



## BOB MURRAY



It is with great regret that ILFA has to announce the death of one of our Committee members Mr. Bob Murray. Bob, also known as Robert E Murray, died peacefully at his home in Mount Merrion in August.

Bob was an active and dedicated member of ILFA's Managing Committee for many years. As well as his practical and wise advice at committee meetings he championed ILFA in a number of areas most notably in a lengthy interview published in The Farmer's Journal.

Born in Armagh in 1927 Bob worked for many years in the animal food industry, mainly in Paul and Vincent and later in Unilever.

Bob never complained and, having been diagnosed some years ago with Lung Fibrosis, he faced up to this with stoic acceptance. In his last months he was buoyed up by the tender love and comfort of his beloved wife, Betty.

Ever the gentleman, ever courteous and affable, Bob will be missed by us all in ILFA.

Terence Moran, Chairman

## ILFA INFORMATION DAY

***The 2009 ILFA Information Day will be held on Saturday 21st November 2009 in the Auditorium of Cork University Hospital, Wilton, Cork. (The auditorium is off the main foyer of the hospital.)***

This is the first time the Information Day will be held outside Dublin and we hope it will provide an opportunity for members in the southern part of the country, who have not been able to travel to Dublin, to come together for information, advice and mutual support.

The day will start at 10.00am and will continue until 2.00pm

The programme will include contributions from Consultant Respiratory Physicians, Dr. Michael Henry of CUH, and Professor Jim Egan of The Mater Hospital in Dublin and from Consultant Rheumatologist, Dr. Sinead Harney of CUH.

Irene Byrne, Physiotherapist, will give practical advice and tips on how to make the best of life with IPF.

As usual the Day will finish with a Question and Answer Session and light refreshments will be provided after the meeting.

***"Patients, families and carers from any part of the country are all welcome to come along, as are health care professionals who are involved in caring for patients with IPF or connective tissue disease."***



SOME OF THE AUDIENCE AND SPEAKERS AT THE ILFA OPEN DAY 2008

### A NEW ADDITION TO THE ILFA TEAM



LORNA MURPHY has recently joined ILFA and Professor Jim Egan's team at the Mater Hospital in Dublin where she will be the lead role as Clinical Nurse Specialist in fibrosing lung diseases. She will be a point of contact for patients and their families by offering specialist nursing care, advice, education and support on all aspects of their illness.

Lorna is a registered nurse who completed her degree in 1999 at the University of Plymouth UK. On her return home to Ireland she began her speciality training in Intensive Care which she completed in Australia in 2002. Lorna's interest in research began when she commenced her postgraduate Master of Population and Global Health in 2006 and she has since worked as a clinical nurse specialist, community nurse and research co-ordinator in areas of Respiratory Medicine.

*Lorna can be contacted in the Mater at  
(01) 716 6391 or on the ILFA number  
(086) 871 52 46.*

### ILFA HAS A NEW ADDRESS

Our new address is ILFA,  
P.O. Box 10456, Blackrock,  
Co. Dublin

If you want to contact us by phone  
ILFA's phone number is  
(086) 871 52 64  
or email us at [info@ilfa.ie](mailto:info@ilfa.ie)

## ANNUAL ILFA SWIM

*The next ANNUAL ILFA SWIM will take place on New Year's Day 2010 at 12.00noon at Sandycove Pier. Let's hope the weather will be as kind to us as it was last year!*

ILFA would like to say a huge thank you to all our intrepid regulars who turned up in Sandycove on St. Stephen's Day 2008 including Shirley Piggins, Raymond Walker, Susan Hood, Victor Coe, Chloe Meehan, Rosanna Cooney, Honora Ni Chriogain and Delphine Kelly. It was good to have the continuing support of Aidan O'Sullivan and members of his family. Members of the Orr family were represented by Diane, Fiona and Jean and the Keane family were out in force with Giles, Tabby and Julie braving the cold for us.

Special thanks are due to Colin Ireland for acting as life guard, Eric Rankin for registering the swimmers, Chris and Philip Meehan for collecting and Marie Sheridan for taking photos for the website and organising the new ILFA swimming caps. Last but not least thanks are due to the supporters who turned out in great numbers and to the Eagles House for generously providing mulled wine to the assembled company afterwards.

We hope to see you all again on the pier at Sandycove on New Year's Day.



*OVER IN BETTYSTOWN Ann Reynolds (on right) with her hardy band of supporters took to the waves for ILFA*



*FRIENDS OF OLIVIA MC CANN*

## WOMEN'S MINI-MARATHON 2009

**June 1st 2009 was a glorious day: sunshine, blue skies, and warm temperatures. The perfect conditions for a mini-marathon!**

Around 40 ILFA ladies (and a few men) gathered at our meeting point at Leeson Street Church at 2pm. It was wonderful to see so many people wearing ILFA T-shirts.



We had women from all over Ireland taking part in this year's event as well as some overseas visitors: Carol and Jenny travelled from England, Eileen came from Scotland, and we had a French contingent made up of Stephanie, Marie-Claude & Clarisse. Special thanks are extended to those of you who travelled long distances to join our group.

This year we were joined by a group of 36 ladies who raised money for ILFA in memory of Olivia McCann who sadly passed away this year. Special thanks are extended to Carla Moran, Catherine McCann, and Paul Farrelly and members of their families for organising this impressive group.

"What a day and night we had. In true Olivia style we lived it to the full and thoroughly enjoyed ourselves. I am happy to report that we all crossed the finishing line. Thank you so much to you all for taking part. Thank you also for the many messages of support we received for the day itself, you ran with us in spirit. We have raised over €10,000 for the ILFA, a remarkable achievement"  
*Carla Moran, Dublin.*

After the mini-marathon, refreshments were served in the Duke Pub. They were well deserved and much appreciated.

One extraordinary lady who deserves a special mention is Mary O'Connor (ILFA Secretary) who completed the course with her sister Clare. Mary was celebrating the third anniversary of her lung transplant on June 1st. Well done and many congratulations Mary!

The mini-marathon is a special day for all those involved. Well done to everybody on Team ILFA on your remarkable achievements! ILFA are indebted to everybody who took part, fund-raised, or sponsored their friends and loved ones. Thank you so much for all your dedication, support and generosity.

***Next year's event will take place on Monday June 7th. A new date for your diary! We hope to see you then!***

If there are any WMM funds still outstanding please forward them to the Treasurer ILFA, c/o 4 Trafalgar Terrace, Monkstown, Co. Dublin.



*Cora Farrelly was our youngest supporter and she looked absolutely gorgeous in her customised ILFA t-shirt.*



**CAROL WALSH AND HER FRIEND JENNY**



*Helen Durney and her stalwart team from Kildare travelled to Dublin once again to take part and raise funds for ILFA.*



**Here come the girls!**

## MOUNTMELICK CYCLE

Brian Cosgrave



*JIM EGAN AND TOM FLYNN WERE AMONG THE GROUP WHO CYCLED FROM MOUNTMELICK TO THE MATER TO RAISE FUNDS FOR ILFA*

On Saturday 30 May a group of 14 cyclists left Mountmellick to head for the Mater Hospital in Dublin and to raise money for the Irish Heart Foundation, the Irish Lung Fibrosis Association and the Heart and Lung Unit in the Mater Hospital. It was a beautiful sunny day and all fourteen cyclists completed the route via Kildare town, Newbridge, and Naas. We had twelve helpers along the route organising bucket collections. Around four hours later all cyclists arrived safely outside the Mater Hospital in Dublin.

Tom Flynn, the chief organiser of the cycle, underwent a lung transplant operation in the Mater Hospital in 2005. Tom had lung fibrosis and this was his way of saying thanks to the charities and staff of the Mater Hospital.

Joe Cosgrave, one of the helpers, had a double heart by-pass in 2008. Helping to raise funds for the Irish Heart Foundation was his way of saying thanks.

A special thanks to Professor Jim Egan who came down from Dublin to cycle with us; it was a great morale boost for the group to have him cycling alongside us.

Thanks also to all the helpers and cyclists who took part on the day. Also we would like to thank the charity groups who provided t-shirts, balloons, and collection buckets for the event, so to Nicola Cassidy of the ILFA, and to Tanya Comber of the Irish Heart Foundation a big thank you as well.

### WICKLOW 200km CYCLING CHALLENGE

A group of 30 cyclists led by Professor Jim Egan took on the Wicklow 200km Cycling Challenge again this year to raise funds for ILFA.

Professor Egan said: "It was a tough day with the first of the team members arriving back in Belfield after eight hours and the last ones in just under eleven hours. The cold north-easterly wind which we had to face on the homeward leg from Rathdrum made it even tougher than usual."

The cyclists had completed three significant climbs before they got as far as Rathdrum – the Sally Gap, Slieve Meann and the Shay Elliott.

ILFA appreciates the effort they made and congratulates them on their achievement.



*SOME OF THE TEAM DISCUSSING TACTICS BEFORE THE CYCLE*