

GAISCE Challenge

The Irish Heart Foundation has been a GAISCE challenge partner since 2017. Within GAISCE, Community Involvement is all about giving back to the community. Whatever passions you may have: care and concern for the environment; a love of animals; or a desire to make a difference to the lives of those less fortunate than you, the Community Involvement section gives you the chance to make a difference. Could you raise awareness of the FAST message and Irish Heart Foundation in your community?

Below is a template you may wish to use or develop your own;

- Send the FAST letter template on the next page and promotional materials to your local sports clubs and community groups (1 hour per week for 3 weeks). Tell 5 people you know about the FAST campaign.
- Carry out a FAST survey in your community. Research survey tools, design and carry out a survey and finally analysis the results and findings. Communicate any results or interesting findings to the community (1 hour per week for 3 weeks).
- Host an online awareness session with different groups using the resources in this pack to raise awareness of the FAST message and the signs/symptoms of stroke (1 hour per week for 3 weeks).
- Host an online awareness session with different groups to provide CPR training using the CPR for Schools train the trainer model (1 hours per week for 3 weeks).

Week 1- 3	Send FAST letter	Send FAST letter	Send FAST letter
Week 4 - 6	Research & Design Survey	Carry out Survey	Analysis Survey Findings
Week 7 - 9	Online Stroke Awareness Session	Online CPR Session	Online Stroke Awareness Session
Week 10 - 13	Online CPR Session	Online Stroke Awareness Session	Online CPR Session
	Create collage of all events		