



ANAM CARA ANNUAL REPORT

FY 2014

Anam Cara was established in 2008 as a national organisation to support bereaved parents and families after the death of a child of any age and through any circumstance.

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Chairman's Foreword



The year 2014 was again a year of immense achievement and effectiveness for Anam Cara. The following are the outstanding elements of our year:

- People served by Anam Cara services were up by 80%
- Significant professional and volunteer training investment
- New geographic reach – Kerry, North Dublin and Donegal
- Cooperation with other NGOs e.g. Jigsaw, Milford Centre in Limerick
- Publication of an Employer's Guide to Bereavement
- Founder member of the European Network for Bereavement

2014 was also a year of significant policy development within the charity ensuring that we continue the philosophy of putting our bereaved parents at the centre of all that we do. We have carefully aligned all of our governance with the Charity Regulatory requirements and continue to ensure full transparency over all of our activities.

Our events have ensured that the charity embraces a sense of a broader family where care and compassion are at the very core.

Our staff under the leadership of our CEO, Sharon Vard, have worked tirelessly over the year to meet all of our service requirements whilst reaching out domestically and internationally to assist other organisations to deal with bereavement.

Our awareness campaigns of the impact of bereavement on parents have been very powerful and we are very fortunate to have great patrons who endeavour to continue to message the purpose of an organisation such as Anam Cara.

2015 promises to be a year of further development and strengthening of the charity so that Ireland can support all those who suffer an immense loss in their lives - the loss of their children.

I would like to thank our volunteers and my fellow Board members who give of their time at their own expense. This is truly valued by all in the family of Anam Cara.

Finally, I would like to thank all of our sponsors and fundraisers without whom we could not do what we do. In particular thanks to the great team at Applegreen who nominated us as one their charities for 2014 and 2015.

John Mullins
Chairman

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Chief Executive's Foreword



In 2014 Anam Cara supported 1,730 people throughout Ireland, an increase of 80% on the previous year.

We had a great start to the year when notified that Anam Cara was chosen as Applegreen's charity partner for 2014/2015. This partnership enabled Anam Cara to fund significant sustainable projects that would benefit parents, including the setup of Anam Cara groups in Kerry and North Dublin and the re-launch of Anam Cara Donegal. This brings the total number of Anam Cara groups to 9 throughout the 32 counties.

Working with NALA (National Adult Literacy Association), Anam Cara produced and launched a resource for Irish employers giving them guidelines on how they can support employees on their return to work after the death of a child.

In 2014 Anam Cara identified key alliances with other organisations in Ireland who are in contact with bereaved parents.

The Milford Care Centre in Limerick and Anam Cara collaborated to address the shortfall in information and appropriate support for families who had experienced the death of a child in Limerick City and County. Crucial alliances like this ensure no duplication of services and the best use of resources and funding.

Throughout the 32 counties Anam Cara facilitated 83 events. These included parent groups, Bereavement Information Evenings, Remembrance and Family Days. We have noted a big proportion of parents are attending an Anam Cara event for the first time, giving them an opportunity to access relevant information and support.

At all Anam Cara events information is available about other services and sources of support that parents may want to avail of for themselves or another family member.

Anam Cara's focus for 2015 continues to be creating awareness of our support services available to all bereaved parents along with expanding our reach and providing more resources for bereaved families. We will produce a series of short videos that can be accessed from the Anam Cara website and via a new dedicated Anam Cara YouTube channel. In addition we will create a series of leaflets within an Anam Cara information pack to help bereaved parents at the early stages of their loss. These packs will also be distributed to organisations and professionals who come in contact with newly bereaved parents.

To finish, I would like to take this opportunity to sincerely thank everyone who has supported Anam Cara over the last 12 months. These include our volunteers at the Anam Cara groups and those who help with the administration and fundraising for the organisation.

I would also like to commend our professionals who work alongside Anam Cara and the many people from the business and corporate community who support us, with a special mention of our charity partner Applegreen whose support has enabled us to take a step closer to achieving Anam Cara's vision:

'That every bereaved parent and family will have access to the appropriate bereavement support after the death of their child of any age and through any circumstance'.

Sharon Vard
Chief Executive Officer

About Anam Cara

Every year some 2,100 families in Ireland experience the death of a child. The impact on parents and families is one of anguish and isolation, with the intense grief lasting longer than extended family, friends and work colleagues imagine.

The families' situation is exacerbated by the lack of appropriate information and support services, which is particularly the case for parents who have experienced the sudden death of their child outside a hospital or hospice environment.

Anam Cara Parental and Sibling Bereavement Support was set up in direct response to the lack of support for bereaved parents and siblings throughout Ireland.

Anam Cara is an inclusive organisation, there to provide support to any parent or family whose son or daughter has died. This support is available regardless of age or cause of death, whether it is a recent loss or one that happened many years ago. The death may have been a result of road traffic collision, serious illness, sudden unexpected death, or suicide.

Anam Cara reaches across all communities in Ireland, including Northern Ireland, and provides peer support. This support is provided by Anam Cara Volunteer Parents accompanied by bereavement professionals, who are on hand to provide additional information and signpost families to other services available to them in the community.

Peer support is a special kind of support which has the following benefits for bereaved parents using our online and face to face services:



- Reduces social isolation
- Provides a safe place where parents can speak honestly
- Recognises & normalises the intensity of grief
- Time out for parents to let the mask drop and be honest about how they are feeling
- Meeting parents further on in their grief promotes models of hope and survival
- Provides a structure for information & signposting
- Continues after family/friends' support has waned

2014 Sponsors Comments



Joe Barrett, Chief Operations Officer, Applegreen

"We are thrilled to have Anam Cara as one of our charity partners for 2014 and 2015. The partnership has been a great success to date with the addition of 4 new support groups operating in Ireland.

We are so happy that the fund is benefiting such a worthy charity to gain much needed awareness of their great services and the financial support to allow them grow into the service that is required to support bereaved parents in Ireland.

We are looking forward to seeing results at the end of 2015 and wish Anam Cara every success with their future plans."



Maurice Healy, Chief Executive, Healy Group

"The Healy Group and The Healy Foundation are proud to be associated with Anam Cara and their team. Having them in our office and interacting with them has added a very special dimension to our business and our team see them as part of our total family.

We continue to support Anam Cara as the work they do is essential and necessary for bereaved families. The service they offer is now a national institution and we wish to thank them and all their supporters for their work."

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2014 Activity Report

Our Vision

Every family throughout Ireland will have the relevant support they need after the death of their son or daughter.

Our Purpose

Anam Cara provides a lifeline to parents through our online and face to face bereavement support services

Need

- Anguish & isolation families experience after the death of a child
- Lack of information & support services for parents in Ireland
- Can effect parents' emotional & physical health which may in turn affect siblings

Fact

- 2,100 families each year experience the death of a child
- Sudden deaths outside a hospital or hospice system have no access to bereavement support
- Intense grief lasts far longer than society realises

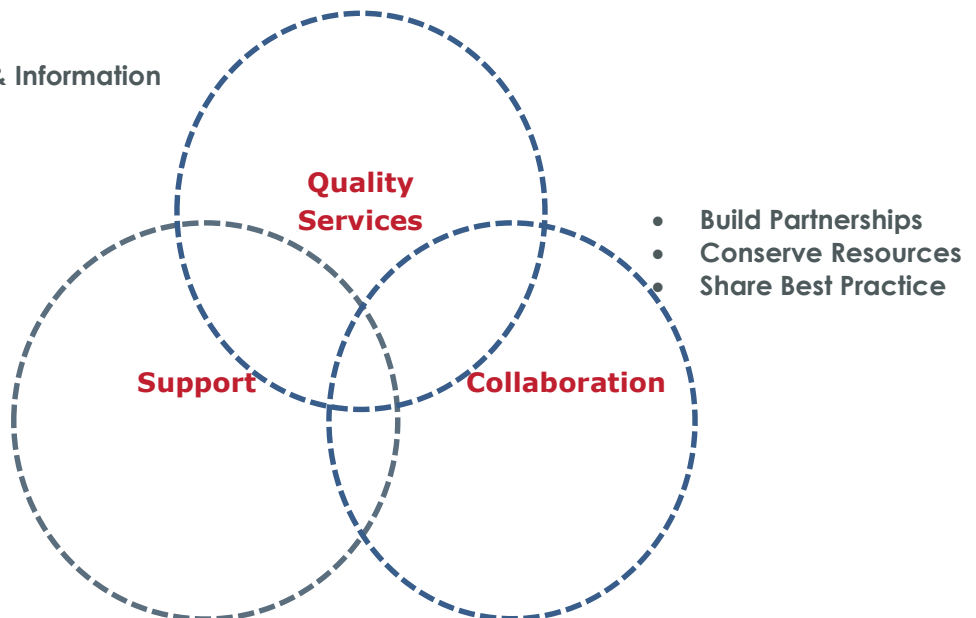
Impact

- Anam Cara has impacted on almost 7,000 parents since 2008
- 83 events in 2014 across the 32 counties
- 3,740 support hours provided to 1,755 parents throughout 2014
- 9 active support groups

Our Priorities

- Bereavement Information Events
- Access to Bereavement Professionals & Information
- Focus on Continuous Improvement

- Online and Face to Face Support
- Access & links to other local services
- Connect with other bereaved parents



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2014 Activity Report

Our Achievements


Anam Cara continues to provide a lifeline to bereaved parents through our online and face to face bereavement services in Ireland. This support is provided regardless of the age of their child or the circumstances of his or her death

In 2014, Anam Cara's board, central office and volunteers worked extensively on delivering a quality service for bereaved parents throughout the 32 counties.

Our key achievements in 2014 were:

- The establishment of **three** new Anam Cara groups in north Dublin, Tralee and Letterkenny
- Production and launch of booklet **"Guidelines for Employers of Bereaved Parents"**
- Facilitated **50** Parent Evenings at **9** locations throughout the **32** counties
- **18** Anam Cara Bereavement Information Evenings with guest speakers
- **6** Anam Cara Family Events, including three at Barretstown
- **12** Development & Self-Care workshops for current and new volunteers
- Launch in Leuven of the Family Bereavement Network in Europe
- National Bag Pack Fundraising Event in conjunction with Dunnes Stores
- Over **25,000** website hits, plus a strong and growing following on Facebook and Twitter

New Anam Cara Groups

	Swords, North Dublin Tralee, Co. Kerry Letterkenny, Co. Donegal Milford, Co. Limerick (Collaborative Partnership)
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Three Anam Cara groups were established in Kerry, North Dublin and Donegal, meeting monthly in Tralee, Swords and Letterkenny. A partnership was also formed with the Milford Care Centre in Limerick. During 2014 this allowed us to reach 346 more bereaved mums and dads who otherwise may have had no

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access to bereavement support. These groups are now firmly established and up to March 2015 138 more parents were supported in these regions. Anam Cara now has eight active groups throughout the four provinces of Ireland.

Guidelines for Employers of Bereaved Parents



This unique resource was put together by Anam Cara to assist employers and managers in supporting employees returning to work after the death of a child. Following a survey of parents in our network, and working in partnership with NALA (National Adult Literacy Agency), Anam Cara published a booklet to guide employers, managers and HR teams throughout Ireland on how best they can support bereaved parents on their return to the workplace.

Guidelines for Employers of Bereaved Parents was launched at Ibec in November 2014 and is available free online at anamcara.ie. Hard copies have already been taken up across the civil service and by various EPA programmes, while its distribution in the private sector is ongoing.



Anam Cara Parent Evenings

Anam Cara currently has 8 active groups. They meet once a month and are co-facilitated by an Anam Cara Volunteer Parent and a professional. On average 10–14 parents attend each group. The focus of these groups is to give parents a safe and comfortable forum where they can connect with other bereaved parents who understand the depth of the loss and grief.

Peer support is the main feature of the parent evenings at the Anam Cara Groups, allowing parents to talk about issues that are on their mind, as one parent described: 'to speak the unspeakable'.

The professional co-facilitator has a key role at the Anam Cara group. They ensure the event follows Anam Cara's core values which protect all attending. They are also there as a sounding board for parents who are concerned about aspects of their own grief or the wellbeing of another family member.

2014 saw an increase in attendance of 164% on the previous year.

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To conclude, the peer support model Anam Cara offers with both volunteers (bereaved parents themselves) and professional co-facilitators ensures parents who may be experiencing complicated grief or post-traumatic stress after the death of their child are supported and signposted to the relevant services in the community, if these services are available.



Anam Cara Bereavement Information Evenings

Each Anam Cara group facilitates a minimum of two Bereavement Information Evenings during the year for newly bereaved parents. These normally take place in March and November. We source Bereavement Specialists to do a presentation at this event, giving parents an opportunity to hear a professional, experienced in bereavement support, talk about the many challenges families have to face into after the death of their son or daughter.

These events are often a good introduction to the Anam Cara groups and Parent Evenings, as well as being a hub for bereaved parents to receive information and signposting to other services in the community. Average attendance in 2014 was 29 mums and dads per event, with 55% of those attending doing so for the first time, many then going on to join their local group. 2014 also saw Anam Cara and the Milford Care Centre in Limerick joining forces to host a Bereavement Information Evening for bereaved parents living in the Limerick area.

Attendance	2014	2013
North Dublin	52	-
Kerry	78	-
Donegal	13	-
Limerick	73	-
Armagh	57	30
Galway	53	37
Cork	59	76
Mayo	15	19
S. Dublin	70	47
Tipperary	29	27
Total Attendance	499	236

***Increase of 111% from 2013**

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Anam Cara Family Remembrance and Social Events



Anam Cara hosts Social and Remembrance events throughout the country. Our flagship family event, the Anam Cara 'Balloon to Remember', is held on the first Saturday in November and each year kickstarts our National Awareness Campaign.

This event, which takes place in the beautiful setting of the Hodson Bay Hotel in Athlone, gives families an opportunity to remember together and support each other at a very difficult time of the year.

In addition to this event Anam Cara also hosts Celebration of Life events throughout December for families.



Our Family Days at Barretstown and other venues provide another opportunity for bereaved siblings as well as parents to come together to remember and engage in a variety of activities. Anam Cara currently runs 3-4 of these events each year, however we would like to increase the number of events to at least 2 in each region.

Bringing families together helps siblings to understand they are not the only young person who is going through the loss. All Anam Cara Family events are provided free of charge,

Self-Care and Training Workshops

With just 1.5 paid staff, Anam Cara is essentially a volunteer organisation, with all our volunteers themselves bereaved parents on their own journey.

At our Anam Cara Review Workshop in December 2013, Self-Care was identified as a priority for our volunteers to help ensure a safe and comfortable space for them to support each other. In 2014 Anam Cara for the first time facilitated two dedicated regional self-care workshops, as well as incorporating self-care into our bi-annual Training and Review workshops. A number of regional workshops were also held throughout the year to encourage and train new volunteers.

Family Bereavement Network in Europe



Mission / Vision Statement

The Family Bereavement Network in Europe is a collaboration of organisations and professionals from nations across Europe which works to improve support and understanding for bereaved families. The Network exists to bring about better outcomes for bereaved parents affected by the death of a child and all bereaved children across Europe.

Our vision is that there should be a Europe-wide culture of compassion and support for bereaved children and parents. This will be built upon the recognition of the unique difficulties and challenges that accompany these untimely losses and the profound impact they can have on every aspect of individual and family life, as well as on schools, workplaces, and communities as a whole.

In order to realise this vision **the network aims to promote:**

- The exchange and dissemination of information, innovation and good practice.
- The creation of fora that enable mutual support between organisations and professionals.
- Research into the impact of the death of a child and bereavement in children.
- Research into the most effective interventions and support.
- Understanding about the impact of different cultures, provisions and policies on the grieving process.
- Advocacy for the needs of bereaved children and parents and the provision of appropriate services and support.
- Disseminate research data and information on best bereavement support practices to all European countries, including the countries awaiting EU accession.

In order **to achieve our aims we will need to** be able to:

- Provide opportunities for networking and sharing of information, including conferences, international workshops and through electronic media.
- Support research projects by facilitating partnerships and joint funding bids.
- Provide data to inform policymakers and service providers about differences in provision.

Current members of the FBNE are Ireland, England, Belgium, Denmark, Germany, Portugal, Norway, Sweden, Greece, Scotland and Luxembourg. An inaugural seminar on the 'Complications of Bereavement in Parents and Children' was organised for September 2014. This event brought over 35 delegates together at the Leuven Institute for Ireland in Belgium. The next conference will be held in Spring 2016.

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2015 Goals

Suite of Information Videos & New Resource Pack

For 2015, Anam Cara have commissioned five professionally-produced videos on different aspects of parental grief. Parents and professionals in the Anam Cara network will be interviewed on topics such as 'The Bereaved Family', 'A Dad's Grief' and 'Coping with Sudden Death'. The videos are intended chiefly for the very recently bereaved who may not be ready to attend an event.



At the same time, a new and comprehensive Bereavement Information Resource Pack is being produced. This will contain eight separate leaflets, again addressing different aspects of parental grief such as 'A Mum's Grief', 'Self-Care' and 'Milestones and Challenges'. The resource is being written by bereaved parents themselves. The focus is to a large extent practical - on what has helped bereaved mums and dads at different stages in their grief journey. These will be the first set of information leaflets produced in this country specifically for bereaved parents and we expect them to become an important resource.

Anam Cara Midlands, Mayo & Antrim

Anam Cara's belief is that bereaved parents will travel – and have travelled – reasonable distances to attend our meetings. However, our target is that nobody on the island of Ireland should have to travel more than 120 Km. To that end, our 2013 Strategic Plan identified target areas for expansion and in 2015 we aim to establish Anam Cara Midlands in Mullingar and to re-launch our Mayo group.

We are also excited to be entering a collaborative partnership with Cruse Bereavement Care Northern Ireland and the Northern Ireland Children's Hospice to offer joint Bereavement Information Evenings later in 2015 in Antrim.

Bereavement Support to 15-25 year olds in conjunction with Jigsaw

Another project for 2015 aims to address the shortfall in bereavement support for Adolescents and young adults (15-25 year olds). Pilot projects with Jigsaw (in Galway) and Teen Counselling (in Dublin) are already underway.

Jigsaw will deliver the first bereavement support programme for 18-25 year olds in October 2015 in Galway.

In Conclusion

Anam Cara services fill a huge gap that exists throughout the 32 counties of Ireland in support of bereaved parents. Particularly for parents and families who have experienced the sudden death of their son or daughter in a road traffic collision, by suicide, SADS (Sudden Adult Death), or accidents in or outside the home. The reality of their situation is that because their son or daughter was not in a hospital or hospice system, they are not offered or have access to any bereavement support.

Research confirms that parental bereavement differs hugely from other bereavements. The grief of a Mum or Dad continues far longer than society recognises.

The current economic climate in Ireland has also brought about difficulties and added stress for bereaved parents. The below table shows the results from research completed in the UK and indicates some of the challenges parents currently face.

Challenges Specifically Linked to Parental Bereavement	%
Problems at Work	55%
Financial Difficulties	42%
Relationship Difficulties	64%
Childcare Problems	33%
Concerns about family coping	88%

Anam Cara has identified that for bereaved parents social isolation is a significant risk factor for later problems in coping and complications. This is where we can make a difference. Anam Cara services are available to all bereaved parents when they want to use them. They don't need a referral and each group has a lending library and additional information of the other services available in the community.

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Breakdown of Anam Cara 2014 Activities

Event Type	Brief Description	Average No. Parents attending each event
Parent Evenings	Monthly informal meetings allowing parents to connect with each other in a safe and comfortable forum.	10 - 14 Parents
Bereavement Information Evenings	Professional guest speakers with experience in parental bereavement. The focus of these evening is to give parents appropriate information that will help them at the early stages after the death of their child.	25 – 50 Parents
Family Fun Days X 2	An informal family day with activities for all ages.	Total 60 Families
Anam Cara's National Day of Remembrance	This takes place on the 1 st Saturday in November, and has grown each year to be our main national event with families travelling from each region.	50 Families – Approx. 144 Parents, Children and Grandparents
Celebration of Life events	We hold these events throughout December. Recognising how difficult Christmas is, this event gives families an opportunity to meet up for a Remembrance Service in their region, to show that they are not alone at this very difficult time of the year.	20+ Families each event x 3 Events = 60 Families
83 Events in 2014	Our Salesforce database attendance reports are an indication of the minimum number of parents who have attended Anam Cara events throughout 2014.	1,440+ Parents 300+ Children



How Anam Cara services are funded

All Anam Cara Services are offered free of charge to parents and are available for as long as they may need them. Anam Cara currently does not receive any State grants. Our central office function and activities are funded through corporate and private donations and public fundraising activities.

Our current staffing levels are a full-time CEO and part-time administrator and our central office is based at the Healy Group in Dublin 24. This is generously funded by the Healy Foundation.

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Collaboration

Anam Cara is committed to collaboration with other organisations throughout Ireland who are in contact with bereaved parents. This is essential to **avoid duplication of services** and encourage good use of all resources. Anam Cara has also developed for each local group a resource list, available to all parents, with information and contact details of local organisations who may be of service.

These include hospitals and hospices throughout Ireland, as well as organisations like Console, Living Links, An Garda Síochána, Barnardos, Cystic Fibrosis Ireland, Debra Ireland, Muscle Dystrophy Ireland, FirstLight, Marie Keating Foundation, the Jack and Jill Foundation, Pieta House, Little lifetime Foundation, the Laura Lynn Children's Hospice, SADs Ireland (Sudden Adult Death), Bethany and others.

These crucial partnerships ensure there are no duplication of services and the best use of each organisation's resources in challenging times.



Appreciation

Anam Cara continues to be funded and supported through a mixture of corporate donations and public funding. We appreciate this support which allows us provide the services for bereaved families in our communities at no charge.

Our Volunteers

Our final words are for our Volunteers, who are the very heart of Anam Cara and are committed to the support of bereaved parents in their region. Their compassion and kindness is very much appreciated by Anam Cara and the 1,444 parents we have supported through 2014



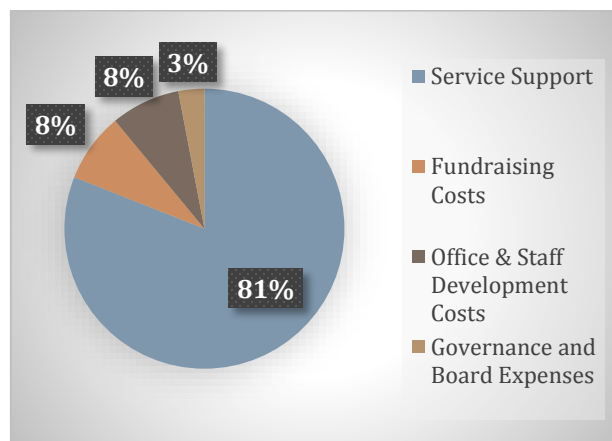
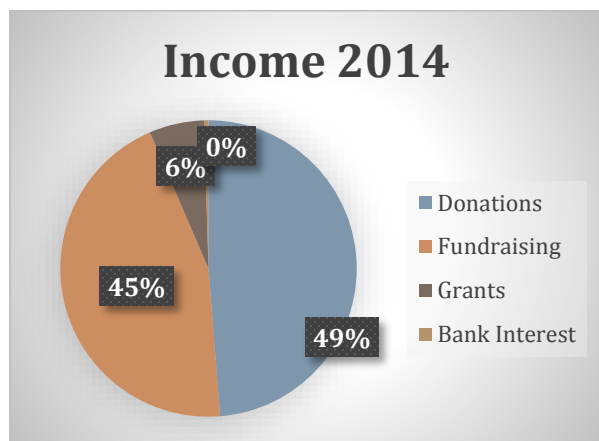
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Financials - Statements

The following is taken from Anam Cara 2014 audited accounts. Further information is provided on the Financial Summary on the following page:

	2014	2013	2012
	€	€	€
Income			
Donations	129,743	33,548	34,458
Fundraising	109,857	75,738	82,163
Grants	6,500	7,700	15,300
Bank Interest	994	3,125	4,119
Total Income	247,094	120,111	136,040
Operational Expenses	175,441	133,415	129,332
Net Surplus (Deficit)	71,653	(13,304)	6,708

Retained Reserves 31.12.14 - €301,480



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Financial Summary

All Anam Cara Services are offered free of charge to parents and are available for as long as they may need them. Anam Cara currently does not receive any state grants. Our central office function and activities are funded through corporate and private donations and public fundraising activities.

Our current staffing levels are a fulltime CEO and Part-time Administrator who work entirely to support Anam Cara Services and ensure that professional standards are adopted in all services provided to bereaved parent and that best practice is followed.

Funding is dependent on donations and whilst income was successfully raised and utilised in 2014, security of income in order to secure the work of the charity continues to challenge Anam Cara.

	<u>2014</u>	<u>2013</u>	<u>2012</u>
	€,000s	€,000s	€,000s
<u>Income</u>			
Unrestricted Income	247	120	136
Total Income	247	120	136
<u>Expenditure</u>			
<u>Service Support</u>			
Direct Costs to Support Groups	29	25	17
Marketing & Awareness	12	4	9
Salary Costs	69	68	66
Travel (in support of National Services)	18	7	8
Sub-total Service Support	128	104	100
<u>Organisational Support</u>			
Governance Costs	3	4	3
Fundraising Costs	14	10	10
Board Expenses (inc Training)	2	3	2
Other Training/Support	15	1	1
Office Costs	12	10	12
Insurance	1	1	1
Sub-total Organisational Support	47	29	29
Total Expenditure	175	133	129
Surplus/(Deficit)	72	(13)	7
<u>Key Performance Indicators</u>			
Cost per Support Hours (Total Provided 4083 hrs)		€42.86	
Cost Per Family Contact (Total 1730)		€92.39	

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Independent Auditors Report

We have audited the financial statements of Anam Cara Parental & Sibling Bereavement Support Limited for the year ended 31 December 2014 which comprise the income and expenditure account, the balance sheet, the cash flow statement and the related notes. The financial reporting framework that has been applied in their preparation is Irish law issued by the Financial Reporting Council and promulgated by the Institute of Chartered Accountants in Ireland (Generally Accepted Accounting Practice in Ireland).

This 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 auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume 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.

Respective responsibilities of directors and auditors

As explained more fully in the statement of directors' responsibilities the company's directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view and otherwise comply with the Companies Act 2014.

Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Directors' Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements give a true and fair view of the state of the company's affairs as at 31 December 2014 and of its surplus and cash flows for the year then ended and have been properly prepared in accordance with the relevant financial reporting framework and, in particular, the requirements of the Companies Act 2014.

Matters on which we are required to report by the Companies Act 2014

We have obtained all the information and explanations that we consider 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.

The financial statements are in agreement with the books of account.

In our opinion the information given in the directors' report is consistent with the financial statements.

Independent auditors' report to the members of Anam Cara Parental & Sibling Bereavement Support Ltd

Matters on which we are required to report by exception

We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosure of directors' remuneration and transactions specified by sections 305 to 312 of the Act are not made.

David J. Dowling

for, and on behalf of

Sheil Kinnear Limited, Chartered Accountants & Registered Auditors Sinnottstown Business Park, Drinagh, Wexford

Date: 30 June 2015

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Our Supporters and Partners

Anam Cara is most appreciative of the following organisations' support throughout 2014:



Management & Staff at Applegreen Service Stations for their support



Maurice & Adelaide Healy for their kind donation of our office facility



Nightline Couriers for sponsoring Anam Cara's parcel deliveries

DUNNES STORES

Dunnes Stores nationwide for their support of the 2014 National Bag Pack.

Anam Cara would like to acknowledge the continued support of the friends of Anam Cara who help with national and local fundraising events throughout 2014. All our services are provided at no charge to parents and families and that is down to their kindness and efforts. On behalf of the volunteers and parents at the Anam Cara groups we would like to express our huge appreciation.

We would also like to thank the many companies and patrons who attend our regional fundraising events, in particular the Anam Cara fundraising lunches. In these challenging times we appreciate your support and sponsorship.

Anam Cara is committed to compliance with the Governance Code for community, voluntary and charitable organisations in Ireland. Anam Cara is also signed up to the statement of Guiding Principles for Fundraising.

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Company Information

JOHM MULLINS
CHAIRMAN



Tel 01 4045378
john.mullins@amarencosolar.com

SHARON VARD
CEO



Tel 01 4045378
s.vard@anamcara.ie

CLODAGH CURLEY
ADMINISTRATOR (P/T)



Tel 01 4045378
c.curley@anamcara.ie

HUGH HARKIN
FUNDING COORDINATOR (P/T)



Tel 01 4045378
h.harkin@anamcara.ie

Board of Directors

John Hynes



Michael McEnery



Ed Delany



Valerie O'Riordan



Mary O'Neill
Company Secretary



Carmel Battigan



ANAM CARA ANNUAL REPORT 2014

Company Information



Anam Cara Parental & Sibling Bereavement Support limited is a company limited by guarantee not having a share capital, registered in Dublin Ireland with registered company number 452644. Anam Cara Parental & Sibling Bereavement Support group limited is also a charity with CHY Number 18073

Anam Cara Parental & Sibling Bereavement Support Limited
HCL House
Second Avenue
Cookstown Industrial Estate
Tallaght
Dublin 24

Tel 01 4045378

Website: www.anamcara.ie

Email: info@anamcara.ie



Anam Cara Parental & Sibling Bereavement Support



@AnamCaraSupport

Banking Details

Ulster Bank
130 Lower Baggot Street
Dublin 2

Account Name: Anam Cara Parental & Sibling Bereavement Support Limited

Account No: 00636306

Sort Code: 98-50-30

IBAN: IE66ULSB98502000636306

BIC: ULSBIE2D