ILFA Newsletter

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Farewell from the ILFA Chair 2018-2025

At the end of 2025, our esteemed Chairman, Eddie Cassidy, stepped down from his position after serving as ILFA Chair since 2018. Eddie also served as a dedicated Board member, charity Director, and as ILFA Treasurer over the years. Eddie said "It has been an honour and pleasure to serve on the Board and as Chair for this incredible organisation. I would like to sincerely thank my fellow Board members for their support, service, and dedication over the years.

I am indebted to them for their expertise, talents, and guidance. Warmest thanks to the staff who have worked for ILFA, especially Gemma who was always available to help me in my various roles. Thanks to Maureen, Kelly, Anne, Denise, Lorna, and Joanne who worked for ILFA over the years and to the many stakeholders with whom I engaged. I am grateful to my family and friends who have always supported and encouraged me, and to the patients whom I have met and who have become dear friends through our many encounters.

I would like to especially thank ILFA's members and fundraisers for their warmth, kindness, loyalty, and generosity that have helped grow this incredible charity and enabled ILFA to support patients as well as deliver research, advocacy, and education. Your support has been transformational! I wish ILFA the very best for an even more progressive and fruitful future. Finally, I am grateful to my exceptional Vice-Chair Liam Galvin who will be the new ILFA Chair and I wish him every success. Thank you all! Slán agus beannacht, Eddie Cassidy"

The ILFA Board is enormously grateful to Eddie for his great leadership, kindness, knowledge, humanity, and gentleness over the years. Sincere thanks and appreciation for your truly exceptional service to the lung fibrosis community.

ILFA Welcomes New Chair

Liam Galvin was appointed the new Chair of the Irish Lung Fibrosis Association in December 2025. Liam has served on ILFA's Board for many years and he is a Director of the charity. Liam has also worked for the European Pulmonary Fibrosis Federation.

ILFA's Board is delighted to have Liam as our new leader and wish him every success in his new role. Liam said "Dear All, It is an honour to introduce myself as the new Chair of ILFA, I became involved in this community well over a decade ago as my family has been deeply impacted by Idiopathic Pulmonary Fibrosis and in those dark times the support and knowledge ILFA provided to us were invaluable.

I begin by thanking and remembering the great work done by our retiring Chair Eddie Cassidy whose leadership over the years has been instrumental in growing ILFA to where it is today. Lung fibrosis is a terrible disease and ILFA has grown to bring greater awareness, recognition, and supports to its community. With your support and epic fundraising, ILFA now has more resources, services, and staff to reach the ever growing numbers impacted by lung fibrosis. I also note our close partnerships with clinician's, researchers and healthcare professionals which has seen lung fibrosis highlighted to the HSE and policy makers providing us with opportunities to embed better care and supports within the health system. Much more needs to be done but with a new approved treatment and a huge array of companies and researchers working on lung fibrosis, I feel hopeful that a corner is being turned towards better care, treatment, recognition, and ultimately a cure."

Irish Lung Fibrosis Association, Carmichael Centre, 4 North Brunswick Street, Dublin 7, D07RHA8.

New Staff Appointments and ILFA Supports

Virtual Pulmonary Rehabilitation Classes

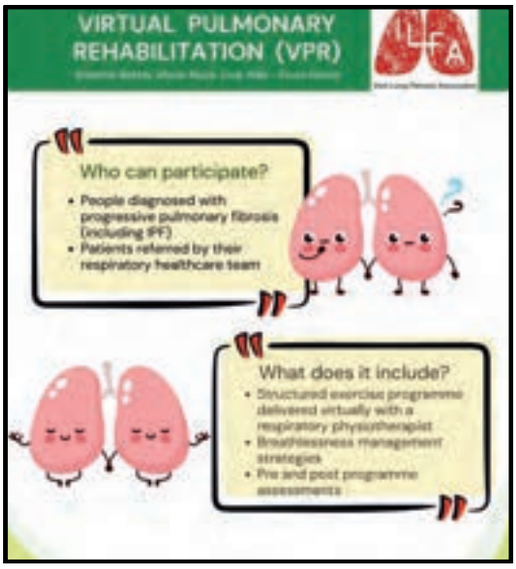
The ILFA VPR team: (L-R) Amirul Ain Sayeed, Ciara Scallan, and Yvonne Manzi.

The ILFA Virtual Pulmonary Rehabilitation (VPR) Team, led by Senior Respiratory Physiotherapist, Ciara Scallan, is delivering a groundbreaking new virtual pulmonary rehabilitation pilot programme for patients with lung fibrosis.

This 9-month HSE-funded study will provide a structured virtual exercise and education programme for lung fibrosis patients and is shaping the future of virtual pulmonary rehabilitation across Ireland.

If you have had difficulty accessing pulmonary rehabilitation, speak to your respiratory consultant, Advanced Nurse Practitioner (ANP), respiratory nurse, or physiotherapist for referral into the programme. Recruitment will be open for a limited time, so act now.

You must be referred to the VPR programme by your healthcare professional using our referral form available on the ILFA website (www.ilfa.ie) under “Our Work”. For queries, please email VPR@ilfa.ie



ILFA Nurse Advice Line

Priyanka Thitme

ILFA is delighted to introduce Priyanka Thitme, Interstitial Lung Disease (ILD) Nurse. Priyanka will manage ILFA’s pilot Nurse Advice Line which is a free-call service available from 10am-3pm Monday to Friday (excluding .ank holidays)

Priyanka will be available to help patients and family members with medical queries relating to lung fibrosis, and will also be available to healthcare professionals seeking clinical advice.
Please note, this is not an emergency service and does not replace medical review from your GP or primary respiratory team.

ILD Nurse Advice Line
Free-phone
1800 99 88 11

Psychological Counselling Grant Scheme

ILFA can provide financial support for up to six counselling sessions with an accredited and vetted psychologist. This scheme is available to patients with lung fibrosis, and one family member or carer. This is currently a pilot programme and if demand is strong for this service, we see this as a strong measure to seek future for funding for mental wellbeing supports. If you would like to register to access a psychological counselling grant, please email info@ilfa.ie

Fundraising and Communications

Danielle Ryan

Danielle Ryan recently joined our team to support Fundraising and Communications. Danielle has a background in the charity sector, marketing, fundraising, and communications. She has a passion for supporting meaningful causes in her personal and professional life both in Ireland and internationally.

Denise Cassidy Memorial Award

Who is your healthcare hero? Would you like to nominate them for a special recognition award?

The Denise Cassidy Memorial award recognises and celebrates the kindness, compassion, and humanity of a hospital healthcare worker to a lung fibrosis patient or their family. Patients and carers are invited to nominate a person who showed you or your loved one a special act of kindness that helped you cope with your illness better.

Please fill out the nomination form on the ILFA website (News and Events section) and tell us why your healthcare hero deserves to be honoured. You can nominate a doctor, nurse, physiotherapist, social worker, counsellor, dietician, pharmacist, healthcare assistant, member of the chaplaincy team, clerical worker, catering or cleaning staff - in fact anyone who works in healthcare. The more information you can provide, the better, as this helps us make the important decision regarding the overall winner. Everyone who is nominated will receive a certificate of excellence and the winner will receive a special commemorative Dublin crystal award.

The award is named in honour of Denise Cassidy (pictured right) who was diagnosed with Idiopathic Pulmonary Fibrosis at the age of 56 and passed away 3 years later. During her illness, Denise met many kind, friendly, caring, and dedicated healthcare staff and other lung fibrosis patients who helped and supported her enormously. Denise's husband Eddie is a former Chairman of ILFA, and her daughter Nicola is an ILFA Director. Denise's extended family are loyal fundraisers for ILFA and are honoured to have this special award dedicated to her memory.

Denise Cassidy

Previous winners of the Denise Cassidy Memorial Prize are;

- **Katie Barry**, staff nurse from Cork University Hospital, was awarded the inaugural prize in 2015 and was nominated by Vicki Jolly for the exceptional care of her late father.
- **Olivia Mulvaney**, staff nurse from Cavan General Hospital was awarded the 2017 prize and was nominated by Bridget McEneaney for the outstanding care of her late husband, Dessie McEneaney.
- **Nelson Gallarin** staff nurse at the Mater Misericordiae University Hospital was awarded the Denise Cassidy Memorial Prize for Excellence in Patient Care in 2019 and was nominated by Peter Gallagher for his exceptional kindness and compassion while Peter was in hospital.
- **Mary Ward**, clinical nurse specialist at St Michael's Hospital in Dublin, was the 2021 winner and was nominated by Paula Jacob whose mother, Marie, passed away from lung fibrosis in 2019. In nominating Mary, Paula told us that her mother had received exceptional care over 8-years while attending St Michael's Hospital.
- **Olive McCafferty**, respiratory physiotherapist at the Mater Misericordiae University Hospital, was nominated by Frank O'Connor who praised Olive's exceptional dedication and kindness to him while he was in hospital for an extended stay. Frank said "I have so many fond and everlasting memories from my long stay. It was all made tolerable knowing that Olive was on duty, her distinctive upbeat voice in the morning filled the ward with a warm glow as she set about doing her magic".

Frank and Brigid O'Connor, Olive McCafferty, and Eddie Cassidy (former ILFA Chair).

We hope you will nominate someone who made a special difference to you or a loved one and is your healthcare hero. Please send your online nomination (available at www.ilfa.ie - News and Events Section) as soon as possible. The closing date for entries is the end of July 2026.

Advocacy Update

HSE Funding and Advocacy for New ILFA Programmes

The Health Service Executive (HSE), Government departments, and State agencies make crucial decisions about policy, resources, and funding to support those affected by chronic illness.
For many years, ILFA has advocated for vital resources and funding to be allocated to the much neglected and disadvantaged lung fibrosis community. In 2024, ILFA advocated for an historic €1 million in lung fibrosis funding. In 2025, we met with the HSE, the Minister for Health, and TDs, and raised many parliamentary questions to highlight the plight of our patients who are experiencing inequitable care, and to stress the urgency of receiving the allocated funding. It was a long process throughout 2025 with our members supporting us.
We are delighted that ILFA successfully secured funding for our Virtual Pulmonary Rehabilitation Pilot, our Nurse Advice Line, a Psychological Grant System, and additional online exercise classes for lung fibrosis patients in 2026.

ILFA ‘s Day at the Dail

In September, the Irish Lung Fibrosis Association will once again visit Leinster House to advocate on behalf of lung fbrosis patients and the lung fibrosis community. September is Pulmonary Fibrosis Awareness Month and a perfect time to drive awareness of our advocacy priorities.
A delegation of ILFA members will meet at the Dail on the 23rd September to advocate for equitable healthcare for lung fibrosis patients and for sustainable funding.
We would welcome support from all of our community; patients, caregivers, family members, healthcare professionals, and researchers. We invite you to join us at Leinster House where we will meet T.D.s Catherine Callaghan and John Lahart, who have been great supporters of our cause.
If you would like to participate, please email info@ilfa.ie. We will have a training session for patient advocates in early September. See www.ilfa.ie for updates.

HSE Health ‘A to Z’ Listing

ILFA successfully advocated for the HSE’s Health ‘A to Z’ disease webpage to incorporate Idiopathic Pulmonary Fibrosis (IPF) into its list of medical conditions in 2025. Thanks to Dr Kate O’Reilly, Mater University Hospital, for her help and support.

Thanks and Remembrance for Lorcan McMahon

Lorcan McMahon was a great friend to ILFA over the years. He was a West Wicklow Fine Gael election candidate and a pillar in his community. He was active in school boards, local parishes, and the GAA and was well known and respected in the community.
Lorcan was diagnosed with lung fibrosis in 2019. He was an incredible patient representative and advocate, sharing his story with local media and raising awareness of lung fibrosis. He was actively involved in meetings with the Department of Health with ILFA seeking support and funding for those living with lung fibrosis. He attended ILFA’s presentation at the Oireachtas Joint Committee on Health in Leinster house in 2024.
Sadly, Lorcan passed away in January 2026. We are sincerely grateful to Lorcan and his family for their hard work and support of ILFA, and his incredible advocacy legacy.

Lorcan McMahon, Nicola Cassidy (ILFA Director), Catherine Callaghan T.D., Minister for Health, Jennifer Carroll MacNeill T.D., and Maureen O’Donnell (ILFA CEO) in 2025.

Major Advocacy Accolade for ILFA Chair, Liam Galvin

Warmest congratulations to Liam Galvin, Chair, of the Irish Lung Fibrosis Association who was awarded the Lifetime Advocacy Award by the European Pulmonary Fibrosis Federation (EU-PFF) in April 2026.

Liam was surprised with the special award on the occasion of the EUPFF’s 10-year anniversary. What a wonderful honour and well-deserved accolade for Liam following many years of tireless work on behalf of the lung fibrosis community.

Organ Donation Awareness Week


Photos: (1) The launch of Organ Donation Awareness Week (photo courtesy of Irish Kidney Association), (2) Gemma O'Dowd (ILFA), Robert McCutcheon (Irish Heart and Lung Transplant Association), Irene McGrath and her husband Gary (3) Zita Lawler Heart and Lung Transplant Unit, Paul Haynes, Clinical Nurse Manager, Dr Katie Murphy, Cardiology, and Maria Ryan, Heart and Lung Transplant Unit at the Mater University Hospital.

On 13th May, Gemma O'Dowd (ILFA Stakeholder Engagement Lead), attended the Launch of Organ Donor Awareness Week organised by the Irish Kidney Association (IKA). The event was well attended by organ donor recipients and their families, organ donor families, patient advocacy groups, HSE staff, and healthcare professionals. It was touching to hear about the life-changing impact of organ donation. The speakers included Irene McGrath from Cork who received a lung transplant 5-years ago. Irene was diagnosed with Scleroderma, a rare auto-immune disease that caused scarring in her lungs. Irene experienced breathing difficulties requiring oxygen therapy and a double lung transplant. Speaking at the event Irene said "I will be eternally grateful to my donor and their family; they were the ones who agreed to give life to an unknown person while grieving such a huge, unpalatable loss themselves. I count my blessings every day. I would like to extend my heartfelt gratitude for the unbelievable care I received and continue to receive from the medical teams at the Mater and Cork University Hospitals, and especially the Irish Lung Fibrosis Association who were a great source of support throughout my journey." ILFA encourages everyone to have a conversation and let your loved ones know your wishes on organ donation. Thanks to the IKA for hosting this special event and to Irene McGrath for sharing her story.

Press Release from the Irish Lung Fibrosis Association

ILFA recognises Organ Donation Awareness Week and the importance of organ donors and their families who make transplantation possible. At the heart of Ireland's organ donation and transplant system are the donors and families who choose to give life to others, often in the most difficult of circumstances.

Organ donation is an immeasurable act of generosity, and it is deeply concerning that despite the enactment of the Human Tissue Bill one year ago, transplantation remains below the European Union average and substantially below leading countries such as Spain. Lung transplantations never recovered from their initial 58% decline during Covid-19. A situation that is having devastating consequences for patients living with advanced lung disease. Between 2016 and 2020 Ireland performed, on average, 31 lung transplants per year. The highest number, 38, was performed 2019 when Ireland was one of the leading transplant countries per capita. In 2020, that number dropped to 16 and except for a temporary increase in 2023 with 19 transplants performed, Ireland has inexplicably remained one of the worst performing countries with just 13 lung transplants in 2024 and 15 in 2025.

For many people with lung fibrosis and other life-limiting conditions, transplantation is a life-saving intervention. Yet year after year, patients and their families are forced to endure prolonged waiting times, uncertainty, and in too many cases, the tragic reality that a suitable transplant does not arrive in time. ILFA acknowledges the dedication and commitment of clinical teams working within the transplant system. However, the persistently low lung transplant numbers highlight systemic issues that must be urgently addressed, including donor availability, capacity constraints, and long-standing resource challenges within Ireland's transplant infrastructure. "Every delayed or missed transplant represents a life," ILFA's CEO, Maureen O'Donnell said. "Behind these numbers are real people who are running out of time. Patients with lung fibrosis often deteriorate rapidly, and without timely access to transplantation, their options become heartbreakingly limited." ILFA is calling on Government, the HSE, and relevant stakeholders to prioritise lung transplantation urgently. This includes sustained investment in transplant services, ongoing donor awareness campaigns, and transparent reporting and accountability around transplant activity and targets.

Education

The Fergus Goodbody Memorial Lecture

The Fergus Goodbody Memorial Lecture took place at the joint Irish Thoracic Society and Irish Lung Fibrosis Association's online Interstitial Lung Disease (ILD) Education Day on 13th February 2026. The event started with a series of excellent case presentations by respiratory specialist registrars who were competing for the Terence Moran Memorial Award. Dr Deirdre McDermott was the ultimate winner, and she received an educational bursary and a trophy to celebrate her award.

Following the case presentations, Professor Jim Egan, Respiratory Consultant at the Mater University Hospital, introduced the Fergus Goodbody Lecture. Professor Egan described how ILFA has championed lung fibrosis education since 2002 when the charity was founded and has been honoured to welcome many esteemed international ILD experts to deliver the Fergus Goodbody Memorial Lecture over the years.

The 2026 Fergus Goodbody Lecture was delivered eloquently by Dr Steven Nathan, Schar Chair of the Advanced Lung Disease and Lung Transplant Program at Inova Fairfax Hospital in Falls Church, Virginia, USA. The presentation was called "Pulmonary Hypertension in ILD - lurking in the shadows" and it was a masterclass in research and developments in pulmonary hypertension in ILD. Sincere thanks to Professor Nathan for delivering the 2026 Fergus Goodbody Memorial Lecture.

Thanks to the Irish Thoracic Society for their support, to the organisers, and all the healthcare professionals who contributed to the proceedings, and to those who attended this special educational event.

The Terence Moran Memorial Award

Warmest congratulations to Dr Deirdre McDermott, Cork University Hospital, who was awarded the Terence Moran Memorial Award for the best-case presentation at the joint Irish Thoracic Society and Irish Lung Fibrosis Association's Interstitial Lung Disease Education Day in February. Dr McDermott (pictured on the left) was presented with her Dublin Crystal award by Maureen O'Donnell, ILFA CEO, at Cork University Hospital. Dr McDermott also received an educational bursary to celebrate her award. We would like to wish Dr McDermott every success with her career in respiratory medicine.

ANÁIL Annual Meeting

Gemma O'Dowd, ILFA Stakeholder Engagement Lead, attended the ANÁIL Annual Meeting on 12th March in Athlone. ANÁIL is a professional body that provides peer support to respiratory nurse specialists and respiratory advanced nurse practitioners.

Gemma was delighted to attend the event and received a warm welcome from the organisers, respiratory nurses, and colleagues representing other respiratory organisations and charities. Sonya Murray, ANÁIL Chair, opened the meeting and welcomed everyone to the conference. Nurses travelled from all around the country in terrible weather conditions and many visited the ILFA exhibition stand to say hello to Gemma and compliment the great work that ILFA is doing.

Photos (left to right): (1) Gemma O'Dowd, Patricia Jones, and Patricia Remond, (2) Elaine Mulvihill, Angela O' Brien, Ann-Marie Byrne, and Gráinne Coffey, (3) Noelle Ryan and Carmel McEnerney.

Awareness

Launch of Multi-faceted Lung Fibrosis Awareness Campaign

Maureen O'Donnell (ILFA CEO) is pleased to announce the launch of ILFA's Awareness Campaign that will run until the end of 2026 with a major focus in September, coinciding with Pulmonary Fibrosis Awareness Month.

Proudly supported by our partner, Boehringer Ingelheim, ILFA will create awareness around Lung Fibrosis, reaching those who may not be aware of the condition, and provide advice and support for those affected. We will provide information on topics including nutrition, exercise, mental health, planning for the future, available resources, and advocacy matters.

If you would like to stay informed, please visit our website; www.ilfa.ie, subscribe to our mailing list, and follow us on social media (@ilfa_ireland).

Raising Awareness with Jacobs Engineering

ILFA was invited to Jacobs Engineering in Sandyford, Dublin to attend a fundraiser lunch and to speak with employees and management at the company about lung fibrosis and our work supporting patients and families. Gemma O'Dowd, ILFA Stakeholder Engagement Lead, attended the event and received a very warm welcome.

There was a significant turnout of staff who were interested in learning about lung fibrosis, and they were joined online by colleagues from Cork and across the UK. Jacobs has kindly set up a Benevity Fund link for employees to donate to ILFA and all funds raised will be matched by Jacobs.

Gerry Healy, ILFA member and Senior Associate Director at Jacobs, was responsible for bringing this initiative forward to the company to raise awareness of Idiopathic Pulmonary Fibrosis (IPF), among his colleagues. Tony Yeomans, Director of Jacobs HSE Europe, gave a talk on safety around the respiratory hazards in construction, shared insights on the impact good practice has in construction, and how Jacobs can be a positive influence on industry.

Gemma O'Dowd gave a talk about ILFA's work supporting patients and families affected by lung fibrosis in Ireland, and the healthcare professionals caring for our patients. Thanks to Gerry, Andrea, and all the staff and management at Jacobs Engineering for this great opportunity to raise awareness and funds for ILFA. Pictured are Gemma O'Dowd, Gerry Healy, and Andrea Hernandez at Jacobs Engineering.

Pulmonary Hypertension - ILD Creative Workshop

Maureen O'Donnell (ILFA CEO) and Gemma O'Dowd (ILFA Stakeholder Engagement Lead) were invited by Gossamer-Bio to participate in the Pulmonary Hypertension - Interstitial Lung Disease Creative Workshop in Dublin on 28th January, 2026.

The event was attended by many European patient associations. Maureen and Gemma presented an overview of the Irish Lung Fibrosis Association's work and described the inequality of services for patients in Ireland.

Pictured on the right are Gemma O'Dowd and Maureen O'Donnell.

Rare Lung Disease Consortium

Gemma O'Dowd represented ILFA at the Irish Thoracic Society's Rare Lung Disease Consortium meeting in Dublin last October. Gemma enjoyed meeting with representatives from other patient organisations and healthcare professionals.

ILFA Support Groups

Online Support Groups

Virtual Transplant Support Group meets online on the third Monday of the month at 7pm. For further information, call Gerry on 086 838 7653, Carol on 086 871 5267, or Noreen on 087 262 7976.

Virtual Carer Support Group meets online on the third Tuesday of the month at 7pm. For further information, call Gemma on 086 057 0310.

Virtual Support Group meets on the second Tuesday, every 2nd month at 1.30pm. Please note the date and time may vary. For further information, call Gemma on 086 057 0310.

Support Groups (In Person)

Cavan-Monaghan Support Group: For more information, please contact Kevin on 087 762 3485.

Clare Support Group meets on the first Wednesday of the month at West County Hotel, Ennis at 12pm. Please contact Michael for more information 087 637 4068.

Cork Support Group meets on the last Thursday of the month at The Elm Tree, Glounthane at 11am. Please contact Anne on 087 985 4587.

Donegal Letterkenny Support Group meets on the first Tuesday of the month at Arena Seven, Ballyraine Industrial Estate, Letterkenny at 2pm. Please contact Roy on 087 392 9776, Tina on 086 833 8844, or Mairead on 087 266 8720.

Donegal West Support Group meets on the first Tuesday of the month, at Ionad Padraig, Dore, Gweedore at 2pm. Please call Phyl on 089 703 5689.

Dublin Support Group meets on the first Tuesday of the month at the Community Centre at Our Lady of Mount Carmel Church, Whitefriar Street, Dublin 2 at 2pm. Please call Matt on 086 244 8682.

Kerry Support Group meets on the last Saturday of the month at the Meadowlands Hotel, Tralee at 3pm. Please call John on 087 280 9801 or Gerry on 086 838 7653 .

Limerick Support Group: For more information, please call Noreen on 087 262 7976.

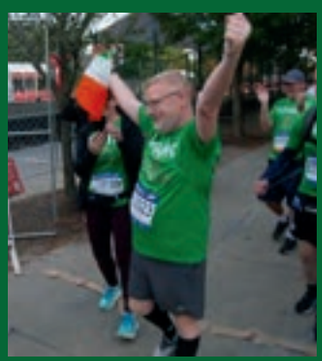
Sligo Support Group meets on the first Wednesday of the month, at the Sligo Park Hotel at 11am. Contact Pat on 086 272 9146 or Margaret on 086 102 4924.

South-East Support Group meets on the first Tuesday of the month at the Tower Hotel, Waterford at 1pm. Please call Martina on 086 060 0515 or Anne on 087 692 3991.

ILFA asks that all support group members do not attend the face-to-face meetings if feeling unwell to protect the health of others.

Please keep an eye on our website (www.ilfa.ie) and social media pages (@ilfa_ireland) for news of new support groups. If you would like help to set up a new support group in your area, please email Gemma@ilfa.ie or call 086 057 0310

Chicago Marathon - David's Story



Massive congratulations to David Crosby, his incredible wife Katie, and his wonderfully supportive friends David, Andy, and Sonny on completing the Bank of America Chicago Marathon in March 2026. David has been a phenomenal source of inspiration to all who know him, and he has shown us all once again that belief, courage, determination, heart, love, and true grit can help us overcome life's challenges. What a superstar - "never believe there's nothing you can't do, don't listen to anyone who says you can't, and always remember to believe in yourself."

Thank you David for inspiring us and thank you for your wonderful support for ILFA. Here is a report from David. .

“I received a double lung transplant in 2016, six months after being diagnosed with IPF (Idiopathic Pulmonary Fibrosis) an incurable and terminal lung disease. I will always think of my three siblings who passed away in infancy with the same condition; they never got this incredible chance of life that I have been given. For this reason, I decided to raise awareness for organ donation and to honour my unknown hero, my donor, by completing the Six World Marathon Majors. Having completed New York, Berlin, and London, my plans were severely interrupted in 2021 when I contracted Covid-19. I was extremely sick and placed into a medically induced coma for several weeks to give my body a chance to recover. I also had to gather up the strength to say my goodbyes (before being put into a coma for 3 weeks), to the most important people in my life; my family, "I have never felt so afraid". Hospital staff worked extremely hard to save my life yet again and thankfully after over 3-months in hospital, I was discharged home into the care of my family. My body had taken a huge hit. I lost 60% of my lung capacity and 100% of my kidney function which resulted in me being put on dialysis 3 times a week. This whole ordeal took a massive toll on me and especially my family. Thankfully our strength and resilience carried us through and slowly I recovered enough to be placed on the transplant list for a kidney.

Three years of being on dialysis ended when my wife, Katie, bravely decided to donate her kidney to me in July 2024. The odds of my amazing wife matching up to being able to donate a kidney to me was extremely long but sometimes fate does things that shape your path in life, and that are unexplainable. It was a wonderful gift which benefited both me and our family and this will never be forgotten.

It gave me a new lease of life and allowed me to DREAM again and make plans again. This encouraged me to try and continue my wish of completing the next marathon of the super six world majors. It was the hardest task I have set for myself, but I was determined to give it my best ,and complete the Chicago marathon in October 2025. Albeit with the necessary help of oxygen, which my team helped by carrying an oxygen concentrator for the air my lungs were missing. I had plenty of good people around me, amazing family, unwavering friends, and lots of supportive medical staff, guiding me and encouraging me. I of course thought of all the people who have inspired me and helped me along the way. Thank you everyone for your contribution to ILFA. This charity has supported me and countless others on our journey with IPF.”

Fundraising Roundup

Cook Medical Mini Marathon

Megan O'Donnell ran the Cook Medical Mini Marathon in October and raised an incredible €3,180 for ILFA. Megan said "This is my first ever run of any kind. I only started running 3-months ago. I entered the Cook Medical Mini Marathon so I could raise funds for ILFA. My aunt Noreen was diagnosed with IPF in 2015. ILFA has been a great source of information and support to her and those suffering with IPF. The good news is she received a lung transplant and is doing well. Unfortunately, there are a lot of other people with this disease that continue to need the support of this amazing organisation. Thank you for donating!" Megan is pictured below with her friend Nicky, son Ronan, and her mother Maggie.

Dublin City Marathon

Declan Toland took on several running challenges in aid of ILFA over 2025 including the Irish Life Dublin Marathon. Here is Declan's story: "A little background about why I chose ILFA.

My mother-in-law, Veronica, was recently diagnosed with idiopathic pulmonary fibrosis (IPF), and is currently undergoing further tests. She sadly lost one sister to pulmonary fibrosis and another to lung cancer, so the condition has had a devastating impact on our family. I've lived with Veronica since I was about 15 years old, so this is very personal to me.

Before her diagnosis, I had never heard of IPF, and I was shocked to learn how serious and life-limiting it can be. That's what motivated me to do something positive - to raise awareness and funds so that others might benefit from ILFA's work and support.

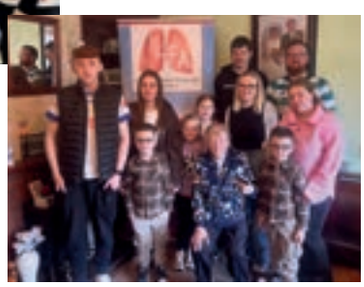
A bit about me: I'm 34 years old, married, and a father to a little boy named Billie who turns 2 in August. I'm also a Sergeant in the Irish Defence Forces and a League of Ireland soccer referee. This will be my third marathon, and I'm determined to make it count."

The Andrew Grehan Memorial Raffle

The Andrew Grehan Memorial Raffle raised almost €800 for the Irish Lung Fibrosis Association, thanks to the generosity and support of Andrew's colleagues at the Tullamore Credit Union who were behind this fundraiser. We are grateful to everyone who purchased raffle tickets and helped raise a wonderful amount to support lung fibrosis patients.

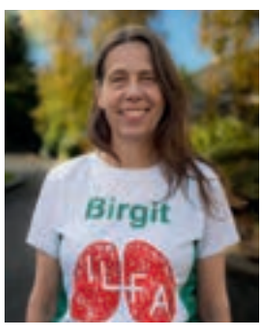
Coffee Morning in Aid of ILFA

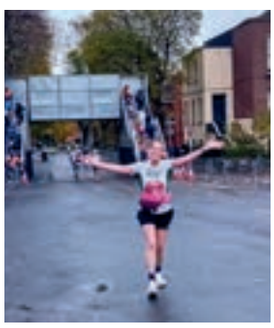
Michelle Murphy and the Murphy family hosted a coffee morning in January to fundraise for ILFA in memory of Peter Murphy. They raised an incredible amount and we are enormously grateful to the Murphy family and everyone who supported the event. Here is a report from Michelle Murphy. "Our coffee morning in memory of our Dad, Peter Murphy, held at Mattock Rangers Club Rooms, was a huge success. The support from the community, surrounding areas and further afield was amazing, and the generosity shown on the day meant so much to us. All of this was to raise awareness for Pulmonary Fibrosis and ILFA. A heartfelt thank you to everyone who attended and donated. Special thanks to Mattock Rangers GFC, all the busy bakers, the many friends and family who helped out, and Earnan, who put together a beautiful slideshow of Daddy's greatest moments - something we will treasure forever."



Birgit's Marathon Debut

Huge congratulations to Birgit Kretschmann who completed her first Dublin marathon and fundraised for ILFA. Birgit wore her ILFA shirt with pride and smiled her away around the iconic 42km route! Birgit was cheered on by her many friends (many of whom lost their voices shouting encouragement). Birgit said "On Sunday 26th October, I ran and completed my first marathon. This journey has filled me with so much joy and I am so grateful. Thanks a million, to all my loved ones, friends and supporters who have accompanied me on this amazing journey with love, encouragement, patience and kindness. My heartfelt thanks."





Connemarathon

Huge congratulations to Lynn Fox, ILFA Board Member and Advanced Nurse Practitioner at the Mater Misericordiae University Hospital, on completing the Connemarathon in April.

Lynn raised a fantastic sum for ILFA and we're so proud of her! Lynn said “It was a glorious day in Connemara, not a rain cloud in sight. I got a lovely farmer's tan. The marathon was fun and tough but I managed to do it in 5 hours. I would like to thank everyone who sponsored me. It was a great help when times were tough on the hilly bits, and there was a lot of them!"

Limerick & District Motorcycle Club Raffle

The Limerick & District Motorcycle Club celebrated their 60th anniversary in Killarney. They kindly raffled a picture and raised €865 which they donated to the Irish Lung Fibrosis Association. Pictured are Mike O’Donovan, Noreen O’Carroll, and Kieran MacCarthy. Huge thanks to everyone who supported the raffle.

Mace Community Grant

Maureen O'Donnell, ILFA CEO, met with Sean Kinsella and Nicola Doyle, owners of Kinsella's Mace Belvedere in Wexford in January to accept ILFA’s Community Grant prize of €1,000 from MACE Ireland We are thrilled to receive this award that will help support our work on behalf of patients and the lung fibrosis community.

Tesco Community Fund

ILFA was delighted to be included in the Tesco Ireland Community Fund at Omni Shopping Centre in Santry, Dublin. Thank you to everyone who voted for us using their blue token. Pictured are Eddie Cassidy (ILFA Chair) and Caroline Talbot, Manager at Tesco, Omni Shopping Centre. Thanks to everyone who nominated ILFA Ireland for this charitable scheme.

The Martin Doran Memorial Fundraiser

The Martin Doran Memorial Fundraiser took place at Acton’s Hotel Kinsale on Sunday 29th March. The night was a great success, and a fantastic sum was raised. We are enormously grateful to the Doran's and their wonderfully supportive community.
The Doran family wrote:
“We would like to sincerely thank all who supported our Bingo Night and fundraiser in memory of Martin Doran, for the Irish Lung Fibrosis Association.
Thanks to all who gave prizes for the raffle and donations, your generosity is humbling. We would also like to thank Martin Troy (ILFA representative) for travelling from Thurles to be with us on the night and for his wonderful speech. We would like to thank Acton’s Hotel for their help, to Tomas and Ian and all who helped on the night, we appreciate every one of you.
Many thanks to Gemma O'Dowd and all at ILFA for their help. The sum of €2,365 was made on the night and we hope to make this a yearly event.”

Garden Party

Huge thanks to Anne Oglesby, Carlow, who hosted a Garden Party last September to raise awareness and funds for ILFA. The Carlow Nationalist featured a story about Anne's event.

Sincere thanks to Anne, her family and friends, and her team of volunteers and supporters. Anne raised the fantastic sum of €1,013.

'Ceílí & Old Time Music' Night

John Joyce and friends hosted a Ceílí & Old Time Music fundraiser in November 2025 at St Brigid's GAA Club, Castleknock, Dublin in memory of John's father, Austin. John said "My father died in November 2024 of Lung Fibrosis. He was diagnosed with this disease in 2018. Dad lived a perfectly normal life right up until June 2024. This disease took his lungs rapidly and suddenly, something that took us as a family by complete surprise. We never really appreciated just how debilitating this disease would become. As a family we received unbelievable support from many different organisations and individuals. St Francis Hospice in Blanchardstown really went above and beyond. Also, our complete lack of awareness around this disease just shows you the urgent need for awareness and education around this disease, something I know that ILFA can provide. Gemma O'Dowd represented ILFA at the ceili and said "The evening started with very lively dancing that got everyone on their feet. There was lots of food, tea, and coffee for everyone. A raffle took place during the evening with lots of amazing prizes. When the Ceili ended, there was live music with talented musicians who played into the late hours.

People friends travelled from around the country representing Mayo, Kerry, Kildare, Dublin and beyond, to remember Austin, on his first anniversary, in true (Austin) 'Ceili' style. They brought prizes donated by businesses and friends from their local counties, in support of the raffle to raise funds for their chosen charities St Francis Hospice and ILFA."

Milo's Sports Quiz

Milo's Sports Quiz and Fundraiser in aid of ILFA was organised by the Hennessy family, in conjunction with Graigue Ballycallan Hurling Club in Kilkenny, and took place on Saturday 25th April 2026. They raised phenomenal funds of €7,500 for ILFA and surpassed all their expectations.

'Milo was an active member of the Graigue Ballycallan Hurling Club, as a player in his younger years and in various roles in later years. He fundraised tirelessly for the club and now we, as his friends and family, wish to support the charitable work of ILFA, so that patients and families impacted by lung fibrosis receive the support and funding for research that is so desperately needed.'

Congratulations to the Hennessy family and Graigue Ballycallan Hurling Club for organising such an amazing, successful event in memory of Milo. ILFA would like to extend special thanks to all who supported this fantastic event. Mīle buiochas go lēir."

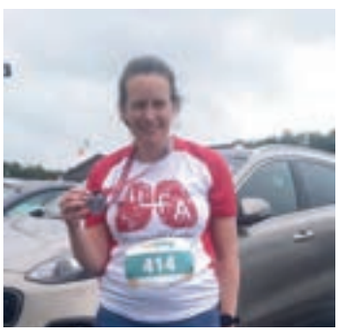
Hayes Solicitors Carol Singing

Eddie Cassidy, ILFA Chair, was delighted to attend a cheque presentation with Deirdre Burke and Joe O'Malley of Hayes Solicitors, Dublin. Deirdre kindly nominated ILFA as the charity to benefit from the Hayes staff annual carol singing fundraiser on Grafton Street on 11th December. The talented team raised an incredible €750 for ILFA Ireland. Sincere thanks to everyone who braved the elements and supported this festive fundraiser.

Lung Fibrosis Awareness Socks

ILFA is delighted to partner with Thomp2 Socks to raise valuable funds and awareness of lung fibrosis.
This special fundraiser is in memory of Finbar, a co-founder of Thomp2socks, who passed away last year with lung fibrosis.
Thomp2socks says "These socks are about more than style - they're about awareness, hope, and making a real impact. Inspired by the message "Every Breath Counts", this special edition pair of socks is designed to shine a light on pulmonary fibrosis and support those living with lung disease across Ireland. Featuring a bold red and blue design and a unique lung-inspired tree graphic, they're a symbol of strength, resilience, and the power of community. We're proud to be working alongside the Irish Lung Fibrosis Association, with 100% of proceeds from every pair going directly to support their vital work in research, education, and patient support.
Instead of a fixed price, we're asking you to be part of the movement. While our usual socks are €10, for these we invite you to donate whatever you can, with a minimum of €10. By wearing these socks, you're helping spark conversations, raise awareness, and support a cause that truly matters."

Ennis 10 km Run



Aoife Spillane was due to run the VHI Women's mini-marathon on Sunday 31st May but her plans had to change at short notice due to unforseen circumstances

Aoife said "Unfortunately, I was unable to travel to Dublin to run the VHI Women's Mini Marathon for ILFA. However, I managed to secure a place in the Ennis 10km Race on Sunday 31st May and had a lovely run through the Clare countryside on a wettish morning. I was delighted to raise over €350 for ILFA." Congratulations and warmest thanks to Aoife!

Progressive 45 Card Stakes

Bebhinn, Michael, and Marguerite Walsh organised a Progressive 45 Card Drive fundraising event for ILFA in October. We are very grateful to the amazing Walsh family for their hard work and to their supporters for a wonderful community fundraising event.
Marguerite said "Our family ran a very successful 45 Progressive Card Drive last Friday night 24th of October in Bridgie Terries. Many card players and supporters turned up on the night to make it a special occasion. In all, we had 10 tables which ensured a very competitive game of cards. Laughter and chat lent it itself to the happy atmosphere present. A raffle followed with a large selection of excellent prizes, all kindly donated by local businesses, friends, and family. The last event of the night was a mini-auction which was well contested for a trailer load of sticks as well as a generous voucher for a local agri-business. To date, we have raised just over €4,500.
We are both amazed and humbled to have this support shown to us and we will keep this in our hearts as we navigate the difficult Pulmonary Fibrosis journey that we are on with our Dad. The Irish Lung Fibrosis Association is doing trojan work to ensure quality of care to all lung fibrosis patients and their families. Research and the campaign for better medical access and supports is another very important part of ILFA's work. Once again Mìle Buìochas to you all."

Art for ILFA

Matt Cullen, Dublin Pulmonary Fibrosis Support Group Leader, made a kind donation to ILFA following the sale of one his wonderful paintings.

This piece of art (30cm x 30cms) showcases Usher's Island in Swords. We loved the vibrant colours and details! Thank you, Matt for your support and sharing your incredible talents with ILFA.

Séamus' Wild Atlantic Way Cycle

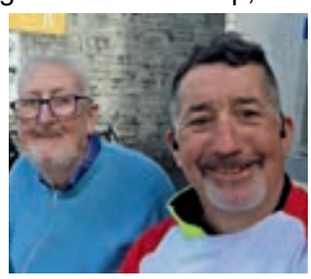
Séamus Whyte took on an incredible fundraising and awareness raising challenge for ILFA in memory of his Mom. Séamus, from Dublin but living in the Isle of Man, decided to cycle the Wild Atlantic Way, over 15-days, starting on 4th May 2026.

Séamus began his epic journey in Waterford and was cheered on by his partner Danielle (Danny), his sister Trish (ILFA Board member), and ILFA CEO, Maureen O'Donnell. Séamus experienced great kindness along the Wild Atlantic Way, especially when interacting with people who wanted to learn more about the reason for his cycle. At the end of each day, Séamus updated everyone on social media with his progress and shared amazing photos of scenery, wildlife, and people he encountered along his journey. A particular highlight for Séamus early on included being treated to tea and scones, courtesy of Elizabeth at An Radharc near Rosscarbery.

On day 6, Séamus had the pleasure of meeting members of the Kerry Pulmonary Fibrosis Support Group; Seán, Annette and John (JP) in Dingle, and then Gerry in Tralee. Séamus said "I was really touched to meet with the group members and have our chats. Their spirit gave me extra motivation". Family and friends met Séamus on day 7 and this lifted his spirits as he faced a strong wind which made for a hard day in the saddle. Séamus was grateful for the restful accommodation as well as excellent breakfast from his cousin Trina McCorry. On day 8, Séamus headed for Tarbert to get the crossing to Clare and was met by Vin and Helen. When Séamus reached his dad's hometown of Miltown Malbay, he stayed with another cousin, Diarmuid de Faoite, who cooked a wonderful meal.

Onwards to Clare, where Séamus met another ILFA family; Michael Collins, his wife Breda, and son Trevor. Séamus had a great chat with Michael "who was an inspiration". The next stage involved traveling around The Burren, through to Galway and on to An Spidéal where Séamus met up with his sister Trish. On day, 9 Séamus passed by his old Gaelscoil and house where he spent 3 months in 1980. Séamus chatted and reminisced with John Joe and Mary, the son and daughter of the Bean an Tí. Thanks to Amanda from the bike shop in Clifden, who kindly mentioned Séamus and ILFA on her social media accounts to help raise awareness.The next stop was Pulathomas and Séamus was grateful to the Kilcommon Lodge Hostel owner Betty, as well as Karina, Adam, and Liam who supported him and ILFA in different ways. Séamus enjoyed a quick stop in Mary's Bakery in Ballycastle and Mary kindly donated to ILFA after hearing about the fundraiser.

When Seamus reached Donegal, he met with more members of the ILFA community - Tina McGlynn and her husband Jim, from the Letterkenny Pulmonary Fibrosis Support Group; Phyl O'Connor and Maeve Brennan from the Errigal/West Donegal Pulmonary Fibrosis Support Group, and Bartley Brennan of Leo's Tavern.
Séamus' final stop was Foyle Road Park in Derry, where he was met and congratulated in style by Seá's wife Danny and his sister, Trish. Seamus had cycled for an impressive 104 hours in the saddle, climbed 25,252m, and travelled 2,300km distance! Thank you to Seamus for his great efforts, to Danny and Trish - his biggest supporters, to the incredible ILFA support group community who supported him along the route with their kindness and encouragement, and to everyone who has generously donated to his fundraising total.
Séamus said "the bonus was ILFA members who came out in support all along the way, in Kenmare, Dingle, Tralee, Spideal, and Donegal. It fuelled me up, and their support was amazing". Take a bow ILFA community!



Dublin City Half Marathon

ILFA was thrilled to have a strong team at the Dublin City Half Marathon on Sunday 3rd May 2026. Well done to our amazing sporting heros - Niamh, Alicia, Deirdre, Ryan, Oisin, Alfie, Graham, Ray, Birgit, and Nicola who comprised #TeamILFA.

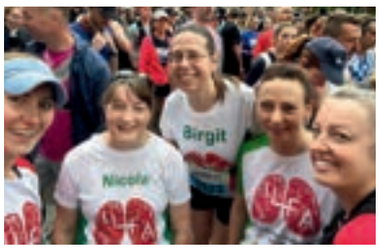
Graham Scott said "I took the chance to fundraise for ILFA because a family friend uses their services and I have seen the impact, not only on a person's quality of life but also how it can positively contribute to the overall wellbeing of a family. The day-to-day work that ILFA does is a lifeline for many, and I was grateful for the opportunity to contribute in a small way. All went well today luckily. I even saw other ILFA T-shirts on the run!"

Oisín MacMahon said "ILFA is very close to my heart, as at the start of this year my uncle Lorcan sadly passed away with lung fibrosis. Lorcan was heavily involved with ILFA and I wanted to support them in his memory, as they help so many people across the country. Sunday's run went really well. The rain stayed away and the sun even came out! There was a great atmosphere all through the route and was great to see so many other ILFA t-shirts along the way!"

Birgit Kretschmann ran the Dublin City half-marathon with her friend Nicola Cassidy on Sunday May 3rd. Birgit is a loyal fundraiser for ILFA and has taken part in numerous running challenges, always with a big heart and a great smile on her face. Here's a report from Birgit. "This morning I ran and completed the Dublin City Half Marathon accompanied by my amazing friend Nicola. While the legs were tired afterwards, we are filled with joy. Thanks a million to all my loved ones, friends and our supporters. I'm grateful and honoured to have had the opportunity to fundraise for ILFA again."

Nicola Cassidy, ILFA Director, said "Sunday May 3rd was a very special day! I ran with my amazing pal Birgit Kretschmann proudly wearing our ILFA t-shirts. We trained for months and our aim was to enjoy the experience and finish the course together. Heading to the start line, we were delighted to meet 4 other special people taking part for ILFA - Oisin, Deirdre, Niamh, and Alicia. The support along the route was phenomenal. I ran in memory of my dear mam, Denise, and my beautiful cousin Andrew, and in support of a special friend. From the bottom of my heart, thank you to everyone who supported us. The biggest thanks of all are for Birgit who was with me every step of the way and is simply "The Best"! We did it !

Deirdre Kennedy said "Myself and my two friends Niamh and Alicia were lucky enough to take part in the Dublin City Half Marathon in support of ILFA. This was our first time to complete this race and Niamh and Alicia's first ever half marathon so it was great to get to the start line after all the training. This is a hugely popular event and over 13,000 people took part. There was a great buzz in the city centre and among all the people we managed to bump into some of our fellow ILFA runners and get a few photos before we took off. We were all delighted to finish the 21.1km race and between us we raised €2,000. As always, it is a privilege to run in support of those who can't and always remembering our loved ones who have passed away from lung fibrosis. Thank you to everyone who donated to our fundraisers. We really appreciate your generosity and your money will go towards helping those living with lung fibrosis. Hopefully we'll be back for next years race!"




Pictured (left to right): (1) Graham Scott, (2) Deirdre Kennedy, Nicola Cassidy, Birgit Kretschmann, Niamh Cacciato, Alicia Healy, (3) Nicola Cassidy, Oisín Mc Mahon, Birgit Kretschmann, (4) Deirdre Kennedy, Niamh Cacciato, Alicia Healy (5) Deirdre kennedy and her sons (6) Oisín McMahon and family.

VHI Women's Mini Marathon

The Irish Lung Fibrosis Association is enormously grateful to the incredible ladies of Team ILFA who travelled from Laois, Wicklow, Donegal, and Dublin to take part in the Vhi Women's Mini Marathon on Sunday, 31 May.

In 2026, ILFA had one of the biggest number of ladies taking part in the VHI Women's Mini Marathon in Dublin and supporting our charity and the lung fibrosis community. It was fabulous to see so many women from across the country wearing their ILFA t-shirts with pride and determination as they ran, jogged, and walked the iconic route. This annual event is one of the largest female sporting events in the world with over 30,000 ladies taking part.

A number of ILFA participants gathered at the Mont Hotel before the event for our customary team photo, where ILFA staff; Gemma O'Dowd and Danielle Ryan, were delighted to welcome everyone. Many photos were taken and the excitement built steadily as the start time approached. Despite a light shower on the way to the start line, conditions improved and it turned into a very enjoyable day, with sunshine, a light breeze, and great atmosphere throughout. We would like to extend a special thank you to Annette Grehan and Niamh English, who cheered on Team ILFA participants along Baggott Street. By all accounts the ladies were hoarse after their efforts to support our fundraisers.

Following the race, participants gathered at The Duke Pub to celebrate, share stories, and enjoy some well-earned refreshments. It was great to meet everyone and hear about thier experiences. Some of the ladies taking part included;

• The Piggott family from Laois; Angela, Michelle, Sinead, Niamh, Yvonne, Anne, Bernie, and Louise who fundraised in memory of our very dear friend Kevin Piggott.

• Family and friends of ILFA Director, Nicola Cassidy, who are long-time and loyal supporters of ILFA taking part in countless VHI Women's Mini Marathons, marathons, and various other running events. Thanks to Nicola, Birgit, Mary, Janet, Morwenna, and Caoimhe for their loyal spport.

• Āine Deely's family from Wicklow participated in memory of their much-loved one, Phil Somers.

• Shauna Doohan and her family and friends came from Donegal to participate in memory of their dearest, Eamonn Doohan.

• Claire and Christine McMahon participated in memory of Lorcan McMahon who was a great friend and patient advocate for ILFA.

• Team Yuno Energy consisting of 47 ladies participated in memory of a very dear colleague and friend, Avril Jackman.

• Ailish, Maura, Mary, and Davina Garry participated in support of John Garry.

• Glenda Murphy Smullen participated in memory of her dear dad Peter Murphy.

Everyone at ILFA extends our heartfelt thanks to all the ladies who fundraised in support of our vital work. Huge thanks to everyone who kindly sponsored them and is helping improve support, research, awareness, and advocacy for lung fibrosis through their generosity.

VHI Women's Mini Marathon

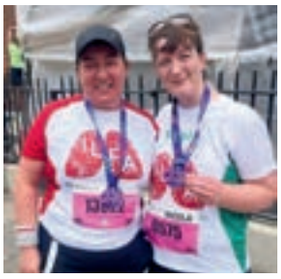














West Kerry Tractor Run 2025

The 7th Mórchuaird Tarracóra Chorca Dhuibhne/West Kerry Tractor Run took place in November 2025 in Dingle and was a great success. This wonderful fundraiser was held in memory of the West Kerry Tractor Run committee members, Mìcheàl O'Moràin and Deborah Uì Dhearagàin, and raised valuable funds for the Palliative Care Unit at University Hospital Kerry and the Irish Lung Fibrosis Association. ILFA Board Members Eddie Cassidy and Nicola Cassidy travelled to the Kingdom to meet the Kerry Pulmonary Fibrosis Support Group in Tralee on Saturday, and to meet the organisers and those taking part in the Tractor Run. The atmosphere was great and the air filled with excitement as people arrived in Lispole. A welcome cuppa and delicious homemade scones baked by Joan were much appreciated by the tractor drivers and supporters before the start got underway. It was amazing to see the tractors assemble and make their way around the Dingle penisula with cheers from onlookers. Everyone was in high spirits despite the 'soft' rain. JP O'Sullivan, his family, team, friends, neighbours, and community are an incredible group who have been loyal and dedicated supporters of ILFA for years and we are indebted to them for their immense kindness and generosity. Their hardwork and extraordinary fundraising efforts have enabled ILFA to continue to support lung fibrosis patients. We are honoured to be one of the charities to benefit from their annual Tractor Run.






Upcoming Events

ILFA Patient and Carer Summit

ILFA will host a Patient and Carer Summit on the 24th of September 2026 at the Ashling Hotel in Dublin.
The event will be an amazing opportunity for the lung fibrosis community to engage with their peers,and hear talks from leaders in respiratory medicine. The summit will include lectures, discussions, panel meetings and will have opportunities for our members to connect with each other in a supportive space.
Keep an eye on the ILFA website and our social media pages for updates on the summit programme. To register your interest, please contact Kelly by emailing info@ilfa.ie

Online Yoga Classes

ILFA Ambassador, yogi, and GAA superstar Michael Darragh Macauley is running a series of online yoga classes for ILFA's members. If you would like to take part and register for these free classes, please contact Kelly by emailing info@ilfa.ie

ILFA Golf Classic

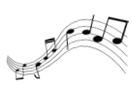
Join us this September as we will be hosting ILFA's first Golf Classic Event. The event will take place on 4th September at Castlewarden Golf Course. Gemma O'Dowd, ILFA Stakeholder Engagement Lead, and Danielle Ryan, Fundraising and Communications Lead, are excited to be working with the committee at Castlewarden; Captain Tom Morris Gormally, Mr James Kavanagh, and Mr Emmet Holland, to develop this exciting event.

To enter a team, please contact Gemma by emailing gemma@ilfa.ie or Danielle via fundraising@ilfa.ie

ILFA Ecumenical Service

The annual ILFA Ecumenical Service of Prayer and Reflection will take place on Saturday 10th October at Our Lady of Mount Carmel, Whitefriar Street Church, Aungier Street, Dublin 2 at 4pm. We hope you can join us. Please contact Gemma on 086 057 0310 (email gemma@ilfa.ie) if you would like your loved one remembered with the lighting of a candle, or if you would like volunteer to help us on the day.

Sing Strong



ILFA runs a 12-week free online singing program for our members. This course is led by choir mistress, Ciara Meade, and helps patients by exercising their breathing muscles.
No singing experience is needed. This award-winning, fun program provides a practical approach to empower patients to manage their breath-work from their own home. Our next course will start on the 18th September. To register, please email info@ilfa.ie

Community Christmas Card Competition

Enter your own design to be selected for our 2026 design on this year's ILFA's Christmas cards

Winners will be selected by our patient community at the ILFA Patient and Carer Summit in September

The winners will receive 5 packs of Christmas cards

Contact Kelly by emailing info@ilfa.ie

For easy ways to DONATE to the Irish Lung Fibrosis Association

Please visit our website, **ilfa.ie** for information on the various ways to make a donation to support the work of our charity.

- You can donate securely online using a debit or credit card
- Scan the QR Code below
- Download a donation form to set up a monthly direct debit.

Partnering with ILFA

There are many ways that your company, business, society, sporting body, school, college, or club can get involved in supporting the work of ILFA.

We would be delighted to work with organisations of all sizes who are seeking a charity partner through corporate social responsibility or simply want to give back to society to help raise awareness and valuable funds.

In return, we will support your campaign with ILFA-branded merchandise and provide fundraising assistance. We will gratefully acknowledge your support online, in print, and via social media to recognise and celebrate your commitment to charity.

Please consider ILFA as a potential charity partner for the future and help us make a difference. Please contact ILFA on 087 464 0652 or email fundraising@ilfa.ie for more information.

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

Celebrate your special occasion by asking family and friends to donate instead of buying you gifts. Enjoy your birthday, wedding, or special anniversary celebrations knowing you're supporting ILFA's work. Please contact ILFA if you would like information on how we can support you to support us.

Make a Donation to ILFA

1. Scan the QR code
2. Call us at +353 1 592 2501 to donate over the phone
3. Consider becoming a Sustaining Donor - You can sign up for a monthly direct debit by emailing fundraising@ilfa.ie

Legacy Giving

Please consider including a gift to the Irish Lung Fibrosis Association in your will. Legacy gifts, big or small, support ILFA's vital work. We are hugely grateful to those who have left thoughtful gifts to ILFA over the years. Your support is making a difference – "Thank you!"

ILFA News

ILFA Board

The ILFA Board is a made up of a dedicated team of individuals who volunteer their time, talents, and experience to help improve the lives of people affected by lung fibrosis. The Board meets online approximately 8 times a year and has a face-to-face meeting once a year to discuss governance and strategic matters. The ILFA Board met at the Mater Misericordiae University Hospital on 14th February 2026 to discuss the development of a new strategic plan for the charity. At the meeting Tony Shone and John Sheridan were officially co-opted as Board members and welcomed to the team.

The current Board members are:

- Liam Galvin, Chair
- Professor Jim Egan, Vice-Chair
- Colin Edwards, Treasurer
- Nicola Cassidy, Secretary
- Lynn Fox
- Patricia Jones
- John Sheridan
- Tony Shone

Left to right: Tony Shone, Nicola Cassidy, Lynn Fox, John Sheridan, Patricia Jones, Kelly McVicker, Maureen O'Donnell, Colin Edwards, and Liam Galvin.

The Board's work is assisted by various committees and working groups that meet online every quarter and we are very grateful to everyone who volunteers thier time and expertise. We are always open to welcoming new volunteers to assist our work. If you have skills in key key areas such as finance, law, governance, marketing, or fundraising, and would like to join our dynamic team to make a difference, we would love to hear from you. Please contact Gemma via Gemma@ilfa.ie

ILFA's Committee and Working Groups

- Finance, Audit, and Risk Committee - led by Colin Edwards
- Governance Committee - led by Nicola Cassidy
- Advocacy Committee - led by Maureen O'Donnell (ILFA CEO)
- Research Committee - led by Colin Edwards
- Fundraising Working Group - led by Gemma O'Dowd (ILFA Stakeholder Engagement Lead)
- Strategic Plan Working Group - led by Tony Shone
- Quality and Safety Working Group - led by Patricia Jones
- Patient and Public Involvement (PPI) Research Advisory Group - led by Sean O'Sè.

Raising Awareness

ILFA is hugely grateful to everyone from all over Ireland who has helped raise vital awareness of lung fibrosis over the years by sharing their personal stories. Your experiences of living with lung fibrosis have appeared in print, online and on the national airwaves and TV. Unfortunately, not enough people know about lung fibrosis and we are always looking for new stories to raise awareness. If you are living with lung fibrosis or are a respiratory healthcare professional and are happy to share your story, please get in touch with ILFA by emailing Gemma@ilfa.ie or calling 086 057 0310.

Irish Lung Fibrosis Association

Please contact ILFA if you would like your details to be added or removed from our mailing list.
Email info@ilfa.ie or call 086 871 5264