



Supporting Parents after Bereavement

**ANNUAL REPORT
FOR 2019**





"The feeling of not being alone is so wonderful, even on a bad day I know I will at least leave the Anam Cara meeting feeling somewhat better"



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CHAIRMAN'S FOREWORD

As I write this foreword, we are all in the midst of the lockdown for Covid-19. This pandemic has resulted in the normal mode of delivery of our services having to be reconfigured and additional types of support put in place. I am proud of the responses which have been delivered in a very short timeframe to deal with these unprecedented challenges and would like to thank all the staff and professionals involved. Hopefully, we can soon get back to providing our support services in a more normal manner.

The year 2019 was another solid year of achievement for Anam Cara, as we continue to grow the geographic reach of our support groups and build on our partnerships with similar service providers.

A lot of time and effort was devoted in the last quarter of the year to developing our new Strategy 2020-22. We have ambitious plans in areas like the delivery of new services, expanding our partnerships, developing our fundraising capabilities, looking at new methods of delivering our support services and expanding our research and training activities. All of this should help to further strengthen and underpin the quality of the services we provide in the future.

Anam Cara Northern Ireland continues to grow and we now have support groups in Belfast and Armagh. I'd like to thank our dedicated Northern Ireland Board of Directors for their continued efforts in developing our services.

Fundraising is always a challenge and I'd like to thank all our supporters, including the many parents and friends who assist in this regard. We are lucky to have a very dedicated and committed group of Directors and I'd like to thank them for their continuing support and giving their time so generously to Anam Cara.

Finally, once again we are indebted to Sharon, Leanne, Niamh and Orla, who are at the frontline every day in ensuring we deliver the best quality support to all our service users.



Pat Cullen
PAT CULLEN

CHAIRMAN OF THE BOARD

CEO'S FOREWORD

The past year has seen Anam Cara continue to support the needs of parents who are impacted by the death of a child. We continue to strive to develop our bereavement support services with a focus on best practice and continuous improvement. Every decision is made with the safety and comfort of parents, attending our bereavement support events, in mind. For bereaved parents who may need more support than the Anam Cara Groups can provide, we have a care pathway in place to ensure better outcomes for them and their families.

Recognising the ongoing commitment of our Volunteer Parents and Professional Facilitators at the Anam Cara groups, our achievements in 2019 include the development of a bespoke training programme to support them in their roles. This training programme covers recruitment practices, induction and practical training and ongoing development in these key roles.

Anam Cara recognises how important it is to collaborate with other organisations to ensure bereaved parents have the appropriate bereavement support when they have experienced the death of a baby, at birth or late pregnancy, and for families whose child has died by suicide. To meet these parents' immediate support needs we piloted two support evenings in 2019 with Feileacain and Pieta House. The feedback from parents has encouraged us to run more of these events in each of the regions throughout 2020

Other 2019 achievements include Anam Cara Northern Ireland facilitating a training workshop on Supporting Families through Trauma and Grief for frontline professionals, ensuring they feel equipped to support families who have been bereaved in traumatic circumstances.

Anam Cara implements the highest standards of governance and transparency and although we are a small organisation we are making a huge impact and difference for bereaved parents ensuring better outcomes for their families.

Funding continues to be one of our key challenges, however to those who have donated or funded Anam Cara in 2019 we are truly grateful and appreciate your support. I would like to take this opportunity to acknowledge our incredible Volunteer Parents throughout Ireland. Anam Cara could not exist without their ongoing support, compassion and kindness to the newly bereaved parents who turn to Anam Cara after the death of their child.

To conclude, to all who contribute to our organisation, our board, the central office team, professionals, key funders and donors a huge thank you, Anam Cara could not do what we do for bereaved parents were it not for each of us playing our part.


SHARON VARD

CHIEF EXECUTIVE OFFICER



ABOUT ANAM CARA

THE NEED

Each year throughout the island of Ireland, on average *2,750 families will experience the sudden or expected death of a son or daughter. This is the ultimate tragedy faced by parents. Alongside the devastating grief, many parents experience feelings of isolation, despair and very often loneliness. Some bereaved parents report that they self-isolate as they cannot face meeting people or continue living a normal life when their child cannot.

Sadly, self-isolation is not the only issue faced by bereaved parents. Many feel that friends, neighbours and sometimes extended family avoid them. This may be due to people not knowing what to say to a devastated bereaved parent which unintentionally causes more upset. This social exclusion has a serious knock on effect on the bereaved parent's self-esteem, confidence and mental health causing them to become more isolated.

THE RESPONSE

To respond to this need Anam Cara, an all-Island organisation, was founded in 2008 by bereaved parents to ensure that all bereaved families in Ireland will have access to information and support following the death of their child.

We provide a wide range of bereavement support services, peer support and understanding to bereaved parents. Anam Cara's online and face-to-face services are available to all parents regardless of the age or circumstances of the child's death and are available for as long as the parents require them.

Anam Cara is unique. There is no other service like us in Ireland. We provide a level of support and understanding that other service providers cannot offer, as our bereavement as parents unites us.

We know and understand what a recently bereaved parent is going through. Therefore, we can offer peer support which is hugely beneficial and comforting to parents. We focus on the similarities of our loss rather than the differences and have found a level of support and understanding that others cannot offer.

* Data from the Central Statistics Offices on registered deaths between the ages of 0 - 44 years (RoI/Ni)

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.

OUR SERVICES

Anam Cara has 12 established groups and 3 key partnerships on the island of Ireland. These currently provide a wide range of bereavement support services throughout our network. Our commitment is to provide appropriate information, relevant resources and peer support to parents who have experienced the death of a child.

Since 2008 Anam Cara has forged strong links with other frontline organisations and professionals in contact with bereaved parents. This ensures the best use of our funding and resources and avoids duplication of services in the community.

We believe Anam Cara provides a unique model of group support through our Volunteer Parent and professional facilitator roles. There is no other bereavement support service like us in Ireland, as we continue to provide a level of support and understanding that other service providers cannot offer.

Anam Cara has evolved since 2008, we have listened to our service users, taken on board their feedback and made changes to our services to ensure we are meeting their needs. We will continue to do this and strive for best practice around everything we do.

Our commitment to good governance, training and development along with continuous improvement have been key factors in ensuring Anam Cara is continues to be the organisation that bereaved parents can trust to provide them with appropriate information and support in 2019.

Anam Cara understands that the death of a child, of any age, is a life changing event for parents and surviving siblings. It's not just the absence of their child's physical presence that parents grieve, they also grieve for the future, the many milestones and family events they are missing. For that reason Anam Cara's support services are available to parents for as long as they need them.

Bereavement Information Evenings provide bereaved parents with an opportunity to hear an experienced mental health professional discuss parental grief and the challenges parents face after the death of a child. For those whose child suddenly dies outside a hospital or hospice setting, including from suicide, this is often their first encounter with any form of bereavement support.

Anam Cara Parent Groups meet monthly in a safe and comfortable setting. These groups are led by a Professional Facilitator and Volunteer Parent who ensure the evening runs in accordance with Anam Cara's Core Values. Newly bereaved parents can connect with parents further along their journey. Hearing how they have coped through the early months of grief, gives them hope they too will survive the tragic death of their child.

Anam Cara Bereavement Support Workshops are for parents living with no surviving children. They provide a safe and comfortable forum for parents to meet with other parents who understand the grief, milestones and challenges that follow the death of your only child or children. These half-day workshops currently take place in a central location about 4-5 times a year

Our Family Remembrance Events give families, including siblings, an opportunity to remember, with others who understand the impact of grief and the adjustments it takes to find the resilience and strength to cope. These events allow families to remember their loved one in a meaningful way.

Anam Cara's Website is updated regularly with information on our events and resources for parents to download. This includes important links to other organisations who provide information and support to bereaved parents.

Bereavement Information Pack includes 8 leaflets for bereaved families, including A Mother's grief, A Dad's Grief, Coping after the Sudden Death of your Child, Milestones and Challenges, Self Care, Supporting My Family, Adults grieving the death of a brother or sister, Living with no surviving children.

Excellent **Support Network** available to parents at no cost and for as long as it is needed. In addition, we link families with other relevant supports and organisations in their community resulting in an excellent working relationship with these service providers.

2019 AT A GLANCE

12 

We currently have 12 active Anam Cara Groups providing services to bereaved parents across the whole of the island of Ireland.

2135 

2135 parents engaged with our services in 2019 across all of our support services: monthly parent support meetings; bereavement information and support evenings, family remembrance days and celebration of life events.

137 

We ran 137 events for bereaved parents in 2019 including monthly support meetings, Bereavement Information Events, Family Remembrance Days and Celebration of Life events.

666 

Of the 2135 people who engaged with us in 2019, 666 were attending an Anam Cara event for the first time.

4 

In 2019 we provided 4 half-day Bereavement Support Events for parents with no surviving children with 102 parents attending (average 25 per event)

139 

In 2019 Anam Cara incurred expenditure of €297,163. The average cost per person engaged with our services was €139 per person.

2019 AT A GLANCE

3 

We currently have 3 Active Partnerships working with the Milford Care Centre in Limerick, the Solas Centre in Waterford, and the Northern Ireland Children's Hospice. In 2019, 91 parents attended events that were run with these partners.

2 

In 2019 we began building the foundations for two additional Anam Cara groups, one in the Midlands and one in Waterford with events.

2 

We piloted 2 Bereavement Support Evenings in collaboration with Féileacáin and Pieta House, one in Dublin and one in Cork with 66 parents attending over both events.

1500 

In 2019 we distributed 1500 Information Packs. This pack is often the very first support that a bereaved parent receives in their grief journey.

37 

Our 12 Professional Facilitators and our 25 Volunteer Parents attended a variety of training programmes including our own bespoke training programme as well as skills training through workshops in communications and media skills.

39 

39 Frontline professionals from a variety of different backgrounds such as social workers, funeral directors and police attended an Anam Cara Northern Ireland Professional Training workshop in December 2019.

ACTIVITIES IN 2019

FAMILY REMEMBRANCE EVENTS



Our Family Remembrance Days continue to be a great support to parents who are looking for ways to remember their child with their whole family. We ran events around the country throughout the year including Family Days at Barrettstown in April and September.

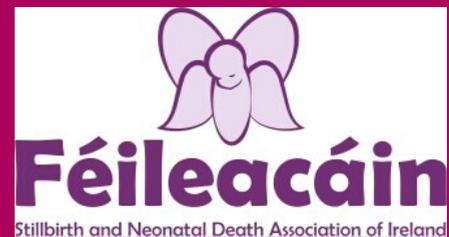
We also had a great turnout for our annual National Remembrance Day in November at the Hodson Bay Hotel in Athlone. Families from all around the country come together to remember their loved one and celebrate their lives.

INTRODUCING OUR NEW COLLABORATIVE EVENTS

From our annual Parent Survey in 2019 it emerged that some parents who attended our Bereavement Information Evenings felt that they needed more information and support than was available at these events. Some wanted to be with parents who had suffered a similar loss to them, particularly those whose child had died close to birth or those who had lost a child through suicide

In response we collaborated with Pieta and Feileicain to host new Bereavement Support Evenings where all 3 organisations were available to provide information and support to the parents who attended.

We piloted two events in September, one in Dublin and one in Cork. Feedback has been very positive and we plan to make these events a part of our regular bi-annual information evening offering and bring them to more locations nationwide in 2020.



ACTIVITIES IN 2019

ENDORSEMENT FOR THE ANAM CARA BESPOKE TRAINING PROGRAMME

Professional Facilitator Programme

Anam Cara should be very proud of this bespoke training programme which they developed. In particular, Sharon Vard, whose vision it was to develop a top quality training model for both their professional facilitators and Volunteer Parents. It took a lot of dedicated work to bring this vision to reality.

What makes this programme so special, is that it marries the most up-to-date research on bereavement and loss with practical training. The manuals are divided into very clearly marked out sections, introducing the core values of respect, non judgement and a confidential safe space and progressing to bereavement education, responsibilities of facilitators and volunteers, ethics and other resources.

The training videos that complement the training manuals are innovative and unique. They demonstrate, in twelve short clips, the most common difficulties a facilitator may have to contain safely in group, showing how to work with these in a very visual and practical way. These training videos are a wonderful legacy. I can visualize them being used by other professional bodies training in the area of bereavement. A person's experience of bereavement is unique to them and how to contain, often strong emotions, is a very delicate task and quality induction training is very important.

The section in the manuals on wellness and self care are wonderful. The work of bereavement and loss is exhausting for everybody concerned. It is essential that we demonstrate emotional 1st aid for ourselves and for others. Our own candle must be lit in order to light the way for those struggling in the darkness.

Anam Cara is a dedicated, professional organisation, which combines the highest standards and expertise with a wonderful empathy. I can not recommend it highly enough.

Patricia Wilson MIACP, Clinical Advisor

Volunteer Parent Programme

Anam Cara provides monthly 'drop in' groups for bereaved parents to connect with other bereaved parents. These informal meetings are facilitated by a Professional Facilitator and a Volunteer Parent.

Anam Cara's Volunteer Parents are bereaved mothers and fathers who understand the intense grief and pain that every bereaved parent experiences. At their groups they are the very essence of what Anam Cara offers, that is peer support and hope, in particular to the recently bereaved parents whose child died outside a hospital or hospice setting and are availing of bereavement support for the first time.

Recognising the challenges of this role, in 2018 Anam Cara developed a bespoke training and development programme in conjunction with our Volunteer Parents. Anam Cara is confident this programme will help future Volunteer Parents feel competent and comfortable taking on this role, while ensuring the continued well-being of our current Volunteer Parents.

This innovative bespoke training programme includes induction and practical training modules to prepare the Volunteer Parents for their role. Anam Cara produced a detailed training manual aimed at helping to develop an understanding of the role a Volunteer Parent undertakes, their responsibilities at the support meetings and how their role relates to that of the Professional Facilitator.

The training programme is complemented by a video series produced to support the training programme. Other training topics include: active listening skills, discussion of theories of grief, an introduction to the bereavement care support model and has an emphasis on the importance of Self-Care.

This training programme is an invaluable resource and is testimony to the respect Anam Cara has for their Volunteer Parents and the importance of their role at the Anam Cara groups. It also demonstrates Anam Cara's commitment to continuous improvement and best practice.

Dr Marie Rooney, Volunteer Parent

ANAM CARA NI CHAIRMAN'S UPDATE

Anam Cara in NI was established in 2018 and the service was modelled on the same premise as Anam Cara services for the rest of the Island.

In 2019 Board membership for Anam Cara in NI expanded and now includes Michael Scott, Kevin Mc Callion, Heather Wells, Anne-Marie McClure, Jarlath Corrigan and Sharon Vard.

The group met every month for catch up meetings in Belfast where Michael is Chairperson, Anne-Marie acts as Vice-Chair, Kevin undertakes Treasury functions, Jarlath supports Sharon as spokesperson and Heather fulfils the Company Secretariat function.

The Northern Ireland group has gelled extremely well and in a very short space of time have also established a strong relationship with the Anam Cara Board in the Republic of Ireland.

Weber Shandwick, PR agency, is supporting the group on an ongoing and pro bono basis and communications throughout 2019 were focused on raising awareness of Anam Cara NI. 2020 will see us make further efforts to secure more structured links to the undertaker network.

In addition to the two Anam Cara monthly meetings in Belfast and Armagh we have also continued to work closely with the Northern Ireland Children's Hospice.

The first Anam Cara NI Professional Training Workshop took place in Belfast in December was well attended and feedback from attendees was excellent. Further training workshops are planned for 2020.

Efforts in 2020 will be focused on expanding the service to reach more rural areas, with Enniskillen, Ballymoney or the wider Newry area being considered. Sibling support and a wider reach in Belfast will also be a key focus for the Northern Ireland Board in 2020.



A handwritten signature in blue ink that reads "MSA".

MICHAEL SCOTT
CHAIRMAN OF THE BOARD (NI)

TRAINING WORKSHOP FOR FRONTLINE PROFESSIONALS

Anam Cara Northern Ireland facilitated a one-day workshop in Belfast for front line professionals in contact with bereaved families through their role. 39 professionals attended from a variety of backgrounds including social workers, hospital and public health staff, counsellors, family support workers, funeral directors and PSNI Family Liaison Officers.

The purpose of the workshop was to expand the understanding of how traumatic events and bereavement can affect people, and what can be offered to help whilst complementing the participants' expertise in working with grief.

The key objectives were:

- Explore what responses and reactions can be more complex (traumatic grief, PTSD) and require greater intervention after traumatic deaths
- Examine possible interventions that can be used following traumatic loss
- Note research findings and contemporary frameworks for supporting families through trauma
- Enhance the knowledge and skills of participants so that they can support bereaved families through their work and within their communities
- Increase awareness of the difficulties involved for bereaved families
- To realise the impact on ourselves in supporting bereaved families

The workshop was well received and feedback was very positive. It is planned to run more of these workshops in Northern Ireland in 2020.



The workshop was presented by Brid Carroll and David Trickey, both experienced and respected experts in the field of bereavement support.

Brid is a qualified Psychotherapist and Counselling Supervisor who has a special interest in loss and bereavement issues and has extensive experience in family bereavement through her work with the Irish Hospice Foundation and the HSE as Bereavement Liaison Officer.

David has extensive clinical experience working with children and families and specialises in working with traumatised and traumatically bereaved children and young people. He has extensive experience working at NHS institutions including the Traumatic Stress Clinic in North London as it became part of Great Ormond Street Hospital and Leicester Royal Infirmary Children's Hospital. He currently works as a Consultant Clinical Psychologist at the Anna Freud Centre and at Cambridge Clinical Psychology Services.

OUR STRATEGY FOR THE FUTURE

Anam Cara was officially launched in 2008. The main focus of the first eight years was to build support systems and to develop the services including the geographic expansion across the island of Ireland, while maintaining service quality.

There has been a very strong growing focus on governance, particularly relating to the development of best practice, with the drafting and implementation of policies and protocols to safeguard all stakeholders, especially parents and volunteers.

Anam Cara has ensured that all bereaved parents can access appropriate quality support and information, free of charge, and we remain committed to achieving this goal even as the need for our services continues to rise.

The strategic plan from 2017-2020 was created to develop services and structures to continue to meet the growing needs of bereaved parents, and we have successfully met the major goals of the plan.

In August 2019, we commenced the development of our fourth strategic plan with UpThink Innovation agency. The aim was to review the existing plan and objectives and reflect on what direction and focus to take for our journey to 2022.

To continue providing essential support and services for bereaved parents, we recognise that we need to review how the organisation operates, the challenges and how these can be mitigated, while also exploring new opportunities, partnerships and collaborations that can bring the organisation into its next decade.

OUR STRATEGIC GOALS 2020-22

Strategic Goal 1:

Evaluate our business model options to allow us to expand our reach, develop new services, explore education and research, build on partnerships and evaluate new delivery mechanisms.

Strategic Goal 2:

Review the organisational structure and put in place the succession plans for key executive roles.

Strategic Goal 3:

Recruit an experienced fundraising specialist for new senior role, Director of Fundraising, to ensure that we create a financially stable, long-term, sustainable business model. Develop fundraising and income generation strategy in line with overall strategy.

Strategic Goal 4:

Communicate achievements and agreed strategic plan to our beneficiaries, stakeholders and collaborators and increase awareness of the Anam Cara brand.

Strategic Goal 5:

Expand our reach through the development of local partnerships and collaborations with similar organisations that have aligned values, creating better outcomes for bereaved parents and their families.

Strategic Goal 6:

Review our delivery channels and how we connect and new methods of delivery including online as a means of support.

Strategic Goal 7:

Capture and document Anam Cara's domain expertise, evidence, data and knowledge. Expand research both domestically and internationally to share our thought leadership.

WHAT THE PARENTS SAY

In June 2019, a survey was sent out to 2,028 parents and 221 responses were received. This figure represented a 55% increase on 2018. The purpose of the survey was to gain feedback and insights from bereaved parents about the events and the groups.

Overall, 95% of the responses were satisfied with the information evenings and events. The remaining 5% said that location, distance to meetings and event times were a challenge.

What parents identified as most beneficial at the groups included, being able to talk openly, share their experiences and tell their story in a safe space. They said they got a better understanding of grief, the process helped reduce the feelings of isolation and their experience of grief and loss was normalised. While at the same time they learned coping and resilience skills.

While the majority of the respondents are very happy with the services, the areas to develop are to evaluate the opportunity to provide services in more locations or through new mechanisms and channels (e.g. online, webinars or tele-services).

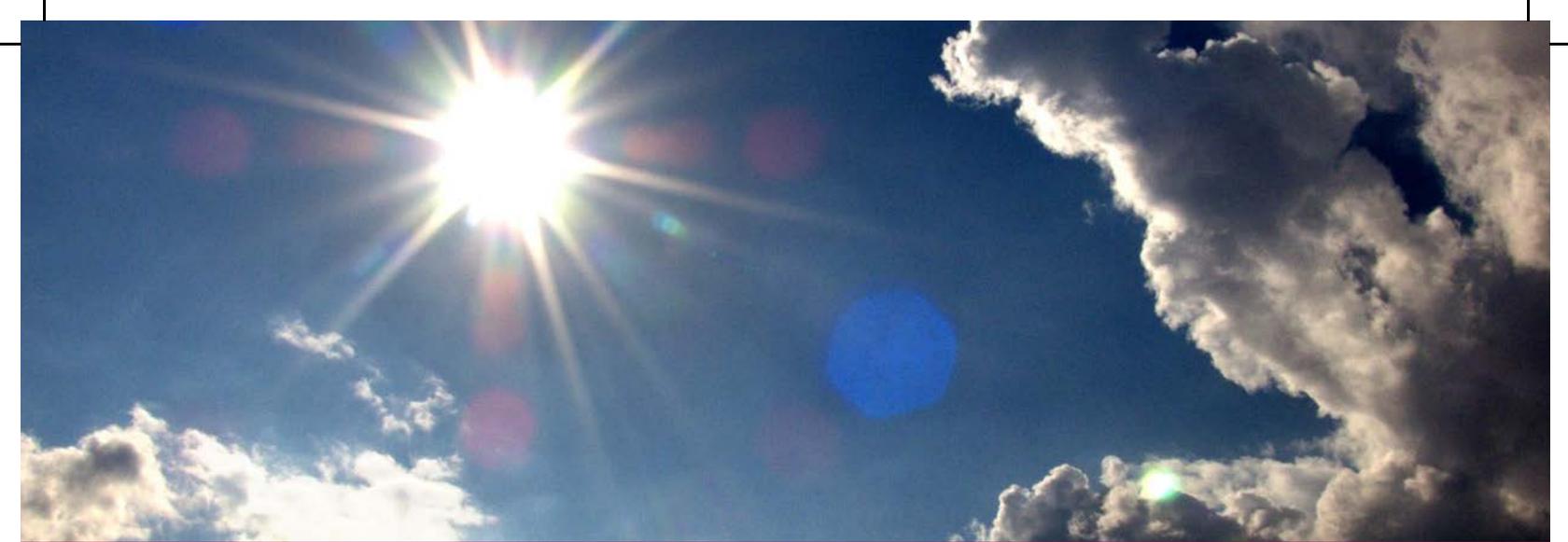
A critical area is attracting parents, who have availed of Anam Cara services themselves, to support newly bereaved parents in the role of Volunteer Parent, working with the Professional Facilitator at their group.

From a facilitation and training perspective the main areas for improvement include:

- signposting (i.e. offering specialised support in the community)
- connecting and the opportunity for everyone to share their story and
- greater understanding of the different stages of grief (raw grief versus parents further on).

These areas for improvement at events can be addressed through the continuing development and training of our professional facilitators and Volunteer Parents.

Overall, the parents attending our events are very happy to recommend our services.



*"Attending events
helped to talk openly about my child"*

*"Helped to get an understanding of grief
and reduces the feelings of isolation."*

*"Friendly and approachable
and of great help"*

*"Always an opportunity
to speak if you wish"*

*"Meeting parents in a similar situation
is invaluable"*

*"The people who chair the meetings are so
professional in dealing with grief"*

FUNDRAISING IN 2019

ANAM CARA FUNDRAISING LUNCHES



Our fundraising lunches, Cork in April 2019 and Dublin in November 2019 are two big dates in the Anam Cara calendar. Both of these fundraising lunches have proven to be hugely successful year-on-year and are always something to look forward to. They were greatly supported in 2019 by local business in both Cork and Dublin as well as the retail and hospitality sectors across the country. The support and generosity of all these businesses and patrons is hugely appreciated by Anam Cara.

VHI MINI MARATHON

The Vhi Women's Mini Marathon continues to be a fantastic fundraising opportunity for Anam Cara. The event is always a fun day for those participating and is a wonderful way for parents and families to remember their child whilst raising much needed funds for Anam Cara in support of their own local Parent Group.



MOCK WEDDING IN MEMORY OF RAFIC KHAN



On a sunny August bank holiday, the community of Laurencetown, Co. Galway came together to host a Mock Wedding in memory of Rafic Khan and raised a fantastic sum of €4,541 for Anam Cara. The Mock Wedding was a major fundraiser organised by Katie Mitchel and as you can see there was a lot of fun along the way. This was not just a one-day event but involved Mock Hens and Stag parties along with a presentation evening where one of our valued volunteers, Caroline Flaherty, received the cheque on behalf of Anam Cara. The whole community came together to make this a huge success.

FUNDRAISING IN 2019

SLIEVE MARTIN HIKE IN MEMORY OF NICOLE FEGAN



Margo Fegan along with her family and over 200 people from their community headed out on the morning of August 25th to climb Slieve Martin in the Mourne Mountains.

This was no easy walk as the peak sits at 500 meters above sea level. The purpose of this walk was to remember Nicole Fegan, Margo and Cathal's daughter who died after a road traffic accident in 2017 aged 12.

Anam Cara were delighted to accept £970 which will go directly towards the cost of running the Armagh Parent Group.

GARY HAMILTON FUNDRAISERS

A very special presentation took place in Armagh Fire Station in July on what was Gary Hamilton's 1st anniversary. Gary was a valued member of the Armagh & Portadown Fire Services.

In memory of Gary, his family and friends undertook the massive task of running a number of fundraising events, in his memory, to raise money for Anam Cara. One of the events organised was a sponsored walk of Slieve Donard. This was a huge success with a large number of people taking to the mountains to remember Gary.

Other fundraisers included Coffee for Gary which took place in June and saw over 100 motor bike riders congregate at a garage in Banbridge, close to where Gary was killed. These bike users came together to remember Gary and to share their experiences on the road. Along with these events Gary's family and friends also hosted a quiz night, a car wash and a flag day in Armagh Fire Station.

Between all events organised a cheque for £7,580 was presented to Anam Cara Northern Ireland.



INDEPENDENT AUDITORS REPORT

ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT COMPANY LIMITED BY GUARANTEE

Opinion

We have audited the financial statements of Anam Cara Parental and Sibling Bereavement Support Company Limited by Guarantee (the 'charity') for the year ended 31 December 2019 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is the Companies Act 2014, including Financial Reporting Standard 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 state of the charitable company's affairs as at 31 December 2019 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with FRS102 The Financial Reporting Standard applicable in the UK and Republic of Ireland ; and
- have been 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 charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the 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 the 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 charity'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.

ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT COMPANY LIMITED BY GUARANTEE

Opinions on other matters prescribed by the Companies Act 2014

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the directors' Report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the directors' report.

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.

Responsibilities of directors

As explained more fully in the statement of directors' responsibilities, 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 the directors 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 charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have 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 the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: [http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-\(Ireland\)/ISA-700-\(Ireland\)](http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-(Ireland)/ISA-700-(Ireland)). This description forms part of our auditor's report.

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Use of our report

This report is made solely to the charitable 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 charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Richard Berney
for and on behalf of UHY Farrelly Dawe White Limited

Chartered Accountants
Statutory Auditor
Unit 4A
Fingal Bay Business Park
Balbriggan
Co.Dublin

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EXTRACTS FROM ACCOUNTS

ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2019

	Notes	Unrestricted funds 2019 €	Restricted funds 2019 €	Total 2019 €	Total 2018 €
<u>Income from:</u>					
Donations and legacies	3	155,508	134,109	289,617	273,933
Investments	4	1,063	-	1,063	646
Total income		<u>156,571</u>	<u>134,109</u>	<u>290,680</u>	<u>274,579</u>
<u>Expenditure on:</u>					
Raising funds	5	8,174	-	8,174	1,294
Charitable activities	6	146,843	142,146	288,989	259,990
Total resources expended		<u>155,017</u>	<u>142,146</u>	<u>297,163</u>	<u>261,284</u>
Net income/(expenditure) for the year/ Net movement in funds		1,554	(8,037)	(6,483)	13,295
Fund balances at 1 January 2019		431,464	9,819	441,283	427,987
Fund balances at 31 December 2019		<u><u>433,018</u></u>	<u><u>1,782</u></u>	<u><u>434,800</u></u>	<u><u>441,282</u></u>

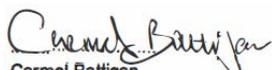
**ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT
COMPANY LIMITED BY GUARANTEE**

BALANCE SHEET

AS AT 31 DECEMBER 2019

	Notes	2019		2018	
		€	€	€	€
Fixed assets					
Intangible assets	10		4,533		6,765
Tangible assets	11		3,190		4,110
Investments	12		50,000		50,000
			<u>57,723</u>		<u>60,875</u>
Current assets					
Debtors	13	1,777		1,940	
Cash at bank and in hand		392,177		398,954	
		<u>393,954</u>		<u>400,894</u>	
Creditors: amounts falling due within one year	15	(16,877)		(20,487)	
Net current assets			<u>377,077</u>		<u>380,407</u>
Total assets less current liabilities			<u>434,800</u>		<u>441,282</u>
Income funds					
Restricted funds			1,782		4,999
Unrestricted funds			433,018		436,283
			<u>434,800</u>		<u>441,282</u>

The financial statements were approved by the Directors on 20-3-2020


Carmel Battigan
Trustee


Patrick Cullen
Trustee

Company Registration No. 452644

WELCOME TO OUR TEAM

Our Board of Directors



Pat Cullen
Chairperson ROI



Carmel Battigan
Company Secretary



Valerie O'Riordan
Director ROI



Gill Madden
Director ROI



Tony Mahon
Director ROI



Tadgh O'Sullivan
Director ROI



John Mullins
Director ROI



Jarlath Corrigan
Director ROI & NI



Mike Scott
Chairperson NI



Kevin McCallion
Director NI



Heather Wells
Director NI



Anne-marie McClure
Director NI

Our Staff



Sharon Vard
Chief Executive Officer



Orla Dempsey
Groups Coordinator



Leanne Milligan
Communications & Operations Coordinator



Niamh Farrell
Administration Coordinator



Karen O'Shea
Fundraising Manager

Administration Coordinator

JABLATH CORRIGAN

Company Information

Republic of Ireland:

Anam Cara Parental & Sibling Bereavement Support Ltd is a company limited by guarantee but not having share capital. It is registered in Ireland with the Companies Registration office.

Companies Registration Office Number: 452644

We are a not-for-profit organisation and a registered charity with Revenue and with the Charities Regulator.

CHY (Revenue) Number: 18073

Registered Charity Number (RCN): 20068592

Northern Ireland:

Anam Cara Parental & Sibling Bereavement Support Northern Ireland is a company limited by guarantee but not having a share capital. It is registered in the UK with Companies House.

Company number: NI650439

Anam Cara NI has applied for registration as a charity in Northern Ireland with The Charity Commission Northern Ireland.

OUR VOLUNTEERS

Our work at Anam Cara would not be possible without the tireless work of our volunteers. These include our Volunteer Parents who have already been mentioned in this annual report.

Currently we have 34 Volunteer Parents, who themselves are bereaved parents, and have availed of Anam Cara support after the death of their child. It is their kind and gentle presence at the Anam Cara groups that sets Anam Cara apart and ensures we offer a unique and effective bereavement support service.

These altruistic volunteers understand the devastation and despair recently bereaved parents are experiencing and reach out to help these parents as they start their own tough journey through grief.

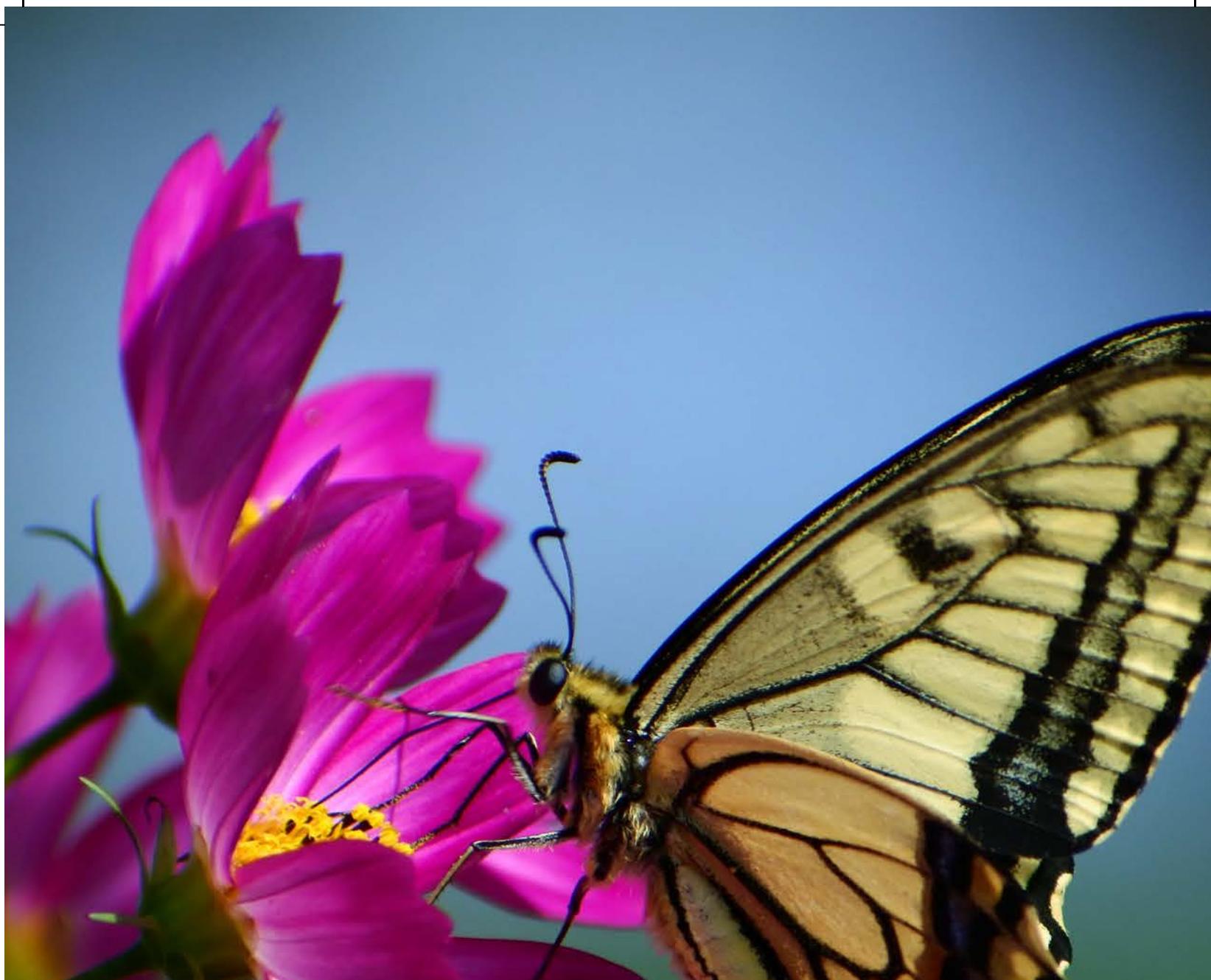
There are also other volunteers connected to Anam Cara, these include extended family and friends who help us run various events throughout the year, including our Anam Cara Family Days throughout the country and fundraising events. We would like to take this opportunity to say a massive thank you to all our volunteers, your time and kindness throughout 2019 is very much appreciated.



OUR SUPPORTERS

We would like to take this opportunity to thank all the organisations and companies who have supported us in 2019 and without whom the work we do would not be possible.





"I feel comfortable being at the Anam Cara meetings. I can speak about my daughter and feel understood and I get a certain relief from attending the meetings"



"Attending Anam Cara meetings has helped me to realise that what I was feeling was normal. It gives me a place where I can talk about my child and the loss."



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