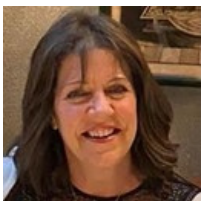


Securing our Future Expansion

by Pat Cullen, Chairperson

As you will no doubt be aware, Sharon Vard has been the CEO of Anam Cara since the Organisation was set up in 2010. Sharon has overseen the growth and development of our specialised services to bereaved parents and has been instrumental in building Anam Cara into the professional, well governed and financially strong charity that it is today, which supported over 2,300 parents in 2021.

As part of Anam Cara's strategic plan for continued growth of our dedicated services, Sharon Vard decided that it is impossible for one person to continue to discharge both the role of CEO and Head of Services. It is for this reason that Sharon has decided to step down from her position as CEO of Anam Cara to concentrate all her time and energy on the continued development of our services in the new position of Services Manager. I have no doubt that we will see further innovation in this area in the future and I know you will join with me in wishing her well in her new challenging role.



I am pleased to welcome Sharon Dagg to Anam Cara as our new CEO. Sharon was previously CEO of the Down Syndrome Centre for over nine years.

During this period, she was instrumental in growing and developing an organisation from grass roots into becoming a parent organisation with 3 additional centres around the country, providing essential support and services to children with Down syndrome.

Her continuous engagement with parents and stakeholders over the years helped her gain a strong understanding and empathy towards challenges faced by parents and she was able to adapt and develop services around their relevant needs. Her expertise in development around structure, strategy, awareness and Governance compliance will prove instrumental in moving Anam Cara into the next phase. We look forward to working with Sharon as we now move ahead with the implementation of our 3-year strategy

Val O Riordan has been a member of our Board for the last 7 years and we would like to thank her most sincerely for her wise counsel and support, as she steps down as a Director. I'm very pleased to advise that she will continue to support us if required in the future.

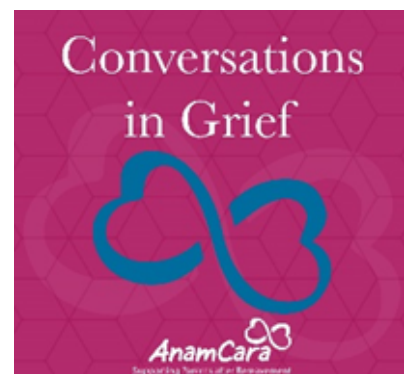
Val's position on the Board will now be taken by Majella Crowley, one of our Cork parents, who has assisted in the growth of Anam Cara in the south of the country and we now look forward to her continued contribution to Anam Cara as a Board member.

Finally, having served over 3 years as Chairperson, I believe now is a good time for me to step down from that role and I'm delighted that Tony Mahon, from our current Board has agreed to assume the position. I will be remaining on the Board for some time yet and look forward to working with Tony as Chairperson

Anam Cara Podcasts Conversations in Grief

Words cannot express how grateful we are to the parents who contributed to these powerful podcasts produced by Anam Cara to remember and honour their children.

Mac, Jarlath, Colette, Catriona, Larry, Kathleen and Brid your powerful and inspiring words will resonate with bereaved parents and ultimately give them hope that they too can survive the death of their child

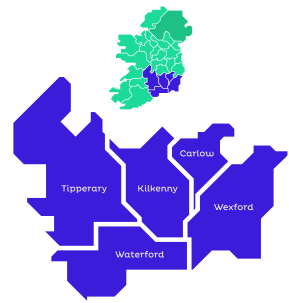


Anam Cara Southeast

Anam Cara would like to introduce our newest parent group Anam Cara South East which meets, in person, at the Woodlands Hotel, Waterford on the 2nd Tuesday of each month.

Through our collaboration with Solas in Waterford, we will continue facilitating Bereavement Support Evenings for the area.

We are really pleased that Anam Cara can now offer monthly support services to bereaved parents living in this region



Making a Splash in Ben's Memory

We are in total awe of the Murphy & Woodlock families who took to the chilly west of Ireland waters on Christmas day in memory of Ben Woodlock, raising funds for Anam Cara. While the rest of us were cosy and warm, they braved the wind and rain and dived into those waves.



Bereavement Support Evenings

The Anam Cara Face to Face groups are back and will run alongside our regional online groups and our online group for parents living with no surviving children. In addition to these services Anam Cara continues to run our bereavement support evenings online.

These give parents, in particular new parents to Anam Cara, an opportunity to hear a bereavement specialist talk about grief and its impact on us.

The next dates for this event are:

6th April 2022 with Peter McCartan
11th May 2022 with Brid Carroll.

Anam Cara Family Remembrance Day

Anam Cara are delighted to be back partnering with Barretstown Kildare for our Family Remembrance Day which will take place on

Sunday 15th May 2022.

This is a special and wonderful day out for the family, with a gentle remembrance service, followed by fun activities for all ages.

For further details, please email info@anamcara.ie



Thank You For Your Support

A big thank you to everyone who supported our Christmas Hamper raffle which raised an amazing **€2,200**. We would also like to acknowledge and thank you all for your continued support during a very difficult two years of fundraising.

Our lucky winners were Ann Mc Grath, Margaret O'Hare & Paul Dowling



We Need Your Help

by Sharon Dagg, CEO

Well, I am sure you will agree that the last two years have been challenging times for us all, with restrictions and lock downs bringing more stress into each of our lives. As a charity we have remained focused in ensuring we continue to provide the support to bereaved parents that have probably needed it more than ever before during this unprecedented period.

The team responded very quickly at the beginning of the pandemic and developed our services swiftly online to provide access to everyone from their homes, we are delighted to see that we are now able to offer face to face meetings once again. We will of course continue to offer a hybrid service of both the face-to-face meetings and virtual as needed, to enable those living in more remote parts of the country continued access to our services.

As with every charity we at Anam Cara have challenges in raising funds to sustain our services and this has never been more acute than over the last two years. The imposed Covid-19 restrictions prevented Anam Cara to organize fund raising events to full capacity, however we were able to survive due to the good management of the team. Now that the restrictions are partially removed, we now need to build those necessary funds and we would be pleased if you were able to support our endeavors in any of the following ways.

We are looking for potential leads into corporate establishments, just a contact detail to get us through the door and then we will do the rest.

Perhaps you know someone that you could encourage to join us in the Ladies Mini Marathon coming up in June. They can either run virtually or present on the day to participate in the Mini Marathon and organize to be sponsored in this great event. Check out our website for further details.

It has come to our attention that Woodies have a Corporate and Social Partnership initiative where their staff members are able to nominate a charity of their choice to assist with funding. The nomination process is currently happening and perhaps you have a contact in Woodies that you could encourage to put Anam Cara's name forward for consideration in this excellent Woodies initiative.

Perhaps you have an idea to assist with fund raising, or you might consider running a small fundraising event within your local community?

If any of the above are area's that you feel at ease in supporting please don't hesitate to contact s.dagg@anamcara.ie and we will assist you in whatever way we can. THANK YOU!

Join The Anam Cara Team!

Calling all runners, joggers and walkers! Join the Anam Cara Team in helping raise much needed funds for our support services by taking part in one of Ireland's three Marathons. Check out www.anamcara.ie for further details.

Belfast City Marathon 1st May 2022
www.belfastcitymarathon.com

Dublin Mini Marathon Sunday 5th June 2022
www.vhiwomensminimarathon.ie

Cork City Marathon 5th June 2022
www.corkcitymarathon.ie



VHI Mini Marathon
JOIN THE ANAM CARA TEAM
IN DUBLIN
SUNDAY 05 JUNE 2022
REGISTER NOW AT:
www.vhiwomensminimarathon.ie
AND THEN EMAIL: INFO@ANAMCARA.IE
FOR YOUR T-SHIRT & SPONSORSHIP CARD
AND TEAM MEETING POINT
WHY NOT SET UP AN ONLINE FUNDRAISING PAGE ON
<https://www.justgiving.com/anamcara>
Let's Make this your challenge for 2022
Anam Cara
Supporting Parents After Bereavement

Anam Cara Camino Walk

Follow
the
Camino

&

AnamCara
Supporting Parents After Bereavement

Camino Frances – Sarria to Santiago de Compostela

18th – 25th September 2022

A walk that provides beauty, peace, friendships and a time for reflection.

For more information and to register your interest go to www.anamcara.ie or email s.dagg@anamcara.ie



This Walking Tour Includes:

- 6 nights' accommodation in 2-3* hotels
- Experienced bilingual guide
- Breakfasts & Dinners
- Luggage transfers between hotels
- Airport transfers
- Holiday pack (maps, scallop shell & pilgrim passport)
- Fun, memories & friends!

Price per person: €790
Single rooms: €990

Highlights Include:

Along the way you will see stunning churches, traditional homesteads, cathedrals, rivers, forests, and lovely views. Your Camino will be filled by the fantastic cuisine of Galicia, and plenty of excellent wines!

Your first glimpse of Santiago will be from the "Mount of Joy". Get a stamp at the small church, admire the views and visit the massive pilgrim statue.

There are few feelings like the one of arriving to Praza do Obradoiro in front of the Catedral de Santiago de Compostela after your long pilgrimage. Once in the city, you can explore the bustling medieval streets, filled with market stalls, restaurants, bars and buskers, as well as the many interesting museums.

