

ANNUAL REPORT

IRISH LUNG FIBROSIS ASSOCIATION

2021



Irish Lung Fibrosis Association
www.ilfa.ie

Company registration number 367940
Registered charity number 20053437
Charitable exemption number CHY 15462

Company Details

Irish Lung Fibrosis Association (ILFA)

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Registered charity number 20053437

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Auditors

The appointed auditors for the Irish Lung Fibrosis Association are

Whiteside Cullinan, Molesworth House, South Frederick Street, Dublin 2

Foreword

The Irish Lung Fibrosis Association (ILFA) was set up in 2002 to provide support to people diagnosed with pulmonary fibrosis, as well as to provide education and research into the condition. The charity was founded by a small group of volunteers with high aspirations including Nicola Goodbody, the late Terence Moran, Marie Sheridan, and Professor Jim Egan.

Over the years the charity has flourished thanks to the hard work, commitment and dedication of the current and past volunteers who joined the ILFA. It takes lots of planning, preparation, organisation, time, and effort to deliver ILFA's aims and mission, and support our stakeholders' needs. I am extremely grateful to the team for their unwavering support, loyalty, and hard work behind the scenes for ILFA. Special thanks to Gemma O'Dowd and Anne Griffin (who joined ILFA in 2021) for all their hard work for ILFA.

At the end of 2021, ILFA's Honorary Treasurer Marie Sheridan resigned her position after many years of service to ILFA over 2 separate terms of office. Marie was incredibly dedicated to ILFA and performed her duties to the highest standards with professionalism and diligence. I am enormously grateful to Marie for all her contributions to ILFA in terms of expertise, professionalism, and conscientiousness. The ILFA Board would like to extend our sincere thanks and best wishes to Marie.

I also wish to extend my thanks to everyone who works with the charity in a healthcare professional capacity to support ILFA's online programmes such as our highly valued online exercise classes, virtual Patient Information Days, "Let's Talk" sessions and other activities. We are so fortunate to work with great individuals who want to make a difference to the lives of lung fibrosis patients, and we value this great support.

ILFA's successes would not have been possible without our amazing fundraisers. Over the course of 2021, many of you have supported our work by organising or taking part in fundraising activities that have not only raised vital funds but also raised valuable awareness of lung fibrosis. In 2022, ILFA will reach our 20th anniversary and we look forward to continuing our work into the future with your continued help and support.

In 2021, we received amazing support from some notable fundraisers and activities including the Dublin Footballers' Pedal the Perimeter of Ireland cycle, the Walk for Christine organised by Theatre Staff at Connolly Hospital, The Classic at Waterford Castle Golf Club, Isabel Beacom's 100km in December, and the West Kerry Tractor Run among

others. These events are highlighted later in the Annual Report and featured in the ILFA newsletters in 2021.

In July and August 2021, the ILFA Board and a small number of volunteers and fundraisers took part in a set of virtual meetings as part of ILFA's Strategic Planning for the next 5-years. I am very grateful to Tony Shone (Invsio Ltd.) for his help and guidance and facilitating the meetings and to Amy Boulstridge for help preparing the documentation and Strategic Plan.

I am indebted to the ILFA Board members for their help and support over the year. We were delighted to welcome Patricia Jones as a new Board Member in 2021. The dedication, hard work and commitment of the ILFA Board has helped greatly to enable ILFA to function to the best of our ability and support patients, families, and respiratory healthcare professionals.

Eddie Cassidy

ILFA Chair

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About ILFA

The Irish Lung Fibrosis Association (ILFA) was founded as a charity and company limited by guarantee in 2002 to honour the memory of Fergus Goodbody who died from lung fibrosis.

ILFA was set up by Nicky Goodbody, the late Terence Moran, Marie Sheridan, and Professor Jim Egan. The primary aims of the Irish Lung Fibrosis Association are to provide a source of information and support to people with the condition, and to promote education and support research. ILFA is funded solely by donations and fundraising activities. The fundraising efforts of our supporters are vitally important to enable ILFA to continue our work. ILFA is registered with the Companies Office and the Charities Regulatory Authority. Our financial accounts are audited every year and submitted to the Companies Office following our annual general meeting and are published on the ILFA website (www.ilfa.ie).

Directors and Board Members

ILFA's directors and board members are all volunteers who have personal experience of lung fibrosis, and respiratory healthcare professionals with a special interest in lung fibrosis.

In 2021, the ILFA board members were Eddie Cassidy (Chair, Director), Liam Galvin (Director), Professor Jim Egan (Director), Nicola Cassidy (Director), Michael Geoghegan (Secretary), Dr Kate O'Reilly, Marie McGowan, Lynn Fox, Patricia Jones and Lindsay Brown.

ILFA Board Meetings

Since the arrival of the covid-19 pandemic, the board hold regular online meetings via Zoom. The Board meets approximately every 4-6 weeks. Thankfully, virtual meetings have been hugely successful for us as a board and will continue for the future.

ILFA's Mission Statement

Vision

Our vision is to enhance the quality of life for individuals and families living with lung fibrosis.

Mission

Our mission is to help individuals and families living with lung fibrosis, and the healthcare staff caring for them, by providing evidence-based information, support and practical resources, and to contribute to awareness, education and research in lung fibrosis.

Values

People are at our heart | We promote person-centred care and respect and value every individual.

We promote a positive approach to health and well-being to empower individuals.

We connect people and help build trusted relationships.

Compassion

We help, advise, inform, and support individual's choices and decisions.

We treat everyone professionally and with dignity and empathy.

We engage with our stakeholders to understand and prioritise their unmet needs

Governance

Good governance is essential for charities and involves putting systems and processes in place to ensure that the charity achieves its charitable objectives with integrity and is managed in an effective, efficient, accountable, and transparent way.

The Directors and Board of the Irish Lung Fibrosis Association (ILFA) are responsible for the running of the charity in a voluntary capacity and to the highest professional standards. The ILFA board is fully committed to operating the organisation with high standards of good practice and transparency, to delivering the charity's mission statement, its goals, and values, to fulfilling our legal requirements, and maintaining the trust, confidence and support of our members, fundraisers, volunteers, donors, and other stakeholders.

The Board aims to meet our compliance responsibilities by applying the appropriate policies and procedures necessary to ensure that our organisation is run effectively, efficiently, and transparently.

ILFA is fully compliant with the following voluntary codes, best practice models and statutory obligations:

Charities Regulatory Authority: ILFA is registered with the Charities Regulatory Authority (www.charitiesregulator.ie) and listed on the Charities Regulatory Authority

Register of Charities (Charity Registration Number 20053437) in the Republic of Ireland.

The Regulation of Lobbying Act 2015: ILFA is registered on the Register of Lobbying website which is maintained by the Standards Commission (www.lobbying.ie) and provides information to the Standards Commission about our lobbying activities three times a year.

Irish Revenue Commissioners: ILFA is an approved charity with the Irish Revenue Commissioners, registered charity number CHY10456

Good Fundraising Principles: ILFA is compliant with the standards contained within the Statement of Guiding Principles for fundraising (https://www.charitiesinstituteireland.ie/uploads/default/files/5_603292d04d66f.pdf)

Transparent auditing and account reporting: ILFA prepares an annual report and financial statements. We make our annual independently audited accounts available on our website.

ILFA continues to work to achieving full compliance with the Charities Governance Code and it is expected to complete the process in the first quarter of 2022.

Finance - ILFA Treasurer's Report

The Irish Lung Fibrosis Association is committed to the utmost transparency and accountability to our members and fundraisers for whose support we are very grateful. Our annual audited accounts are available on our website as soon as they are signed off by our auditors alongside the audited accounts for previous years.

In common with all charities, due to Covid-19, 2021 was another difficult and challenging year with many of the events from which we previously raised funds being cancelled or taking place virtually. Thankfully with the easing of public health restrictions and the ingenuity of our many fundraising supporters, many diverse ways were identified to raise funds and ILFA expanded our use of online funding platforms.

The calendar year for our latest audited accounts is from 1st January 2021 to 31 December 2021.

In this period, we had a revenue of €163,715 which after costs saw a surplus of income over expenditure of €33,216. Our balance sheet shows net reserves brought forward as of 31st of December 2021 of €339, 871.

Apart from some events and projects that were funded by corporate companies and grants, our income came entirely from community fundraising and the generosity of our supporters. In the period to 31st of December 2021, we received State funding of €4,620 from the National Lottery.

We have no employees; the day to day running of the charity is carried out by two administrative assistants (both independent self-employed consultants) with ad hoc help from others as required.

In the year to 31 December 2021, the cost of administrative consultants, projects, online activities, postage, printing, office, and general expenses came to €130, 499. Overall, the Irish Lung Fibrosis Association remains viable going forward in its mission and objectives. It retains cash reserves that would be available to continue its work if the unpredictable nature of community funding sees either a temporary or prolonged tail off in charitable donations.

This report was written by Liam Galvin, a director of ILFA who is acting as Interim Treasurer, and he and ILFA's Directors wish to acknowledge the hard work in preparing the accounts for 2021 one by our long-time Treasurer Marie Sheridan who stepped down at the end of 2021.

Advocacy Activities

Irish Donor Network Activities

The Irish Donor Network (IDN) is a group of patient organisations who advocate for organ donation and transplantation in Ireland. The patient groups include Cystic Fibrosis Ireland; COPD Support Ireland; Cystinosis Ireland; Children's Liver Group, the Irish Lung Fibrosis Association; the Irish Thoracic Society; the Irish Heart and Lung Transplant Association; and Alpha-1 Foundation Ireland. On 30th September, the IDN issued a press release to express deep concern at significant decline in transplantation and organ donation rates and call for a range of measures from the government. The press release highlighted some important data in relation to organ donation and transplantation.

- Organ transplant rate decreased by 32% in 2020 compared with 2019 with deceased organ donation rate down by 27%
- Ireland was placed 18th out of EU 28 countries for transplants in 2020 (down from 14th place in 2019)
- Ireland was placed 17th out of EU 28 countries for deceased organ donation in 2020

The IDN called on the Government to revive organ donation and transplantation in Ireland by developing a plan to bring Ireland into the Top 10 EU countries for transplantation and organ donation; increasing investment in facilities and staffing; and enacting the Human Tissue Bill to introduce soft opt-out organ donation. In Ireland, data from Organ Donation Transplant Ireland revealed that:

- All lung transplants down 58.2% in 2020 compared with 2019
- All heart transplants down 42% in 2020 compared with 2019
- All liver transplants down 44.9% in 2020 compared with 2019
- All kidney transplants, from both living and deceased donors, are down 21.3% compared with 2019

The IDN has repeatedly called for the urgent enactment of the Human Tissue Bill and soft opt-out organ donation to make more organs available for transplantation, as per the commitments of the current and previous Programmes for Government. There is a need to accelerate the full return of all transplant facilities used for COVID-19 (and those impacted by COVID-19) for their original transplant purpose

Covid-19 Health Communications Stakeholder Support

As part of the national response to Covid-19, the Department of Health, the Department of Rural and Community Development and the HSE set up a national stakeholder group to support patient organisations, community groups and other stakeholders representing some of the most vulnerable and elderly members of society. ILFA is part of the stakeholder network, and the authorities are keeping in regular email contact with all the stakeholders to provide us with the most up to date information, prevention materials and content for social media posts.

Anail Conference 2021

The Anail Respiratory Nursing Conference took place virtually on 17th September. Nicola Cassidy, ILFA Director, gave an update on ILFA's recent news and events and began by thanking all the healthcare professionals for their incredible efforts during the pandemic. ILFA is grateful to Anail for the opportunity to raise awareness about our work.

Medical Publications

British Medical Journal Supportive & Palliative Care

ILFA's patient centred research entitled "Fibrotic interstitial lung disease - palliative care needs: a World-Café qualitative study" was published in the British Medical Journal Supportive & Palliative Care in October 2021.

The paper describes the methodology and outcomes of the ILFA World Cafe on Palliative Care and Planning for the Future that took place in June 2018. Sincere thanks to everyone involved in this project especially the patients, carers, healthcare professionals and industry professionals who participated in the World Cafe, and the facilitators, leaders, and note-takers. Special acknowledgment to our wonderful medical writer Amy Boulstridge, who provided enormous help and support progressing the paper. Thanks also to our amazing collaborators and friends - the healthcare professionals, patients and carers who contributed to the paper.

Research Activities

Irish Thoracic Society Meeting 2021

The annual meeting of the Irish Thoracic Society took place virtually on 19th November. ILFA presented three electronic posters at the event that were based on recent research activities.

- 1. The Irish Lung Fibrosis Association's Multi-Stakeholder World Café on Pulmonary Fibrosis Services in Ireland During Covid-19 and Beyond:** This work described the methodology and results of ILFA's virtual World Café forum to identify key stakeholders' experiences of healthcare services during COVID-19 and priorities for future care. Seventy-two people participated and discussed (1) Diagnostics, (2) Healthcare Supports, (3) Psychological Support, (4) Integrated Care. Most patients experienced significant delays in diagnosis; paucity of access to dietetic advice, palliative care, social support, and psychological services for patients and caregivers, and lack of integrated care across hospital and community-based services. Post COVID-19, a blend of face-to-face and virtual care while considering patient preference could improve future healthcare access. The findings of the World Café indicate that a National Clinical Programme for pulmonary fibrosis is required to improve diagnosis and ensure equity of access for healthcare supports.
- 2. Lung fibrosis patients identify deficiencies in vital healthcare support services:** ILFA conducted an online survey from 19 July-2 August 2021 to determine the healthcare support needs and experiences of lung fibrosis patients. 99 lung fibrosis and 13 post-transplant patients responded. The results showed that essential support services are lacking for lung fibrosis patients.
42% of patients did not have a clinical nurse specialist, 62% had never been referred to a physiotherapist-led pulmonary rehabilitation programme, only 25% were referred to a dietitian and other services; social worker (9%), occupational therapist (8%), palliative care (6%), clinical psychologist (6%) and speech therapist (3%), 45% of patients had not been referred to any service
For all services, most referrals happened more than 12-months after diagnosis, but patients felt they would have benefitted from referral to the following specialties at the time of diagnosis; physiotherapist-led pulmonary rehabilitation programme (65%), dietitian (51%), clinical psychologist (45%).
- 3. Survey of pulmonary fibrosis who participated in online group exercise classes to facilitate physical activity during Covid-19 pandemic:** ILFA was delighted to collaborate with the respiratory team at University Hospital Limerick on the survey of ILFA's online exercise classes. The physiotherapist-led weekly exercise classes commenced in May 2020. 53 participants completed an online survey in May 2021 to assess the impact of the virtual classes and attitudes towards physical activity

Health Research Charities Ireland

The Irish Lung Fibrosis Association (ILFA) was accepted as a member of Health Research Charities Ireland (HRCI) in September 2021 after a successful application. HRCI is the national umbrella organisation of charities active in medical and health research, together representing over 1 million Irish patients. 40 members span many areas of health, including rare diseases and many forms of chronic illness and disability. Through support and advocacy, HRCI represents their joint interests, working with them and the wider health research community to improve health and prevent illness through research.

ILFA Research Survey

In February / March 2021 we conducted an online patient survey on access to healthcare professional services in Ireland. The results of this survey were submitted to the Irish Medical Journal for publication.

In July, we conducted an online survey to assess the online exercise programme delivered by a respiratory physiotherapist since 2020. The results of the survey were presented at the Irish Thoracic Society Meeting on 19th November 2021.

Education

Cognitive Behavioural Therapy (CBT) Training Bursaries

In February 2021, ILFA was delighted to offer educational bursaries to respiratory healthcare professionals working with lung fibrosis patients to study Cognitive Behavioural Therapy (CBT) virtually. Educational bursaries were awarded to 8 healthcare professionals and here is what they reported after completing the course.

Report from Petra Grehan

Petra Grehan, respiratory physiotherapist, Mater Misericordiae University Hospital

“I recently completed a course in CBT. My place on this course was sponsored by the Irish Lung Fibrosis Association. This course enabled me to learn the fundamentals of CBT while connecting with other professionals around the country working with people who have Lung Fibrosis. Although I have known about CBT for some time, I have not had the opportunity to study it in-depth until now. This course taught active listening and CBT interviewing skills to identify worrying thoughts that the client may be having which are limiting their participation in things such as climbing the stairs, taking medication, exercising etc. This treatment allows both the client and the care giver to peel away the layers surrounding the thought to expose why they are feeling this way. This allows for appropriate structures and exercises to overcome it to be put into place. Every client, care giver and issue are different and so it can take patience and trust to work through together, but positive outcomes are worth all the effort. Through attending this course, I have realised how beneficial this mode of treatment may be as I continue to work with those with people with Lung Fibrosis. I would like to thank ILFA for affording me the opportunity to participate in this learning.”

Report from Noreen Donoghue

Noreen Donoghue, Respiratory Clinical Nurse Specialist, Bon Secours Hospital, Galway

“I am fortunate to have just completed an ILFA sponsored Cognitive Behavioural Therapy course run by Pivotal Health. On reflection, as respiratory nurses, we are using various forms of CBT techniques (for example, breathing control, relaxation, energy conservation) in our everyday care of respiratory patients. Having completed the course I acknowledge having a better understanding of the basics of CBT which combines cognitive therapy, examining how we think, examining the things we do, and why it is useful in supporting the well-being of patients with physical conditions. When depression or anxiety is associated with a long-term physical condition such as chronic respiratory disease, and is causing isolation and negative thinking patterns, CBT techniques can help the individual understand and identify potential areas for change.”

Report from Niamh Julian

Niamh Julian, Respiratory Physiotherapist, University Hospital Limerick

“Thanks so much to ILFA for the bursary to attend Pivotal Health Cognitive Behavioural Therapy Course. This was the most enlightening piece of education I have had in a long time. It reminded me to really listen to what my patients are saying, to ask more questions within the CBT framework and when necessary to challenge unhelpful thoughts and beliefs. This can sometimes take more time in a busy clinic setting but the benefits can be really empowering and long lasting. A lot of the focus was on managing anxiety and breathlessness in a non-pharmacological way and we came away with many useful ways to help our patients with this. We delved into the topic of acceptance of a chronic condition and acceptance of a change which I also found beneficial and learned some tools to try to help with acceptance. I continue to use what I have learned in this course both in work and in my personal life. We have all needed to develop more acceptance and resilience in this past Website: www.ilfa.ie Email: info@ilfa.ie 13 year and I hope this will stand to us all as we emerge from the shadow of Covid 19. Thanks again to ILFA, Le gach dea ghui.”

Report from Carita Bramhill

Carita Bramhill, PhD candidate, Trinity College Dublin

“Thank you to ILFA for providing me with the opportunity to attend training in CBT. It is a very informative and interactive course. I was very interested to learn CBT skills having previously trained in both Psychology and Psychotherapy. This training gave me a fantastic opportunity to learn a new skill that I could use in my work with patients. I was delighted to meet with so many healthcare practitioners from around the country who are currently working in the area of Pulmonary Fibrosis. It provided an opportunity to build networks with colleagues while learning CBT skills together. I learned so many new techniques and skills from the workshop and the teachers delivering the training were fantastic. The experienced trainers provided additional resources and supplementary material to help us to develop our understanding of CBT. I gained an awareness about how CBT could be used to support patients in their day-to-day life and in managing breathlessness. I found the course hugely helpful and can see how the many skills could be translated into my work with patients and families by supporting their psychological well-being.”

Report from Deirdre Garvin

Deirdre Garvin, Respiratory Nurse Specialist, Mayo University Hospital

“I was very fortunate to be awarded the ILFA bursary to take part in the cognitive behavioural therapy course. It was an area I was very interested in, so I was delighted to be awarded the bursary to complete the course. As nurses we just want to help our patients. Often, I would feel powerless when patients brought up feelings of anxiety due to the symptoms of breathlessness and their illness. Sometimes though, we can only help by empowering others to help themselves. This course taught me how to really listen to patients, listening to how they feel and how they cope. It then gave us some tools to try and help our patients going forward. It has changed the way I approach topics with my patients, and it has given me the courage to talk more freely. I felt it was one of the most worthwhile courses I have undertaken. I would like to thank ILFA for this opportunity and really feel it will improve my practice going forward.”

Report from Elaine Craven

Elaine Craven, Advanced Nurse Practitioner, Connolly Hospital

“I would like to thank ILFA for affording me the opportunity to undertake a course in CBT. The course provided us with the basic principles of CBT and how to structure a session. These included the ‘Hot Cross Bun’ assessment to illustrate how our thoughts, feelings and emotions interact and can manifest physically. We examined how unhelpful thinking patterns can be substituted with alternative, more balanced thoughts. We learned specific cognitive techniques to question patients more effectively to help them identify their unique problems or worries. We shared behavioural techniques using Positive Self-talk, Grounding, Three Good Things, Stress Buckets, Worry Trees and many more! Living well with chronic diseases takes courage, perseverance, and acceptance. CBT uses techniques that help build self-management skills, improve relaxation and breathing patterns and promote effective coping strategies. The aim is to facilitate patients to identify unhelpful thinking by challenging their perspective to bring about positive behaviour

change. Positive psychology is an integral part of our mental and physical wellbeing and CBT skills provide a means by which patients can overcome debilitating symptoms and enjoy a healthier quality of life. The course was very enjoyable, and I would highly recommend it.”

Report from Nora McNamara

Nora McNamara, Advanced Nurse Practitioner, Tipperary University Hospital

“I am delighted to have been given the opportunity to complete the certificate in Cognitive Behavioural Therapy which was funded by ILFA. CBT is an area I have a great interest in and feel the benefits of providing it to the patients attending Tipperary University Hospital are enormous. Anxiety and depression are two areas that cause great difficulty to patients and families coping with chronic illness and breathing difficulties. It was great to hear and share experiences with colleagues around the country who have implemented CBT into their delivery of care. Carrying out the practical element provided not only me but TUH with an insight into the benefit of providing such a service, showing that psychological input is required to provide holistic care. The hope is that it becomes imbedded into the care bundle for respiratory patients suffering with chronic/acute respiratory conditions. To date I have offered CBT to patients with IPF, and the benefit was felt from the first session, I will continue to incorporate it into my daily practice. For the cohorts of patients whom I provide care it will allow me to improve their quality of life providing awareness and self-management methods for the psychological symptoms/triggers manifested by the illness. Thank you most kindly to ILFA for provided me with this opportunity.”

Report from Donna Langan

Donna Langan, Respiratory Advanced Nurse Practitioner, Galway University Hospital

“Thank you to ILFA for the amazing opportunity to undertake the Cognitive Behavioural Therapy course. It really opened my mind to a different approach in caring for people living with Interstitial Lung Disease. While I was previously doing some cognitive behavioural techniques with my patients, this course has identified how I can structure my techniques to enable the best outcome for my patients. It has given me a toolbox of approaches that I bring to my patients to help them overcome issues or worries. I would recommend this course to everyone.

Cognitive Behavioural Therapy (CBT) Training Bursaries Part 2

In October and November 2021, ILFA was delighted to offer educational bursaries to respiratory healthcare professionals working with lung fibrosis patients to study Cognitive Behavioural Therapy (CBT). Educational bursaries were awarded to 8 healthcare professionals and here is what they reported after completing the course.

Report from Grainne Murphy

Grainne Murphy, Respiratory Physiotherapist, Mater Misericordiae University Hospital

Thank you, ILFA, for providing me with the opportunity to attend the Cognitive Behavioural Therapy (CBT) course run by Pivotal Health. As a respiratory physiotherapist, I work mainly with patients who have lung fibrosis and knew that this training would give me an opportunity to learn a new skill that I could use in my work. This course allowed me to understand the basics of CBT and use CBT skills to help my patients. The course was very well run and had a good balance between theory and practice. I was able to meet with other health care professionals, virtually, working with patients with chronic respiratory conditions, from around the country. CBT helps you manage your problems by thinking more positively and can be used to support patients in managing breathlessness.

Report from Grainne Coffey

Grainne Coffey, Registered General Nurse, HDU, University Hospital, Tralee, Co Kerry

I was very fortunate to be selected by ILFA to complete CBT training recently with Pivotal Health. I thoroughly enjoyed the course, the tutors were excellent and very relatable. It helped immensely that they had years of respiratory nursing experience and were happy to share many clever strategies that they developed over time.

Importantly, I have gained a deeper understanding of how mental wellbeing influences physical health. Particularly, this CBT course has taught me practical skills in a stepwise approach of how to really help patients when their ability to self-manage is impaired by anxiety and depression. From the beginning I was intrigued and motivated to start applying the different techniques learned into everyday practice and am happy to report that these are improving with time, practice and patience. I am incredibly grateful to ILFA for this fantastic opportunity, I fully intend to tap into the valuable knowledge and skills attained from this programme for many years to come, Thank you ILFA,

Report from Carmel McInerney

Carmel McInerney, Respiratory Advanced Nurse Practitioner, Ennis Hospital

Thanks so much to ILFA for the opportunity to attend the Pivotal Health CBT Course. I thoroughly enjoyed the course and learned so much. While doing the course I realised we are already using various forms of CBT while in clinic, such as breathing techniques and energy conservation, but not in a formalised way. Having completed the course, I am

much more aware of listening to the patients and how to support them in their everyday life. I am now much more comfortable talking to patients about their worries and fears. It has been one of the most beneficial courses I have attended in a long time and would highly recommend it to a colleague. Once again thanks to ILFA for providing me with the opportunity to attend and for all the work they do for the Pulmonary Fibrosis patients.

Report from Noelle Ryan

Noelle Ryan, Clinical Nurse Specialist Respiratory, UL Hospitals, Limerick

“Thank you to ILFA for awarding me the opportunity to complete the Cognitive Behavioural Therapy (CBT) Course. Some of my colleagues here in UHL had completed it previously and found it so beneficial to their areas of practice. This course opened my eyes to a new approach and skill that I could now implement with my IPF patients and also patients with other respiratory conditions. The course provided me with the basic principles of CBT and thought me some structured techniques that I could implement into my consultations with patients like the ‘hot cross bun’ assessment. It provided me with a variety of different questioning techniques that allowed patients to express any worries, concerns or anxieties they had about their condition or just life in general. Learning from other people’s case studies on day 2 allowed us to put what we had learnt into practice and then present it in a safe confidential environment. I continue to apply what I have learnt in my daily work and interactions with patients. Thank you ILFA for the opportunity to complete this very beneficial course.”

Report from Liga Kokinia

Liga Kokina, Clinical Nurse Specialist Respiratory, UL Hospitals, Limerick

I would like to say special thank you to the ILFA for an opportunity to participate in CBT course.

This course reminded me how important is to stop for a little longer and listen the patient. Very often I would mostly concentrate on the patient physical symptoms. However, this course emphasised on the importance to listen to patient thoughts and feelings. This can be very challenging sometimes in the busy clinic, but very important to them. I have learned how to use the framework to support the patient through their chronic illness.

I continue to use these new gained skills in my professional and personal life.

Thank you ILFA!

Report from Olivia Quinn

Olivia Quinn, Respiratory Clinical Nurse Specialist, Nenagh Hospital, ULHG.

I wish to thank the ILFA for providing me with the opportunity to undertake the Cognitive Behavioural Therapy (CBT) course. The course was extremely interesting. The most beneficial aspect for me was that it is so applicable to my day to day clinical practice (and dare I say my home life too!).

CBT helps you to recognise unhelpful patterns of behaviour, and gives you tools to assist you in thinking more positively. CBT is based on the idea that the way you think about a situation affects how you feel and how you act. So, it is necessary to change both thinking (cognition) and what you do (behaviour) at the same time. As soon as the course started I could recognise, and begin to understand, why many patients develop unhelpful patterns of behaviour while trying to live with a chronic respiratory illness. I could also see how the practice of CBT might help them. For me this was particularly relevant to dyspnoea and breathlessness management, and the idea that how patients perceived their shortness of breath might determine how they lived with it – was it something that they might control, or would it control them. By using CBT, we were able to tease out the barriers to managing shortness of breath, practice more helpful ways of thinking about breathlessness, and create a more positive plan for self-managing their chronic respiratory illness.

Patient Support and Wellbeing Activities

World Café Workshop

ILFA held an online World Café workshop on Saturday 12th April with 72 stakeholders including patients, caregivers, healthcare professionals and industry partners. The aim of the event was to determine our stakeholders' experiences around care services for pulmonary fibrosis, both before and during COVID-19, and to capture ideas for future improvements.

Approximately 1,000 people in Ireland are living with pulmonary fibrosis however, ILFA is aware of inadequacies in care delivery for those diagnosed with the condition. It has been proposed that many of the issues around the accessibility and quality of care for pulmonary fibrosis could be resolved by the development of a national clinical care programme for pulmonary fibrosis, as exists for other diseases.

The National Clinical Programmes provide a framework for care delivery in the Irish health service, with the stated aim of improving the quality, access, and value of healthcare in Ireland. There are currently 31 programmes running across multiple conditions or areas of specialty. Unlike other serious lung conditions, including COPD, asthma and cystic fibrosis, there is no national clinical programme for pulmonary fibrosis.

The Irish Thoracic Society (ITS) has previously recommended the establishment of a National Clinical Programme for Idiopathic Pulmonary Fibrosis (IPF) in the 2018 update to the ITS Position Statement on the Management of IPF. Despite the publication of this important document, and from recent ILFA correspondence with the HSE, we are not aware of plans to include pulmonary fibrosis in any national clinical programme, either as a separate disease or under the umbrella of respiratory medicine.

Sing Strong for Pulmonary Fibrosis

Sing Strong for Pulmonary Fibrosis classes with Choir Mistress Ciara Meade commenced on Wednesday 20 October 2021.

Research has shown that singing for lung health classes that are delivered by a trained specialist provide valuable psychological and social benefits to people living with respiratory conditions. Some of the benefits include improvement breathing control and management of breathlessness, relief of anxiety, and fun, enjoyment, and social interaction. A good singing voice is not a requirement to join the class and thanks to the virtual nature of the programme, participants sing (muted) from the comfort of their home, while training and exercising their breathing muscles.

Online Exercise Classes with ILFA

A weekly Pulmonary Rehabilitation Class for Lung Fibrosis patients takes place online every Monday and Thursday morning at 11am. The class is delivered by Petra Grehan (Respiratory Physiotherapist). Everyone is welcome to join from the comfort of their own home. The feedback from patients for these activities has been so positive, we thought we would share the quotes with you. ILFA would also like to thank Petra Grehan, Respiratory Physiotherapist at the Mater Misericordiae University Hospital, who facilitated some classes when Gordon Gagney was unavailable.

Several online yoga classes were delivered by ILFA Patron Michael Darragh Macauley to patients and caregivers. In December, our yoga Zoomed in from Sri Lanka to deliver the class to participants from all over Ireland.

Feedback received from participants

During the summer months, we conducted a survey of patients who have participated in ILFA's online exercise classes. The feedback was overwhelmingly positive and some of the comments received are included below.

"I love every minute of the classes. They have been a real game changer for me. It has turned my life around for the better."

"I enjoy the classes and feel I've benefited."

"This regular weekly class makes it more likely for me to exercise more often. The combination of weights and cardio exercises means overall exercise is done in a safe environment with a professional physiotherapist in a hospital setting."

"The value of these classes is not only physical, but there are also enormous psychological and emotional benefits. They create a sense of wellbeing."

"Having attended a range of pulmonary rehabilitation/exercise classes over the years, the ILFA online pulmonary rehab class excels compared with all of them." "I enjoy the class. It motivates people to exercise."

"It's just so critical for IPF patients to stay fit and healthy."

"It's extremely useful for people living in isolated areas of the country where there are very few exercise classes available."

"It's excellent, being instructive, supportive and facilitating routine. It encourages participants to take a proactive, involved and self-managed perspective to their condition."

Virtual Patient Information Days

In 2021, ILFA held three Patient Information Days. All three events took place via Zoom and we are grateful to Justin Dawson for providing technical support at each of the events. ILFA would like to thank all the speakers who contributed their time and expertise to speak at our Patient Information Days. We would also like to thank the HSE National Lottery Grant for funding received towards the Patient Information Day in September and to Boehringer Ingelheim for supporting the November event.

The presentations delivered at the Patient Information Days were recorded and are available to watch online on the ILFA YouTube channel.

The first Patient Information Day of 2021 was held virtually via Zoom on Saturday 27th February 2021. We had a great line up of speakers including,

Dr Kate O'Reilly - Respiratory Consultant, Beaumont Hospital

Professor Simon Walsh – Consultant Radiologist at the National Heart and Lung Institute, Imperial College London

Gordon Gagney - Physiotherapist, University Hospital Limerick

Professor Bernard Mahon – Professor of Immunology at Maynooth University,

Paula Ryan – Advanced Nurse Practitioner in Respiratory, University Hospital Limerick and Moya Brennan from Clannad.

The second Patient Information Day of 2021 took place online on Saturday 11th September at 11am.

Our speakers included:

Professor Killian Hurley - Respiratory Consultant, Beaumont Hospital

Dr Anne Marie Russell - Senior Lecturer & Research Lead, University of Exeter

Dr Kate Devenney - Physiotherapist, School of Allied Health, University of Limerick

Professor John Baugh - Research Lead, UCD School of Medicine and UCD Conway Institute of Biomolecular and Biomedical Research

ILFA's third online Patient Information Day took place on Saturday 13th November 2021.

Dr Aidan O'Brien - Consultant Respiratory Physician at University Hospital Limerick

Grainne Murphy - Medical Respiratory Senior Physiotherapist, Mater Misericordiae Hospital

Maria Love, End of Life Coordinator - Mater Misericordiae Hospital

Patricia Jones - Respiratory Clinical Nurse Specialist, St Vincent's University Hospital

Dr Cian O'Leary - Pharmaceutics Lecturer, School of Pharmacy & Biomolecular Sciences, Royal College of Surgeons in Ireland

Annette Cremin, Kerry.

Feedback from attendees

"Firstly, I'd like to thank you and the speakers, technicians, facilitators, and all involved in presenting Saturday's Patient Information Day. I am truly grateful for the open and generous sharing of knowledge, and I know that it will enable me to navigate my disease with greater understanding and confidence. Although I only joined ILFA a few short weeks ago, I have benefitted greatly from the exceptional work of the association. Thank you all."

"Excellent Patient Information Day, many thanks to all involved, very helpful and informative. Well done!"

"Great patient information day. I really enjoyed listening to the speakers. Very informative and thanks to ILFA for organising everything."

"Excellent presentations from all involved and hugely informative. Thank you, ILFA, for all you do!"

"I want to thank you for the excellent webinar on Saturday. This condition takes a lot away from us but projects like that are so helpful and it feels empowering to have access to such presentations."

“Let’s talk” online sessions

The “Let’s Talk” meetings take place approximately every 6-weeks and an invited speaker discusses a topic(s) related to their specialist field and answers questions. The meetings usually last 60-75 minutes and are lively, interactive, sociable, and light-hearted. The sessions that have taken place to date are summarised below. We are fortunate to have many healthcare professionals who are willing to share their time and expertise with us.

"Let's Talk Supportive Care for Pulmonary Fibrosis"

On 13th May 2021, Catherine McGeoghegan and Deirdre O'Flaherty, Respiratory Nurse Specialists, at Beaumont Hospital took part in ILFA's "Let's Talk Supportive Care for Pulmonary Fibrosis" session. 39 people joined online, and all appreciated the information and valuable advice from Catherine and Deirdre.

Here is some of the feedback received; -

"Thanks. Very good presentation from Dee and Catherine and all so supportive" –

"The patients with access to centres of excellence are lucky. My experience with my nurse is that she is so accessible and that gives me confidence and helps with the challenges I have from time to time!"

Thank you, Dee, Catherine, and Gemma. A very knowledgeable and informative session and the references will be great to have.

"Thank you for a very interesting and educational talk".

"Let's Talk: Lung Fibrosis - Questions and Answers"

On Friday 18th June, Dr Abhilash Sahadevan, Interstitial Lung Disease Fellow at St Vincent's Hospital joined ILFA members for a great session entitled “Lung Fibrosis: Questions and Answers” session with patients from all over Ireland.

Participants submitted their questions in advance and Dr Sahadevan answered them during an hour-long conversation. Some of the topics discussed included medication, pulmonary hypertension, emerging treatments, stem cells and the importance of exercise.

Here is some of the feedback received

“Many thanks for organising such an informative session. I really enjoyed the Q&A and benefited considerably from the issues raised. Please pass on my thanks too to Dr Abhilash.”

“Very interesting talk. And very informative questions and answers.”

“Thank you. That was very good!”

"Let's Talk Exercise"

Petra Grehan, Respiratory Physiotherapist at the Mater Misericordiae University Hospital took part in the "Let's Talk Exercise" session on 21st June, at 11am. Petra discussed the benefits of exercise and encouraged everyone to pace themselves and do what they can. Petra gave lots of sound advice, practical exercise solutions and encouragement to everyone.

Patient Perspectives on the ILD/IPF on the National Patient Registry

On 20th May 2021, 9 patients from across the country met online with members of the Irish Thoracic Society's Interstitial Lung Disease (ILD) Group. The aim of the meeting was to get stakeholders input on the ILD/IPF national patient registry in relation to its development and key aims and objectives. Valuable discussions on the type of information that should be included in a national patient ILD registry,

the collection process for gathering patient information, the use of anonymised data, consent, and ethics, having the opportunity to be included on the registry, and the research considerations of the registry took place. Professor Killian Hurley (ILD lead at the Irish Thoracic Society) and Suzanne McCormack (Irish Thoracic Society CEO) expressed their thanks to the participants for their valuable contributions.

Recognition of Excellence by ILD Healthcare Professionals with ILFA Awards

Denise Cassidy Memorial Prize for Excellence in Patient Care

The Denise Cassidy Memorial Award recognises and celebrates an act of kindness shown by a healthcare worker to a lung fibrosis patient. Earlier this year, ILFA members were invited to submit nominations and describe how their healthcare hero had helped them or a loved one. Eight individuals and two clinical teams were nominated, and the ILFA committee was delighted to learn about the great kindness shown to lung fibrosis patients and their families in recent times.

The winner of the 2021 Denise Cassidy Memorial Award is Mary Ward, pictured, Clinical Nurse Specialist at St Michael's Hospital in Dublin. Mary was nominated by Paula Jacob whose mother, Marie, passed away from lung fibrosis in 2019. In nominating Mary, Paula told us that her mother had received exceptional care over 8-years while attending St Michael's Hospital. Mary treated Marie with kindness and compassion, really listened to her and always reassured her. Marie's family were so appreciative that Marie's wellbeing was prioritised, and they often recall Mary's wonderful kindness to Marie. Once they knew about the Denise Cassidy Memorial award, they immediately thought Mary would be the perfect recipient! Paula said that although her mother has passed away, the family will never forget Mary's many acts of kindness. Mary was presented with her award by Eddie Cassidy (ILFA Chairman) and Nicola Cassidy. Mary said:

Also nominated were:

- Catherine McGeoghegan, Clinical Nurse Specialist at Beaumont Hospital
- Sarah Winward, Advanced Nurse Practitioner at the Mater Misericordiae University Hospital
- Dianne Moran, Clinical Nurse Specialist at the Mater Misericordiae University Hospital
- Dr Nicola Ronan at Mater Misericordiae University Hospital
- Rita Cullen, Clinical Nurse Specialist at Cavan General Hospital
- Bernie Walsh, Clinical Nurse Specialist at Cavan General Hospital
- Folasade Olaosebikan, Registered Nurse at the Mater Misericordiae University Hospital
- Dr Micheal Henry and Respiratory Team at Cork University Hospital
- Roseanne Kenny, Oral Harnan, Angela Lawlor and the ICU Nursing Team at Connolly Hospital

Congratulations to Mary Ward and all the nominees for their exceptional kindness. All the nominees will receive a framed Certificate for Excellence in Patient Care in the coming weeks. The bespoke certificates were specially designed by Sandra Stuhli, of Stuhli Design and we are grateful to Sandra for her creativity and generosity to ILFA.

Terence Moran Memorial Award

The inaugural Irish Thoracic Society Interstitial Lung Disease Education Day for healthcare professionals took place on 17th September 2021. The event was held as a virtual ILD Multi-Disciplinary Team and Clinical Update with case presentations from trainees in respiratory medicine and contributions from leading clinicians.

The Irish Lung Fibrosis Association was humbled that the inaugural Terence Moran Memorial Award, named in honour of our esteemed founder and leader for 15 years, was awarded to the best-case presentation at the event.

The finalists for the Terence Moran Memorial Award were.

- Dr Padraic Ridge, Galway University Hospital
- Dr Eamon Mullen, Connolly Hospital
- Dr Peter Leahy, St Vincent's University Hospital
- Dr Sean Garvey, Beaumont Hospital
- Dr Liam Chawke, Mater Misericordiae University Hospital

Following the series of excellent case presentations, Dr Elisabetta Renzoni, Consultant Respiratory Physician, Royal Brompton Hospital, London delivered a lecture entitled "Diagnostic Challenges in Connective Tissue Disease – Interstitial Lung Disease.

Professor Killian Hurley, Consultant Respiratory Physician, Beaumont Hospital then introduced Professor Jim Egan, Mater Misericordiae University Hospital, who spoke eloquently about Terence Moran with a warm and fitting tribute. Both men had worked together to set up ILFA in 2002, along with Nicola Goodbody and Marie Sheridan. The charity flourished under Terence's leadership, and the ILFA committee was shocked and saddened when Terence passed away suddenly in 2018.

Raising Awareness

“All Walks of Life”

David Crosby ILFA Ambassador David Crosby, starred in the RTÉ Production “All Walks of Life” with former President of Ireland, Mary McAleese, that aired on RTÉ1 on Friday 12th February 2021. Filming took place in Co Cavan during the summer of 2020, while adhering to public health guidelines. We were sworn to secrecy while the production was taking place and were so excited when the TV programme trailers finally appeared.

David spent a wonderful day chatting with Mary McAleese and the TV crew. On their walk, David shared his touching personal story of growing up in Meath, losing three young siblings to pulmonary fibrosis, and coming to terms with his own shock diagnosis of Idiopathic Pulmonary Fibrosis (IPF) as he reached 40 years of age.

David spoke about his life-saving double lung transplant, the generosity of his organ donor and their family, and how the precious gift of life has energised him to run

marathons to raise awareness of pulmonary fibrosis and the importance of organ donation and transplantation.

ILFA is enormously grateful to Mary McAleese, David Crosby, Birthe Tonseth, RTÉ and the TV production company and crew for their work on this exciting, beautiful,

and touching programme. It was a superb production that helped raise awareness of pulmonary fibrosis and organ donation.

ILFA’s World Café is shortlisted for an Irish Healthcare Award

The Irish Healthcare Awards are Ireland’s most prestigious medical awards. This was the 20th year of the awards that recognise and celebrate the impressive and diverse projects in innovation and excellence across the Irish healthcare sector. The Irish Lung Fibrosis Association was delighted to receive news that our multi-stakeholder “World Café on Pulmonary Fibrosis during Covid-19 and Beyond” was shortlisted for the Patient Organisation Project of the Year 2021. We were nominated alongside two other great charities; Asthma Ireland and Croi (who were the overall winners) in this hotly contested category. The black-tie awards night took place on Monday 15th November in Dublin. Nicola Cassidy (ILFA Director) and Gemma O’Dowd (ILFA Administrator) attended the dinner along with representatives from Roche Products Ireland, who supported the World Café, with additional support from The Community Foundation of Ireland / RTE Does Comic Relief Adapt and Respond Fund. Sincere thanks to everyone who sent us good luck messages ahead of the awards night.

Fundraising in 2021

ILFA is sincerely grateful to everyone who fundraises and donates to our charity. Your kind support enables the charity to continue its work supporting patients, carers and healthcare professionals working with lung fibrosis. In 2021 we had a great selection of fundraising events from Facebook birthday donations, PayPal donations, virtual runs (10k, half marathons, marathons, 10,000 steps a day challenges), an Easter raffle, book sales, garden sale, Christmas card sales, wedding favours and donations in memory of loved ones. All these activities helped raise valuable funds and raise awareness for ILFA.

Some of the major fundraising activities from 2021 are included below.

Pedal the Perimeter of Ireland Cycling Challenge

Pedal the Perimeter of Ireland Cycling Challenge with the Dublin Minor Footballers and Management Team took place and helped raise great awareness of lung fibrosis.

Everyone at ILFA was delighted when the Dublin Minor Footballers and Management Team contacted us to let us know that they would fundraise for our charity. ILFA's patron and former Dublin Senior Footballer, Michael Darragh Macauley, had nominated ILFA to the Dublin Development Squad of 2021 when they said they would like to organise a fundraising activity.

The team decided to cycle the perimeter of Ireland; an impressive 3,171km distance with each team member committing to cycle 50km. The team chose the fundraising target of €3,171 to coincide with the distance they would cycle. The online fundraising page got off to a flying start and within a very short time, the target had been reached, and kind donations continued to be made. There was great excitement in the lead up to the event and David Reynolds kept us informed of all the developments. Ger Lyons, Manager of the Dublin Minor Footballers was interviewed on the Dubs TV channel and did a fantastic job raising awareness of ILFA's work and the charity cycle. The clip was posted on social media and had a huge reach helping to raise awareness and encourage people to donate to the cause. The cycle also featured on the home page of www.dublingaa.ie website which generated great awareness especially among GAA enthusiasts.

The charity cycle took place early on Sunday 25th April 2021 and thankfully the weather was very kind! More than 50 cyclists from all over Dublin enthusiastically set off on their bikes to take on their personal 50km challenge. Social media was buzzing with photos of the cyclists at the start and end of their cycles, and everyone completed the challenge with great times.

In the afternoon, the team gathered online via Zoom and ILFA Director, Nicola Cassidy, and ILFA Ambassador, David Crosby, joined Michael Darragh Macauley to convey congratulations to all the participants and express our warmest thanks and appreciation to everyone for raising valuable funds and awareness of lung fibrosis. Nicola, David, and Michael Darragh spoke about their involvement with ILFA and the impact that the fundraising will make to progress ILFA's work.

It was heart-warming to see the young athletes and their management team after their heroic efforts for ILFA. Ger Lyons said "The "Pedal the Perimeter" cycle was a huge success, and the team raised an incredible €10,600 for ILFA. We were overwhelmed by the generosity of everyone who supported them and donated so generously."

ILFA Chairman Eddie Cassidy and Nicola Cassidy had the pleasure of meeting the Dublin Minor Football Players and Management Team recently for a cheque presentation after one of their training sessions. Eddie took the opportunity to thank everyone for their efforts and helping raise valuable awareness of lung fibrosis. Ger Lyons said “Thanks so much for coming out to meet the boys. The fundraising cycle has been the highlight of our year to date, and I wish you all every success with the great work that is going on with ILFA.” The ILFA committee would like to extend special thanks to David Reynolds, Ger Lyons and Michael Darragh Macauley for their enthusiasm and help with the event. It was a great honour for ILFA to partner with the Dublin Minor Football Team and we’re enormously grateful to everyone for the amazing support. Mile, mile buiochas!

Remembrance Walk for Christine

On 20th February 2021 Christine McCarthy Ormsby (58) passed away. Christine was a native of Kenmare in Kerry but lived in Co Meath and worked as a scrub Nurse in Theatre in Connolly Hospital. She worked there for 25 years and was working fulltime up to five weeks before her sad passing. She was a wonderful person, a diligent and caring nurse who was loved, respected, and treasured by everyone who knew her.

Following Christine’s passing, a Remembrance Walk for Christine McCarthy was organised by staff from the Theatre Department at Connolly Hospital in March 2021. This special fundraiser enabled Christine’s friends and family to unite virtually to celebrate her life on her one-month anniversary.

The team at Connolly Hospital raised an incredible €13,762.62 for ILFA and in July, ILFA Chairman, Eddie Cassidy, met Ann and her colleagues for a cheque presentation. Huge thanks to all the team at Connolly Hospital, Dublin and to everyone who supported their fundraising walk and donated so generously.

Classic at the Castle

- Report by Sally Brennan

On Saturday 11th September 2021, Waterford Castle Golf Club hosted a special fundraiser in memory of their esteemed former member, Carmel Flynn. Carmel was a founder member and trustee at Waterford Castle Golf Club and served selflessly for 25 years in a variety of roles. Sadly, Carmel passed away in May 2020, having been diagnosed with Pulmonary Fibrosis in 2019. The Classic @ The Castle golf event raised €21,000 in total, and all proceeds went to the Irish Lung Fibrosis Association and Waterford Hospice, both very worthy charities who supported Carmel during her illness.

There was huge interest in the open four-person classic with any combination of ladies and gents allowed to play. Fifty teams took part on the day with the first team out at 8am. We also had more than 30 playing the 9-hole singles competition. In conjunction with the golf classic, a Mega-Draw was organised which was greatly supported. The prizes for the golf classic and draw were exceptional and were all donated by very generous sponsors. Prizes included four balls in some of Ireland's best golf courses, short breaks in some of Ireland's nicest hotels and the very best of Waterford Whiskey to mention but a few.

The good weather really added to the special occasion and there was a fantastic atmosphere around the clubhouse all day long. Carmel's brother Oliver came over in the afternoon and was delighted to meet so many of Carmel's friends. Without a doubt the Classic @ The Castle on September 11th in memory of Carmel was the highlight of the year for Waterford Castle Ladies' Club - a fitting tribute to Carmel who was such a dedicated club member and a wonderful friend to so many.

The Ladies Club at Waterford Castle Golf Club would like to thank everyone who sponsored prizes, tee boxes and greens. Also, many thanks to those who helped on the day and made it such an enjoyable occasion for members and visitors alike. A special thank you to Val Kennedy and the pro-shop team who helped us in so many ways and contributed hugely to the success of the day. We would also like to thank Seamus Walsh, owner of Waterford Castle Hotel and Golf Resort, for his generosity in making the golf course available for this very special event."

Book Drive in aid of ILFA

In August 2021, Pam Martin, ILFA patient and supporter, organised a fundraising Book Drive in association with Book World to raise vital funds for the Irish Lung Fibrosis Association (ILFA).

All books (except for schoolbooks) that have been gently used and were in good condition were dropped off to Pam. She received an enormous number of books that were all individually inspected and packed up. Representatives from Book World were present on Saturday 7th August at Terenure College, Dublin from 2pm to 4pm to collect the tomes.

An impromptu book drive also took place in Cork on Saturday 29th July. Anne Casey, Cork Support Group leader, met Peter Maguire of BookWorld.ie at the book drop location to donate some reading material. Bookworld also offered their clients the chance to raise money for ILFA when purchasing books online. If patrons used the code "ILFA" at the check-out, €5 was donated to the charity.

Bookworld donated €1,350 to ILFA and over €400 was donated directly by kind individuals who wanted to support the event. The ILFA committee would like to send our warmest thanks to Pam and to the team at Bookworld for all their hard work on this fundraising event.

Easter Monday 2000 Steps Challenge for ILFA

On Monday 5th April 2021, ILFA held our second Easter Monday 2000 Steps Extra Challenge, following on from the success and popularity of last year's event. Patients, carers, family members and healthcare professionals were asked to join the virtual exercise challenge from their home and take at least an extra 2,000 Steps (approximately 1 mile) to raise awareness of pulmonary fibrosis and raise funds to support ILFA's work.

In the lead up to the 2000 Steps Extra Challenge, ILFA Ambassador, David Crosby, posted a great motivational video on Facebook encouraging people to get active, get walking, and get involved. We had great support from around the country and were delighted to receive so many photos and reports from the participants. All those who registered to take on the challenge received a special fundraising pack which included an ILFA T-shirt, a certificate of completion for photos, and some mini-chocolate egg treats to mark the occasion.

Unfortunately, the weather was not particularly nice on the day, but we are thankful to everyone who braved the elements to join in the exercise challenge. It is said that there is no such thing as bad weather, just bad clothing! Our resilient participants took this advice to heart and were well prepared and dressed for the elements with plenty of layers and waterproofs where necessary.

Here are some photos and reports from our members across the country.

Gerry Fitzgerald from Tipperary was accompanied on his walk by his dog Smith early in the morning. In fact, Gerry was the first participant to complete the challenge on Easter Monday morning.

Mary O'Sullivan said "I did my extra 2000 steps this morning in lovely Rossmore in support of the ILFA Easter fundraising walk and to raise awareness of the wonderful work they do in supporting patients with respiratory illness. Thank you, ILFA."

The Coffey Family from Longford all took part in the Easter Monday 2000 Steps Extra Challenge for ILFA and to support their mother, Mary who also joined them. Lindsay Brown, Respiratory Advance Nurse Practitioner at St Vincent's University Hospital, and ILFA Board Member, took 9,000 Steps for ILFA on Easter Monday at home in Wicklow

Seán Ó Sé from Kerry took an impressive 10,591 steps as part of the ILFA 2000 Steps Extra Challenge! A great achievement!

Matt Cullen took 3,700 steps on his walk along the estuary at Swords on Easter Monday morning. Matt said he enjoyed the Easter eggs from ILFA and wished everyone well in their exercise challenge.

Annette Grehan and Nicola Cassidy ran and walked their 2000 Extra Steps for ILFA at St Anne's Park in Dublin. The ladies even donned some Easter headbands to mark the occasion and take a photograph.

JP O'Sullivan was joined by his family members on Easter Monday morning for his walk and sent warm greetings to everyone from a very cold and damp West Kerry.

Eileen Dwyer took part in the 2000 Steps Extra Challenge with her son Denis and sent us in a short report. "I did my extra 2000 step challenge for ILFA today in my local park. My son Denis did the walk with me. Thank you to all the people who donated to ILFA through my GoFundMe fundraiser. And thank you to ILFA for all the help and support you give to fibrosis patients."

Breda Coughlan completed her 2000 Steps Extra Challenge in Newbridge Park and helped raise awareness of lung fibrosis.

Eddie Cassidy, ILFA Chairman, walked the Malahide Estuary to complete his exercise challenge and David Crosby, ILFA Ambassador took his steps in Dun na Ri Forest Park in Co Cavan.

Gemma O'Dowd and James Kavanagh told us that they braved the snow, hailstones, and chilly temperatures in Dublin to take part in the 2000 Steps Extra Challenge for ILFA. Thankfully the sun made a welcome appearance later in the day so they could take their photo! In all, more than one quarter of a million steps were taken by those who sent in their step counts to ILFA.

'Songs I Like To Sing'

Mike Joe Fitzgerald produced a CD entitled 'Songs I Like To Sing' and decided to sell his CD to raise funds for ILFA in support of his good friend JP O'Sullivan in Kerry. The CD proved hugely successful. We would like to sincerely thank everyone who has purchased the CD and thank you also to Mike Joe for the support.

West Kerry Tractor Run/Mórchúaird Tarracóra Chorca Dhuibhne

The third West Kerry Tractor Run/Mórchúaird Tarracóra Chorca Dhuibhne took place on 28th November 2021 in Dingle. The popular event was successful in raising much needed funds for two chosen charities (West Kerry Community Hospital, Gairdín Mhuire & ILFA). We are enormously grateful to the organisers, especially JP O'Sullivan and his family, and the communities of West Kerry for supporting this great event.

Patient Resources

ILFA has printed leaflets and booklets as well as practical aids and resources available for patients, family members and healthcare professionals caring for lung fibrosis patients.

ILFA's resources are provided free of charge to patients registered with ILFA and to healthcare professionals caring for patients with lung fibrosis.

Some of the resources available are listed below.

- What is Pulmonary Fibrosis?
- The treatment of Idiopathic Pulmonary Fibrosis
- Oxygen and Idiopathic Pulmonary Fibrosis
- Managing Breathlessness
- Getting the most out of your hospital appointments: Advice for IPF patients
- Advice for carers of people with Idiopathic Pulmonary Fibrosis
- Acute exacerbations of pulmonary fibrosis
- Telemedicine: Phone and video consultations
- Get Moving with ILFA
- Research Education Support
- ILFA 2000 Steps a Day Challenge
- STALL Breathing Technique Card from ILFA
- ILFA Medical Alert Card
- ILFA Exercise DVD for Lung Fibrosis Patients
- ILFA Yoga DVD for Lung Fibrosis Patients

2021 ILFA Calendar of Key Events

Date	Event	Attended by
Weekly	Online ILFA Exercise Classes for ILFA members	Facilitated by ILFA Administrators
Throughout the year	Online - ILFA National Support Group Meetings	Facilitated by ILFA Administrators
Monthly	Online – ILFA ‘Let’s Talk’ Healthcare professional Talks	Facilitated by ILFA Administrators
12 February	“All Walks of Life” (TV Programme that aired on RTE1). ILFA Ambassador David Crosby appeared on this RTE production with former President Mary McAleese	David Crosby (ILFA Ambassador)
12 January/23 February	Cognitive behavioural Therapy (CBT) Course and Bursaries for Healthcare Professionals in Ireland	Course delivered by Pivotal Health UK
27 February	ILFA Online Patient Information Day – Zoom Webinar	ILFA Board/Speakers
5 April	ILFA’s Virtual 2000 Steps Challenge Fundraiser – Easter Monday	Facilitated by ILFA Administrator and Nicola Cassidy
17 April	ILFA Virtual World Café Workshop on Pulmonary Fibrosis	Nicola Cassidy, Eddie Cassidy, Patricia Jones, Lindsay Brown, Lynn Fox, Marie Sheridan, Marie McGowan, Liam Galvin, Gemma O’Dowd
24 April	ILFA Virtual Yoga Classes – ongoing during 2021	Michael Darragh McCauley (ILFA Patron) Facilitated by ILFA Administrator(s)
April	ILFA Quantitative and Qualitative Survey of members (Research Project)	Invisio Ltd

May	ILFA PR Campaign in collaboration with Hopkins Communications to highlight and lobby for a 'Critical Care Pathway for patients living with Pulmonary Fibrosis'	Hopkins Communications Cork & ILFA
July/ August	ILFA Strategic Planning virtual meetings x 2	ILFA Board and invited members
11 September	ILFA Online Patient Information Day – Zoom Webinar	ILFA Board/Invited Speakers
17 September	Anail (respiratory nursing) Conference took place virtually. ILFA delivered an online presentation.	Nicola Cassidy
17 September	Irish Thoracic Society virtual ILD Meeting including the Terence Moran Memorial Award	Dr Kate O'Reilly, Nicola Cassidy, Prof Jim Egan, Lindsay Browne
6 October/ 17 November	Cognitive behavioural Therapy (CBT) Course and Bursaries for Healthcare Professionals in Ireland	Course delivered by Pivotal Health UK
21 October	ILFA Sing Strong Online - 12 Week Programme with Chimeout took place from October 2021 – January 2022	ILFA Members/Ciara Meade, Chimeout
23 October	ILFA Virtual Candle Lighting Service – Online event	ILFA Members
13 November	ILFA Online Patient Information Day – Zoom Webinar	ILFA Board/Invited Speakers
19 November	Boehringer Ingelheim's 3rd Annual ILD Nurse Study Day. ILFA delivered an online presentation.	Nicola Cassidy
19 November	Irish Thoracic Society virtual scientific meeting	Nicola Cassidy

Membership of National and International Alliances

ILFA is a member of the following networks

- The Irish Lung Health Alliance
- The Irish Donor Network
- The European Idiopathic Pulmonary Fibrosis and Related Diseases Federation
- The Wheel
- Rare Disease Ireland
- Irish Carer's Association
- Health Research Charities in Ireland (application submitted in 2021)

ILFA's Corporate Partners 2021

The Irish Lung Fibrosis Association would like to thank the following corporate partners supporting for our work in 2021

- Air Liquide Healthcare Ireland Ltd
- BOC Healthcare Ireland
- Boehringer Ingelheim Ltd
- Roche Products Ireland Ltd
- Pregaygo

The Irish Lung Fibrosis Association CLG
Annual Report and Financial Statements
for the financial year ended 31 December
2021

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The Irish Lung Fibrosis Association CLG
DIRECTORS AND OTHER INFORMATION

Directors	Edward Cassidy Nicola Cassidy James Egan Liam Galvin
Company Secretary	Michael Geoghegan
Company Number	367940
Charity Number	20053437
Registered Office	Lavery House Earlsfort Terrace Dublin 2
Business Address	PO Box 10456 Balckrock Co Dublin
Auditors	Whiteside Cullinan Registered Auditor and Chartered Accountants Fleming Court Fleming's Place Dublin 4 D04 N4X9
Bankers	Bank of Ireland Montrose Dublin 4
Solicitors	Hayes Solicitors Lavery House, Earlsfort Terrace, Dublin 2

DIRECTORS' REPORT

for the financial year ended 31 December 2021

The directors present their report and the audited financial statements for the financial year ended 31 December 2021.

Principal Activity

The Irish Lung Fibrosis Association's activities increase the awareness and understanding of idiopathic pulmonary fibrosis. The company is a registered charity, CHY 20053437.

Assets and liabilities and financial position

At the end of the financial year, the company has assets of €365,288 (2020 - €334,614) and liabilities of €25,417 (2020 - €27,959). The net assets of the company have increased by €33,216.

Directors and Secretary

The directors who served throughout the financial year were as follows:

Edward Cassidy
Nicola Cassidy
James Egan
Liam Galvin

The secretary who served throughout the financial year was Michael Geoghegan.

Future Developments

The company plans to continue its present activities and current trading levels.

Auditors

The auditors, Whiteside Cullinan, (Registered Auditor) have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

Taxation Status

The company is a close company within the meaning of the Taxes Consolidation Act, 1997.

Accounting Records

To ensure that adequate accounting records are kept in accordance with sections 281 to 285 of the Companies Act 2014, the directors have established appropriate books to adequately record the transactions of the company. The directors also ensure that the company retains the source documentation for these transactions. The accounting records are maintained at the company's office at Lavery House, Earlsfort Terrace, Dublin 2.

Signed on behalf of the board

Edward Cassidy Director

*Liam Galvin
Director*

21 September 2022

The Irish Lung Fibrosis Association CLG

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2021

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014 and enable the financial statements to be readily and properly audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of Information to Auditor

Each persons who is a director at the date of approval of this report confirms that:

- there is no relevant audit information (information needed by the company's auditor in connection with preparing the auditor's report) of which the company's auditor is unaware, and
- the directors have taken all the steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the company's auditor is aware of that information.

Signed on behalf of the board

Edward Cassidy Director

Liam Galvin

Director

21 September 2022

Report on the audit of the financial statements

Opinion

We have audited the financial statements of The Irish Lung Fibrosis Association CLG ('the company') for the financial year ended 31 December 2021 which comprise the Income Statement, the Balance Sheet and notes to the financial statements, including the summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued in the United Kingdom by the Financial Reporting Council.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2021 and of its profit for the financial year then ended;
- have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are described below in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and the Provisions Available for Audits of Small Entities, in the circumstances set out in note 3 to the financial statements, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other Information

The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our Auditor's Report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

In our opinion, based on the work undertaken in the course of the audit, we report that:

- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited and the financial statements are in agreement with the accounting records.

INDEPENDENT AUDITOR'S REPORT

To the Shareholders of The Irish Home Fibres Association CIC

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

The Companies Act 2014 requires us to report to you if, in our opinion, the requirements of any of sections 305 to 312 of the Act, which relate to disclosures of directors' remuneration and transactions are not complied with by the Company. We have nothing to report in this regard.

Respective responsibilities

Responsibilities of directors for the financial statements

As explained more fully in the Directors' Responsibilities Statement set out on page 5, the directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, if applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operation, or has no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is contained in the appendix to this report, located at page 8, which is to be read as an integral part of our report.

The purpose of our audit work and to whom we owe our responsibilities

Our report is made solely to the company's shareholders, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's shareholders those matters we are required to state to them in an Auditor's Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume any responsibility to anyone other than the company and the company's shareholders, as a body, for our audit work, for this report, or for the opinions we have formed.

Mark Hamill

for and on behalf of

WHITESIDE CULLINAN

Registered Auditor and Chartered Accountants
Fleming Court
Fleming's Place
Dublin 4
D04 N4X9

21 September 2022

APPENDIX TO THE INDEPENDENT AUDITOR'S REPORT

Further information regarding the scope of our responsibilities as auditor

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

The Irish Lung Fibrosis Association CLG
INCOME STATEMENT

for the financial year ended 31 December 2021

	Notes	2021 €	2020 €
Revenue		163,715	165,970
Gross profit		163,715	165,970
Administrative expenses		(130,499)	(137,694)
Profit before taxation		33,216	28,276
Tax on profit		-	-
Profit for the financial year		33,216	28,276
Total comprehensive income		33,216	28,276
Retained profit brought forward		306,655	278,379
Retained profit carried forward		339,871	306,655

Approved by the board on 21 September 2022 and signed on its behalf by:

Edward Cassidy Director

*Liam Galvin
Director*

BALANCE SHEET

as at 31 December 2021

	Notes	2021 €	2020 €
Current Assets			
Debtors	5	21,304	13,025
Cash and cash equivalents		343,984	321,589
		<u>365,288</u>	<u>334,614</u>
Creditors: amounts falling due within one year	6	(25,417)	(27,959)
		<u>339,871</u>	<u>306,655</u>
Net Current Assets		339,871	306,655
Total Assets less Current Liabilities		339,871	306,655
Capital and Reserves			
Retained earnings		339,871	306,655
Equity attributable to owners of the company		339,871	306,655

The financial statements have been prepared in accordance with the small companies' regime.

Approved by the board on 21 September 2022 and signed on its behalf by:

Edward Cassidy Director

*Liam Galvin
Director*

The Irish Lung Fibrosis Association CLG

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2021

1. *General Information*

The Irish Lung Fibrosis Association CLG is a company limited by shares incorporated and registered in the Republic of Ireland. The registered number of the company is 367940. The registered office of the company is Lavery House, Earlsfort Terrace, Dublin 2. The nature of the company's operations and its principal activities are set out in the Directors' Report.

Currency

The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. *Summary of Significant Accounting Policies*

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Statement of compliance

The financial statements of the company for the year ended 31 December 2021 have been prepared on the going concern basis and in accordance with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Act 2014 and in accordance with the Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland (FRS 102) issued by the Financial Reporting Council

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014.

Cash flow statement

The company has availed of the exemption in FRS 102 from the requirement to prepare a Cash Flow Statement because it is classified as a small company.

Revenue

Income comprises the amounts received from donations, fundraising activities and deposit interest receivable.

Taxation

The company is a registered charity, CHY 20053437, and has been granted charitable tax exemption under Section 207, Taxes Consolidation Act, 1997. The CHY (Revenue) number is 15462.

3. *Provisions Available for Audits of Small Entities*

In common with many other businesses of our size and nature, we use our auditors to assist with the preparation of the financial statements.

4. *Employees*

There were no employees during the period under review nor in the preceding period.

NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 31 December 2021

5. Debtors	2021	2020
	€	€
Other debtors	20,338	11,216
Prepayments	966	1,809
	21,304	13,025

6. Creditors	2021	2020
Amounts falling due within one year	€	€
Amounts owed to credit institutions	1,066	9,377
Accruals	24,351	18,582
	25,417	27,959

7. State Funding

Agency

Government Department	HSE Community Healthcare Organisation
Grant Programme	National Lottery Grant Income
Purpose of the Grant	IT Support and Facebook promotion
Term	1 January 2021 - 31 December 2021
Total Fund	€4,620
Expenditure	€4,620
Received in the financial year	€4,620
Restriction on use	Event planning IT Support and Facebook promotion

8. *Post-Balance Sheet Events*

There have been no significant events affecting the company since the financial year-end.

9. *Approval of financial statements*

The financial statements were approved and authorised for issue by the board of directors on 21 September 2022.

