



**NIC 108865**

## **Paul's Legacy**

### **Annual Report 2023– 24**

#### **Aims**

Paul's Legacy, which was established in May 2021, has been set up in memory of Paul Murray who died suddenly from a cardiac arrest, aged 50, due to cardiomyopathy.

Paul was all about making life better. His warmth, wit and legendary sense of humour made anything seem possible. Our aim is to honour Paul by helping to prevent further loss of life from heart conditions in our local area. Paul was proud to be from the Causeway Coast and we intend to continue his legacy by contributing to our local community in his name through the following charitable activities:

- Raising awareness of heart conditions
  - Providing free heart screening
- Increasing the number of registered, working and available defibrillators in our locality

### **Money Matters**

**Income from Fundraising and Donations to 31st March 2024**

**£9610.08**

**Expenditure to 31<sup>st</sup> March 2024**

**£9716.85**

### **Our Achievements (to 31<sup>st</sup> March 2024)**

**Fundraising and Awareness Raising Events run by Paul's Legacy**

- April 2023: CPR and Defibrillator training with MKB Medical Services in Coleraine
- August 2023: two-day heart screening in association with CRY NI at Irish Society Primary School, Coleraine
- September 2023: Coffee Morning fundraising Beckett Avenue, Ballymoney
- November 2023: CPR and Defibrillator training with MKB Medical Services in Ballymoney

**We were also delighted to be involved in the following events:**

- June 2023: 12 hour sponsored swim with Coleraine Swimming Club and Coleraine Leisure Centre.
- August 2023: Pub quiz with Railway Arms, Coleraine to raise money for defibrillator.

All these events and activities raised funds for our community's aims and provided public platforms for us to increase awareness of heart conditions.

### Contribution to our Community

To continue our **raising awareness of heart conditions**, we have used social media to highlight the importance of heart screening to detect heart conditions and high-profile cardiac arrests and survivals.

We have published leaflets regarding our charity which can be distributed at charity events.

To continue our **Defibrillator Campaign**, we have purchased and distributed defibrillators to the following organisations:

- Railway Arms, Coleraine
- Beckett Park residential area, Ballymoney
- Killowen House and surrounding area, Coleraine

To continue our **Heart Screening Campaign**, we carried out a two-day heart screening event in association with CRY NI in Coleraine. This resulted in 184 screenings and 22 follow up investigations.

### Our Thanks

Our work is made possible by the continued and overwhelming support that we have received from our community. We thank every person who has voiced support, attended events for made donations. Amongst many others who helped us to achieve our goals during the 2023 to 24 financial year, we thank:

- CRY Northern Ireland
- Benvardin Flute Band
- Coleraine Swimming Club
- Coleraine Leisure Centre
  - Sign IT, Coleraine
- Eakin Health Care, Coleraine
  - Railway Arms, Coleraine
- Kilraughts Reformed Presbyterian Church, Ballymoney

- Margaret and Brian wedding favours
  - The Portstewart Golf Club
- The family of the late Sammy Irwin
  - Kelly Stockman and Gateway
  - Just Giving contributions
  - Irish Society Primary School
- Coleraine and Ballymoney Chronicle

### **Our Plans**

- To continue to raise awareness of heart conditions by highlighting and sharing our charity and other relevant information and advice regarding heart conditions and saving lives.
- To continue our defibrillator campaign by raising funds and installing defibrillators which are available 24 hours a day, working and registered on the circuit.
- To provide free heart screenings – the next planned for June 2025.
- To continue to support our local community by providing regular and effective CPR and Defibrillator training.

### **Trustees**

Leanne Stewart Murray (Chair)

Connery McGill

(Trustees do not receive payment or claim expenses)

***Anything's Possible***