



ANNUAL REPORT 2023
Irish Lung Fibrosis Association

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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Foreword: Chairman's Message

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



In 2023, ILFA celebrated its 21st anniversary. It was a busy year and a momentous one too with ILFA appointing our first Chief Executive Officer (CEO) in late December. We were delighted to appoint Maureen O'Donnell and she will commence the role of ILFA CEO in 2024. This development was the culmination of many years of planning, and I would like to sincerely thank the ILFA Board for their commitment to this task which will ensure ILFA will continue to grow and serve the lung fibrosis community.

The Board works very hard to ensure that ILFA remains true to its aims and mission and supports our stakeholders' needs. I am grateful to the team for their commitment, support, and hard work behind the scenes for ILFA. We were delighted to welcome Colin Edwards as a new Board Member in 2023. Special thanks to Gemma O'Dowd and Anne Griffin for all their work for ILFA.

Every year I am in awe of our amazing fundraisers. Without them, ILFA would not be able to exist, run our programmes and activities, and serve lung fibrosis patients and families. Our fundraisers are truly special people who are dedicated to the cause and go above and beyond with personal and sporting fundraising challenges to benefit others. Over the course of 2023, 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 2023, there were many special fundraising events including a 32-county cycle, a 2km run on the hour every hour for 24-hours, the VHI mini-marathon, walks, climbs, mini marathons, half marathons, marathons, tea parties, golfing events, birthday donations, and tractor runs among others.

Early in the year I attended a cheque presentation from West Kerry Tractor Run and was warmly welcomed by JP O'Sullivan and his team. In June, I attended the VHI Women's mini marathon and enjoyed meeting the participants who were in high spirits after their 10km run, jog and walk. In July, I was delighted to attend the start and end of #TeamCoughlan's 2km run on the hour, every hour for 24 hours and to meet Derek Coughlan and his family and friends who took on this challenge for ILFA in memory of Derek's father. A selection of fundraising events is highlighted later in the Annual Report

and featured in the ILFA newsletters and on social media in 2023/2024. Thank you to everyone who fundraised for ILFA in 2023!

In 2023, ILFA delivered 113 online exercise classes with over 2,400 participant sessions, a 6-week online yoga course, 2 successful online Patient Information Days, a series of “Let’s Talk” sessions, and online support group meetings. ILFA collaborated with the Irish Thoracic Society for the Fergus Goodbody Memorial Lecture and the Terence Moran Memorial Award. Anail, the respiratory nurse’s organisation, fundraised for ILFA at their national conference. ILFA provided bursaries for healthcare professionals to support education, training and knowledge exchange and the competition for the awards was high. I would like to thank everyone who engages with ILFA in a healthcare professional capacity to support us. We are blessed to work with great individuals who want to make a difference to the lives of lung fibrosis patients, and we value this great support.

In November 2023, ILFA was delighted to win an Irish Healthcare Award for our project entitled ‘Dancing for health and wellbeing: A feasibility study to examine the health impacts of dancing for lung fibrosis patients.’ Congratulations to the team led by Dr Vikram Nirajan and supported by Tracey Barnes (choreographer), Giampiero Tarantino, Jaspal Kumar, Dr Raymond O’Connor, Dr Andrew O’Regan, ILFA’s patient collaborators - Finola O’Neill and Matt Cullen, and the ILFA team - Liam Galvin, Gemma O’Dowd and Nicola Cassidy who helped develop the project.

In advocacy matters, ILFA was delighted to welcome progress with the Human Tissue Bill (providing for opt-out organ donation). During the year, ILFA met with politicians and HSE officials to highlight the challenges faced by lung fibrosis patients and we will continue to progress this as a matter of urgency. We are grateful to our members, patrons, and political representatives for their support in raising awareness and highlighting the needs of patients and families impacted by lung fibrosis.

I would like to once again pay tribute to the ILFA Board members for their help and support in 2023, that helped ILFA to succeed and deliver our aims of providing education, research and support to 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, advocacy and support to people with the condition, and to promote education and support research in lung fibrosis.

ILFA is funded 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 2023, 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.

At the Annual General Meeting in September 2023, Michael Geoghegan stepped down as Secretary and Nicola Cassidy assumed the role, and Colin Edwards was appointed a new Board member.

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 12 occasions in 2023

- 16th January 2023
- 7th February 2023

- 
- 27th March 2023
 - 24th April 2023
 - 22nd May 2023
 - 19th June 2023
 - 17th July 2023
 - 21st August 2023
 - 18th September 2023
 - 16th October 2023
 - 20th November 2023
 - 18th December 2023

The Annual General Meeting (AGM) took place on 18th September 2023

Acknowledgements

The Irish Lung Fibrosis Association would like to acknowledge and extend our warmest thanks to:

- Fundraisers and donors for their enthusiasm, commitment and generosity in raising vital funds to support ILFA's work.
- Healthcare professionals for their continuing support with advocacy, education and patient support.
- Corporate partners for their support and assistance with our patient-centred projects and services.
- Age and Opportunity and Sports Ireland for providing an exercise grant to ILFA.
- Patrons Michael Darragh Macauley and David Gilna for their support and help raising awareness of lung fibrosis.
- Gemma O'Dowd, Anne Griffin, and Eimear Bell who are contracted to deliver ILFA's services.
- Our voluntary Board members for their time, expertise, and willingness to support the charity.

ILFA's Vision, Mission and Values

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 treat others with **Compassion**
- We are Advocates for **Change**

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's Constitution

ILFA's Board decided to review and update ILFA's Constitution (Memorandum and Articles of Association) in 2023. This project was undertaken in consultation and under the guidance of Hayes Solicitors.

The original ILFA Constitution was developed in 2002 when ILFA was founded. Following the Annual General Meeting in September 2023, it was deemed a good time to review and update ILFA's guiding document given the strategic developments and revised goals of the charity.

When completed and approved by the Board, the updated ILFA Constitution will be notified to the Charity Regulator and the Companies Office.

Updated Policies, Procedures, Terms of Reference and Governance Documentation

- Register of Interests form was sent to Board members (January 2023)
- Schedule of Board Meetings for 2023 (February 2023)
- Survey of Board Members about establishing sub-committees (March 2023)
- Communication Policy (April 2023)
- Appointment of New Directors Policy (April 2023)
- ILFA Code of Conduct (April 2023)
- Terms of reference for ILFA members on the ITS ILD Group involved with the ILD Registry sub-committee (July 2023)
- Governance Charities Code Compliance Record (September 2023)
- ILFA Website Privacy Policy (September 2023)
- Cookies Policy (September 2023)

Finance: ILFA Treasurer's Report

The Irish Lung Fibrosis Association is committed to the utmost transparency and accountability to our community and the many 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. Our website also contains the audited accounts for previous years alongside our annual reports and news on our activities.

The ILFA financial year for 2023 which ran from the 1st of January to the 31st of December once again as in previous years saw that our main income was from individual acts of generosity and fundraising from the community we serve. Our fundraisers used both novel and ingenious methods and events to fund raise alongside traditional and popular events such as the women's mini marathon. Online funding platforms are now also commonly used by our fundraising community, and we have also seen increased income from our easy to use donate function on our website. The board would also gratefully acknowledge the kindness of legacy bequests and donations from the families of those within our community who lost their brave battle with lung fibrosis.

The support of our dedicated fundraisers is vital as apart from a small number of events and projects that were funded or part funded by corporates or donations from commercial companies and state funds, nearly all income comes from fundraising.

In 2023 we continued to run the day-to-day operations with two administrative assistants. Management of ILFA's accounts were supported by a certified accountancy and book-keeping practice.

In the year to 31 December 2023, the cost of administrative consultants, projects, online activities, postage, printing, office, and general expenses came to €153,609.83 whilst overall income was €151,112.93 resulting in a small deficit of €2,496.90 for the financial year.

This deficit reflects that whilst income remains stable the demands and unmet needs of our community remain high and ILFA reacted to this by ensuring additional services, supports and educational opportunities were ramped up across our four core missions of education, support, advocacy and research.

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 and vice-chair who continues to function as Interim Treasurer whilst the board of directors continue to actively seek to appoint a treasurer.

Strategic Planning

Funding Strategy

In 2023, ILFA worked closely with 2into3 to develop a funding strategy to enable ILFA to diversify funding streams, plan, increase capacity, and have a greater impact.

The 2into3 strategy development process was delivered through mobilisation meetings, setting up a steering group, workshops, and desk-based research.

The ILFA steering group, acted as the main project team and met online many times to review outputs and ensure the work was progressing efficiently.

Steering group outputs were subsequently presented to the wider board, stakeholders, and relevant staff. ILFA's Funding Strategy 2023-2025 was completed in May 2023.

CEO Recruitment Strategy

Once the funding strategy process was completed, ILFA focussed on developing a strategy for the recruitment of a Chief Executive Officer (CEO) with the help of 2into3. The ILFA Board has been working towards appointing a CEO for several years and felt that the time was right to take this significant step in 2023.

A survey of Board members was conducted in August 2023 to determine the next steps and identify risks and benefits of appointing a CEO. All Board members agreed the CEO appointment was a necessary step to professionalise ILFA, to maintain and progress the work of the organisation to the next level, and to make a significant impact for the lung fibrosis community.

A candidate briefing document and job description was prepared by 2into3 with Board member input. The CEO will be responsible for ensuring the mission and vision of ILFA is maintained while working with the Board to define its strategic direction, ensuring that resources and processes are in place to accomplish important mission goals. The CEO will lead the charity through an exciting development phase as it seeks to build on its culture, brand, and reputation to grow and become more sustainable for the future.

Short-listing of candidates and interviews for the CEO role took place in November and December 2023. ILFA was delighted that Maureen O'Donnell accepted the position to be ILFA's CEO (commencing in 2024). ILFA looks forward to the next exciting steps and working with Maureen.

Educational Activities

ILFA Patient Information Days

ILFA Patient Information Days took place on Saturday 25th March 2023 and on Saturday 18th November 2023 via Zoom.

Speakers at the event held on 25th March were:

- Professor Killian Hurley, Respiratory Consultant, RCSI, Beaumont Hospital.
- Dr Anne-Marie Russell, Senior Lecturer at University of Exeter Medical School, and Jess Mandizha, Clinical Nurse Specialist in ILD at the Royal Devon University Hospitals NHS Trust.
- Dr Roisin Cahalan, Lecturer in Respiratory and Cardiovascular Physiotherapy in the School of Allied Health in the Faculty of Education and Health Sciences
- Donna Langan, Advanced Respiratory Nurse Practitioner, Galway University Hospital
- Grace O’Sullivan, Respiratory Clinical Nurse Specialist, Cork University Hospital

“Thanks to ILFA and all the terrific speakers, very informative meeting.”

“It was an excellent ILFA Information Day. Thanks to all who organised it and to all involved in it today”

“Thank you to all the speakers today. As someone just recently diagnosed with IPF it was very informative and reassuring. Thanks also to everyone at ILFA for organising”

Speakers at the event held on 18th November were:

- Professor Anthony O'Regan, Respiratory Consultant, University Hospital Galway
- Olive McCafferty, Respiratory Physiotherapist, Mater Hospital
- Patricia Davis, Advanced Nurse Practitioner, Respiratory Integrated Care, Wicklow
- Lindsay Brown, Respiratory Advanced Nurse Practitioner, St Vincent's University Hospital
- Leah Harrington, Health and Wellbeing Coordinator, Living Well Programme, HSE

Recordings of the Patient Information Days are available to watch on ILFA's YouTube channel.

**"As always very
informative, great
speakers.
Thank you ILFA"**

**"Thanks to all the
contributors and ILFA
for organising the event
this morning. Really
informative"**

**"Excellent
presentations.
Thanks to all
involved"**

**"Thank you kindly for a
very informative
morning, so well done.
We are nobody without
you"**

Interstitial Lung Disease Study Day in collaboration with the Irish Thoracic Society

The Irish Thoracic Society ILD Education Day took place online on 10th February 2023 in collaboration with the Irish Lung Fibrosis Association.

As part of the event, the Fergus Goodbody Lecture took place. This lecture is a masterclass lecture for healthcare professionals focussed on imparting the latest research and developments in lung fibrosis from leaders in the field.



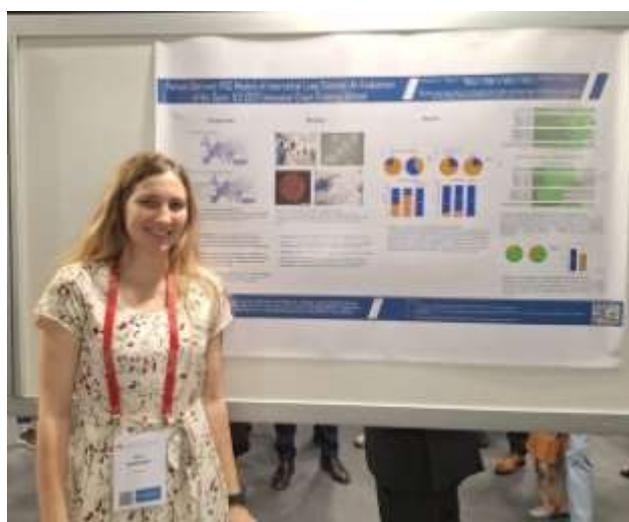
In 2023, the Fergus Goodbody Lecture was delivered by Professor Michael Kreuter, Director of the Centre for Interstitial and Rare Lung Diseases, Heidelberg University Hospital. Professor Kreuter's lecture was entitled "Developments in Idiopathic Pulmonary Fibrosis and Progressive Fibrosis", His talk was excellent and generated lots of discussion among the panel and audience.

In addition, the Terence Moran Memorial Award for the best presentation from a Respiratory Specialist Registrar was presented at the event. Dr Lucy Power was the winner, and she was presented with her award and an educational bursary by Professor Killian Hurley at the Irish Thoracic Society Scientific Meeting in November.



European Respiratory Society Congress Educational Bursaries

ILFA awarded three bursaries for respiratory nurses, allied healthcare professionals, researchers, PhD students, and post-doctoral students in Ireland to attend the 2023 European Respiratory Society (ERS) International Congress in Milan in Italy from 9–13th September 2023. The ERS Congress is an annual event that brings together the world's respiratory experts to showcase all the latest advances in respiratory medicine and science. The successful recipients of the ERS Congress educational bursaries were Anja Schweikert (Royal College of Surgeons in Ireland), Dr Chiara de Santi (Royal College of Surgeons in Ireland) and Professor Roisin Cahalan (University of Limerick). Their reports of the ERS Congress are included below.



Benefits of attending the ERS International Congress for my role as a PhD student – Anja Schweikert

The 2023 ERS International Congress attracted 20,000 delegates. 5 days filled with amazing science and multiple networking opportunities. 20 poster sessions were presented in parallel three times a day and oral presentations, symposiums and other state-of-the-art sessions in 14 different rooms

completed the scientific content presented.

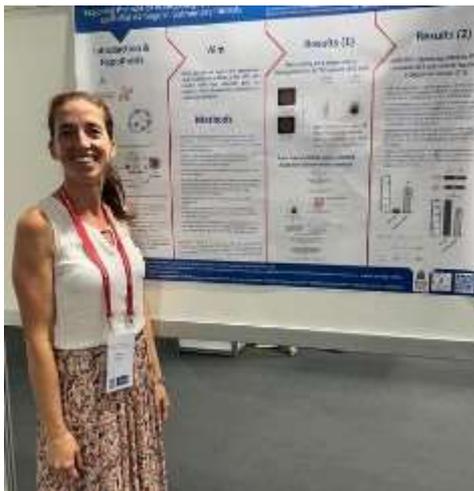
I am a second year PhD student working on the role of sex hormones in pulmonary fibrosis. My three major aims on what to achieve whilst at the congress were (1) Strengthen my presentation and communication skills: I was delighted to present my poster about the Open-ILD Innovator Grant Training School in patient derived induced pluripotent stem cell (iPSC) Models of Interstitial Lung Diseases.

Getting questions about the novel hybrid Hands-on and Observer teaching model we applied, as well as seeing other delegates presenting novel teaching methods increased my understanding and highlighted problems in this sector. Since the data of my poster is currently under review for publication, comments and questions asked as part of the poster presentation will help answer possible arguments stated by reviewers. This year, I was also given the chance to present my data on the effect of sex hormones on iPSC-derived alveolar epithelial type 2 cells in an oral presentation. There was major interest of the audience in this topic, which might build the basement of future collaborations.

(2) Increasing my knowledge of the pulmonary fibrosis field: Listening to state-of-the-art science in our field of research, as well of discussing science during poster presentations, increased my knowledge and showed me techniques to answer research questions that I did not think of.

(3) Increase my scientific network: In addition, talking to peers that are working in the same research area and hearing about their experimental and methodical challenges, but also successes highlighted again that we are not alone. These discussions, but also the Assembly 3 (Basic and translational sciences) networking event helped me to reach this aim. In summary, this congress has not only taught me more about state-of-the-art research, but I also got to broaden my scientific network by getting to know expert scientists, as well as got feedback on my research. In the future, connections formed as part of the congress will help building new collaborations.

I want to thank ILFA again for giving me this opportunity and supporting me to go to the 2023 ERS International Congress.



Dr Chiara De Santi ERS Congress Educational Bursary Report

Thanks to the ILFA Educational Bursary, I participated to the European Respiratory Society Congress in Milan (9th-13th Sept 2023). I truly enjoyed this experience which benefited me from several points of view, as follows:

I got exposure as emerging principal investigator in the field of pulmonary fibrosis – when presenting my poster, I received very informative feedback, had a lot conversation around non-coding RNAs and the human in vitro model we are using to mimic pulmonary fibrosis.

I also connected with a professor at Northumbria University working on muscle and lung fibrosis and this may lead to future collaborations. I also got the chance to meet Prof Griese who I met online last year about a potential research project together and finally met in person at the conference. Lastly, I met with another emerging investigator who is part of the research team in another grant I have submitted after the conference.

I wanted to learn about patients' perspective so during the poster sessions I visited posters presented by patients' advocates, including ILFA, and paid particular attention to the 'Patients' perspective' often offered as video recordings at the beginning of presentation sessions.

I have gained knowledge in the field of lung fibrosis and genetic diseases by attending oral presentation and poster sessions. I particularly enjoyed the following sessions: 'Tissue modelling and remodelling', 'Cystic fibrosis in the era of highly effective cystic fibrosis transmembrane conductance regulator modulator therapy', 'Novel treatment options for pulmonary fibrosis' and 'Genetics in paediatric respiratory disease.

I have expanded my network, within my ERS Assembly (Assembly 3). I participated to the Assembly meeting where we learnt how to participate more actively to the ERS activities and really enjoyed the networking event which followed, where we were given the chance to suggest things the Assembly should focus on in the future. I nominated myself as member of Assembly 3's long-range planning committee (LRPC), hopefully I'll get elected.

I also really enjoyed the 'Early Career members session'. During this session, we learnt what we can do as scientists to support awareness around climate change and initiatives to slow it down (or maybe stop it completely!).

We also learnt about social media and how to grow our network and our research opportunities and collaboration using some of the available platforms, and how ERS can help us progress our career.

Overall, it was a very enjoyable session, and really focused on early career members so very relevant in terms of career stage where I am.

(2) Increasing my knowledge of the pulmonary fibrosis field: Listening to state-of-the art science in our field of research, as well of discussing science during poster presentations, increased my knowledge and showed me techniques to answer research questions that I did not think of.

(3) Increase my scientific network: In addition, talking to peers that are working in the same research area and hearing about their experimental and methodical challenges, but also successes highlighted again that we are not alone. In summary, this congress has not only taught me more about state-of-the-art research, but I also got to broaden my scientific network by getting to know expert scientists, as well as got feedback on my research. In the future, connections formed as part of the congress will help building new collaborations.

Dr Roisin Cahalan ERS Congress Educational Bursary Report

The ERS annual conference took place in early September in Milan and welcomed thousands of delegates from around the world, interested in all facets of respiratory health. There were multiple sessions of potential interest to ILFA members, and some of the more interesting findings included the following:

There are promising developments in the differential diagnosis of various types of ILD including existing technologies and more futuristic work. These include various blood

markers, home spirometry and even AI to help with earlier diagnosis and treatment. A relative decline of FVC of 10% or more is the biggest indicator of disease progression, regardless of the type of condition. This finding supports the importance of serialised assessment and personal care for patients.

A fantastic talk by Karen Moor on fatigue in ILD discussed how fatigue is the most common problem for people, even considering breathlessness and cough. Fatigue has no common definition, affects physical and mental health, and is an invisible enemy. Moreover, there appears to be no relationship between the level of fatigue and disease severity. Interventions like upper limb strength training and inspiratory muscle training appear to help.

A wonderful talk by John Solheim, patient and advocate, provided the following pieces of advice:

- Include other people in your journey – it affects them too.
- Try to stay positive – it can improve your quality of life.
- Seek help from experienced health care professionals, patient organisations and peer support.
- Educate health care professionals by accurately reporting your symptoms and always bring your family with you to meet the consultant. They have parts of the puzzle that you may not have.
- Ask questions of the consultant.
- Ask for help – people are happy to give it. One of the main takeaways from his talk was “this is not a one-person disease” which underpins the importance of support and community when dealing with these conditions.

Huge thanks to ILFA for funding this wonderful opportunity.

Interstitial Lung Disease Interdisciplinary Network Annual Conference in Birmingham on 8-9th October 2023

The Irish Lung Fibrosis Association awarded four educational bursaries for healthcare professionals living in Ireland to attend the Interstitial Lung Disease Interdisciplinary Network Annual Conference in Birmingham on 8-9th October 2023.

- **Eilis Gleeson**, Clinical Nurse Specialist Respiratory at University Hospital Limerick.
- **Olive McCafferty**, Respiratory Physiotherapist at the National Lung Transplant Unit, Mater Misericordiae University Hospital.
- **Nora McNamara**, Respiratory Advanced Nurse Practitioner at Tipperary University Hospital.
- **Sara Winward**, Respiratory Advanced Nurse Practitioner at the National Lung Transplant Unit, Mater Misericordiae University Hospital.

Cognitive Behavioural Therapy (CBT) Training Bursaries

ILFA awarded eight educational bursaries to respiratory healthcare professionals working with lung fibrosis patients to study Cognitive Behavioural Therapy (CBT). Reports from some of the healthcare professionals are included on the following pages.

- **Amy Mathews**, Senior Occupational Therapist, Community Palliative Care Team, Our Lady's Hospice and Care Services, Harold's Cross, Dublin.
- **Anne-Marie O'Shea**, Respiratory Advanced Nurse Practitioner, Midland Regional Hospital Portlaoise, Portlaoise.
- **Caroline Doyle**, Respiratory Clinical Nurse Specialist, HSE Outreach Service, HSE Dublin Mid-Leinster, Regional Hospital Mullingar.
- **Elaine Joyce**, Clinical Specialist Respiratory Physiotherapist, Tallaght University Hospital.
- **Emma Twomey**, Respiratory Clinical Nurse Specialist, Mater Misericordiae University Hospital.
- **Jide Afolabi**, Clinical Specialist Physiotherapist, Our Lady's Hospice and Care Services, Harold's Cross, Dublin.
- **Pamela Cryan-Quinn**, Respiratory Clinical Nurse Specialist, Integrated Care, Mater Misericordiae University Hospital.
- **Patricia Clancy**, Respiratory Clinical Nurse Specialist, Midlands Regional Hospital Portlaoise.

Report from Anne Marie O'Shea, Advanced Nurse Practitioner Respiratory Midland Regional Hospital Portlaoise

I was delighted to be successful in my application for this sponsorship. The course, run by Pivotal Health, consisted of 8 hours e-learning and 6 hours face-to-face virtual study.

Breathlessness is a common symptom experienced by people who live with lung conditions. We all can get breathless from time to time when we are active or exert ourselves. To avoid doing things to avoid getting breathless is not conducive to long-term goals of self-management and re conditioning which form a central part of the processes involved in chronic disease management. What matters is how the person deals with breathlessness.

CBT is also increasingly used to address the psychological components of physical health conditions such as respiratory disease and other conditions. Anxiety is the activation of the fight-or-flight system. This can cause breathing to speed up as a result, which in turn causes some worsening of underlying respiratory disease symptoms. The pathophysiology of these psychological comorbidities in ILD is complex and possibly explained by common risk factors, response to symptomatology and biochemical alterations.

Learning outcomes from the CBT course included an overall understanding of what CBT is and why it is useful for the treatment of anxiety and depression. The course also helped me to identify patients with IPF with psychological distress and to use basic CBT skills and techniques to help.

Report from Patricia Clancy, Respiratory Clinical Nurse Specialist, Midlands Regional Hospital, Portlaoise.

I received an Educational Bursary to study Cognitive Behavioural Therapy (CBT) thanks to the Irish Lung Fibrosis Association. This entailed a total of 25 hours learning with 15 hours e-learning and 10 hours participatory (Teams and skills practice).

The learning outcomes were as follows:

1. Understand the basics of Cognitive Behavioural Therapy
2. Understand why CBT is useful for the treatment of depression and anxiety
3. Identify patients under psychological distress
4. Use basic CBT skills and techniques to help address psychological distress.

CBT explores the links between a patient's situation, physical symptoms, thoughts, emotions and behaviour. Techniques are directed at tackling current difficulties and teaching the patient skills to identify unhelpful thinking or behaviour, which might be causing vicious cycles of anxiety and/or depression. The National Institute for Clinical Excellence

suggests that people with anxiety and other common mental health disorders should be offered evidence-based psychological interventions such as CBT as a first line of treatment.

Interstitial lung disease is a chronic condition with significant morbidity and mortality and is frequently associated with anxiety and depression. In addition, anxiety and depression are known to occur frequently in patients with dyspnoea, which is one of the main debilitating symptoms a patient with lung fibrosis can have.

Developing both respiratory and psychological skills allows me to distinguish and manage physical and psychological causes of symptoms in the patients I see, which can result in better health and wellbeing, increased quality care and greater patient satisfaction. The aim is to equip patients and their families to make informed choices and manage their own health. I found this course hugely beneficial and informative.

Report from Pamela Cryan-Quinn, Respiratory Clinical Nurse Specialist, Respiratory Integrated Care, Mater Misericordiae University Hospital

I would like to thank ILFA for the educational bursary for the CBT course run by Pivotal Health in April 2023.



As part of my daily practice with respiratory patients I found this online course hugely beneficial. I have been a Respiratory Nurse Specialist for many years and initially I felt a bit sceptical about CBT training “thinking I knew it all“, however this CBT course really opened my eyes on my practice, and how I can improve it. For example, how to identify my own unhelpful thinking styles so that I can see situations in a different more balanced and helpful way.

Luckily enough coinciding with the CBT course we have now a Respiratory Psychologist working on our team. We meet up once/month and Elizabeth helps me implement the skills I have learned and has shown how CBT combined with medical treatment can be effective and assist with patients coping with their chronic medical condition.

Advocacy and Raising Awareness

Advocacy

ILFA is actively campaigning for a dedicated HSE Clinical Care Programme for Interstitial Lung Disease (ILD) to ensure lung fibrosis patients get the best standards of care and have equal access to healthcare specialities, treatment including medicine, oxygen, and pulmonary rehabilitation. In 2023, ILFA started working with a Public Affairs Consultant to further develop our strategy and advocacy roles and this had led to ongoing engagement with politicians, and HSE and Department of Health officials.

We are grateful to all the patients who have contacted local politicians to inform them of ILFA's work in addressing healthcare inequalities faced by patients. We have highlighted that lung fibrosis patients are excluded from pulmonary rehabilitation courses taken place in the community via Integrated Care projects. This is because the Respiratory Clinical Care Programme is for COPD and Asthma only. Lung Fibrosis patients need access to structured exercise and educational programmes to maximise their health and wellbeing.

ILFA is thankful to all the politicians who have supported our work and our aim of speaking before the Joint Oireachtas Health Committee. In August 2023, three of ILFA's Directors -Eddie Cassidy, Professor Jim Egan and Nicola Cassidy, met with Colm Burke TD at Leinster House to discuss the healthcare challenges faced by lung fibrosis patients. In October, ILFA Directors - Professor Jim Egan, Liam Galvin and Nicola Cassidy, met with senior HSE Officials to discuss the unmet needs of lung fibrosis patients. A series of parliamentary questions were raised by various TDs during the year on HSE and Department of Health operational and policy matters relating to ILD care provision.

Our advocacy work continues!

Organ Donation and Transplantation

On 16th March 2023, Gerry Fitzgerald from Tipperary spoke at the launch of Organ Donation Awareness Week, organised by the Irish Kidney Association. Gerry shared his story of being diagnosed with lung fibrosis, maintaining his fitness with the ILFA online exercise classes, and ultimately receiving a life-saving single lung transplant in 2022.

In November 2023, the Human Tissue (Transplantation, Post-Mortem, Anatomical Examination and Public Display) Bill was passed in the Dáil. ILFA has campaigned for the introduction of a soft-opt out organ donation consent system since 2008, along with other patient organisations who are members of the Irish Donor Network.

The passing of the Human Tissue Bill is a significant development that provides a comprehensive legal framework for the donation of organs for transplantation in

Ireland. The law is expected to change in 2024 and ILFA wholeheartedly welcomes this landmark piece of legislation.

Figures released by Organ Donation and Transplantation Ireland (ODTI) revealed that over 280 organ transplants were carried out in Ireland in 2023, including 24 lung transplants. This was an encouraging increase on the transplant figures from 2022 and was made possible by the incredible generosity of organ donors and their families. Organ donation is a precious gift that bestows renewed life to those on the organ transplant list and ILFA is indebted to everyone involved in the donation and transplantation process.

Health Service Executive (HSE) Patient Partnership Conference

ILFA representatives Eddie Cassidy (ILFA Chair), Gemma O'Dowd, and Colin Edwards attended the first annual Health Service Executive (HSE) Patient Partnership Conference in October 2023. The event was organised by the HSE, the HSE's National Patient and Service User Forum, the Irish Platform for Patient Organisations, Science and Industry (IPPOSI) and Patients for Patient Safety Ireland. It brought patient advocates, healthcare professionals, policymakers, and stakeholders together and showcased opportunities for patient engagement in healthcare and service delivery.

ILFA was fortunate to have an exhibition stand at the conference and a selection of our information leaflets, practical aids, and educational resources were available to share with visitors. ILFA is grateful to everyone who visited the ILFA stand including Stephen Donnelly T.D., Minister for Health, Bernard Gloster HSE CEO, Joe Ryan, HSE Office of National Director Operational Performance and Integration, Carol Munt, Keynote Speaker, and representatives from other organisations.

This conference was a great initiative that placed the patients voice centre stage and brought multiple stakeholders together for a valuable and inclusive shared learning experience.



Irish Thoracic Society Annual Scientific Meeting

The Irish Lung Fibrosis Association was delighted to have an exhibition stand at the Irish Thoracic Society Annual Scientific Meeting in Limerick in November 2023. Gemma O'Dowd, Anne Griffin, and Nicola Cassidy represented ILFA at the event and enjoyed meeting healthcare professionals from across Ireland as well as researchers, pharmaceutical and oxygen company representatives, and charity organisation colleagues.

Sincere thanks to everyone who called by our exhibition stand to say hello and have their photo taken. We had a great time and enjoyed meeting old friends and making new friends.



Research

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 their perspectives on research. The group consists of patients, carers, academic personnel, and healthcare professionals. Over the year, several researchers have discussed their research projects with the PPI group and have received valuable feedback and insights from the group. It is exciting to hear about the varied research projects being undertaken in science, clinical research, and epidemiology.

Sean O'Se, Chair of ILFA's Patient and Public Research Advisory Group spoke at one of the Patient Information Days and discussed the work of ILFA's PPI group and appealed for more members to join and share their perspectives. New members are always welcome.

ILFA Poster Presentation at ERS Congress

The Irish Lung Fibrosis Association had a research poster presentation at the European Respiratory Society International Congress in Milan in September. The poster was entitled "Impact of pulmonary fibrosis on the lives of patients and carers in Ireland in 2022" and the work was presented by Colin Edwards, ILFA Board Member.

ILFA Survey

In November 2023, ILFA developed a survey for ILFA members and healthcare professionals about their priorities for a national Interstitial Lung Disease Registry. Thank you to everyone who responded. The results will be analysed in 2024.

Health Research Board / Health Research Charities Ireland Co-funding Scheme

In 2023, ILFA announced research funding opportunities with the HRB/HRCI Co-funded Scheme and a call for expressions of interest was launched. Six research funding applications were received, and a panel of expert reviewers selected 2 projects to proceed to the next stage in the process. Members of ILFA's PPI Research Advisory Group served as PPI contributors on the projects and on the Irish Thoracic Society PPI panel.

Patient Support and Wellbeing Activities

Patient Support Groups

ILFA's support groups hold face-to-face meetings around the country, and all lung fibrosis patients and family members are welcome to attend the meetings.

Support groups are running in Cavan-Monaghan, Clare, Cork, Dublin, Kerry, Midlands, and Mid-West. The ILFA Board is grateful to the support group leaders for their valued efforts to ensure peer support and a friendly space and company is available to members of the lung fibrosis community in local communities.

ILFA continued to host online Support Group Meetings for people living in areas where there are no support groups and for those who may not be able to travel.



The flyer features a green header with a white lung icon and the text "Irish Lung Fibrosis Association" and "www.ilfa.ie". Below this, the title "Lung Fibrosis Support Groups" is followed by a paragraph explaining the support group network. A list of regions is provided, and a green box contains contact information. At the bottom, there is a red footer with the ILFA logo and registration details.

Irish Lung Fibrosis Association
www.ilfa.ie

Lung Fibrosis Support Groups

The Irish Lung Fibrosis Association (ILFA) Support Group network puts patients and carers in touch with each other for peer support and to share their experiences and tips for living well with lung (pulmonary) fibrosis.

Support groups meet every month in

- Cavan-Monaghan
- Clare
- Cork
- Dublin
- Kerry
- Midlands (Tullamore)
- Mid-West (Birdhill, Tipperary)

For more information
call 086 871 5264
or visit
www.ilfa.ie

ILFA
Irish Lung Fibrosis Association
www.ilfa.ie

Irish Lung Fibrosis Association
Registered number 20053437
Company registration number 367940
Charitable exemption number CHY 15462

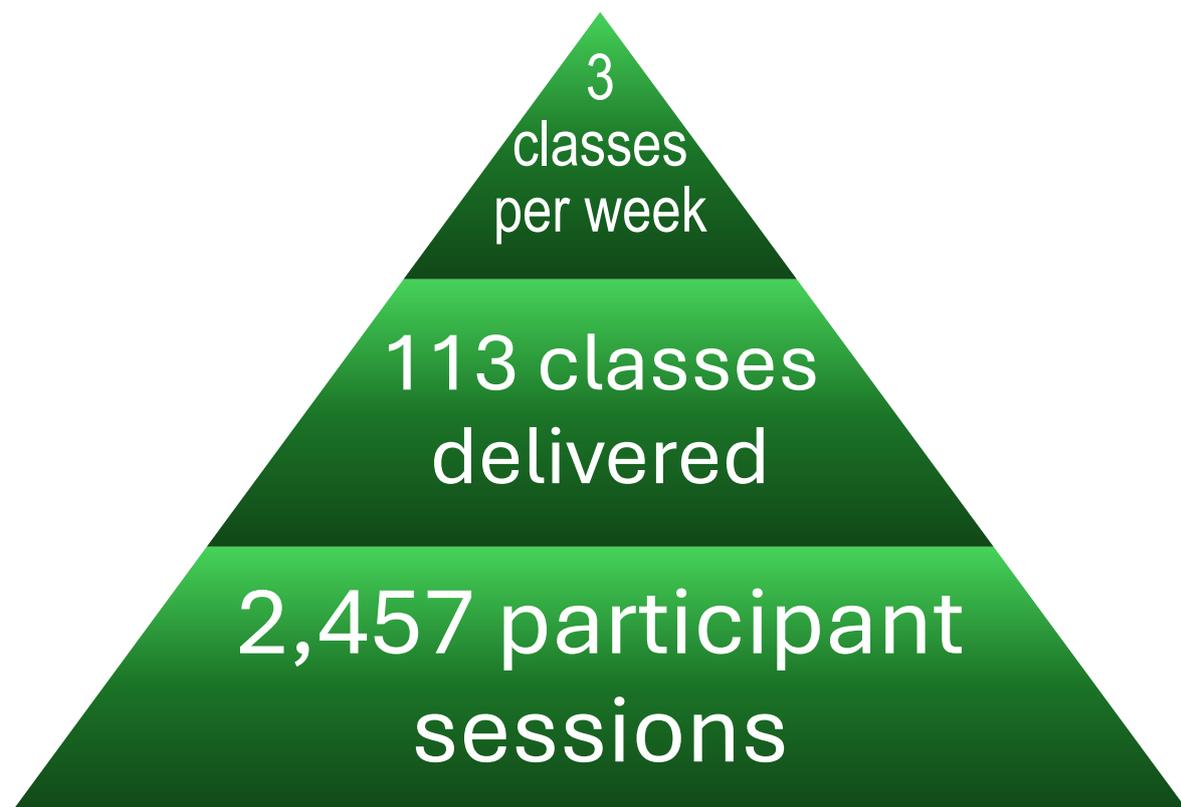
ILFA's Online Exercise Classes 2023

ILFA's online exercise classes for lung fibrosis patients take place every week and are free of charge to members. Classes are led by Eimear Bell, respiratory physiotherapist, and take place every Monday, Wednesday, and Thursday via Zoom.



The aims of the ILFA online exercise classes are to:

- Help lung fibrosis patients and lung transplant patients to exercise, maintain their health, prevent deconditioning, and relieve loneliness for those living in isolated parts of the country.
- Provide safe, engaging, interactive exercise classes suited to the needs of lung fibrosis patients that are delivered by specialist respiratory physiotherapists.
- Enable patients to have access to experienced healthcare professionals and receive valuable peer support.



Demand for online exercise classes increases in 2023

In 2023, the Irish Lung Fibrosis Association delivered 113 online exercise classes for lung fibrosis patients. At the start of the year, ILFA provided 2 classes per week but to meet the growing demand for places, ILFA expanded the programme and has provided 3 classes per week from March 2023. There were 2,457 participant sessions in 2023. ILFA is grateful to everyone who has supported this health promotion initiative and to the healthcare professionals who refer patients to ILFA.

These data show that lung fibrosis patients want to engage in structured exercise and educational programmes to improve and maintain their fitness. There is an urgent need for pulmonary rehabilitation classes for lung fibrosis patients, however this group is currently excluded from HSE pulmonary rehabilitation programmes in the community. ILFA will continue to highlight the health inequalities faced by lung fibrosis patients.

Feedback received from ILFA's exercise class participants.

"I really enjoyed the exercise class this morning. Eimear was excellent and I surprised myself that I could do most of the exercises and last for the hour. Looking forward to the next one."

"I want to express my compliments and gratitude for ILFA's online exercise classes. I participate in the classes on Wednesdays and Thursdays, and I really enjoy them. Last week I attended my hospital respiratory department for my regular check-up. The medical team was very impressed with my pulmonary function scores. These scores were significantly better than the previous 2 tests. I attribute this to the breathing techniques we practice in the classes. The medical team agreed with me. So, thank you to Eimear and all involved in the classes."

"I would like to express my thanks to you for all the help that you have given to me. If it was possible for you to pass on my thanks to Eimear for all the terrific help, she has given to me in all the exercises. She is terrific."

Yoga Classes

In October 2023, the Irish Lung Fibrosis Association hosted online yoga classes every Friday for 6-weeks with ILFA Patron and yogi Michael Darragh Macauley. The classes consisted of breath work and gentle exercise and poses.

A special and festive Christmas yoga class with ILFA's Patron Michael Darragh MacAuley took place on Friday 15th December at 11am. Participants were encouraged to wear a festive jumper and Santa hats to get into the festive spirit!

ILFA asked the attendees of the classes to complete a questionnaire and here's some of the great feedback received.

- 85% rated the classes as excellent or very good

- 80% strongly agreed they felt more relaxed after the class
- 70% strongly agreed they felt better after the class
- 70% strongly agreed that the breathing exercises were useful
- 90% strongly agreed that they enjoyed participating in the class
- 100% would recommend online yoga classes to another patient

Feedback received from ILFA's yoga participants.

"I really appreciate the support from ILFA and all the exercise leaders. Many thanks to you all"

"I really enjoyed it and would love to do it again"

"Very worthwhile and enjoyable"

"I did some stretching that I had never done before"

"I am an avid GAA fan and I have always admired Michael Darragh and I would really thank him for doing this YOGA classes for ILFA"

ILFA Awarded an Active National Grant

The Irish Lung Fibrosis Association was awarded a grant from Age & Opportunity and Sport Ireland to purchase equipment for lung fibrosis patients. The Active National Grant Scheme from Age and Opportunity and Sport Ireland supports sport and physical activity among older people so they can experience the health benefits of being active.

ILFA purchased medical grade pedometers to encourage lung fibrosis patients to engage in physical activity via the ILFA 2000 Steps Walking Challenge.

Thank you to Age & Opportunity and Sport Ireland for this funding.

Let's Talk Sessions

A series of online "Let's Talk" interactive sessions took place throughout 2023. The topics covered included medication, nutrition, entitlements, and psychological coping mechanisms.

Thank you to all the healthcare professionals who participated and shared their knowledge, expertise and tips.

- **'Let's Talk Medication'** took place on 27/2/23 and was facilitated by Lynn Fox, Respiratory Advanced Nurse Practitioner at the Mater Misericordiae University Hospital.
- **'Let's Talk Nutrition'** took place on 31/3/24 and was facilitated by Sandra Murphy, Senior Dietitian in Heart & Lung Transplant, Mater Misericordiae University Hospital.

- **‘Let’s Talk Entitlements’** took place on 10/10/23 and was facilitated by Helen Mulryan Respiratory Advanced Nurse Practitioner candidate at University Hospital Galway.
- **‘Let’s Talk Cognitive Behavioural Therapy and Psychological Support’** took place on 06/11/23 and was facilitated by Lynn Fox, Respiratory Advanced Nurse Practitioner at the Mater Misericordiae University Hospital.

ILFA’s Ecumenical Service of Prayer and Reflection 2023

The ILFA Ecumenical Service took place in October at St Anne’s Church, Dawson Street, Dublin 2. It was a beautiful service with wonderful readings, prayers, music and singing and a real sense of community. Sincere thanks to the Culwick Choral Society, David Leigh, and Dr David O’Shea for providing wonderful music and song. Thank you to our readers, candle lighters, and volunteers who participated and made this a very special occasion.

Over 130 people attended the service with people travelling from as far away as Kerry and Cork. Unfortunately, we faced some last-minute challenges as three of our clergy members were taken ill unexpectedly. Sadly, Fr Brian and Fr Paul had to cancel their participation. Thankfully Canon Charles Mullen was able to muster enough strength to lead the service. Thank you to everyone who brought treats for the social gathering afterwards and a big thank you to the members of the Mullaney family who helped serve tea and coffee.



The Irish Healthcare Awards 2023

The Irish Lung Fibrosis Association was thrilled to win the Irish Healthcare Award 2023 for Patient Organisation Group of the Year. Our project was entitled "Dancing for health and wellbeing: A feasibility study to examine the health impacts of dancing for lung fibrosis patients."

The ILFA team had a fantastic night and thoroughly enjoyed the celebrations. Dr Vikram Niranjana who led the project accepted the award on behalf of the team and was joined by Matt Cullen (lung fibrosis patient, dance class participant and co-author on the research papers), and Gemma O'Dowd and Nicola Cassidy from ILFA.

This project aimed to evaluate a structured online dancing programme's physical and mental health benefits for patients living with lung fibrosis and assess the feasibility of a dance intervention.

Huge thanks to all the team involved with this project - Dr Vikram Niranjana (project lead), Tracey Barnes (choreographer), research team members - Giampiero Tarantino, Jaspal Kumar, Dr Raymond O'Connor, Dr Andrew O'Regan, ILFA's patient collaborators - Finola O'Neill and Matt Cullen, and the ILFA team - Liam Galvin, Gemma O'Dowd and Nicola Cassidy who helped develop the project.

This hugely valuable, successful and fun initiative was funded with a grant from the Irish Research Council. Sincere thanks to all the patients who participated and provided valuable feedback for the study. The 2023 Irish Healthcare Award is simply the icing on the cake and a much appreciated and fitting tribute to celebrate this important research collaboration!



Fundraising

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 2023 we had a great selection of fundraising events. All these activities helped raise valuable funds and raise awareness for ILFA. Some of the major fundraising activities from 2023 are included below.

Anáil Fundraising Walk for ILFA

Anáil (Respiratory Nurses Association of Ireland) held a successful conference in Athlone in March 2023 when they celebrated their 30th anniversary. The respiratory nurses kindly arranged a fundraising walk in aid of ILFA and there was great excitement in the lead up to the event.

Unfortunately, bad weather conditions on 10th March meant that the respiratory nurses planned 5km fundraising walk had to be postponed. The event had to take place virtually the following

week and we are grateful to everyone who took part. Huge thanks to Anáil for their ongoing support for ILFA.



Easter Monday 2000 Steps Extra Challenge

On Easter Monday 2023, ILFA held our annual 2000 Steps Extra Challenge. Patients, carers, family members and ILFA supporters joined the virtual exercise challenge and took at least an extra 2,000 Steps (approximately 1 mile more) to raise awareness of lung fibrosis and raise funds to support.

Participants were invited to send in photos for ILFA to share on social media to help raise awareness. Thank you to everyone who took part from many locations across the country and overseas.



Team Coughlan Run - 2km on the hour, every hour for 24 hours

On 29th July, Derek Coughlan from Swords, County Dublin took on an incredible challenge to raise funds for ILFA in memory of his father Ciaran. Derek and his team of supporters completed a 2km run on the hour, every hour, for 24 hours. In doing so, they raised over €8,000 for ILFA and we are enormously grateful to everyone involved.

Eddie Cassidy (ILFA Chair) and Nicola Cassidy met the Coughlan family in Swords, Co Dublin for a cheque presentation. Sincere thanks to Derek, his wife Karen, his mother Therese, sisters Lisa and Karen, brother-in-law Kevin and daughter Katie for a warm welcome. Thanks also to all the members of this fantastic fundraising team who completed 48km for ILFA and helped raise awareness and valuable funds.



Here is a report from Derek.

“When I first took on this challenge, I honestly thought I’d be tackling it on my own. I knew it’d be tough both physically and mentally, but I wanted to push myself and really make an impact for the ILFA in memory of my dad, Ciaran. Little did I know just how much support I was in for from all of you – my family and friends. You completely transformed this from a solo mission into a full-blown group effort.

I am so grateful for the ILFA’s unwavering backing throughout this journey. From their branded merchandise to their impactful social media posts and, most importantly, their presence at the event itself, their support has been nothing short of extraordinary. My appreciation goes out to Eddie Cassidy, Nicola Cassidy, and Gemma O’Dowd from ILFA for their relentless dedication to this cause.

And to the incredible bunch who jumped in – Therese Coughlan, Karen Coughlan, Karen Farrell, Lisa Coughlan, Kev Farrell, Tony Clarke, Kev Conlan, Stephen Rafter, Colm Cloake, Joe Clancy, Paul Maguire, Shane Maguire, Stephen Kennedy, Fernando Amatore, Des Maguire, Collette Fox, Sarah Fox, Declan and Bernie, Daniel, Megan Clarke, Harry Clarke and Aoibhe Farrell – Your support was everything and without each of you, this wouldn't have been possible.



Lastly, I am amazed by the remarkable amount we have raised. To every person who donated, your generosity has truly made this event a success. Thank you for contributing to such a great cause.”

VHI Women's Mini Marathon

The VHI Women's Mini Marathon took place in glorious sunshine on Sunday 4th June 2023. Thanks to all the ladies who took part on behalf of ILFA.



Lynda Jackman, her daughter Carrie Jackman, cousin Kathleen Funchion and friend Elaine Lanigan from Kilkenny took part in the mini marathon to raise funds for ILFA in memory of Bobby Jackman. Linda said “We had such a great day and was nice to meet up with the group afterwards.

Mary Greene and Sharon Morrissey who took part in support of their family member Mary O’Sullivan. Mary Greene said “It was a pleasure to meet you all at the event. Mam, Sharon and I had a fabulous day. Glorious sunshine made it so enjoyable for everyone taking part. We were delighted to be part of #TeamILFA. Thanks to generous support from our friends and family we raised over €1,000 this year.”

Orlaith Mulligan from Kildare and her cousin Aoife took part in the VHI Women’s Mini Marathon to raise funds for the Irish Lung Fibrosis Association. They raised an incredible €1,027 for ILFA with the support of family and friends. Orlaith said “We hope our fundraising will help as I can’t explain how much we appreciate all that you do for my dad. A huge thank you to ILFA from my family.”



Mary Fitzgerald said “What a fantastic experience running 10k for the first time in the women’s mini marathon. What made it so special was that I ran it with a group of wonderful running pals, and we were raising funds for ILFA. I was so proud to don the ILFA t-shirt along with all the other fundraisers. There was such a buzz on the day and even more so at the celebrations afterwards. I’m looking forward to next year already.”

Niamh English said “Myself and my running buddy Nicola and her pals took on the mini marathon in June. It turned out to be a hot day; 23°C! It was a welcome sight to see the Dublin Fire Brigade at Donnybrook with the water hose on, even though the water was colder than expected. It wasn’t the easiest of running conditions for Nicola and me, but we ran the entire route and crossed the line together. Thanks to everyone who supported us and cheered us on.”

Birgit Kretschmann said “On Sunday, 4 June 2023, I took part in my first VHI Women’s Mini Marathon which also happened to be my first official 10k run. Sharing this experience with my running pals, this amazing group of ladies who met through running (Parkrun) and who have this wonderful friendship, was a truly special experience which fills my heart with love and joy. From start to finish and beyond, the joy and excitement was palpable among the participants of all ages and running levels. The glorious sunshine was an additional treat. I enjoyed every step of the route and am feeling thankful and proud that by deciding to run and fundraise in aid of ILFA together with my group of friends, I contributed to a good cause with my own personal achievement. A big thank you to all who have supported our fundraiser.”



Croagh Patrick Climb

Kathleen, Deirdre and Fionnuala Malone successfully climbed Croagh Patrick in September 2023 to raise funds for ILFA in memory of their dad and husband Fergus.



Fionnuala said "Our dad passed away in December 2022 from lung fibrosis. During his illness and hospital stays, we reached out to the Irish Lung Fibrosis Association. We received great advice and guidance from them which we are very grateful for. When you have a loved one in hospital it can be hard to know how to navigate the medical system and what questions to ask but ILFA helped us to do just that when we needed it most."

Chipping Challenge



Donna Mulholland, Lady Captain Bundoran Golf Club, Donegal had her Captain's Day on 1st July 2023 and raised almost €1,200 for her chosen charity, the Irish Lung Fibrosis Association.

The Chipping Challenge entailed chipping golf balls through varying sized tyres. Donna said "It was great fun, even though it was a windy day. People were very generous, and it was a very successful day."



Donna would like to thank her volunteers without whom the event could not have happened. Donna's husband Stephen, who has pulmonary fibrosis, donated a prize for first place. Huge thanks to Donna Mulholland, Stephen Mulholland, and all the volunteers at Bundoran Golf Club for their wonderful support for ILFA.

Dublin City Marathon

The Dublin City Marathon took place on Sunday 29th October 2023 and the weather was particularly bad for the almost 20,000 participants. Amazingly, ILFA had 9 athletes wearing an ILFA t-shirt and taking on the iconic 26.2-mile course through the streets and suburbs of Dublin to fundraise for our charity in the lashing rain.

Aoife Quigley travelled from Limerick to run the Dublin city marathon in aid of the Irish Lung Fibrosis Association. Aoife ran in memory of her uncle Ger Brady and her friend's dad Eamonn McGrath and attached ribbons to her running bib in their honour so they were with her every step of the way. Aoife met with Nicola Cassidy (ILFA Director) and Niamh English before the start of the marathon for a photo and to wish each other the best of luck.

Arlene Bates ran the Dublin City Marathon on Sunday 29th October to raise funds for the Irish Lung Fibrosis Association in support of a good friend diagnosed with lung fibrosis.

Cousins Paul Giles and Nicola Cassidy ran the iconic 26.2-mile course in memory of their loved one, Denise Cassidy, and were joined by their friends and running buddies Niamh and Stephen.



West Kerry Tractor Run

On Sunday 26th November, the 5th Mórchúaird Tarracóra Chorca Dhuibhne / West Kerry Tractor Run took place in Dingle and once again the organisers pulled out all the stops to put on a great show and raise funds for the Irish Lung Fibrosis Association and the Palliative Care Unit at Kerry University Hospital.

Huge thanks from everyone at ILFA to all involved in the organisation and delivery of this fantastic spectacle including JP O'Sullivan his family and friends, all the participants, staff at the Marina Inn and the wonderful community of West Kerry.



Clare Tractor Run

The Clare 'Light the Way' Tractor Run took place on Saturday 16th December. This fantastic event combined a festive Christmas Light Tractor and Truck Run with the aim of fundraising for worthy charities that help make a difference.

The beneficiaries in 2023 were the Irish Lung Fibrosis Association and Pieta House. The organisers promised "a fun evening for all even if you're not into machinery! This amazing parade of lights passed through 2 local villages where spectators lined the sides of the road in awe.

BOC 32-County Cycle

Massive congratulations to Adrian Sheehan and his colleagues from BOC Healthcare Ireland who completed a phenomenal charity cycle to raise funds for the Irish Lung Fibrosis Association in June 2023.

The ambitious cycling challenge travelled through 32 counties covering 1,000km in 4 days. The team of superheroes faced tough weather conditions, triumphed over hills, and dug deep to achieve their goal. They received great support from family, friends, and colleagues and raised a fantastic sum of €7,530 for ILFA.



2023 Ballyliffin 10 Mile Coastal Challenge

Brother and sister - Brendan and Annmarie Lafferty undertook the 2023 Ballyliffin 10mile Coastal Challenge to raise funds in memory of their mother Margaret Lafferty from Culdaff, Donegal. They raised a fantastic amount that was divided between 2 charities.



A cheque presentation took place at a location very dear to Brendan and Annmarie's mother. The story and photos were published in local papers - the Irish Times and the Inishowen Independent. Here is a report from Brendan and Annmarie.

"When Mam was diagnosed with Idiopathic Pulmonary Fibrosis, she was referred by Dr Olga (Respiratory Consultant) to Antionette Doherty (Respiratory Advanced Nurse Practitioner) who visited Mam at home. Antionette advised us to contact the Irish Lung Fibrosis Association, for both Mam and us as family and carers to optimise our understanding of the condition and maximise quality of life for Mam. When we contacted the organisation, we were very impressed by the speed of response and within a few days Mam was participating in a breathing and exercise programme which not only helped her physical symptoms but also gave her a psychological boost.

Those early days were the most difficult for her and us in coming to terms with the condition and the support of ILFA was invaluable. Sadly, the disease progressed within a few short months, but ultimately, we were able to achieve Mam's wish to be cared for at home throughout her illness and this has sustained us in these months since her death. So, thank you ILFA for your contribution to that achievement!"

All kinds of fundraising!

Sincere thanks to everyone who ran, walked, climbed, cycled, baked, sang, played, celebrated, performed, and donated to ILFA in 2023. Your support has been amazing and is much appreciated!



Legacy Giving

Sincere thanks to everyone who decided to leave a legacy gift to the Irish Lung Fibrosis Association in their will. All amounts received were greatly appreciated and will be used to help ILFA continue our work supporting lung fibrosis patients.

Giving in Remembrance

Thank you to families who requested donations to ILFA in lieu of flowers at the funerals of loved ones to honour their memory. We are always humbled by the capacity of people to think of ILFA at times of deep personal loss. Thank you for your kind support.

Giving in Celebration

Thank you to everyone who celebrate their special occasion by asking family and friends to donate to ILFA instead of buying a gift. We hope you enjoyed your birthday, wedding or special anniversary celebrations knowing you're supporting ILFA's work.

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

Memberships

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

Corporate Partners

The Irish Lung Fibrosis Association would like to thank the following corporate partners supporting our work in 2023.

- Boehringer Ingelheim Ltd
- BOC Healthcare Ireland

The Irish Lung Fibrosis Association CLG
Annual Report and Financial Statements
for the financial year ended 31 December 2023

The Irish Lung Fibrosis Association CLG

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The Irish Lung Fibrosis Association CLG DIRECTORS AND OTHER INFORMATION

Directors	Edward Cassidy Nicola Cassidy James Egan Liam Galvin Colin Edwards (Appointed 7 February 2024)
Company Secretary	Nicola Cassidy (Appointed 18 September 2023) Michael Geoghegan (Resigned 18 September 2023)
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 2023

The directors present their report and the audited financial statements for the financial year ended 31 December 2023.

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 €370,299 (2022 - €374,868) and liabilities of €4,521 (2022 - €6,594). The net assets of the company have decreased by €(2,496).

Directors and Secretary

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

Edward Cassidy
Nicola Cassidy
James Egan
Liam Galvin
Colin Edwards (Appointed 7 February 2024)

The secretaries who served during the financial year were:

Nicola Cassidy (Appointed 18 September 2023)
Michael Geoghegan (Resigned 18 September 2023)

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 2023

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

16 July 2024

The Irish Lung Fibrosis Association CLG

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2023

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

16 July 2024

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 2023 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 2023 and of its deficit 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

16 July 2024

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 2023

	Notes	2023 €	2022 €
Income		151,113	125,824
Expenditure		(153,609)	(97,421)
(Deficit)/surplus for the financial year		<u>(2,496)</u>	<u>28,403</u>
Total comprehensive income		(2,496)	28,403
Retained surplus brought forward		<u>368,274</u>	<u>339,871</u>
Retained surplus carried forward		<u><u>365,778</u></u>	<u><u>368,274</u></u>

Approved by the board on 16 July 2024 and signed on its behalf by:

Edward Cassidy
Director

Liam Galvin
Director

The Irish Lung Fibrosis Association CLG

BALANCE SHEET

as at 31 December 2023

	Notes	2023 €	2022 €
Current Assets			
Debtors	6	3,200	-
Cash and cash equivalents		367,099	374,868
		<u>370,299</u>	<u>374,868</u>
Creditors: amounts falling due within one year	8	(4,521)	(6,594)
Net Current Assets		<u>365,778</u>	<u>368,274</u>
Total Assets less Current Liabilities		<u>365,778</u>	<u>368,274</u>
Reserves			
Retained surplus		365,778	368,274
Equity attributable to owners of the company		<u>365,778</u>	<u>368,274</u>

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

Approved by the board on 16 July 2024 and signed on its behalf by:

Edward Cassidy
Director

Liam Galvin
Director

The Irish Lung Fibrosis Association CLG

CASH FLOW STATEMENT

for the financial year ended 31 December 2023

	Notes	2023 €	2022 €
Cash flows from operating activities (Deficit)/surplus for the financial year		(2,496)	28,403
		<u>(2,496)</u>	<u>28,403</u>
Movements in working capital:			
Movement in debtors		(3,200)	21,304
Movement in creditors		(2,287)	(17,868)
		<u>(7,983)</u>	<u>31,839</u>
Cash (used in)/generated from operations			
		<u>(7,983)</u>	<u>31,839</u>
Net (decrease)/increase in cash and cash equivalents		(7,983)	31,839
Cash and cash equivalents at beginning of financial year		374,757	342,918
		<u>374,757</u>	<u>342,918</u>
Cash and cash equivalents at end of financial year	7	<u>366,774</u>	<u>374,757</u>

The Irish Lung Fibrosis Association CLG

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2023

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 2023 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

	2023	2022
	€	€
Trade debtors	3,200	-

The Irish Lung Fibrosis Association CLG
NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2023

7. Cash and cash equivalents	2023	2022
	€	€
Cash and bank balances	152,271	160,132
Bank overdrafts	(325)	(111)
Cash equivalents	214,828	214,736
	<u>366,774</u>	<u>374,757</u>
8. Creditors	2023	2022
Amounts falling due within one year	€	€
Amounts owed to credit institutions	325	111
Trade creditors	975	1,705
Accruals	3,221	4,778
	<u>4,521</u>	<u>6,594</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 16 July 2024.