

Annual Report 2022

Irish Lung Fibrosis Association



Irish Lung Fibrosis Association
www.ilfa.ie

Company Details

Irish Lung Fibrosis Association (ILFA)

Company registration number 367940

Registered charity number 20053437

Charitable exemption number CHY 15462

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YouTube: ILFA

Auditors: The appointed auditors for the Irish Lung Fibrosis Association are Whiteside Cullinan, Molesworth House, South Frederick Street, Dublin 2.

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Foreword from the Chairman

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. In 2022, ILFA reached our 20th anniversary, and this is a remarkable milestone to have reached. We are here thanks to everyone who has supported ILFA over the years, and we look forward to continuing our work into the future with your ongoing help and support.



ILFA's success is entirely due 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 for all their hard work for ILFA throughout 2022.

I am grateful to the individuals and organisations who work with ILFA 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 achievements and work would not be possible without our amazing fundraisers. Over the course of 2022, 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.

Some highlights for 2022 include ILFA winning the Best Patient Organisation Project at the Irish Healthcare Awards in December 2022 for its online exercise programme for lung fibrosis patients. We were honoured to have won. The classes continue to be delivered twice a week thanks to our respiratory physiotherapist, Eimer Bell, with administration support from Gemma O'Dowd and Anne Griffin.

In 2022, ILFA was delighted to welcome a new patron to our charity. David Gilna is an award-winning Dublin actor, screenwriter, and playwright. David has performed in The West End, Shakespeare's Globe and off-Broadway. Known for his award-winning plays "The Unsung Hero", "My Bedsit Window" and "A Bolt from D'Blue" and films "Ya Clown" and "One For The Ditch".

Another important development that took place in 2022 was the establishment of ILFA's Public and Patient Involvement (PPI) Research Advisory Group. We are grateful to Seán O'Sé (Chair) and to all the members who participate. Research is one of ILFA's key aims and it is important to involve patients and the public in all stages of research and include their insights and perspectives to ensure patient-centred approaches.

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**

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 in lung fibrosis.

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 2022, the ILFA board members were Eddie Cassidy (Chair, Director), Liam Galvin (Interim Treasurer, Director), Professor Jim Egan (Director), Nicola Cassidy (Director), Michael Geoghegan (Secretary), Lynn Fox, Patricia Jones, Lindsay Brown, and Marie McGowan. Dr Kate O'Reilly works with the ILFA Board in a clinical advisory capacity.

ILFA Board Meetings

The ILFA Board holds regular online meetings via Zoom. The Board meets approximately every 4-6 weeks. The Board plans to continue with virtual meetings.

The ILFA Board met on 10 occasions in 2022.

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. Governance is discussed at every Board meeting.

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 achieved full compliance with the Charities Governance Code in April 2022.

Finance - ILFA Treasurer's Report

The Irish Lung Fibrosis Association is committed to the utmost transparency and accountability to our members and the fundraisers who support our small charity. Our annual audited accounts are published on our website as soon as they are signed off by our auditors, alongside the audited accounts for previous years, as well as being presented at our Annual General Meeting.

The ILFA financial year for 2022 which ran from the 1st of January to the 31st of December saw a return to normality after the Covid-19 pandemic years. As in previous years, our main income was from individual acts of generosity and fundraising from the community we serve. The year again saw novel and ingenious methods and events used by our fundraising supporters to raise funds. We also saw increased income from the 'donate' function on our website. Online funding platforms are now commonly used by our fundraising community. We also gratefully acknowledge the kindness of legacy bequests and donations from the families of those within our community who lost their battle with lung fibrosis.

Apart from a small number of events and projects that were funded by corporate companies or donations from commercial companies, the vast majority of our Income came from community fundraising.

ILFA has no employees; the day-to-day running of the charity is conducted by two administrative assistants both of whom are independently self-employed consultants. The financial management and accounts of ILFA are supported externally by a certified accountancy and book-keeping practice.

In the year to 31 December 2022, the cost of administrative consultants, projects, online activities, postage, printing, office, and general expenses came to €97, 421 whilst overall income was €125, 824, providing a surplus of €28, 403 for the financial year 2022.

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.

Liam Galvin

This report was written by Liam Galvin a Director of ILFA who continues to function as Interim Treasurer whilst the Board continue to actively seek to appoint a treasurer.

Advocacy Activities

World Lung Day 2022

The Irish Thoracic Society in association with members of the Irish Lung Health Alliance hosted an information event for TDs and Senators at Buswell's Hotel in Dublin on 15th September 2022. ILFA is a member of the Lung Health Alliance. Eddie Cassidy (ILFA Chair) and Nicola Cassidy attended the event and engaged with Senator Ashling Dolan, and T.D.s Danny Healy-Rae, Martin Browne, and Ruairi O'Murchu, as well as healthcare professionals including Aoife Folliard, Chair of Anail (Respiratory Nurses Association of Ireland) and Professor Silke Ryan, Respiratory Consultant at St Vincent's Hospital and Vice-President of the European Respiratory Society.

The Irish Thoracic Society prepared a briefing document for politicians with key messages on access to diagnosis, top tips for healthy lungs and information on the impact of the energy crisis on home oxygen users.

Key Messages for World Lung Day:

1. Access to Timely Diagnosis

Pulmonary function tests (PFTs), or breathing tests, are crucial in the diagnosis and ongoing treatment and care of patients with lung disease and people who may be undergoing surgery, chemotherapy, and bone marrow transplants. The pandemic has exposed the chronic under-resourcing of pulmonary function laboratories over many years, and a severely curtailed service with long waiting times.

A survey of pulmonary function laboratories in Ireland took place during August 2022, with 19 laboratories responding out of a total of 33 invited to participate.

Key findings:

68% of the laboratories who responded had vacancies for respiratory physiologists. The waiting list in nine laboratories was 18 months or more, with four of these indicating a waiting period of three years or more.

2. Cost burden and disruption risk for home oxygen users due to energy crisis

For the 10,000 plus people living with a respiratory condition (such as COPD and Idiopathic Pulmonary Fibrosis) who rely on home oxygen services, the looming energy crisis poses a real threat to their wellbeing. The electricity costs to run a standard oxygen concentrator are estimated to be more than €66 per month in normal times and these are predicted to increase to multiples of this over the coming months. There is also a risk of disruption of service due to power outages which is causing untold anxiety amongst oxygen users.

Media Coverage of Pulmonary Fibrosis

The Irish Examiner published an article on pulmonary fibrosis in June 2022. Thanks to Gerry Fitzgerald from Tipperary, Dr Mike Henry, Respiratory Consultant at Cork University Hospital, and Marguerite Stafford and her family, for raising awareness of pulmonary fibrosis and organ donation in the article.

Finula Rice from Cork shared her story about living with pulmonary fibrosis in RSVP magazine in September 2022.

Educational Activities

Interstitial Lung Disease Interdisciplinary Network (ILD-IN)

The Irish Lung Fibrosis Association awarded three educational bursaries to healthcare professionals in Ireland to attend the 2-day Interstitial Lung Disease Interdisciplinary Network (ILD-IN) meeting in Birmingham, United Kingdom on 8th and 9th October 2022.

Feedback from the bursary recipients Grainne Coffey, Eimear Bell and Maria Conlon is included below.

Report from Grainne Coffey, Respiratory Nurse at Kerry University Hospital:

“I was delighted to be selected by ILFA to attend the ILD-IN conference in Birmingham in October. It was wonderful to hear about the advances in the world of ILD and to see the momentum that research in this important area has gained. Dr Pilar Rivera-Ortega opened the session with a talk on Familial ILD, a very interesting talk on the role of genetics and the implications and challenges treating this type of ILD. Dr Conol Hayton discussed the latest developments in ILD associated with connective tissue disease and the benefits of having combined Rheumatology and Respiratory clinics. John Conway, kindly shared his own personal journey which was as poignant as it was informative, highlighting the importance of listening to and learning from the patient. The workshops on Day 2 were excellent. Virtual care and digital technology in the remote management of patients was a very interesting study with great outcomes. I think there is a place for remote monitoring and care here in Ireland but like anything new, is not without its challenges. Overall, I thoroughly enjoyed the conference, being in a room full of experts sharing their research and knowledge assured me that the future for those living with ILD is encouraging. My sincerest thanks to ILFA for supporting me to attend this important event.”

Report from Eimear Bell, Senior Physiotherapist

“This was my first year attending the ILD-IN Conference and It was a very worthwhile trip, and I am very grateful for the opportunity to have attended. It was wonderful not only because the content of the talks was so interesting and informative but also because of how inspiring it was to see the care and passion of so many people working in this area and those living with a diagnosis of ILD. So, it was not just an experience of expanding my knowledge, it also inspired me to see all the work being done to help improve the care and health of those who have ILD, and the determination and courage of those living with ILD. On the first day there were two talks that I found particularly interesting and informative; the first was on Familial Interstitial Lung Disease by Dr Pilar Rivera Ortega and the second on the management of connective tissue Interstitial Lung Disease by Dr Conal Hayton. These were both great at giving an overview of the complexity of the Multi-Disciplinary Team diagnosis and management. There was also a very nice talk on the concept of creating a thinking environment and this made you stop and think about how you work and improving aspects to create a healthier and more creative thinking environment. On the second day there were many fantastic talks on lung transplantation. The Patient Story was a wonderful talk and the man’s honesty, and openness was remarkable. The talk on transplantation from the medical perspective given by Dr Gerard Meachery, Consultant in Respiratory and Transplant Medicine, was well structured and clear, giving the most up to date information on transplant guidelines and care pre and post transplantation. The talk on a Multi-Disciplinary Approach in Transplantation by Eleanor Johnson, Heart and Lung Transplant Specialist Nurse, brought another perspective giving further insight and understanding into different parts of the journey of lung transplantation. From my perspective as a physiotherapist, these talks emphasised how important exercise and movement is at every stage of the journey.”

Exercise really is an integral part of patient management both pre and post transplantation. Over the two days it was lovely to meet others working in ILD and I feel this was inspiring and you could feel the sense of community. I also see this sense of community in ILFA, the power it has and how much good it is doing, I look forward to seeing this growing and helping all those involved. I look forward to continuing providing exercise classes for ILFA and feel even more inspired following this conference to promote how wonderful and powerful exercise is.”

Report from Maria Cullinan, Clinical Nurse Specialist at University Hospital Limerick

“Thank you, ILFA, for the opportunity to attend the ILD-IN meeting. It was wonderful to attend a conference in person again, to mix with people who all are working with ILD and see how they manage their services. It gave me a great opportunity to assess how we do things and what kind of a service we have and what changes we can make. Some of the highlights included the talk on lung transplantation and the difference between UK and Ireland. It was informative, and the speaker was open to questions. The patient experience was enlightening, and the speaker was brilliant and able to convey the science of his disease with the personal implications for him and his family. The palliative care talk was excellent with such insight. Representatives from patientMpower were present at the event and it was great to meet them.”

Cognitive Behavioural Therapy (CBT) Training Bursaries

ILFA awarded 8 educational bursaries to respiratory healthcare professionals working with lung fibrosis patients to study Cognitive Behavioural Therapy (CBT). Reports from the healthcare professionals on completion of the course are included below.

Report from Mary Geraghty, Respiratory CNS, Sligo University Hospital

“Thank you to the ILFA for affording me the opportunity to undertake this CBT programme. I work in Sligo University hospital as a Respiratory CNS with a special interest in Pulmonary Fibrosis. I have worked as a nurse for 20 years. Beginning my career in Beaumont hospital in 2003 working in Hepatology and Gastroenterology.

I travelled to Australia in 2005 and work in Sydney for almost a year as an agency nurse. This presented the opportunity to experience nursing in a different country and from those experiences I realised I had a special interest in Respiratory nursing.

I began my career in Respiratory nursing in 2006 in Sligo University hospital.

In 2011 I was part of the founding team of nurses that helped establish the Respiratory unit in Sligo university hospital. From this point onwards I began to broaden my knowledge within Respiratory nursing, undertaking a Higher Diploma in Respiratory Nursing (2016) and a Masters in Respiratory Nursing (2021).

I have always recognised the effect psychological support can have on a patient’s recovery and how they manage their respiratory conditions.

When I moved to my current role in 2021, I began working closely with Pulmonary fibrosis patients. I am with them from when they are referred to our service for investigation of their symptoms. I am there when they receive their diagnosis, and I am there when they are worried for their future and how they will manage this condition.

I recognised pretty quickly that I wanted to be able to offer better psychological support to these patients. CBT was an area I was aware of and very interested in learning more about.

When I saw the ILFA CBT bursary being advertised on social media I immediately applied and thankfully was a successful recipient of the bursary.

The CBT programme exceeded my expectations. The programme was delivered by Karen Heslop-Marshall. She is the author of a number of articles on anxiety and depression in respiratory conditions and has created this CBT programme for health care professionals that work with individuals with Respiratory conditions such as Pulmonary fibrosis.

The programme is geared towards helping the individual recognise the triggers that affect their breathing and providing them with the tools to deal with the breathlessness.

The most surprising part of the programme was the realisation that I had been utilising some of the techniques already in my practice.

Following the programme, I have begun to address both the psychological and physical impact

of being diagnosed with Pulmonary fibrosis much earlier than I would have done previously.

The CBT programme has given me the confidence and competence to offer this support to my patients and their families. The skills I have developed have hopefully had a positive impact on the wellbeing of my patients. I can teach them to manage their symptoms much better and give them a better quality of life. By providing an explanation of what is causing their symptoms, it allows the person to better manage these symptoms.

I hope to build on the CBT programme in the near future, but in the meantime, I will continue to develop my CBT skills. Thank you to the ILFA for this opportunity.”

***Report from Helen Carroll, Respiratory Physiotherapist,
Chronic Disease Management Hub, CHO2 Area***

“Thank you very much to the ILFA for providing me with the opportunity to undertake the Cognitive Behavioural Therapy course. CBT is of great interest to me, and this course enabled me to grasp the fundamentals of CBT in an interactive and inter professional setting. As a Physiotherapist working with a respiratory caseload, I often felt that I could offer my patients very little in relation to their anxieties surrounding issues such as breathlessness, or indeed their condition in general. This course taught me the importance of active listening and the various forms of interview skills I could use to identify the reason(s) behind these anxieties, which in turn allows a platform in which the most suitable structures and exercises can be put in place for that patient to achieve their goals. Since completing this course, I have found myself taking a different approach with my patients. I feel I have become a better listener but with that I feel more confident in my assessment of the patient. The skills and knowledge I have developed in this course have allowed me to treat my patients more holistically and I feel it will continue to improve my practice going forward.”

***Report from Agnes Barry – Clinical Specialist Respiratory Physiotherapist,
Meath Integrated Respiratory Service***

“Thank you, ILFA, for supporting my attendance at the Cognitive Behavioural Therapy Course. It was a fantastic opportunity to develop my understanding of CBT and to gain new skills in this area. The course was delivered expertly, allowing participants to build on previous knowledge and experiences. I feel so much more confident in supporting patients in making small changes which can have a huge positive impact on their symptoms and quality of life. I have learned that active listening is so important and that worrying issues such as breathlessness can be managed without talking about breathing! I have implemented the CBT approach since completing the course and have enjoyed using different techniques across all my chronic disease patients. Yes, it’s a little more time consuming, however the results are worth it. It’s also really easy to pass on tips and techniques to colleagues, so more people benefit from this approach, both professionally and personally. Thanks again ILFA for awarding me a bursary to attend this CBT course delivered by Pivotal Health.”

***Report from Angela Radley O'Donovan, Acting Physiotherapist Manager,
Tipperary University Hospital, Clonmel***

“Thank you, ILFA, for supporting my attendance at the Cognitive Behavioural Therapy Course. It was a fantastic opportunity to develop my understanding of CBT and to gain new skills in this area. The course was delivered expertly, allowing participants to build on previous knowledge and experiences. I feel so much more confident in supporting patients in making small changes which can have a huge positive impact on their symptoms and quality of life. I have learned that active listening is so important and that worrying issues such as breathlessness can be managed without talking about breathing! I have implemented the CBT approach since completing the course and have enjoyed using different techniques across all my chronic disease patients. Yes, it's a little more time consuming, however the results are worth it. It's also really easy to pass on tips and techniques to colleagues, so more people benefit from this approach, both professionally and personally. Thanks again ILFA for awarding me a bursary to attend this CBT course delivered by Pivotal Health.”

Report from Kate Plunkett, Clinical Specialist Physiotherapist, Pulmonary Rehabilitation

“I am grateful to the Irish Lung Fibrosis Association for their support in facilitating me to complete this CBT course. It has been so helpful in improving my knowledge around the experiences of my patients and in my ability to interact with those experiencing emotional and psychological difficulties. I am now better equipped to assess symptoms of anxiety and depression in my patients but more importantly I now have a range of techniques to be able to assist them to understand and manage these symptoms, an area I was not confident in prior to completing this course. I have found this has benefitted my individual clients as well as those in the Pulmonary Rehabilitation setting.”

***Report from Rosaleen Anglim, Senior Medical Physiotherapist,
South Tipperary Hospital, Clonmel***

“Thank you to ILFA for the opportunity to attend the CBT course. It was really interesting and thought provoking.

It made me reflect on my interactions with patients. It was very useful hearing the experiences of the other health professionals on the course.

The main thing I learned was the importance of listening to my patients, in order to guide them to find solutions to managing their condition better.”

Report from Helen Mulryan, Candidate ANP Respiratory, Galway University Hospital

“Thank you so much to ILFA for providing me with the wonderful opportunity to study CBT techniques. The combination of online and self-directed learning was a great way to deliver this course. Meeting other colleagues from across many health care settings was very informative and educational. Working collaboratively with people living with IPF is complex, our patients encounter many emotional, psychological and healthcare related challenges that are often difficult to manage.

Using my new CBT skills has been so beneficial in helping the patients I meet every day, particularly in the area of breathlessness which can be so debilitating for people with IPF. I would wholeheartedly recommend CBT training to all healthcare professionals working in Respiratory and look forward to developing my skills further. Thank you again to ILFA for supporting us in our practice.”

Raising awareness

Kerry Chronic Disease Respiratory Team

Dr Liam Chawke, Respiratory Consultant and the Kerry Chronic Disease Respiratory Team, launched the Respiratory Service at University Hospital Kerry on Tuesday 22nd November.

Dr Chawke was joined by Grainne Coffey, Clinical Nurse Specialist, and Senior Physiotherapists Julie Cournane and Johnny Crowley.

The team helped raise awareness of pulmonary fibrosis and ILFA, as well as COPD. We wish them every success with the respiratory service. Idiopathic Pulmonary Fibrosis and palliative care:

Patient and Public Involvement (PPI) Research Advisory Group

ILFA's Patient and Public Involvement (PPI) Research Advisory Group was set up in 2022 and members were recruited via announcements on the ILFA website, social media, and newsletter. ILFA is grateful to everyone who has joined the group to share the perspectives on research. The group consists of patients, carers, academic personnel, and healthcare professionals.

Statement from Seán Ó Sé, Chair of ILFA's PPI Research Advisory Group

"The Patient and Public Involvement (PPI) Research Advisory Group was established by ILFA in 2022. The first meeting as a group was held online - using the Zoom app - in September 2022. There were over 20 attendees including lung fibrosis (pulmonary fibrosis) patients, carers, health professionals and researchers concerned with lung fibrosis investigation. I attended in the capacity of chairperson of the group, and I am continuing in that role for future group meetings. I am a patient of the disease.

This advisory group is very important as it enables sufferers of the disease, together with their carers, and health professionals to participate in the research process. They can provide direct experience, ideas, and concerns of the disease process and its impact within the community to those personnel carrying out research projects.

During the first meeting, I observed active participation and interest from every attendee, which demonstrated to me that the PPI Research Advisory Group can be a serious and valuable support activity for current and future lung fibrosis research."

Patient Support and Wellbeing Activities

ILFA's Online Exercise Classes

The virtual exercise classes from ILFA are now in their third year and are increasing in popularity with new participants joining the classes every month. It is great to see so many participants from across the country taking part with such enthusiasm.

Lung fibrosis patients are being referred to the classes by doctors, respiratory nurses, and physiotherapists working in public and private hospitals, community integrated care, and hospices. These classes are not intended to replace formal hospital pulmonary rehabilitation programmes but to help keep patients exercising and maintaining their physical activity if their hospital/community programme has ended or while waiting to join a pulmonary rehabilitation programme. The classes take place on Monday and Thursday at 11am via Zoom and are led by Eimear Bell, respiratory physiotherapist. The classes last approximately 1 hour and included breathing techniques as well as warm up and warm down exercises.

In February 2023, ILFA asked participants of the exercise classes to complete a short questionnaire. Here are some of the results. |

87.8% of respondents to the ILFA survey were aged over 61 years.

46% were female and 54% were male

35% attended one class per week and 65% usually attended two classes per week.

98% strongly agreed/agreed that the classes are suitable for them.

90% strongly agreed/agreed that they looked forward to attending the class.

98% strongly agreed/agreed that they enjoy participating in the online exercise class

Feedback received from participants.

“The exercise classes are ideally suited to pulmonary fibrosis patients coupled with the ‘mindfulness’ aspect of the sessions makes it quite a unique, enjoyable, and worthwhile experience.”

“I am doing the class since July 2022, and I feel it is excellent and beneficial to my condition. Eimear the physiotherapist is excellent and very calm and understanding of the participants. Anne and Gemma are always overseeing the class to ensure smooth running and more particularly to keep an eye on all taking part in case of any mishap.”

“I’d recommend the classes because they are modified to suit all abilities and incorporate chair-based and standing exercises depending on your ability. The facilitators are very helpful and friendly and Eimear (the physiotherapist), has a calm, clear approach.”

“For people who have difficulty getting out and about, it can give structure to your day.”

“The more exercise we do, the better!” “It is beneficial for the body to combat the progressing disease process by strengthening the muscles. It is also good psychologically to be with fellow patients.”

“Good combination of movement and breathing. Well explained. Good variation in activity types.”

“The breathing exercises are very helpful in controlling panic. The input of other participants is very beneficial as you do not feel you’re alone and the only one having a particular issue.

2349 members attended the ILFA Classes in 2022. That incorporated 90 Classes over the year of 2022.

Dancing for Pulmonary Fibrosis

Dancing for Pulmonary Fibrosis Dancing for Pulmonary Fibrosis is a new dance exercise and wellness initiative from ILFA in collaboration with Dr. Vikram Niranjana, UCD School of Public Health, Physiotherapy and Sports Science, and Tracey Barnes, Dancing for Health CIC, UK.

The classes started in April 2022 and took place virtually via Zoom for 8-weeks. The classes included seated/standing exercises to music and a social component. 21 participants have signed up for the preliminary. “Dancing for health and wellbeing:

A feasibility study of examining health impacts of dancing among lung fibrosis patients” is funded by an Irish Research Council New Foundation 2021 Award. ILFA is delighted to collaborate with Dr Niranjana and his team on this novel research projects.

Feedback

“Very enthusiastic!”

“Now I would not be a graceful person or very talented in the dancing regard, but I found great fun and joy.”

“I had a feeling of wellbeing but also, I knew exercise for my upper body was going to help.’
‘I live alone so for people like me it’s a godsend and it’s probably that social interaction, not putting this mildly or exaggerating, but it would be the highlight of my day.’

Yoga Classes

ILFA was delighted to be awarded a grant from Age and Opportunity and Sports Ireland’s National Grant Scheme to host an 8-week online yoga programme with our patron Michael Darragh Macauley.

The classes took place via Zoom from July to September 2022 and were a great success. The classes featured breath work and gentle seated and standing exercises. ILFA would like to extend our sincere thanks to Michael Darragh for delivering the classes with great enthusiasm and understanding. We are also grateful to Age and Opportunity and Sports Ireland for the valuable grant towards the cost of the yoga programme. Following the intervention.

Feedback from participants

“The exercises we did are so valuable to people with lung problems”.

“Super class” - “The yoga moves are of great benefit to those with respiratory ailments”.

“The great advantage of the yoga sessions is that you can do them at your own pace, so age

is not a factor, and it provides enjoyable exercises/movements that are very helpful to patients living with lung fibrosis”.

“Yoga is good for mind and body” - “I would never have done yoga only for this opportunity and the fact that I could do it online from my own home was brilliant. I really looked forward to it each week, the social interaction equally as much as the yoga. Thank you so much to ILFA and Age & Opportunity. Hopefully we will get to do it again soon”.

“Very relaxing, great exercise and you can work to your own ability”.

“Excellent teacher”

Irish Thoracic Society Annual Meeting 2022

The Irish Lung Fibrosis Association (ILFA) attended the Irish Thoracic Society Annual Scientific Meeting in Kildare on Friday 2nd December 2022. Gemma O’Dowd was delighted to represent ILFA and meet so many members of the respiratory community once again in person. Thank you to everyone who called by our exhibition stand to say hello and congratulate ILFA on our Irish Healthcare Award for our online exercise classes! Grace O’Sullivan, Clinical Nurse Specialist at Cork University Hospital who was awarded the Jean Norton Award for Best Research Paper on Chronic Restrictive Pulmonary Disease for her presentation “Idiopathic pulmonary fibrosis and palliative care: a qualitative exploration of nurses’ experiences.

ILFA’s New Patron

The Irish Lung Fibrosis Association (ILFA) is delighted to announce that David Gilna, Dublin actor and playwright, is our new patron. We look forward to working with David and we’re sincerely grateful to him for his help and support raising awareness of lung fibrosis. David kindly supported an ILFA fundraising event in 2017 when he acted as Master of Ceremonies for the launch of a highly successful fundraising art exhibition by artist Matt Cullen. Matt was diagnosed with idiopathic pulmonary fibrosis in 2013 and is a great supporter of ILFA. Matt, his wife Teresa, and David have a great friendship spanning many years after the couple were regular attendees at David’s plays. David was aware of Matt’s health condition and his amazing acts of volunteerism both in the local Swords community and the ILFA community. The ILFA Board approached David and asked if he would like to join ILFA as a new patron, and we’re thrilled that he agreed. David was full of enthusiasm and has already taken part in an interview with the Fingal Independent announcing his new role and shining a light on lung fibrosis. On 16th September, a photoshoot was arranged with some ILFA members at Swords Castle to celebrate the appointment of our new patron. It was a glorious morning - the sun was shining; the sky was blue and there was a warm, gentle breeze. Present at the photoshoot were David Gilna, Matt Cullen, Eddie Cassidy (ILFA Chair), Breda Coughlan and her husband John, Philo Mulanney, Peter Gallagher, and Nicola Cassidy (ILFA Director). There were great chats and laughter as everyone enjoyed meeting each other and posing for photographs. Thanks to Joan and Paddy for facilitating our request for photos at Swords Castle and looking after us. We had a great time!

ILFA's Ecumenical Service of Prayer and Reflection 2022

ILFA's Ecumenical Service of Prayer and Reflection took place on Saturday 15th October 2022 at Our Lady of Mount Carmel Whitefriar Street Church in Dublin's city centre.

It was the first in-person gathering of the ILFA community since the lifting of the Covid-19 pandemic public health restrictions and it was a very special occasion for the lung fibrosis community.

A large crowd gathered in the church and thanks to technology, we were delighted to welcome people from across Ireland to the service who joined in via the livestream that was available online.

The service had an extra special element too, as it marked ILFA's 20-year anniversary. The Reverend Dr Simon Nolan, Prior at Our Lady of Mount Carmel Church, welcomed everyone to the Service and he was joined by the ILFA Chaplains - The Reverend Canon Brian McKay (The Carmelite Priory, Moate, Co. Westmeath) and The Reverend Canon Charles Mullen (Dean's Vicar, St. Patrick's Cathedral, Dublin) to lead the service. We remembered our dearly departed friend and ILFA Chaplain. The Reverend Vanessa Wyse Jackson. Members of the Culwick Choral Society attended the service and performed a beautiful selection of hymns and musical pieces. We were also treated to the musical talents of Dr David O'Shea (organist) and Harry Carpendale (harpist) who performed beautiful musical pieces throughout the ceremony. The theme of the ILFA Service was 'hope' and we were blessed to have two poets read original and moving compositions during the Service. ILFA's new Patron and playwright David Gilna read his composition entitled "Hope". Later, Pauline Byrne from Dublin read her poem entitled "Future Hopes." It was great to have such talented people to encourage hope and inspire us. We are grateful to our readers, Alexandre Sayve who was visiting Ireland from Switzerland, David Gilna (ILFA Patron), Susan Mullaney, Gerry Redican, Pippa Richards, Oisín Carroll, Anthony Walsh, Breda Coughlan, and Nicola Cassidy.

As always, the candle lighting ceremony is a central part of the ceremony and so important to those who have lost loved ones to lung fibrosis. Special thanks to Catherine McGeoghegan and Deirdre O'Flaherty, Respiratory Nurse Specialists at Beaumont Hospital who lit the candles to remember patients who have passed away. Gerry Fitzgerald, lung transplant recipient, travelled from Tipperary to light the special candle dedicated to organ donors and Gemma O'Dowd read the dedications. Society, and of course our amazing fundraisers and supporters who have sustained the charity over the last 20-years.

The Irish Healthcare Awards

ILFA's Online Exercise Class Wins Patient Organisation Project of the Year:

The Irish Lung Fibrosis Association (ILFA) was delighted to be the winner of the highly contested Patient Organisation Project of the Year category at the Irish Healthcare Awards on 1st December 2022. The Irish Healthcare Awards have been running for 21 years and celebrate and reward the achievements, innovation, and resilience of the Irish healthcare sector. ILFA's project entitled 'Online exercise programme for pulmonary fibrosis patients during Covid-19 and beyond' was short-listed with 3 other worthy and exceptional patient-centred projects.

Nicola Cassidy, Gemma O'Dowd, and Anne Griffin represented ILFA at the awards ceremony held at the Aviva Stadium in Dublin. The ILFA team was overjoyed to hear ILFA's name called out as the winner of the Patient Organisation Project and there was lots of cheering and excitement. The beautiful, engraved crystal award means the world to ILFA and is a great endorsement of our patient-centred support and exercise promotion ethos.

ILFA is sincerely grateful to: - the wonderful and talented respiratory physiotherapists who have delivered our online classes since 2020;

- Gordon Cagney, Niamh Julian, Petra Grehan and Eimear Bell, and respiratory advanced nurse practitioner Paula Ryan
- Gemma O'Dowd and Anne Griffin who facilitate the classes for ILFA
- the patients who attend the classes with such enthusiasm, camaraderie, and positivity
- the fundraisers who support ILFA with their efforts that enable our work to continue especially in challenging times.

The ILFA Board has dedicated the Irish Healthcare Award to the pulmonary fibrosis patients who have passed away during the pandemic, especially those who were members of the 'ILFA exercise class family.'

Fundraising in 2022

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 2022 we had a great selection of fundraising events from Tea Parties in aid of ILFA, 100KM Motorcycle Ride Out, Carrauntoohil climb in aid of ILFA, West Kerry Tractor Run, 'Remember Me' Choral Concert, Sportsworld Running Club, Christmas Cards, Birthday Fundraising, Dublin City Marathon 2022. All these activities helped raise valuable funds and raise awareness for ILFA.

Some of the major fundraising activities from 2022 are included below.

100KM Motorcycle Ride Out

Noreen O'Carroll, her family, and friends held a 100km Motorcycle Ride Out in aid of ILFA on 15th May 2022. There was a great turnout at the event which started in Birdhill. Co Tipperary and thankfully the weather was very kind. One of the participants was Paddy McNamara, from Nenagh, who received a lung transplant for pulmonary fibrosis 7 years ago. Noreen and her family and friends recently raised the fantastic sum of €3,698.

VHI Women's Mini Marathon

A small but committed group of ladies took part in the VHI Mini Marathon on 5th June 2022 to raise funds for ILFA. Taking part were Niamh, Annette, Mary, Janet, Sheila, and Yvonne. The ladies were joined by Lindsay Browne (Advanced Respiratory Nurse Practitioner at St Vincent's University Hospital, and ILFA Trustee) and Nicola Cassidy (ILFA Director).

Carrauntoohil climb in aid of ILFA

Oisín Carroll aged 14-years-old from Tullamore undertook a memorable Kerry climb to honour his grandad, John Carroll, on August 5th 2022. Oisín was accompanied by his Dad Padraig, and his Mum, Pamela. Oisín climbed the mountain wearing his grandad's hiking boots. He had great support from family members who were there to meet him on his descent from Ireland's highest peak. Padraig said "The day was one the family will never forget. This was something we never thought we'd do".

ILFA congratulated Oisín on completing the epic climb on social media saying "We are in awe of Oisín's hard work and commitment to fundraise for ILFA. What an incredible challenge to take on to honour his much-loved grandad".

Summer Tea Parties

Anne Oglesby from Carlow held a wonderful tea party for family and friends in aid of ILFA and raised a fantastic amount for ILFA in 2022. There were all sorts of activities organised for the young and the young at heart. Thank you to everyone who donated so generously. Here is a report from Anne. Thanks to everyone for their help and support at the garden party. It was a huge success.

Dublin City Marathon

We had great representation at the Dublin City Marathon in October. Congratulations to Deirdre Moss, Michelle Digan, Deirdre Kennedy, Janet Day, Steven Lacey, Simon House, Keith Whelan, Paul Giles, Sinead Doyle, Niamh English, and Nicola Cassidy (ILFA Director) on completing the iconic 26.2miles wearing their ILFA t-shirts.

'Remember Me' Choral Concert

William Sisk is a member of ILFA and a pulmonary fibrosis patient who sings with the City of Cork Male Voice Choir. William and his choir kindly selected ILFA as their charity to benefit from fundraising at a concert. On 12 November 2022, a Choral Concert took place in St Patrick's Church, Lower Glanmire Road, Cork. The concert entitled 'Remember Me' and featured 'The Hill Harmonics', Watergrass Hill, 'The Sonatinas', Glanmire, St Patrick's Church Choir', St Patrick's Church, and the City of Cork Male Voice Choir.' Each choir chose a charity for the proceeds to be shared with.

The charities are (1) Make a Wish (2) Marymount Hospice and (3) Irish Lung Fibrosis Association (ILFA). This was the first performance since Covid began and the choir members were very excited to get together for the performance on 12th November.

West Kerry Tractor Run – 27th November 2022

The West Kerry Tractor Run took place on 27th November and was an enormous success. The event has so far raised over €16,000 for charity thanks to the exceptional generosity of the local community and supporters of the event. The money will be divided equally between the Irish Lung Fibrosis Association and Gairdín Mhuire day care centre in Dingle, with a donation also going to the West Kerry Mental Health Association.

An incredible 115 tractors from all over Kerry took part in the event, that started in Lios Pól and travelled via Dingle, Ventry and Reasc before returning to town. The wonderful staff at the Marina Inn provided free and much appreciated food to the participants.

ILFA is grateful to the organisers, especially JP O'Sullivan and family, the enthusiastic participants, and the generous supporters of this fantastic event. Thanks also to the Kerryman newspaper for this great article.

Sportsworld Running Club

On 6th December 2022, Sportsworld Running Club held a cake sale in their clubhouse at Bushy Park, Terenure, Dublin. This is an annual event which they hold to raise funds for a selected charity. This year they decided to donate the proceeds to ILFA, in memory of Dorothy Beacom, who sadly passed away last December. Dorothy was a member of the club in the 90's and regularly took part in the Meet and Train races, and the Sunday morning runs held in Bushy Park, but also developed great friendships which went beyond the sphere of running. On the night, members, and friends, through their generosity raised €1,100, which was presented to Dorothy's husband, Mark, as a donation to ILFA. We are very grateful to Emily Dowling, and the rest of her team at Sportsworld, for this gesture.

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

ILFA Calendar of Key Events 2020

Date	Event	Attended by
Weekly Monday and Thursday	Online ILFA Exercise Classes for ILFA members	Facilitated by ILFA Administrators
Throughout the year	Online - ILFA Support Group Meetings	Facilitated by ILFA Administrators
Monthly	Online – ILFA ‘Let’s Talk’ Healthcare Professional Talks	Facilitated by ILFA Administrators
March	ILFA Online Patient Information Day – Zoom Webinar	ILFA Board/Speakers
April	ILFA Dancing for Pulmonary Fibrosis Annual Virtual 2000 Steps Challenge Fundraiser – Easter Monday	Dr Vikram Niranjan and team (Irish Research Council grant) Facilitated by ILFA Administrator
July	ILFA Quantitative and Qualitative Survey of members (Research Project)	Invisio Ltd
July to September	ILFA Virtual Yoga Classes	Michael Darragh McCauley (ILFA Patron) Facilitated by ILFA Administrator(s) and Age and Opportunity grant
21 September - 8 November	Cognitive behavioural Therapy (CBT) Course and Bursaries for Healthcare Professionals in Ireland	Course delivered by Pivotal Health UK
21 September -14 December	ILFA Sing Strong Online - 12 Week Programmes with Chimeout	ILFA Members/Ciara Meade, Chimeout
September	ILFA Annual General Meeting	ILFA Board/
October	ILFA Ecumenical Service Interstitial Lung Disease Interdisciplinary Network (ILD-IN)	ILFA Members ILFA Bursary recipients x 3
November	ILFA Online Patient Information Day Zoom Webinar Irish Thoracic Society Annual Scientific Meeting	ILFA Board/Invited Speakers ILFA

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 Carers Association
- Health Research Charities in Ireland

ILFA's Corporate Partners 2022

The Irish Lung Fibrosis Association would like to thank the following corporate partners supporting our work in 2022.

- 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, 2022**

The Irish Lung Fibrosis Association CLG CONTENTS

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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

The Irish Lung Fibrosis Association CLG

DIRECTORS' REPORT

for the financial year ended 31 December 2022

The directors present their report and the audited financial statements for the financial year ended 31 December 2022.

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.

The Company is limited by guarantee not having a share capital.

Principal Risks and Uncertainties

The Irish Lung Fibrosis Association's income is mainly derived from fundraising activities. Public support by way of volunteer time and donations has been generous and future income is dependent on the continuation of such contributions.

The directors meet regularly to oversee the activities of the charity and they maintain systems of internal control over income and expenditure, although there is no practical means of completely ensuring that all donations intended for the charity are actually received by it.

Financial Results

At the end of the financial year, the company has assets of €374,868 (2021 - €365,288) and liabilities of €6,594 (2021 - €25,417). The net assets of the company have increased by €28,403.

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.

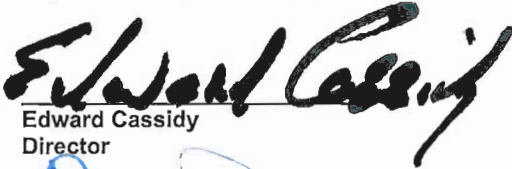
The Irish Lung Fibrosis Association CLG DIRECTORS' REPORT

for the financial year ended 31 December 2022

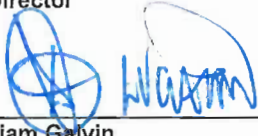
Accounting Records

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

25 August 2023

The Irish Lung Fibrosis Association CLG

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2022

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 surplus or deficit 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.

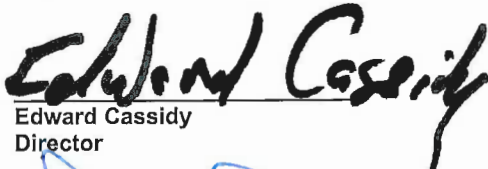
The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined 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

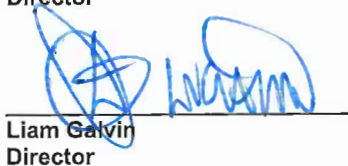
Each persons who are directors at the date of approval of this report confirms that:

- 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

25 August 2023

INDEPENDENT AUDITOR'S REPORT

to the Members of The Irish Lung Fibrosis Association CLG

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 2022 which comprise the Income Statement, the Balance Sheet, the Cash Flow Statement and the related 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 2022 and of its surplus 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 4 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 Members of The Irish Lung Fibrosis Association CLG

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 6, 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 9, 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 members, 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 members 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 members, 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

25 August 2023

The Irish Lung Fibrosis Association CLG

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.

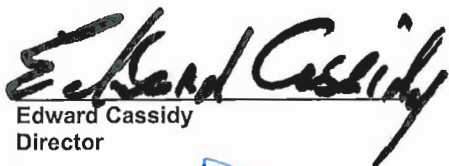
We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.


The Irish Lung Fibrosis Association CLG INCOME STATEMENT

for the financial year ended 31 December 2022

	Notes	2022 €	2021 €
Income		125,824	163,715
Expenditure		(97,421)	(130,499)
Surplus for the financial year		<u>28,403</u>	<u>33,216</u>
Total comprehensive income		28,403	33,216
Retained surplus brought forward		<u>339,871</u>	<u>306,655</u>
Retained surplus carried forward		<u><u>368,274</u></u>	<u><u>339,871</u></u>

Approved by the board on 25 August 2023 and signed on its behalf by:


Edward Cassidy
Director


Liam Galvin
Director

The Irish Lung Fibrosis Association CLG

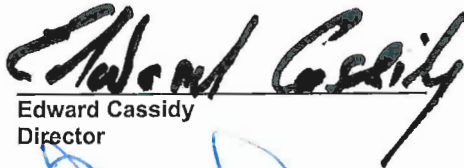
BALANCE SHEET

as at 31 December 2022

	Notes	2022 €	2021 €
Current Assets			
Debtors	6	-	21,304
Cash and cash equivalents		374,868	343,984
		<u>374,868</u>	<u>365,288</u>
Creditors: amounts falling due within one year	8	<u>(6,594)</u>	<u>(25,417)</u>
Net Current Assets		<u>368,274</u>	<u>339,871</u>
Total Assets less Current Liabilities		<u><u>368,274</u></u>	<u><u>339,871</u></u>
Reserves			
Retained surplus		<u>368,274</u>	<u>339,871</u>
Equity attributable to owners of the company		<u><u>368,274</u></u>	<u><u>339,871</u></u>

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

Approved by the board on 25 August 2023 and signed on its behalf by:


Edward Cassidy
Director

Edward Cassidy

Director


Liam Galvin
Director

Liam Galvin

Director

The Irish Lung Fibrosis Association CLG

CASH FLOW STATEMENT

for the financial year ended 31 December 2022

	Notes	2022 €	2021 €
Cash flows from operating activities			
Surplus for the financial year		28,403	33,216
		<u>28,403</u>	<u>33,216</u>
Movements in working capital:			
Movement in debtors		21,304	(8,279)
Movement in creditors		(17,868)	5,769
		<u>31,839</u>	<u>30,706</u>
Cash generated from operations			
		<u>31,839</u>	<u>30,706</u>
Net increase in cash and cash equivalents		31,839	30,706
Cash and cash equivalents at beginning of financial year		342,918	312,212
		<u>342,918</u>	<u>312,212</u>
Cash and cash equivalents at end of financial year	7	374,757	342,918
		<u><u>374,757</u></u>	<u><u>342,918</u></u>

The Irish Lung Fibrosis Association CLG

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2022

1. General Information

The Irish Lung Fibrosis Association CLG is a company limited by guarantee incorporated and registered in 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 2022 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.

Income

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. Departure from Companies Act 2014 Presentation

The directors have elected to present an Income and Expenditure Account instead of a Profit and Loss Account in these financial statements as this company is a not-for-profit entity.

4. 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.

5. Employees

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

6. Debtors	2022	2021
	€	€
Other debtors	-	20,338
Prepayments	-	966
	<u>-</u>	<u>21,304</u>

The Irish Lung Fibrosis Association CLG
NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2022

continued

7. Cash and cash equivalents	2022	2021
	€	€
Cash and bank balances	160,132	129,265
Bank overdrafts	(111)	(1,066)
Cash equivalents	214,736	214,719
	<u>374,757</u>	<u>342,918</u>
8. Creditors	2022	2021
Amounts falling due within one year	€	€
Amounts owed to credit institutions	111	1,066
Trade creditors	1,705	-
Accruals	4,778	24,351
	<u>6,594</u>	<u>25,417</u>

9. Status

The liability of the members is limited.

Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members or within one year thereafter for the payment of the debts and liabilities of the company contracted before they ceased to be members and the costs, charges and expenses of winding up and for the adjustment of the rights of the contributors among themselves such amount as may be required, not exceeding € 2.

10. Post-Balance Sheet Events

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

11. Approval of financial statements

The financial statements were approved and authorised for issue by the board of directors on 25 August 2023.

Irish Lung Fibrosis Association (ILFA)

Registered Address: Lavery House, Earlsfort Terrace, Dublin 2

Postal Address: PO Box 10456, Blackrock, County Dublin

Telephone: 086 871 5264

Email: info@ilfa.ie

Website: www.ilfa.ie

Company registration number 367940

Registered charity number 20053437

Charitable exemption number CHY 15462



Irish Lung Fibrosis Association
www.ilfa.ie