



## **ANNUAL REPORT FOR 2022**







*“Meeting other parents who understood my pain and loss meant everything to me. It was my life saver”*





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# CHAIRMAN'S FOREWORD

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I am delighted to present to you on behalf of the Board of Anam Cara our Annual Report for 2022.

The achievements for the year would not have been possible without the incredible support we continue to receive from our volunteers, our professionals, our staff, and our financial supporters.

Anam Cara's continuing vision is that 'every family throughout Ireland will have the relevant support services they need following the death of their son or daughter' I believe that we continued to make progress in delivering that vision during 2022.

On reflection, Anam Cara facilitated a total of 210 events during the year. This included face-to-face peer support events, and online group meetings, both services being the baseline services that we provide. The team also distributed 1,952 'What helped us' Information Packs throughout the country. This information pack has been developed over the years through front line experience in bereavement, covering invaluable information on 'Supporting My Family, A Dads Grief, A Mothers Grief, Living with No Surviving Children and Coping with the Sudden Death of a Child' to mention but a few.

Expanding our services was also a part of our strategic plan for 2022 and to that end, we further launched a new series of support Podcast's titled 'Conversations in Grief' and we also facilitated 4 Webinars. We continued to examine where our services were best placed in the country and we set up two new groups, one in the Midlands and the Southeast, thus increasing our support groups in Ireland to 14.

Fundraising continues to present major challenges for all charities and 2022 was no exception for Anam Cara. We were of course facing increased costs through inflation, but we also saw a decrease in financial contributions from both the corporate sector and voluntary contributors alike, as a result the Board approved the release of some of our monetary reserve to meet the charities financial demands, thus ensuring that we continued to deliver the required service. The reader can be assured that Anam Cara is well governed by its independent and voluntary Board, and we continue to operate to the 'Statement of Recommended Practise'. (SORP)



# CHAIRMAN'S FOREWORD

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I take this opportunity to acknowledge the funding that we receive from the Public Sector, namely: Pobal's SSNO (Scheme to Support National Organisations) Tusla, HSE, and National Lottery Grant Scheme which is very much appreciated and very necessary as it currently supports 30% of our running costs.

As we did not have a dedicated fundraiser on the team, we advertised and appointed Mr Jamie Conway as our new fundraising manager and Jamie joined the team November 2022, to address our fundraising challenges going forward.

On behalf of Anam Cara I would like to extend our thanks to Jarlath Corrigan and Valerie O'Riordan who resigned towards the end of 2022, for their commitment, service, and dedication to Anam Cara. I would also like to welcome Magella Crowley to the Board, Magella has worked diligently as a voluntary parent over the years and her financial and corporate skills will be a valuable contribution to the organisation.

Last but by no means least I would like to pay a special work of thanks to Sharon, Leanne, Tara, Niamh, and Jamie the 'AC Team', for their dedication and commitment to the organisation. Finally I take this opportunity to thank my fellow Directors for continuing to give generously of their time, guidance, and support during 2022.

**TONY MAHON**  
CHAIRMAN OF THE BOARD





*"Anam Cara is a place where you can go to listen to others or be listened to. It's a place where everyone gets it."*

# ANAM CARA NI CHAIRMAN'S FOREWORD

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 Kevin McCallion, Heather Wells, Anne-Marie McClure and Michael Scott.

Open Strategic Communications continues to support the group on an ongoing and 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. We also welcomed our new facilitator to the Armagh Group. Belfast parents are also supporting the Armagh group.

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 2023.

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. 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.

Sincere thanks to everyone who works with and supports Anam Cara.

**MICHAEL SCOTT**  
CHAIRMAN OF THE NI BOARD



# 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



TONY MAHON  
CHAIRPERSON ROI



PAT CULLEN  
DIRECTOR ROI



GILL MADDEN  
DIRECTOR ROI



AMANDA ROBERTS  
DIRECTOR ROI



TADGH O'BRIEN  
DIRECTOR ROI



RORY COLL  
DIRECTOR ROI



MAJELLA CROWLEY  
DIRECTOR ROI



MIKE SCOTT  
CHAIRPERSON NI



ANNE-MARIE MCCLURE  
DIRECTOR NI



HEATHER WELLS  
DIRECTOR NI



# OUR STAFF



SHARON VARD  
SERVICES MANAGER



NIAMH FARRELL  
FINANCE & ADMIN  
CO-ORDINATOR



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 14 established groups around the island of Ireland having launched 2 new venues in the South East in New Ross and the Midlands in Mullinagr. 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.

# 2022 AT A GLANCE

14 

We currently have 14 active Anam Cara Groups providing services to bereaved parents across the whole of the island of Ireland. This includes the addition of 2 new groups in the Midlands and the Southeast.

2224 

We had 2224 attendees engage with our services in 2022 across all of our support services: monthly parent support meetings; bereavement information and support evenings and our family remembrance day.

132 

Anam Cara held 132 face-to-face monthly parent support meeting with events with 1054 attendees

49 

Anam Cara ran 49 online parent support meetings in 2022 with an attendance of 324 bereaved parents

3 

Anam Cara held 3 face-to-face Bereavement Information Evenings facilitated by our professional facilitators and guest speakers specialising in bereavement with 42 bereaved parents attending

9 

Anam Cara held 9 Bereavement Information Evenings online facilitated by our professional facilitators and guest speakers specialising in bereavement with over 429 attendees.



# 2022 AT A GLANCE

2 

We ran two Remembrance events during 2022, where 189 people attended. These events were also open to grandparents and siblings.

1952 

In 2022 we distributed 1952 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.

10 

We held 10 events for parents with no surviving children where 46 parents attended

4 

Anam Cara rolled out Series 3 of our "Reflections in Grief" webinar series. This was a series of four x30 minute webinars, with 116 attendees linking in

4 

As part of our continued commitment to providing quality services, Anam Cara facilitated four training workshops for our Professional Facilitators and Volunteer Parents in 2022, with 83 attendees

267 

267 Frontline professionals from a variety of different backgrounds such as social workers, funeral directors and police attended one of the 6 Professional Training workshops held by Anam Cara in 2022

# A VERY BIG THANK YOU

TO ALL THE ORGANISATIONS, COMPANIES AND PEOPLE  
WHO SUPPORTED US IN 2022



# WHAT THE PARENTS SAY...

*"The death of a child is too big for anyone to cope with alone. It is a fearful time, and you think you are losing your mind. Anam Cara provides access to people who understand, who are on that journey, who will listen. Professionals explain the grief journey. For me it was invaluable."*

*"I am the mother of a baby girl that passed away during delivery. Some support groups have made me feel that my grief does not count. Anam Cara is like a warm family hug. Everyone is welcome and supported no matter what their grief story is. They were the light down a very dark tunnel."*

*"Anam Cara was our survival through our grief and still is, I can't even put into words how much it helped us to have the meetings every month, please if you need help go to Anam Cara they are like a warm blanket wrapped around you"*

*"Because no one else can understand this pain and it's indescribable. Here, we don't have to explain. Everyone knows."*

*"You are all doing a great job. The heartache of losing your child never goes away and I'm so grateful to have met wonderful people through contacting Anam Cara"*

*"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 and pain"*

*"Anam Cara is quite literally a lifeline for bereaved parents who can feel so isolated and so alone"*



# 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

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##### 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 2022 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 assets, liabilities and financial position of the company as at 31 December 2022 and of its net income / (expenditure) for the year then ended;
- have been properly prepared in accordance with FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland*; and
- have been 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

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

##### 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 MEMBERS 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 company and its environment obtained in the course of the audit, we have not identified any 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 for the financial statements

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.

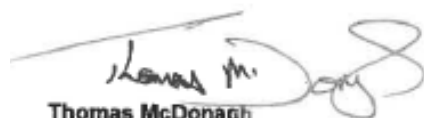
#### Auditor's responsibilities for the audit of the financial statements

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: <https://iaasa.ie/publications/description-of-the-auditors-responsibilities-for-the-audit-of-the-financial-statements/>. 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 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.



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

Close

3 August 2023

# 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 2022

		Unrestricted funds 2022 €	Restricted funds 2022 €	Total 2022 €	Unrestricted funds 2021 €	Restricted funds 2021 €	Total 2021 €
	Notes						
<b>Income from:</b>							
Donations and legacies	2	83,372	-	83,372	88,523	-	88,523
Charitable activities	2	67,147	161,904	229,051	11,500	163,700	175,200
Investments	2	350	-	350	2,850	-	2,850
<b>Total income</b>		<b>150,869</b>	<b>161,904</b>	<b>312,773</b>	<b>102,873</b>	<b>163,700</b>	<b>266,573</b>
<b>Expenditure on:</b>							
Raising funds	3	8,406	-	8,406	370	-	370
Charitable activities	4	249,499	162,110	411,609	119,211	162,532	281,743
<b>Total resources expended</b>		<b>257,905</b>	<b>162,110</b>	<b>420,015</b>	<b>119,581</b>	<b>162,532</b>	<b>282,113</b>
<b>Net income / (expenditure)</b>		<b>(107,036)</b>	<b>(206)</b>	<b>(107,242)</b>	<b>(16,708)</b>	<b>1,168</b>	<b>(15,540)</b>
<b>Reconciliation of funds</b>							
Fund balances at 1 January 2022		413,808	1,168	414,976	430,516	-	430,516
<b>Fund balances at 31 December 2022</b>	<b>18</b>	<b>306,772</b>	<b>962</b>	<b>307,734</b>	<b>413,808</b>	<b>1,168</b>	<b>414,976</b>

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 2022

	Notes	2022 €	€	2021 €	€
<b>Fixed assets</b>					
Intangible assets	8	-		69	
Tangible assets	9	1,708		2,807	
Investments	10	302,600		302,600	
		<u>304,308</u>		<u>305,476</u>	
<b>Current assets</b>					
Debtors	11	2,000		-	
Cash at bank and in hand		30,772		163,830	
		<u>32,772</u>		<u>163,830</u>	
<b>Creditors: amounts falling due within one year</b>	12	(29,346)		(54,330)	
<b>Net current assets</b>			3,426		109,500
<b>Total assets less current liabilities</b>			<u>307,734</u>		<u>414,976</u>
<b>Funds of the charity</b>					
Restricted funds	17	962		1,168	
Unrestricted funds	17	306,772		413,808	
		<u>307,734</u>		<u>414,976</u>	

The financial statements were approved by the Directors on 03/08/2023

  
Christopher Mahon  
Director 03/08/2023

  
Patrick Cullen  
Director

Company Registration No. 452644



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

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Email: [info@anamcara.ie](mailto:info@anamcara.ie)



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