



ANAM CARA ANNUAL REPORT

FY 2015

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 a 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.

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Chairman's Foreword



Firstly, I would like to acknowledge all of those who have assisted Anam Cara during 2015: our volunteers, our professionals, our staff, our Board and our financial supporters, large and small. We would not have been able to accomplish the further achievements in 2015 without this collective effort.

In 2015, Anam Cara launched its Information Pack for Bereaved Parents. This pack was developed on the basis of significant experience built up since the foundation of the charity. Over 3,500 packs were distributed nationwide. We particularly would like to thank all of our partners and stakeholders who assisted in raising awareness of these packs. In addition to the packs, five well-produced videos were made to assist awareness of Anam Cara and all that we do.

Anam Cara held a record 62 parent evenings across the whole island in 2015. Significant numbers of Bereavement Information evenings and family events were held. These all assist in the creation of a wonderful community who rely on each other in surmounting their greatest loss.

Anam Cara continues its journey of professionally providing its services, and training and quality control have been our concentration over the last number of years.

We are most grateful to Applegreen PLC for their support over the years 2014/2015. We thank all of our supporters who have run marathons, organised lunches and climbed mountains so that Anam Cara can continue to prosper as a charity and as a community.

Fundraising continues to present challenges for all charities. The reader can be assured that Anam Cara is well-governed by its independent and voluntary Board with a range of skills and expertise. The production of this document is testament to our transparency.

I stepped down as Chairman on 31st December 2015 and I am thankful to all for their support over the years. On behalf of Anam Cara I would like to extend our thanks to Ed Delany and Michael McEnery, who resigned in December, for their commitment, service and dedication to Anam Cara. I would also like to welcome Maurice Healy, Jarlath Corrigan and Pat Cullen to the Board and know they will be valuable contributors to the organisation.

I wish Sharon, Clodagh and Hugh the very best going forward. I would like to wish my successor, John Hynes, and all of the Board the very best in securing the future of this very fine and unique charity.

John Mullins
Chairman

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Chief Executive's Foreword



Throughout 2015, Anam Cara facilitated 102 events with 1,733 parents in attendance. Thanks to our kind and generous funders and a variety of fundraising events, Anam Cara provided this vital support free of charge.

2015 saw Anam Cara take a huge step in addressing the shortfall of bereavement information for bereaved parents with the production of our information pack and videos. These were developed in conjunction with bereaved parents connected to Anam Cara and are for newly bereaved families. Our charity partnership with Applegreen ensured we had the funding to produce these resources.

Our hope is that through hospitals, hospices and funeral directors throughout the 32 counties bereaved parents will be able to access these resources in the immediate aftermath of the sudden or expected death of their son or daughter, providing them with a lifeline knowing other families have suffered, coped and survived.

Ensuring the best use of resources and funding, Anam Cara reached out looking for partnerships throughout 2015 to help us support bereaved parents in areas we did not have a presence. Working with organisations like Marymount Hospice and the Irish Road Victims Association we have been able to facilitate outreach bereavement events in West Cork and the Midlands. These events have given us a solid foundation to set up Anam Cara groups in these areas thus increasing our geographic reach.

Recognising the limited information and support for bereaved young adults who have been affected by the death of a family member or close friend, Anam Cara, with funding principally from IPB Insurance, was able to facilitate a 2-day workshop for 70 professionals who work in organisations that support young people. In conjunction with Jigsaw Galway, we developed a bereavement workshop for young adults with the hope it will give them the insight and a pathway if they feel they need support.

Anam Cara's impact in 2015 can be attributed to our altruistic volunteers at each of the Anam Cara groups. They continue to be the heart of Anam Cara. Although bereaved parents themselves, they reach out with compassion and empathy to newly bereaved Mums and Dads. Both our volunteers and parents attending the Anam Cara groups are in turn supported by professional bereavement therapists connected to each group, thus ensuring a safe and comfortable forum for everyone.

Throughout the year Anam Cara continued to be supported and guided by an excellent Chairman, John Mullins, and a committed board of directors. We confirm that Anam Cara complies with the Governance Code for the Community, Voluntary and Charitable Sector in Ireland and our focus and commitment is to continuous improvement and emulating best practice and transparency across all our direct and indirect activities.

Finally 2015 has been a pivotal year in Anam Cara's development as a national organisation. I would like to take this opportunity to thank all our stakeholders for their contribution, there is no doubt that 'no one of us is as strong as all of us together'.

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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, 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, 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:



- 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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2015 Stakeholders' Testimonies



Sponsor: Róisín Whiting, Chief Executive, Adelaide Health Foundation

"The Adelaide Health Foundation is delighted to support the valuable work of Anam Cara through the Adelaide Community Health Initiative Scheme.

We are particularly pleased to be associated with the Parent Evenings and the Information Pack, which offer advice and support to families in a most caring and sensitive way.

The work Anam Cara does to support bereaved families is immeasurable and the organisation is a most worthy recipient of our support. We wish Anam Cara every success in 2016 and beyond."



Partner: Frances Ford, Manager, Jigsaw Galway

"Jigsaw is a mental health support service, offering brief intervention to 15-25 year olds experiencing mild to moderate mental health issues. Last year Jigsaw benefitted greatly by bereavement support training provided by Anam Cara, and together we have developed a new programme for young people affected by bereavement.

This programme is aimed at normalising the grief process for young people, at reaching those few who may be at risk, and at giving comfort to those who may not need individual care but can benefit from peer support within a group. With a bereavement in the family, everyone is struggling. Sometimes being able to create an understanding of what other members in the family are going through can lead to a greater understanding and accommodation.

Jigsaw has always welcomed linking in with other services to enhance the support given to young people. By working together we can be far more useful to those we support. The workshop is designed to be delivered to a small group (approx. 10 young people) in about five hours. We are hoping to work with the Galway Hospice to deliver this workshop at the beginning of the next school term. This is a pilot and we are confident that the programme can then be run out across the country by any agencies working with young people."

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2015 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 affect 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

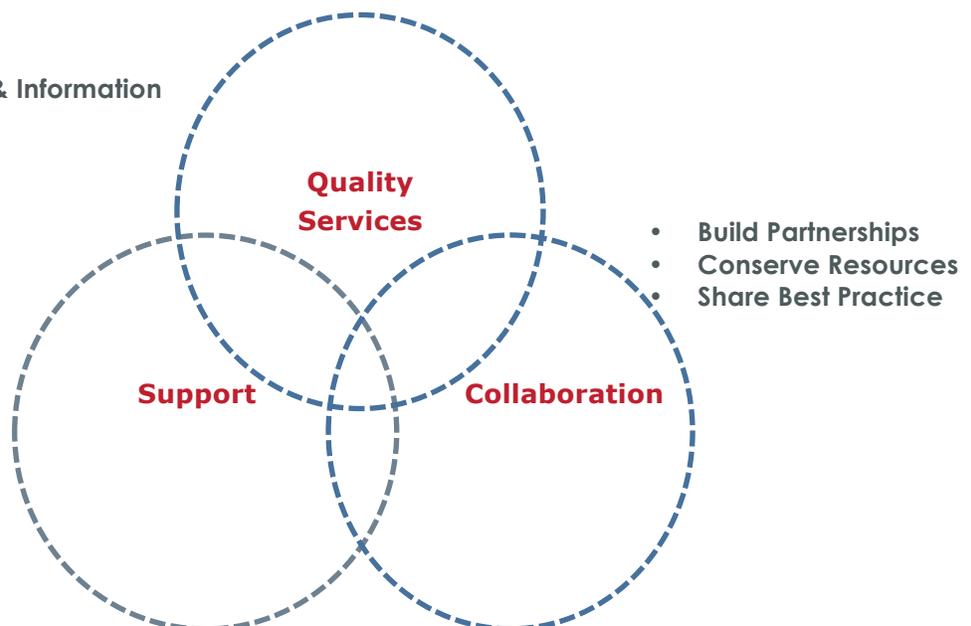
Impact

- Anam Cara has impacted on over 8,000 parents since 2008
- 102 events in 2015 across the 32 counties
- 3,620 support hours provided to 1,733 parents throughout 2015
- 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



2015 Activity Report

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 2015, 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 2015 were:

- Production and launch of seven-booklet Information Pack for Bereaved Parents
- Distribution of over **3,500** packs nationwide in last four months of 2015
- **5** professionally produced Anam Cara Information Videos featuring parent testimonies
- Information Videos viewed **6,537** times on Anam Cara's new YouTube channel
- Fully compliant with the Governance Code for the community, voluntary and charitable sector in Ireland. Registered with CRA and fully committed to achieving the standards contained within the Statement of Guiding Principles for Fundraising
- Facilitated a record **62** Parent Evenings at **9** locations throughout the **32** counties
- **24** Anam Cara Bereavement Information Evenings with guest speakers
- **8** Anam Cara Family Events, including three at Barretstown and one in Kerry for the first time
- **8** Training, Development & Self-Care workshops for current and new volunteers
- Beginning of Anam Cara Midlands with Bereavement Information Evening in Mullingar
- Launch of #Mammyandme and #Daddyandme campaigns around Mother's and Father's Day
- **20%** of those attending Anam Cara events are coming for the first time
- National Bag Pack Fundraising Event in conjunction with Dunnes Stores
- New partnership with Northern Ireland Children's Hospice and Marymount Hospice
- First survey of all parents in the Anam Cara network reveal **94%** satisfied with peer support model

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- Over **12,000** website hits, plus a strong and growing following on Facebook and Twitter

2015 Achievements in Focus

Brid Carroll, Chair of The Irish Childhood Bereavement Network, on Anam Cara's Information Pack

As a professional working in the field of bereavement with families throughout Ireland, I have been really delighted to see the launch of an Information Pack by Anam Cara to help support Bereaved Parents and their families through the journey of grief. This pack includes 7 leaflets prepared by the parents and professionals working with the organisation.

They include the following titles:

- A mother's grief
- A dad's grief
- Supporting my family
- Coping with the sudden death of your child
- Milestones and challenges
- Self-care: How it can help
- Adults grieving the death of a brother or sister

The leaflets include sound advice on how grief affects a bereaved parent. Parents' descriptions are included and can help the reader feel less isolated when they see that others have had similar thoughts and feelings. The layout which allows one take on a thought at a time is really useful when it is difficult to sit down and read a book. Others provide advice on what they found helpful in their grief.

For Dads who often think their way through grief it is good to read other bereaved Dad's thoughts on how it has been to belong in a club which no one wants to join.

Often it can be really difficult to support one's family and grieve at the same time. However the leaflet on supporting one's family helps parents see it is possible. They can learn from others who are further down the road.

For those who have been bereaved through a sudden death of their child, parents who have been in a similar situation share their experience. This can help when one is left in a tail-spin after such a loss and can signpost a way through the devastation.

The milestones and challenges that arise in the first year after a child's death and the events across a lifespan are noted and rituals to help at those times are illustrated.

The need for Self-care during one's journey through the loss is often forgotten. In this leaflet, tips on how to look after oneself holistically amidst one's pain are highlighted.

The final leaflet on adults grieving the death of a brother or sister addresses siblings -those in the family who can often become forgotten within a family's grief. Siblings speak of their experiences and what has helped them.

The outer cover of the packs gives information on the organisation, its values and links to further resources.

Since their launch, in October 2015, I find these packs invaluable when working with bereaved families who have lost children and the feedback received from those who have used them is that they have been a great source of information. I have no hesitation in recommending them at every opportunity.



Anam Cara Activities



Anam Cara Parent Evenings

Anam Cara currently has 9 active groups. They meet once a month and are co-facilitated by an Anam Cara Volunteer Parent and a professional. On average 8–13 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.

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 February/March and October/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 2015 was 27 mums and dads per event, with 51% of those attending doing so for the first time, many then going on to join their local Anam Cara group. In 2015 Anam Cara and the Milford Care Centre in Limerick again joined forces to host a Bereavement Information Evening for bereaved parents living in the Limerick area.

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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, which takes place in the midlands to accommodate families travelling from all over Ireland, 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,

Self-Care and Training Workshops

With just 2.5 paid staff, Anam Cara is essentially a volunteer organisation, with our volunteers also bereaved parents just a little further on their own journey.

Self-Care is a priority for our volunteers to help ensure a safe and comfortable space for them to support each other. In 2015 Anam Cara facilitated two dedicated regional self-care workshops, and also incorporated 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



Anam Cara is co- founder of the Family Bereavement Network in Europe which was established in 2013

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. Representatives from these countries have formed a steering committee that meets regularly by video conference tasked with reaching the networks vision.

The next FBNE conference is in partnership with The Laura Centre. The topic is 'Grief in a Multi-Cultural Society' and will be held in September 2016 at DuPont University in Leicester

In Conclusion

Anam Cara services continue to fill a huge gap that exists throughout island of Ireland around the 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 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 below research article briefly outlines the possible long term affects the death of a child (infancy to 34years) has on the lives of their parents

Long-Term Effects of the Death of a Child on Parents' Adjustment in Midlife

Catherine H. Rogers, Frank J. Floyd, Marsha Mailick Seltzer, Jan Greenberg, and Jinkuk Hong

The death of a child is a traumatic event that can have long-term effects on the lives of parents. This study examined bereaved parents of deceased children (infancy to age 34) and comparison parents with similar backgrounds ($n = 428$ per group) identified in the Wisconsin Longitudinal Study. An average of 18.05 years following the death, when parents were age 53, bereaved parents reported more depressive symptoms, poorer well-being, and more health problems and were more likely to have experienced a depressive episode and marital disruption than were comparison parents. Recovery from grief was associated with having a sense of life purpose and having additional children but was unrelated to the cause of death or the amount of time since the death. The results point to the need for detection and intervention to help those parents who are experiencing lasting grief

(PsycINFO Database Record (c) 2012 APA, all rights reserved)

Anam Cara has identified that for bereaved parents lack of information, support and 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 2015 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 - 13 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.	20 – 40 Parents
Family Fun Days X 2	An informal family day with activities for all ages.	Total 260 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.	50 Families – Approx. 140 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
102 Events in 2015 (First time we exceeded 100+ events in a year)	Our Salesforce database attendance reports are an indication of the minimum number of parents who have attended Anam Cara events throughout 2015.	1,733



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. In 2015 state funding accounted for 3.7% of Anam Cara's income. 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, full time funding and events coordinator and part-time administrator. Our central office is based at the Healy Group in Dublin 24. This is generously funded by Maurice Healy of 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.

These include hospitals and hospices throughout Ireland, as well as organisations and professionals who are in contact with bereaved parents. These would include Garda Síochána, Funeral Directors, Console, An Feilecain, Living Links, Bethany, SADs Ireland (Sudden Adult Death), Barnardos, Cystic Fibrosis Ireland, Debra Ireland, the Jack and Jill Foundation, Pieta House and others.

In 2015 Anam Cara jointly facilitated events with Milford Care Centre, Mary Mount Hospice, Jigsaw Galway and the Northern Ireland Children's Hospice.

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

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.



Appreciation

Anam Cara continues 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 are for our altruistic 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 1,733 parents we have supported throughout 2015



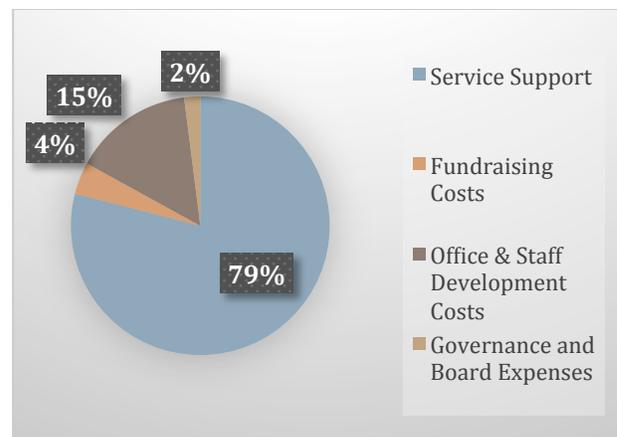
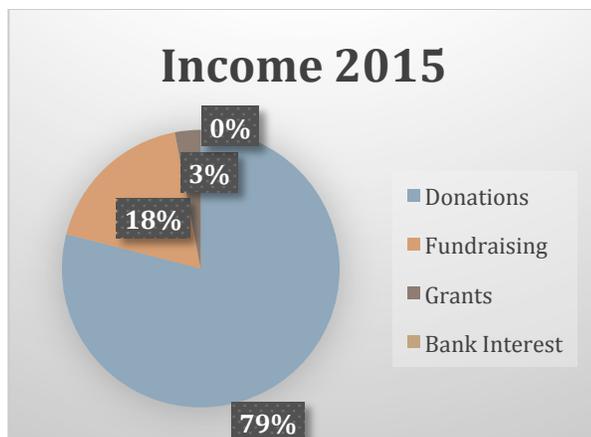
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Financials - Statements

The following is taken from Anam Cara 2015 audited accounts. Further information is provided on the Financial Summary on the following page:

	2015	2014	2013
	€	€	€
Income			
Donations	263,873	129,743	33,548
Fundraising	60,203	109,857	75,738
Grants	11,000	6,500	7,700
Bank Interest	-	994	3,125
Total Income	335,076	247,094	120,111
Operational Expenses	245,011	175,441	122,415
Net Surplus (Deficit)	90,065	71,653	(13,304)

Retained Reserves 31.12.15 - €388,560



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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 minimal 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, full-time PR & Funding 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 utilised in 2015, security of income in order to secure the work of the charity continues to challenge Anam Cara.

	<u>2015</u>	<u>2014</u>	<u>2013</u>
	€,000s	€,000s	€,000s
<u>Income</u>			
Unrestricted Income	335	247	120
Total Income	335	247	120
<u>Expenditure</u>			
<u>Service Support</u>			
Development and Resources	25	-	-
Direct Costs to Support Groups	58	29	25
Marketing & Awareness	23	12	4
Salary Costs	81	69	68
Travel (in support of National Services)	6	18	7
Sub-total Service Support	193	128	104
<u>Organisational Support</u>			
Governance Costs	3	3	4
Fundraising Costs	9	14	10
Board Expenses (inc Training)	2	2	3
Other Training/Support	11	15	1
Office Costs	26	12	10
Insurance	1	1	1
Sub-total Organisational Support	52	47	29
Total Expenditure	245	175	133
Surplus/(Deficit)	90	72	(13)

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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 2015 which comprise the Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement and the related notes. The relevant financial reporting framework that has been applied in their preparation is the Companies Act 2014 and accounting standards 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 auditor's 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 Directors' Responsibilities Statement set out on page 4, the 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 Director's 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 assets, liabilities and financial position of the company as at 31 December 2015 and of its profit 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 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

We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosures 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: 17th June 2016

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Our Supporters and Partners

Anam Cara is most appreciative of the following organisations' support throughout 2015:



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



Management and Staff in Galway for their support of Anam Cara Galway



For supporting the Anam Cara Pilot project for bereaved young adults

Anam Cara would like to acknowledge the continued support of the friends of Anam Cara who help with national and local fundraising events throughout 2015. 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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Board of Directors

John Hynes



Michael McEnery



Ed Delany



Valerie O'Riordan



Mary O'Neill
Company Secretary



Carmel Battigan



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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
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Anam Cara Parental & Sibling Bereavement Support



@AnamCaraSupport



Anam Cara Parental & Sibling Bereavement Support

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