



ANNUAL REPORT FOR 2021





Thank you Anam Cara for being there and making a difference and never having any expectation of me at the start, just minded me and my partner as we grappled with our grief & pain.



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CHAIRMAN'S FOREWORD

With the continuing impact of Covid, 2021 was another very challenging year for Anam Cara. In 2020, we were forced to move most of our services to an online platform. For an organisation that was very much founded and reliant on face-to-face interaction in providing our supports to bereaved parents, this was a major upheaval and change. We had hoped the change to exclusively online supports would have been short term but Covid had other plans for us.

Despite the challenges, we have continued to support an increasing number of bereaved parents and we believe we have continued to maintain the quality of our support services. It had been one of our strategic objectives to enhance our online supports and Covid has meant that this objective has been realised much more quickly than expected. In addition, we have gradually returned to face to face supports and going forward, we expect that our service delivery will be a hybrid model of face to face and online delivery. We believe that this model will enable us to reach a greater number of bereaved parents, who wish to avail of our supports in different ways.

Meeting the challenges of Covid has been very demanding on our staff, professionals and volunteers and I'd like to express my continuing thanks and admiration for your willingness to adapt and change to meet the evolving needs of a relentless pandemic.

The last couple of years has served to highlight the difficulties of striving to continue to enhance and grow our services with a very small core team. We will need to expand the team, as we expand our services, and this presents funding challenges for us. Although we are in a relatively strong financial position, this can change very quickly without prudent management. Fundraising for all charities is particularly difficult at present with many new demands for support and I'd like to thank our funders for their continuing support, which ensures we can continue to maintain and enhance our services.

I'd like to thank my fellow Directors for continuing to give generously of their time to Anam Cara and we are indebted to Sharon and her team for their continuing efforts in a very challenging year.



PAT CULLEN
CHAIRMAN OF THE BOARD

CEO'S FOREWORD

2021 was another challenging year for Anam Cara! However, we met that challenge head on and continued to provide information, online resources, support and ultimately hope to bereaved parents throughout the 32 counties. The Covid-19 pandemic and associated restrictions meant Anam Cara could not resume Face-to-Face group events. However, we continued to facilitate online support groups and developed a range of new innovative online support services for bereaved parents. This included a series of Parent Podcasts 'Conversations in Grief' and moving our Bereavement Information Evenings online.

All of this happened with the commitment of our central office team, professional facilitators, and volunteer parents to whom we are indebted for their dedication in what was challenging times for them too.

Anam Cara will not underestimate the ongoing impact of grief, isolation and loss parents are enduring, which has intensified due to the pandemic. Bereaved mothers and fathers will continue to be our priority throughout 2022.

Anam Cara's focus will remain on continuous improvement and best practice as well as growing awareness of our services in the communities across the 32 counties. We will continue to collaborate with front-line healthcare professionals and other organisations in contact with bereaved families to ensure the best use of resources and funding.

As I step away from the CEO role, I would like to express my deep gratitude to Chairs and board of directors I have worked with since 2009. Each one of you playing a special role in shaping the organisation Anam Cara is today. I also want to thank the parents I have met and worked with along my journey who inspire me each day.

A very special thanks must go to the central office team who have worked tirelessly over the past two years to ensure the continuation and growth of Anam Cara's support services.

SHARON VARD
CHIEF EXECUTIVE OFFICER



ABOUT ANAM CARA

THE NEED

Each year throughout the island of Ireland, about 2,650 families will experience the sudden or expected death of a son or daughter (aged 0-44yrs). 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 bereaved parent which unintentionally causes more upset to the devastated parent. 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 parents who have experienced the death of a child. 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.

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 ORGANISATIONAL VALUES

1. Compassion and Empathy
2. Inclusivity – open to all who have experienced the death of a child at any age
3. Quality – in the provision of all our services
4. Collaboration & Trust – with partner organisations
5. Reflection – to create a reflective organisation focussed on best practice and continuous improvement

WELCOME TO OUR TEAM

OUR BOARD OF DIRECTORS



PAT CULLEN
CHAIRPERSON ROI



TONY MAHON
DIRECTOR ROI



GILL MADDEN
DIRECTOR ROI



JARLATH CORRIGAN
DIRECTOR ROI & NI



TADGH O'SULLIVAN
DIRECTOR ROI



AMANDA ROBERTS
DIRECTOR ROI



RORY COLL
DIRECTOR ROI



MIKE SCOTT
CHAIRPERSON NI



KEVIN MCCALLION
DIRECTOR NI



ANNE-MARIE MCCLURE
DIRECTOR NI



HEATHER WELLS
DIRECTOR NI

OUR STAFF



SHARON VARD
CEO



NIAMH FARRELL
FINANCE & ADMIN



LEANNE MILLIGAN
SERVICE GROUPS
CO-ORDINATOR



TARA BROPHY
SERVICES ADMIN
CO-ORDINATOR



OUR VOLUNTEERS

"volunteers don't get paid, not because they are worthless, but because they are priceless."

Without the support of our wonderful volunteers the work and services Anam Cara provide would not be possible.

Our volunteer parents who are bereaved themselves understand the devastation and grief recently bereaved parents are experiencing and volunteer their support and gentle presence at group meetings in reaching out as they start their own journey of grief.

They have undertaken the learnings and skills of adapting services online during the pandemic and we thank them for their dedication, patience and commitment to Anam Cara during this period.

As well as our volunteer parents we have many others who have provided support through the year and we would like to take this opportunity to say a huge thanks to each and everyone of you for your time and kindness during another very challenging year.

OUR SERVICES

Anam Cara has 12 established groups around the island of Ireland and currently working on the opening of 2 new venues: South East and the Midlands. Our commitment is to provide accessible and appropriate information, resources and peer support to parents who have experienced the death of a child.

Anam Cara was set up in 2008 due to the lack of services available for bereaved parents and since then has forged strong links with other frontline organisations and professionals in contact with bereaved parents. This ensures the best use of resources and avoids duplication of services in the communities.

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.

Our service users are at the forefront of our services and we listen, take on board all feedback and make 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 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 is 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/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. During the pandemic we offered our support groups online and have continued to offer a hybrid support structure.

Anam Cara Bereavement Support Workshops 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 ½ 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 for parents and includes 5 professional videos, webinars and 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.

Frontline Professional training – available to those who may be first point of contact to a bereaved parent i.e.: the Gardaí, the PSNI, social care workers and funeral directors. Providing training in how to support a parent following a sudden death or accident.

2021 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. Working on 2 new venues in the Midlands and the Southeast.

2747 

We had 2747 attendees engage with our services in 2021 across all of our support services: monthly parent support meetings; bereavement information and support evenings and our family remembrance day.

170 

170 Frontline professionals from a variety of different backgrounds such as social workers, funeral directors and police attended one of the 4 Professional Training workshops held by Anam Cara in 2022

161 

to support parents during restrictions we facilitated (161) 1-2-1 support calls with our professional facilitators.

27 

We held 27 events for parents with no surviving children where 116 parents attended

11 

Anam Cara held 11 Bereavement information evenings online facilitated by our professional facilitators and guest speakers specialising in bereavement with over 482 attendees.

2021 AT A GLANCE



Due to Covid 19 we ran our Remembrance event online this year, where 202 people linked in to listen to music, reflections and posting memories in our online Remembrance Day book



1048

In 2021 we distributed 1048 Information Packs. This pack is often the very first support that a bereaved parent receives in their grief journey. It contains 8 different leaflets that provides support to the whole family.



Anam Cara ran 2 series of 6 (30) minute webinars with Brid Carroll where 722 attendees linked in



with Covid restrictions in place Anam Cara held just 37 face-to-face events with 245 attendees



Moving services online, Anam Cara ran 88 regional monthly Online support groups with an attendance of 555 parents.



Anam Cara supported 29 level 3 counselling sessions for parents who required extra support, during the pandemic.

ACTIVITIES IN 2021

ADAPTING TO THE PANDEMIC

Having endured 2020 with lockdown and restrictions, we had hoped that the Pandemic would be well behind us, but as we headed into 2021 nothing seemed to have changed and we continued providing our services online. One positive factor going online was the opportunity to extend our reach to bereaved parents who perhaps due to circumstances or geographical challenges had not previously been able to access support, and we noticed an increase in families connecting with us.

2021 was a challenging year by all accounts, but our main focus was on the continuance of delivering our services to parents the best way possible, ensuring that no one felt isolated or without support.



Webinars

Anam Cara ran 2 sets of 6 webinars in both April and November over 6 week periods.

These were facilitated by Brid Carroll a qualified Psychotherapist and Counselling Supervisor who has a special interest in loss and bereavement issues with a wealth of experience.

Topics covering all aspects of one's journey of grief, touching on the unique meaning of having lost a child, what are the key influences of grief, and how we grieve so differently.

Group Meetings

Restrictions prevented most of 2021's face to face meetings to be cancelled. Having been introduced to online Anam Cara continued to develop their online supports and ran monthly group meetings by zoom, facilitated by professional facilitators. This ensured that the established groups of parents attending our services were not left unsupported during this period and still had the opportunity to tap into the peer support they had come to rely on.



Extra supports

For many Covid brought on extra stress, isolation and reduced coping mechanisms. To support those who needed a little extra help during this period Anam Cara provided 1 - 1 support calls with one of our Professional facilitators., where they were able to share their feelings, thoughts and challenges in a confidential environment. For a few these challenges were escalated and for those individuals Anam Cara supported a level 3 counselling service free of charge.

Remembrance Day

Our Remembrance Day for 2021 was held on 6th November , where a specially designed webpage was created to remember and honour our children in a special way. Parents had the opportunity to send in their personal messages to be included on the online Remembrance Day book.

In Anam Cara we understand the intense grief, loss and loneliness every parent faces after the loss of a precious child. This day brought parents together to unite in their grief and light a candle, pause for a while and listen to 'The Dance' performed by Aidan & Joyce Murphy , a song chosen specifically to connect the 202 parents who linked in on the day.



Professional Frontline Training

Following the demand of our pilot training workshop to Professional frontline workers in 2020, Anam Cara held 4 further online workshops during 2021.

The purpose of the workshops were to expand the understanding of how traumatic events and bereavement can affect people and to enhance their knowledge and skills in how best to support bereaved families through their work and within their communities. Facilitated by both Brid Carroll counsellor and psychotherapist & David Hickey, a clinical psychologist and trauma specialist.

Bereavement Information Evenings

In 2021 Bereavement Information Evenings became a high priority, with so many parents stuck in lock-down and looking for information on how to address the challenges they were facing and little support coming from anywhere, these evenings were critical.

Professional guest speakers spoke on the effects of trauma, PTSD, challenges on learning how to accommodate grief, supporting spouses , partners and extended family through the various milestones they face.



A PARENT'S REFLECTION ON THE ESSENCE OF ANAM CARA

"From the very first phone call to Anam Cara, you will feel so many emotions...of being truly listened to & of being understood. It feels like already some of the weight is lifted from your shoulders because you can actually feel the empathy and kindness at the end of the line.

To be asked about your child, his or her name, you'll feel listened to, cared for & that your child matters not just to you, but who's name can be acknowledged & spoken of with people who really care. Family & friends are so kind, but unless they have personally lost a child, they don't understand what we're going through.

The wonderful, caring people in Anam Cara will link you up to a parent bereavement group, which isn't as scary as it sounds. It's just some parents who have lost their child too, from infancy to adulthood, it doesn't matter what age, or how, because all of us parents share one common bond, we know & understand your pain.

There's a feeling of "freedom" at these meetings. Everything is explained at the beginning of each session. Confidentiality is paramount, & what is shared within the session with other parents, stays there. You will be able to be yourself, & no matter how you are feeling at that very moment, you will never, ever be judged, or worry about it being discussed with other people. We are all in this together, & believe me, we all need this safe space to say what we feel without having to explain our feelings, because you'll be with people who know exactly how you're feeling.

At times when you're struggling to put into words how you're feeling, don't worry about that either...it's understood nevertheless. Anam Cara is still our lifeline 3 years down the road. Yes, the first time you walk into an unknown group of people when you are raw and completely distraught having lost your child is undeniably daunting, everyone in Anam Cara understands this.

You might be a bit surprised to find at first that there are parents greeting each other with light hearted conversations and even jokes, but you'll also sense that you're coming into a lovely warm welcoming space. You needn't feel pressurised to speak, and might feel safer and more content just to listen to other bereaved parents' experiences."

.....Bereaved parent s

ANAM CARA NORTHERN IRELAND

Anam Cara in Northern Ireland has been established on the same premise as Anam Cara for the rest of the Island. Board membership in Northern Ireland includes Sharon Vard, Jarlath Corrigan, Kevin McCallion, Heather Wells, Anne-Marie McClure and Michael Scott.

Work continues with the Northern Ireland's Children's Hospice.

Communications, in the form of press releases, were issued in 2021 to raise awareness of Anam Cara and the groups in Belfast and Armagh in particular. Open Strategic Communications continues to support the group on an ongoing and on a pro-bono basis. When possible, we will work to secure structured links to the undertaker network in Northern Ireland.

The Armagh and Belfast groups continued to meet monthly. These meetings were face-to-face until the restrictions due to COVID-19 meant that this was no longer possible. The support meetings were then brought online. Kate Dornan, facilitator with the Belfast group facilitated a combined group for all bereaved parents in Northern Ireland, and although the ideal setting for the support groups is face-to-face, during the very uncertain times we faced, the online meetings were appreciated and well supported. Last year we also welcomed our new facilitator to the Armagh Group, Nuala Gorman.

Work is ongoing to develop and expand the number of Volunteer Parents. In the future, efforts will be made to consider expanding the offering of Parent Support Groups within Enniskillen, Ballymoney or possibly the wider Newry area. Siblings support and a wider reach in Belfast will also be a key focus for Northern Ireland in 2022.

I'd like to thank my fellow Board members, the Board and Staff at Anam Cara Dublin office, our facilitators and volunteer parents for their continued hard work and for making it possible to continue to provide our services across the island.

Finally, I would like to especially thank Sharon Vard who has stepped down from the Northern Ireland board. Thankfully, Sharon continues to do great work within Anam Cara. Without Sharon and the founding committee who were instrumental in Anam Cara's formation, we would not have been in a position to support those many bereaved families over the years.

A heartfelt thanks one and all!

MICHAEL SCOTT

CHAIRMAN OF THE BOARD NI



OUR STRATEGY

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.

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.

2020 was a year like no other due to the COVID-19 pandemic. A year that started off with big plans for the organisation was brought to a crashing halt in March 2020. Moving into 2021 we thought we would be seeing an end to restrictions and the pandemic, however little did we know that a full year with the implications of this virus lay ahead.

Despite the challenges that Covid 19 threw our way Anam Cara had the ability to remain on track in following our strategic goals.

Having moved services quickly online to support parents through this period, and adhering to our 1st strategic goal to expand our reach we looked at how we could adapt and develop other services to the wider community.

Strategic Goal #2: to put in place the succession plans for key executive roles . Late 2021 saw the commencement of interviews to recruit a new CEO when Sharon Vard will step into the role of Services Manager commencing Jan 2022.

Following our Strategic goal #4 in creating awareness of the Anam Cara brand we continued in developing training workshops for Frontline Professionals. Through these workshops our brand and training was delivered to a variety of organisations and individuals including social workers, funeral directors, gardai and PSNI family liaison officers.

Our Strategic goal #5 in collaborating with local partnerships saw Anam Cara run two bereavement information evenings in association with Northern Ireland Children's Hospice, facilitated by psychotherapist Brid Carroll. These events enable us to share our resources and reduce costs.

OUR STRATEGY

Our Volunteer Parents and Professional Facilitators are key to the professional services provided by Anam Cara and recognising their commitment to the organisation we continue to develop and provide a bespoke training programme to support them in their roles.

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.

OUR STRATEGIC GOALS 2020- 2022

Strategic Goal 1

Evaluate our business model options to allow us 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, 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.

Funding 2021

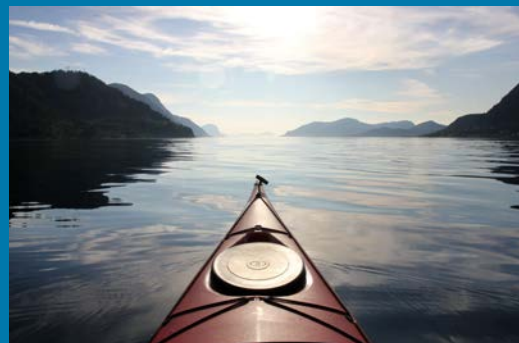
2021 was a challenging year on the funding front for all charities and Anam Cara was no exception, but thanks to the wonderful support we received from volunteers who ran events on our behalf, donations and grant recipients we maintained costs to a minimum and were able to continue to provide our services to ensure all our bereaved parents were supported during the pandemic when restrictions were in place.



A huge thanks to the Curry family for their amazing donation of £6,432 raised in memory of their son Connor. A song in his memory was composed by family friend Gerry Cunningham which provided a wonderful legacy for Conor as well as providing support to other bereaved families throughout Northern Ireland.



Sincere thanks to the McGinn family from Tyrone who presented a cheque of £9,115 to Anam Cara NI following their fundraiser 'Miles for Patrick' a 40 mile marathon in memory of their son Patrick who died following a road traffic collision in July 2020.



Our gratitude and thanks goes to John Dempsey and his family for organising a fundraiser and raising an amazing €16,335 on behalf of his daughter Laura who tragically died in a drowning accident in 2017.



Many thanks to Lorraine Kavanagh's family, friends and extended family who raised €2,728 on a commemorative walk in memory of Seona in Blessington on 15th August 2021.



O massive thanks to The Caste Golf Club Rathfarnham for their generous donation of €2,000 to Anam Cara

 **Ulster Bank**

Thank you to the Ulster Bank Staff Charity fund's donation of €11,000



Sincere thanks to the Adelaide Health Foundation for their generous donation of €4,500

THANK YOU

TO ALL THE ORGANISATIONS AND COMPANIES THAT HAVE SUPPORTED US IN 2021



TESTIMONIAL FROM IRISH HOSPICE FOUNDATION.

The loss of a child is unimaginable to so many people, setting you apart from the world, adding to the pain and isolation of bereavement. Anam Cara is a lifeline for parents and siblings following the death of a child, at any age.

From March 2020 Covid-19 restrictions threatened to seriously disrupt the tried and tested mechanism of bereavement support that Anam Cara has crafted and developed over more than a decade; face-to-face information and support meetings across the whole country.

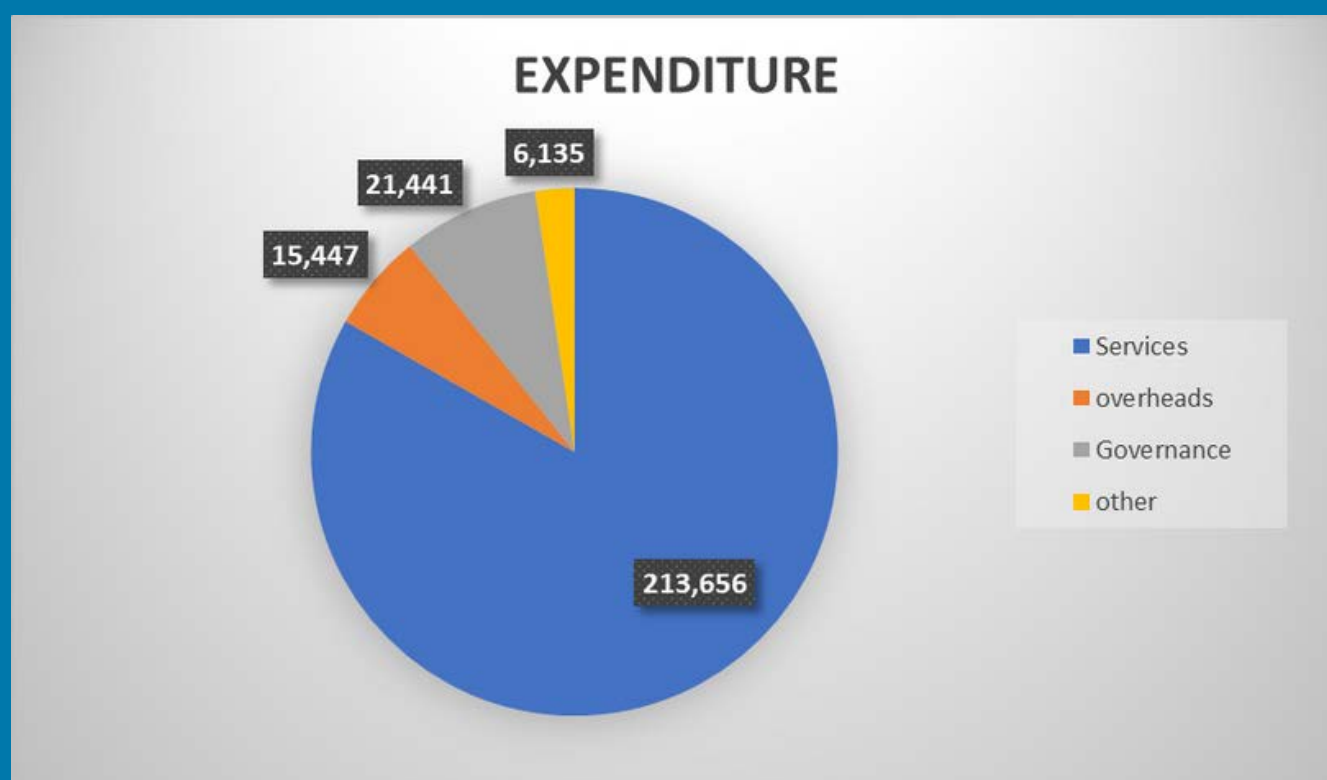
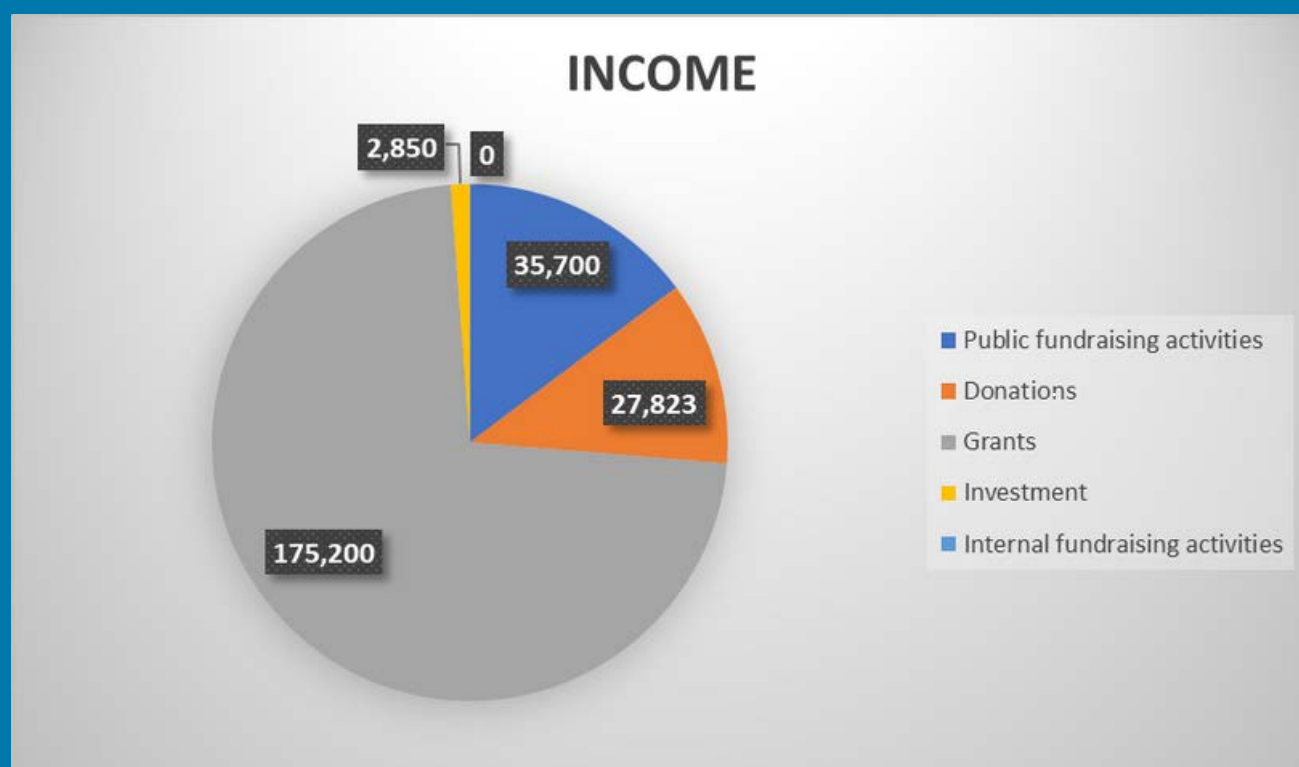
However the spirit and tenacity that defines Anam Cara would not see parent supports being abandoned. Very quickly alternatives were surveyed, the plans and experiences of other bereavement support services in Ireland and elsewhere were sought, and through networking and researching the decision to trial online meetings was quickly put into operation.

At Irish Hospice Foundation we were pleased throughout Covid to host events for bereavement support services that allowed the sharing of experiences and the opportunity to learn from each other. Anam Cara were active participants and contributors to this wider bereavement community, together we thrive and continue to reflect on the ongoing impact of Covid-19 and its restrictions.

Orla Keegan

Former CEO of the Irish Hospice Foundation

BREAKDOWN OF INCOME AND EXPENDITURE FOR 2021



the donation in kind of rent of €25,000 is not shown in above charts as income or expenditure.

INDEPENDENT AUDITORS REPORT

ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT

TO THE DIRECTORS 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 2021 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 2021 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*, as modified by the Charities SORP (FRS 102); 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 the provisions available for small entities, in the circumstances set out in note 24 to the financial statements, 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 company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The directors are responsible for the other information contained within the annual report. 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.

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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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.

INDEPENDENT AUDITORS REPORT

ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

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

Opinions on other matters prescribed by the Companies Act 2014

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

- the information given in directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with the Companies Act 2014.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited, and the financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in 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-Ireland/International-Standards-on-Auditing-\(Ireland\)/ISA-700-\(Ireland\)](http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ireland/International-Standards-on-Auditing-(Ireland)/ISA-700-(Ireland)). This description forms part of our auditor's report.

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

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.


Thomas McDonagh
for and on behalf of UHY Farrelly Dawe White Limited

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

22/6/22

EXTRACTS FROM COMPANY 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 2021

		Unrestricted funds 2021 €	Restricted funds 2021 €	Total Unrestricted funds 2021 €	Unrestricted funds 2020 €	Restricted funds 2020 €	Total 2020 €
	Notes						
Income from:							
Donations and legacies	3	88,523	-	88,523	53,103	-	53,103
Charitable activities	3	11,500	163,700	175,200	42,500	154,029	196,529
Investments	3	2,850	-	2,850	2,130	-	2,130
Total income		102,873	163,700	266,573	97,733	154,029	251,762
Expenditure on:							
Raising funds	4	370	-	370	1,331	-	1,331
Charitable activities	5	119,211	162,532	281,743	94,616	160,099	254,715
Total resources expended		119,581	162,532	282,113	95,947	160,099	256,046
Transfers between funds		-	-	-	(4,288)	4,288	-
Net movement in funds		(16,708)	1,168	(15,540)	(2,502)	(1,782)	(4,284)
Reconciliation of funds							
Fund balances at 1 January 2021		430,516	-	430,516	433,018	1,782	434,800
Fund balances at 31 December 2021	17	413,808	1,168	414,976	430,516	-	430,516

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

EXTRACTS FROM COMPANY ACCOUNTS

ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT COMPANY LIMITED BY GUARANTEE

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 €	€	2020 €	€
Fixed assets					
Intangible assets	9		69		2,301
Tangible assets	10		2,807		2,330
Investments	11		302,600		250,000
			<u>305,476</u>		<u>254,631</u>
Current assets					
Debtors	12	-		1,125	
Cash at bank and in hand		163,830		225,111	
		<u>163,830</u>		<u>226,236</u>	
Creditors: amounts falling due within one year	14	(54,330)		(50,351)	
Net current assets			109,500		175,885
Total assets less current liabilities			<u>414,976</u>		<u>430,516</u>
Funds of the charity					
Restricted funds	17		1,168		-
Unrestricted funds	17		413,808		430,516
			<u>414,976</u>		<u>430,516</u>

The financial statements were approved by the Directors on 22 June 2022



Patrick Cullen
Director



Christopher Mahon
Director

Company Registration No. 452644



CHY 18073
Charity No: (RCN) 20068592
Company registration no: 452644

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