NIPC & Croí with Minister Hildegarde Naughton.

On the 13th of June, Heart & Stroke Voice Ireland (HSVI), Ireland's first cardiovascular disease patient alliance, was launched in Dublin. The alliance, an initiative of Croí, was launched by former Minister for Health, Mary Harney. Heart & Stroke Voice Ireland (HSVI) is a patient/survivor and carer led alliance of those living with or affected by heart conditions and stroke in Ireland. It has formed under the auspices of Croí to provide a platform for the patient and carer voice and to inform and support Croí's national heart and stroke advocacy agenda under one of its key pillars of Advocacy and Empowerment.



**HEART & STROKE
VOICE
IRELAND**

HSVI's advocacy extended through various campaigns from September to October, utilising print media, local radio, and social media to promote awareness. Notably, Rachel Nohilly's story on early detection of heart valve disease featured in the Irish Examiner and Irish Independent, amplifying the call for routine stethoscope checks during GP consultations.

HSVI members were proactive during the year on patient advisory boards, contributing to resources on cardiomyopathy and research on carer outcomes for stroke survivors. Their efforts were spotlighted in a World Heart Day supplement in the Irish Independent, underscoring conditions like atherosclerotic cardiovascular disease (ASCVD) and atrial fibrillation and stressing the significance of patient participation in cardiovascular healthcare.



Neil Johnson, Croí Former CEO; Mary Harney, Former Minister for Health; David Kelly, Chair of HSVI; Heidi Kingston, Patient Advocate and Magdalena Daccord, FH Europe CEO.

In December, Croí and HSVI attended the European Parliament in Strasbourg where Croí joined the 'Vote Cardiovascular Health 2024' campaign by the European Alliance for Cardiovascular Health (EACH). The delegation engaged with Irish MEPs garnering support for a comprehensive EU (European Union) Cardiovascular Health Plan. Several Irish MEPs signed a pledge to support the establishment of an EU Cardiovascular Health Plan in the next European Parliament. Meanwhile, Croí continued its advocacy at national level, reinforcing our commitment to cardiovascular health at an Oireachtas Health Committee meeting. The focus was on issues related to cardiovascular health, stroke, heart attack, programmes, services and prevention. Croí CEO, Mark O'Donnell, highlighted the burden of cardiovascular disease in Ireland, the lack of a current National Cardiovascular Health Strategy, and the need for urgent action. He emphasised the importance of a patient-centric approach and shared insights into Croí's initiatives, including the establishment of Heart & Stroke Voice Ireland to ensure the patient voice is heard.

FUNDRAISING HIGHLIGHTS



Croí Go Red Ball

The Croí Go Red Ball was held on Friday, March 24th, at the Galmont Hotel, with title sponsor, Irish Life Health. We were delighted to welcome over 400 guests to the first Croí Ball since 2019. The night was a great success with entertainment provided by Sticks & Clicks, followed by a four-course meal, comedy with Deirdre O’Kane, and finished with dancing to Smash Hits!



Croí Corrib Charity Cycle



The 29th Croí Corrib Charity Cycle took place on June 18th and welcomed the largest participant numbers in almost 10 years with 650 people registered. As always, we are grateful to our main sponsor, Corrib Oil, and associate sponsors, Al Hayes Motors, Caragh Precision and Westside Cycles for their continued support. A big thanks to the participants, volunteers and everyone across the community who supported the event – we could not do it without you!



Croí Race Day

In its 24th year, we were delighted to welcome our friends and supporters back to the Galway Races Summer Festival for a fantastic day of racing, while raising funds for Croí.



Win a Volvo Campaign

We were delighted to bring back the Win a Volvo campaign for a 3rd year, this time giving away a fully electric Volvo XC40. With a mix of online and in-person sales, we were delighted to present the prize to Martin Badger of the Claddagh, Galway.



Croí Night Run

We were excited to welcome everyone back to Salthill for the Croí night run with our new sponsor, Benecol, for the 9th year on Friday, October 13th. Along with our Night Run ambassador, Dáithí Ó'Sé, we were joined by over 1,900 participants in Salthill and 350 taking part in various locations across the country.



Strictly For Croí

The inaugural Strictly for Croí, sponsored by The Skeff Hotel, took place on Saturday November 4th, with 22 dancers taking part and raising over €60,000 for Croí! In addition to their incredible fundraising efforts, each dancer committed to training with a professional choreographer over a 10-week period and performed 2 dances at the sell-out live event at the Galway Bay Hotel. Now planned as a bi-annual event, we look forward to bringing this back in 2025!



Judges Choice -
Kevin Ruane and Emma Carter

Strictly For Croí 2023 Winners -
Joe Clarke and Rachel McHugh

Viatrix Charity of the Year

The Croí team extends a heartfelt thank you to Viatrix Galway for being our charity partner in 2023. Congratulations to Viatrix employees for participating in various Croí events throughout the year, including the Croí Corrib Charity Cycle, the Croí Night Run, Strictly for Croí, and numerous other Viatrix-led fundraisers in aid of Croí. A fantastic €19,381.91 was raised.



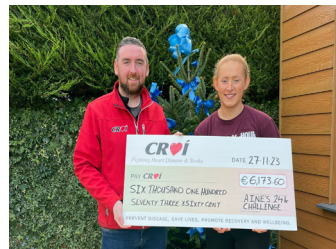
Galway Masters Basketball

Big thanks to Galway Masters Basketball for their incredible €5,000 donation to Croí, raised at their Gala Dinner in November! Throughout 2023, our health team provided vital health checks at tournaments in Kilkenny, Dublin and Galway, supporting players aged 40+, 50+ and 60+. Together, we're making strides in heart health awareness!



Áine's 24-Hour Challenge

Croí would like to express huge thanks to Áine Keane who organised a 24-hour challenge in aid of Croí and Gort Cancer Support. On November 4th, Áine, along with others, ran/walked 2km every hour for 24 hours. Thank you to everyone who supported Áine along the way! An amazing €6,173.60 was raised to help Croí lead the fight against heart disease and stroke.



The Sean McGuinness Memorial

Croí would like to thank Homecare Medical for organising the Sean McGuinness Memorial Climb and New York City Marathon in memory of their dear colleague and friend, Sean McGuinness, in aid of Croí. The two events collectively raised over €13,000 for Croí. Well done to everyone who completed the Croagh Patrick Climb, and a special acknowledgement to Sean's daughter, Gillian, and her fiancé, Kevin, for participating in the New York City Marathon. Thank you to all who supported the fundraiser!

Connacht Hospitality Group Golf Classic

We are grateful to the Connacht Hospitality Group for hosting the first annual Golf Classic in aid of Croí. Over 30 teams took part in the Golf AM AM at the picturesque Galway Bay Golf Club, which was followed by a prizegiving dinner and auction in the newly refurbished Club House. Now an annual event, we are grateful to the team for raising almost €24,000 in their first year!

Aoifáine Ní Laoi Memorial

Fundraising campaign in memory of Aoifáine Ní Laoi

Buíochas ó chroí le clann Uí Laoi agus chuile dhuine a bhí páirteach sa bhfeactas bailiúcháin airgid i gcuimhne Aoifáine Ní Laoi. Ba mhaith linn freisin ár mbuíochas a ghlacadh le chuile dhuine a thug sintiús do Chroí i onóir Aoifáine, tá muid fíor-bhuíoch go deo!



Heartfelt thanks to the Lee Family and everyone who supported the fundraising campaign in memory of Aoifáine Ní Laoi. Sincere thanks also to everyone that donated in honour of Aoifáine, we are so grateful of the support.

Kavanagh's SuperValu Colour Run

Proudly supported by the Kavanagh Group, the 2nd annual Kavanagh's SuperValu Colour Run welcomed over 300 people to Westport House to run, jog or walk to mark World Heart Month and raise much needed funds for those living with heart disease and stroke. This event is quickly becoming a family favourite as all ages take part in this colourful and fun event!



FINANCIALS



Croí's total income for 2023 was €2,400,000, of which €1,616,000 was achieved through fundraising, donations and sponsorships. In addition, €272,000 was received through grant support from the Health Service Executive 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 €512,000 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.
- Croí Connects telephone support line and weekly online chat service, offering access to those living with cardiovascular disease to our healthcare professionals.
- 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.

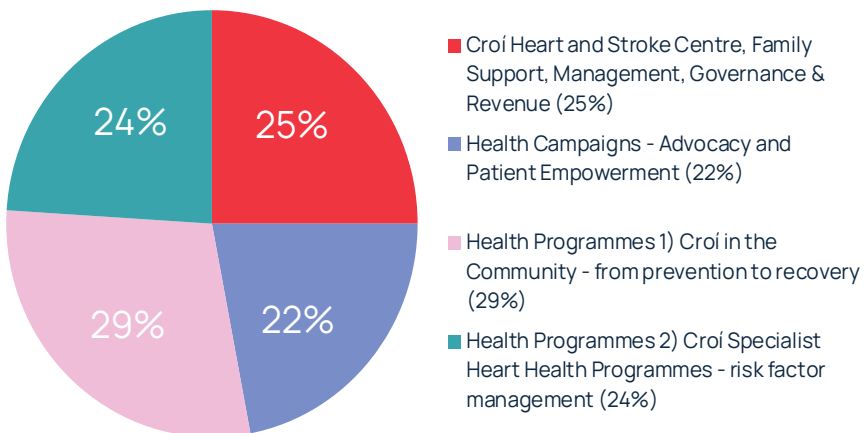
We are here to serve our community.

Thank you for supporting Croi

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



**Al Hayes
Motors Ltd.**



Rialtas na hÉireann
Government of Ireland





James P.
Cunningham
Electrical Ltd.



Croí, Heart & Stroke Centre, Newcastle, Galway, H91 FF68
091 544310 | info@croi.ie | www.croi.ie
Registered Charity Number: 20016616

@croiheartstroke

