



Supporting Parents after Bereavement



ANAM CARA ANNUAL REPORT

FY 2017

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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Our mission

Anam Cara will make a difference and reduce isolation for bereaved families affected by the death of a child or children, regardless of the age of the child or circumstances of death.

Anam Cara will do this by providing easily accessible, quality support services, signposting and information through safe and secure online or face-to-face environments.

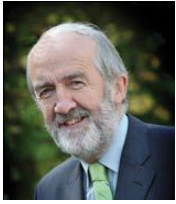
Our purpose

Anam Cara provides a lifeline to parents through our on-line and face-to-face peer support services.

Our vision

Every family throughout Ireland will have the relevant Support Services they need following the death of their son or daughter.

Chairman's Foreword



This Annual Report provides a summary account of the work done and the further progress made by Anam Cara during 2017, in extending and deepening the range of our activities. The main achievements are outlined in the CEO's foreword and throughout the report.

The key element of the work of Anam Cara is the mutual support provided in the groups which operate in ten locations at present. The energy and commitment shown by the volunteer parents is inspiring. The greater level of professionalization which has been introduced over recent years and continued in 2017 will enhance our activities and provide assurance to our partners and funders about the quality of what we do.

I would like to acknowledge the support of our funders and also the many parents or friends who undertake or assist in other fundraising activities throughout the year.

The establishment of Anam Cara Northern Ireland is a major new development referred to in the report. I would like to thank the new board directors appointed who have already contributed significantly to the work of the overall organisation. I am confident that the future of Anam Cara NI is in good hands.

I would like to thank my fellow directors for giving their time and for their continuing support throughout the year.

Finally I want to thank once again this year our CEO Sharon Vard and the central office staff Hugh and Clodagh for their dedication and commitment to the organisation and its work. Without them nothing would happen.

John Hynes
Chairman

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Chief Executive's Foreword



Reflecting on 2017, plenty of hard work has gone on behind the scenes to ensure continuous improvement on how Anam Cara provides information and support to bereaved parents throughout Ireland.

You will read in this report the progress we are making towards our vision as an organisation. We finalised our 2017 – 2020 strategic plan which was developed with our volunteer parents, professional facilitators, executive team and board members. Key goals were identified as part of this plan and we are pleased to convey that we have achieved some significant goals in 2017.

One of the most significant achievements has been the provision of bereavement support for parents who have experienced the death of their only child or children. Anam Cara facilitated 3 events in 2017 and is committed to ensuring this continues in 2018.

Other goals we are working towards include the registration of Anam Cara Northern Ireland as a charity. Sharing the same vision, both Anam Cara RoI and Anam Cara Northern Ireland will work together across both jurisdictions to ensure bereaved parents and their families have access to the support they need after the death of their son or daughter.

Recognising the challenges and commitment to facilitating open groups, Anam Cara has embarked on a bespoke training and development programme for our professional facilitators and volunteer parents ensuring they are supported in their role at the Anam Cara groups.

On behalf of the executive team at Anam Cara and all the parents who availed of our services in 2017, I would like to say how much we appreciate and value our inspirational volunteer parents at the Anam Cara groups. Their kindness and compassion is the first thing newly bereaved parents experience when they attend our events. They are the very essence of Anam Cara, bereaved parents reaching out to help other bereaved parents.

The professional facilitators at the Anam Cara groups are the people who keep everyone safe and ensure parents are comfortable when attending an Anam Cara event. On behalf of our volunteer parents and parents attending the group a massive thank you for what you do.

This is also my annual opportunity on behalf of all Anam Cara stakeholders to state how grateful we are to Anam Cara's board of directors for RoI and Northern Ireland for their continuing support and guidance of Anam Cara.

My final words of appreciation are for those who have fundraised for Anam Cara throughout 2017. Their generous contributions along with the organisations and foundations who have supported Anam Cara allow us to continue to provide our support services free of charge.

Sharon Vard
Chief Executive Officer

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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. It is 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, stillbirth, serious illness, sudden unexpected death, an accident in or outside the home, or suicide.

Anam Cara reaches across all communities in Ireland, including Northern Ireland, and provides a safe, comfortable and supportive environment that fosters 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 all bereaved parents using our online and face to face services:



People don't always need advice .
Sometimes all they need is a hand to hold,
an ear to listen
and a heart to understand them.

- 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

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2017 Activity Report

Need

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

Fact

- 2,750 families each year experience the death of a child (RoI and NI)
- Sudden deaths outside a hospital or hospice system have no access to bereavement support
- Intense grief lasts far longer than society realises

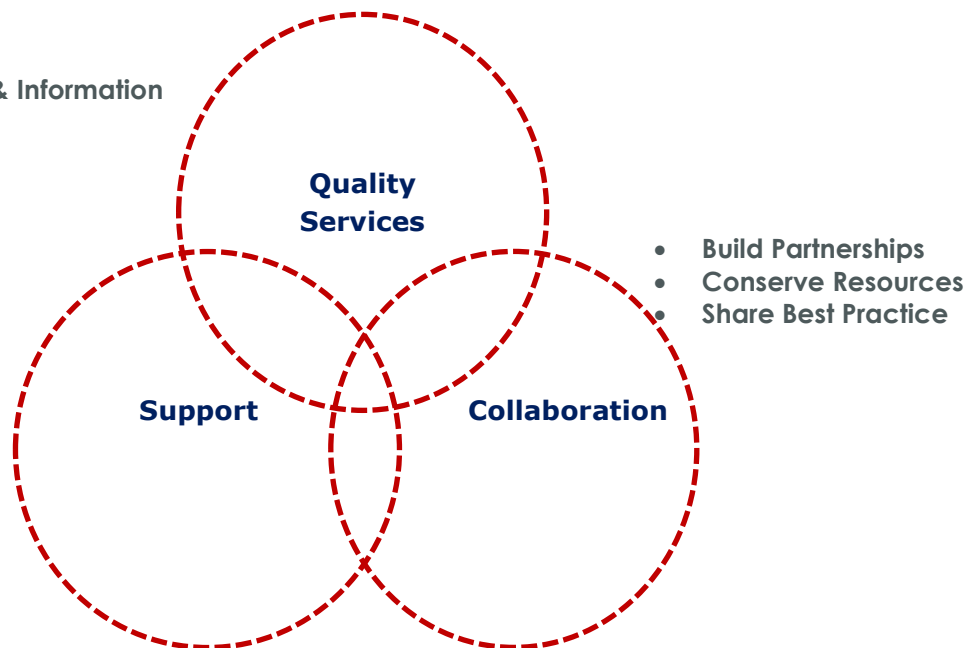
Impact

- Anam Cara has supported almost 10,000 parents in ten years since 2008
- 109 events in 2017 across the 32 counties
- 3,776 support hours provided to 1,888 parents throughout 2017
- 10 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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2017 Activity Report

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 2017, 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 2017 were:

- Anam Cara **West Cork** established, meeting monthly in Bantry
- **3 support meetings** bringing together parents, from across Ireland, living with no surviving children
- **1,888** bereaved mothers and fathers supported in 2017, **461** attending for the first time
- Facilitated **68** Parent Evenings at **9** locations throughout the **32** counties
- **36** Bereavement Information Evenings with guest speakers (a **24%** increase on 2016)
- **6 locations** in which Anam Cara held Information Evenings for the first time: **Waterford, Buncrana, Dungloe, Donegal Town, Omagh and Enniskillen**
- **6** Anam Cara Family Events: held in Kildare, Cork, Galway, Tipperary and Westmeath
- **2** full-day Training workshops for our professionals as well as current and new volunteers
- Local launch of Information Pack held in Swords, North Dublin, attended by **more than 50 professionals** working on the frontline with bereaved families
- Distribution nationwide of over **2,000** Information Packs for bereaved parents
- Information Videos viewed over **4,500** times in 2017 – now up to **15,675 views** since August 2015
- Foundations laid for new groups: **Anam Cara Wicklow/Anam Cara Midlands**
- #Mammyandme and #Daddyandme campaigns around Mother's and Father's Day
- **Partnerships** with Northern Ireland Children's Hospice, Marymount Hospice, Cork, Milford Care Centre, Limerick and Solas Cancer Support Centre, Waterford
- **95%** of respondents to our 2017 survey say they benefit from Anam Cara
- **6,000+** following on Facebook and **2,000+** on Twitter

Some feedback from our 2017 Parents Survey



We attended the Barretstown and the Athlone event for the first time. We were in need of symbolic acts in remembrance of our little boy, especially for his twin sister who was feeling lonely in her grief and becoming fairly preoccupied. Being with other bereaved families, planting the tree, putting pebbles, readings, songs etc. were perfect for us. It was a time for parents to pause and face the emotions that we carry under the surface the rest of the time. It proved very efficient to help our 7 year old go over the bump she was facing at that particular time. The gifts in Athlone were very thoughtful and the activities in Barretstown were brilliant.

I like simply the comfort of being among other people who are hurting in unbearable pain in the same way as myself and the feeling of not being the only one trying to live on.

Knowing that I'm not on my own, and that I don't have to go every month yet it's always there for me.

At the parent evening, it was so beneficial to listen to one of the dads talking. It was as if he could read our mind and just hit the nail on the head with so many issues. Also to see parents young and old, all sitting in a circle, all having experienced the same grief; that was very beneficial.

I find it very comforting listening to other parents talking about their coping mechanisms.

When I'm there I know everyone in that room knows exactly how I feel.

The Bereavement Information meeting gave me so much to think about around the process of grieving and put a lot of reality rather than text book reality into play for me. This was such a support and I am still grateful for it.

The Remembrance days have been really special to my daughters & my partner & I because we remember our son in a special way. It's an extremely emotional day, but it also feels like a safe and secure environment to experience those intense emotions. That is because of the families who are there, who we know have been through a similar bereavement. It's taken me a little while to write these sentences because it's actually quite hard to put it into words the benefit we receive by going to the remembrance days. Thank you.

2017 Achievements

Support meetings for parents living with no surviving children

The process of putting together our booklet, 'Living with no surviving children', shed light on the uniquely devastating situation that such parents find themselves in. Indeed, so isolating is the experience of losing your only child or children that many of these parents find it difficult to relate even to the other bereaved parents who have surviving children in the Anam Cara groups.

Anam Cara recognizes and understands that there is a unique disconnect here. As no other organisation was addressing this group, in 2017 we resolved to provide parents who have lost their only child/children with their own support forum.

In June 2017 mothers and fathers from across the country attended the first half-day workshop in Portlaoise. This was facilitated by Peter Hanlon, one of the country's most experienced bereavement professionals who facilitates the bereavement weekends at Barretstown.

The feedback was overwhelmingly positive and we held two further events in October and December, using Portlaoise as it is a central location. To date we have supported 64 parents at these workshops and will continue to offer this support. We hope to secure funding for this service in 2018 ensuring these support meetings will now become a core Anam Cara service.

"Both my husband and I felt it helped us in our grief to be in a place where we felt safe and comfortable to express the way we feel and think. I am good at talking but my husband is deep and I find for him that the more interaction we have with other parents like ourselves, the more he gets the nerve to say something. It might be small but it's a start".

Outreach Project and Specialized Bereavement Training in Donegal

Donegal is one of Ireland's largest, most rural and isolated counties. Up until 2017, all Anam Cara activities had been centred on Letterkenny. However, we are aware that there are many parents who cannot easily travel to Letterkenny, particularly on winter evenings.

In October 2017 we went a little way to closing this gap in services by hosting Information Evenings in Buncrana on the Inishowen peninsula and in Donegal Town in the south west. In spring 2018 we will return to Buncrana and Donegal Town, and also host an event in Dungloe, in west Donegal.

As a complementary project, to help ensure that Donegal professionals in contact with bereaved parents are adequately trained, Anam Cara delivered a one-day bereavement training workshop in Letterkenny in September.

It was attended by 62 professionals from across the county and due to demand a second workshop has been organised for early 2018. Attendees included social workers, hospital and public health nurses, counsellors, funeral directors, Gardaí and staff and volunteers from other support groups.

"I learnt a lot about the effects of trauma on children and how to help. What I liked most was having people there from many disciplines. It was so interesting to hear the different objectives that other professionals have".

"Both facilitators were fantastic and brought a great mix of academic and personal experience to the day. I will be only too glad to introduce suitable clients to Anam Cara, it is a wonderful service and much needed support to many in our community".

These Donegal events have been kindly supported by Tusla.

Anam Cara Services



Anam Cara Parent Evenings

Anam Cara currently has 10 active groups. They meet once a month and are facilitated by a professional Facilitator, who is supported by Anam Cara Volunteer Parents. On average 8–14 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 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.

To conclude, the peer support model Anam Cara offers, with both volunteers (bereaved parents themselves) and professional co-facilitators, ensures that parents - who may be experiencing complicated grief or post-traumatic stress after the death of their child - are supported and, if necessary, signposted to 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 February/March and September/October. 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 2017 increased to 16 mothers and fathers per event, with 56% of those attending doing so for the first time, many then going on to attend their local Anam Cara group.

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Anam Cara Family Remembrance and Social Events



Anam Cara hosts social and remembrance events throughout the country. Our national family remembrance event is held on the first Saturday in November and each year heralds the start of Anam Cara's National Awareness Campaign.



This event takes place in the midlands to accommodate families travelling from all over Ireland and gives mothers, fathers, brothers, sisters and grandparents an opportunity to remember together and support each other at a 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 fun 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 younger siblings to understand they are not alone, that there are others who have also experienced the death of a brother or sister. All Anam Cara Family events are provided free of charge. We appreciate the support of the Katharine Howard Foundation for these events in 2017/2018.



Self-Care and Training Workshops

With just 2.5 paid staff, Anam Cara is essentially a volunteer organisation. Our volunteer parents are bereaved parents who attended Anam Cara after the death of their child and are now in a position to help newly bereaved parents.

Self-care is a priority for our volunteer parents and this is provided through one-to-one reflective practice sessions with a suitably qualified professional. In 2017 Anam Cara facilitated 53 hours of counselling/reflective practice for our volunteer parents, as well as incorporating self-care into our Training and Review workshops.

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Breakdown of Anam Cara 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.	8 - 14 Parents
Bereavement Information Evenings	Professional guest speakers with experience in parental bereavement. The focus of these evenings is to give parents appropriate information that will help them at the early stages after the death of their child.	12 – 40 Parents
Family Remembrance Days X 2	An informal family day giving all family members a chance to remember their child/sibling, followed by some fun activities for all ages.	Total in 2017: 196 parents and children
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.	Approx. 45 families – 115 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
109 Events in 2017	Our Salesforce database attendance reports are an indication of the minimum number of parents who have attended Anam Cara events throughout 2017.	1,888



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 receives funding for our central office/administrative costs from the Department of Rural and Community Development, through the SSNO Scheme, which is administered by Pobal. Our core activities in direct support of bereaved parents are funded principally through corporate and private donations and public fundraising activities.

Our current staffing levels are a full-time CEO, full time funding and PR coordinator and part-time administrator. Our central office is based at the Healy Group in Dublin 24. This is generously funded by Maurice and Adelaide Healy of the Healy Foundation.

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Words from our Partners

Anam Cara is committed to collaboration with other organisations throughout Ireland who are in contact with bereaved parents. This includes hospitals and hospices, as well as organisations and professionals such as An Garda Síochána, Funeral Directors, An Féileacáin, Living Links, Bethany, SADs Ireland (Sudden Adult Death), Barnardos, the Jack and Jill Foundation, Pieta House and others.

In 2017 Anam Cara jointly facilitated Information Evenings with the Milford Care Centre in Limerick, Solas Cancer Support Centre in Waterford and the Northern Ireland Children's Hospice. These crucial partnerships ensure there are **no duplication of services** and guarantees the **best use of each organisation's resources and funds** in challenging times. Our partners have kindly penned a few words about their experience:



Milford Care Centre

(Under the auspices of Little Company of Mary)

Working with Anam Cara has greatly enhanced our awareness of the needs of bereaved parents and our capacity to support this group of people. Whilst we have offered Bereavement Information Evenings for many years, being able to offer evenings *specifically for bereaved parents* has been so beneficial to those who attend. Bereaved parents often tell us that their grief is so different from other types of grief and being able to respond to this particular group is wonderful.

Working in partnership with Anam Cara has many benefits, combining our expertise and experience with the vast experience and insight of those who represent Anam Cara. We look forward to continued close working with Anam Cara in the coming years.

- Estelle McGinley of Milford Care Centre in Limerick



CANCER SUPPORT CENTRE

We could not have been more impressed with the two events held in May and September 2017 here in the Centre. The fit worked extremely well with our services and we received superb feedback.

The two speakers were wonderful and put the participants at their ease. They were both very different but the tone, atmosphere and content was still of huge benefit to those who attended. We were particularly pleased with the fact that participants from May returned in September.

- Tracey McDaid of Solas Cancer Support Centre in Waterford



The overwhelming response to what worked was the fact that bereaved parents were being granted the opportunity to meet with other parents whose child had died. They all spoke about being part of a club they did not want to be part of, but their shared experience was a source of great comfort and strength. One parent described it as "not having to explain how you feel because you know the other people there had the same experience and feelings". The time given after the formal talk allowed this opportunity for parents to spend time together.

The positive experiences of the Bereavement Information events meant parents were more likely to attend a follow-up bereavement group offered by NICH, dependent on their needs at that time.

- Jackie Rafferty of the Northern Ireland Childrens Hospice (NICH)

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2018 Goals



Anam Cara Wicklow

Anam Cara emerged out of informal meetings of bereaved parents held in Tallaght between the years 2006-2008. Eventually the number of parents became too large for the group to be helpful to those attending. And so Anam Cara North Dublin was created, meeting in Swords, while Anam Cara South Dublin continued to meet in Tallaght.

Now, however, as Anam Cara's profile has risen both regionally and nationally, the numbers attending the Tallaght group have once again increased – in 5 of the 12 meetings held in 2017 more than 25 parents were in attendance. As we know that many of these are travelling from north Wicklow and south east Dublin, in 2018 Anam Cara will establish a new group – Anam Cara Wicklow.

The establishment of Anam Cara Wicklow is kindly supported by  **Dublin Bus**

Anam Cara Northern Ireland

Anam Cara has held events for bereaved parents in Northern Ireland since 2012, when the Armagh group was established. Since then (up to the end of 2017) we have supported 586 parents from across the province.



In order to continue developing in Northern Ireland, and acknowledging that this is a different jurisdiction, we have taken the first steps towards establishing Anam Cara Northern Ireland as an independent charity.

We have successfully registered as a company in Northern Ireland and are working towards appointing a separate board, although we are still awaiting charitable status with the NI Charity Commission.

In 2018 we will have a separate Anam Cara Northern Ireland leaflet (with the new logo, left) and a new UK homepage (anamcarani.co.uk) with a regional newsfeed and feel to it. We hope all of these steps will enable us to reach a new audience across Northern Ireland

New Training Programme for Anam Cara facilitators and volunteers

Anam Cara's core work is our monthly meetings held in ten locations around the country. Facilitation of these meetings, which can have anywhere from 4 to 30 bereaved parents in the room, is extremely delicate and often very difficult for our professional facilitators and volunteer parents.

Given the unique nature of our meetings, it is essential for Anam Cara - and for our duty of care towards the bereaved parents who attend - that our facilitators are adequately trained. However, there is no existing training model that is an easy fit.

Our facilitators currently receive bereavement support and group facilitation training twice a year. Just as important as regular training is that this model is periodically updated.

It is now time for such an update, and this will be developed and delivered in 2018 by a team of carefully chosen experts. This new training programme will be kindly supported in part by



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In Conclusion

Anam Cara services continue to fill a huge gap that exists throughout the island of Ireland around the support of bereaved parents. This is particularly the case for those 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 given access to bereavement support.

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

Anam Cara has identified that a lack of information and support, as well as social isolation, are all significant risk factors for bereaved parents as they try to find ways to cope with their grief. 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 information and contact details for other services available in the community.



Appreciation

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

Our Volunteers

Our final words on this report are for our Volunteer Parents, they are the very heart of Anam Cara and are committed to the support of our professional facilitators at their group. We could not do what we do without their compassion and kindness. On behalf of Anam Cara and the 1,888 parents we supported throughout 2017 a massive thank you for all your do.

Financials – Statements

Statement of Recommended Practice



SORP, the Statement of Recommended Practice, Accounting and Reporting by Charities was developed, in accordance with Accounting Standards Board guidelines, by the UK Charity Commission.

While SORP is not a legal requirement outside the UK, Anam Cara has voluntarily adopted it in order to follow best practice in relation to accounting and reporting, and particularly to demonstrate the highest level of transparency and accountability for our stakeholders and funders.

By adopting the standard, Anam Cara will demonstrate our commitment to a very high level of financial accountability. It is also an opportunity to show very clearly the achievements of the charity. This will support the organisation as a whole in building the trust and confidence of the public in our work.

The following is taken from Anam Cara's 2017 audited accounts. Further information is provided on the Financial Summary on the following page:

	2017	2016
Income	€	€
Donations	111,514	215,056
Grants	120,074	59,636
Other income	5,706	5,872
		€
Total Income		337,294
Operational Expenses		286,641
Net Surplus		50,653

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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 receives funding for our central office/administrative costs from the Department of Housing, Planning, Community and Local Government, through the SSNO Scheme. Our core activities in direct support of bereaved parents are funded through corporate and private donations and public fundraising activities.

Our current staffing levels are a full-time CEO, full-time Funding and PR Coordinator, and a part-time Administrator who work entirely to support Anam Cara services and ensure that professional standards are adopted in all services provided to bereaved parents and that best practice is followed. Funding is dependent on donations and whilst income was successfully raised and utilized in 2017, security of income in order to secure the work of the charity continues to challenge Anam Cara.

7 INCOME

	Restricted 2017 €	Unrestricted 2017 €	Total 2017 €	Total 2016 €
Income from charitable activities				
Pobal SSNO	89,974	-	89,974	44,986
HSE Funding	8,500	-	8,500	8,150
Tusla Funding	21,600	-	21,600	6,500
Income from donations and legacies				
Fundraising Activities and Donations	19,820	91,694	111,514	215,056
Other Activities				
Investment Income	-	1,676	1,676	5,872
Amortisation of Grants	-	4,030	4,030	269
	<u>139,894</u>	<u>97,400</u>	<u>237,294</u>	<u>280,833</u>

8 EXPENDITURE ON CHARITABLE ACTIVITIES AND RAISING FUNDS

	Restricted 2017 €	Unrestricted 2017 €	Total 2017 €	Total 2016 €
Materials	-	2,374	2,374	9,569
Wages and Salaries (Including ER PRSI)	70,138	26,059	96,197	99,158
Development, Resources & Training	6,300	9,406	15,706	23,610
Professional Speaker Costs	-	7,595	7,595	11,437
Social & Remembrance Family Events	5,000	2,510	7,510	8,540
Parent To Parent Group	33,800	7,009	40,809	29,942
Insurance	-	985	985	862
Self Care – Volunteer Supervisory Sessions	-	750	750	3,620
Printing, Postage & Stationery	-	2,762	2,762	4,237
Specific PR and Advertising	-	2,482	2,482	4,129
Telephone	-	3,332	3,332	2,507
Website, Messaging Forum Costs, Software & Computer Purchases	-	1,962	1,962	4,648
Office Rent	-	15,000	15,000	15,000
Travel and Subsistence Costs	19,836	2,275	22,111	5,149
Board Expenses	-	527	527	1,041
Legal and Professional	-	6,540	6,540	2,705
Consultancy Fees	-	-	-	486
Bookkeeping	-	1,800	1,800	1,800
Audit – Prior Year	-	-	-	4,920
Audit	-	3,622	3,622	3,136
Bank Charges	-	(80)	(80)	197
General Expenses	-	1,249	1,249	4,090
Subscriptions	-	2,554	2,554	740
Depreciation on fixtures, fittings and equipment	-	854	854	536
	<u>135,074</u>	<u>101,567</u>	<u>236,641</u>	<u>242,059</u>

INDEPENDENT AUDITOR'S REPORT

to the Members of Anam Cara Parental and Sibling Bereavement Support Company Limited By Guarantee

Report on the audit of the financial statements

Opinion

We have audited the financial statements of Anam Cara Parental and Sibling Bereavement Support Company Limited ('the company') for the year ended 31 December 2017 which comprise the Statement of Financial Activities, the Statement of Financial Position, the Statement of Cash Flows and the related notes to the financial statements, including a summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2017 and of its surplus for the year then ended;
- have been properly prepared in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

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

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other Information

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

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

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that:

- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- in our opinion, the Directors' Report has been prepared in accordance with the Companies Act 2014.

We have obtained all the information and explanations which 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 accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Report. The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

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Respective responsibilities

Responsibilities of directors for the financial statements

As explained more fully in the Directors' Responsibilities Statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

Auditor's responsibilities for the audit of the financial statements

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

Further information regarding the scope of our responsibilities as auditor

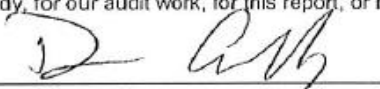
As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

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

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

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

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



Darren Connolly
for and on behalf of
BCK AUDIT, ACCOUNTING & TAX LIMITED
Certified Public Accountants and Statutory Audit Firm
Suite 4 & 5
Bridgewater Business Centre
Conyngham Road
Islandbridge
Dublin 8

Date: 25/04/2018

Strategic Objectives 2017-20



Objective 1:

To increase the geographic reach of our support groups and bereavement talks throughout Ireland and Northern Ireland.

Objective 2:

To promote best practices and skills within the internal community of professionals and volunteers working with Anam Cara. This will ensure the continuous development of Anam Cara services and safeguard the high quality of services on offer.

Objective 3:

To encourage increased voluntary participation from the parents attending Anam Cara groups. Also to ensure preparedness of organisation for succession of key members at Anam Cara's central office.

Objective 4:

To expand on outreach events and partnerships forged throughout our 2013-2016 Strategic Plan in respect of other agencies working with bereaved families, which includes sharing information and resources.

Objective 5:

To have relevant and up-to-date information available to bereaved parents through our website, printed material, social media and other means. This includes providing information on other bereavement services in the community.

Objective 6:

To continue to raise awareness of Anam Cara and fundraise to ensure that adequate funds are in place to support Anam Cara's mission and objectives.

Our Supporters and Partners

Anam Cara is most appreciative of the following organisations' support throughout 2017:



Anam Cara receives funding for our central office/administrative costs from the Department of Rural and Community Development, through the SSNO Scheme, which is administered by Pobal



Maurice & Adelaide Healy kindly donate our central office facility



Nightline Couriers sponsor Anam Cara's parcel deliveries



B.Braun Medical are generously supporting Anam Cara 2016-2021



Supported our Outreach events and Training Workshop in Donegal



Supporting Anam Cara Wicklow



Supporting Family Events in 2017

Anam Cara would like to acknowledge the continued support of the friends of Anam Cara who helped with national and local fundraising events throughout 2017. 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 and is registered and up to date with the Charities Regulatory Authority.

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Company Information

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FUNDING COORDINATOR



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Board of Directors

John Mullins



Tony Mahon



Carmel Battigan



Pat Cullen - Company Secretary



Valerie O'Riordan



Gill Madden



Michael Scott Anam Cara NI



Kevin McCallion Anam Cara NI



Jarlath Corrigan Anam Cara NI



Company Information



Supporting Parents after Bereavement

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

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Anam Cara Parental & Sibling Bereavement Support



@AnamCaraSupport



Anam Cara Parental & Sibling Bereavement Support

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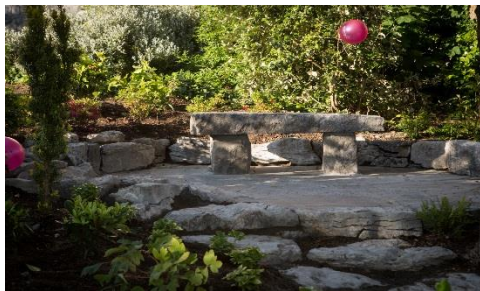
2017 in Images



Pictured at the North Dublin launch of Anam Cara's Information Pack L – R Paul Dowling, volunteer parent; Celine Deane, Senior Medical Social Worker Beaumont Hospital; Brid Carroll, Chairperson of the Irish Childhood Bereavement Network; and Jean O'Kelly, professional facilitator at Anam Cara North Dublin



Amazing Cork woman Jane O'Keeffe ran 251km in just six days across the Sahara Desert in April as a fundraiser for Anam Cara in memory of Colin Hedderman



If you are living in or visiting Galway, why not drop in to the Circle of Life Garden in Salthill. There is a special Anam Cara corner with the Anam Cara bench & bird bath



Anam Cara Dads Golf Outing -- Paul Dowling, Tony Mahon, Mark Byrne, Adrian Hendrick and David Kelly at Killeen Golf Club, June 17th

