



Supporting Parents after Bereavement

ANNUAL REPORT
FOR 2018



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CHAIRMAN'S FORWARD

I am delighted to introduce in our Annual Report a summary of our highlights for 2018 and the further expansion of our range of activities.



The vision of Anam Cara 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 continue to make meaningful progress in delivering that vision. By adding new groups in Belfast and Wicklow and continuing to build on our partnerships with third parties, our reach has continued to grow.

One of our key milestones for the year was the launch of our Bespoke Training Programme and the programme has been very well received by both the Professional Facilitators and Volunteer Parents.

Anam Cara Northern Ireland is now well and truly established in it's own right and I'd like to sincerely thank our Northern Ireland Board of Directors who have put huge effort into building up our services in Northern Ireland.

Similar to all charities, funding is an important issue and I would like to acknowledge the continuing support of our funders; including the many parents and friends who assisted with fundraising activities during the year.

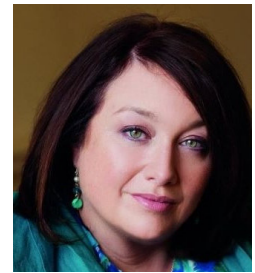
I would like to thank my fellow Directors for giving their time freely and for their commitment to Anam Cara. In particular, I would mention John Hynes, our previous Chairman, for his wise counsel in steering the Organisation over the past few years.

Finally, I would like to thank Sharon, Leanne, Niamh and Orla, in our central office who are instrumental in driving Anam Cara forward every day. During the year Clodagh and Hugh left us, having been involved from the beginning and their contributions to building the Organisation was very significant.

PAT CULLEN
CHAIRMAN

CEO'S FOREWORD

Reflecting on 2018, it is evident that Anam Cara has experienced a year of significant development and growth throughout the organisation. Due to demand for our services, two additional groups were established in Belfast and Wicklow resulting in Anam Cara having 12 active groups operating across the Island of Ireland



In 2018, Anam Cara facilitated 131 events where a bereavement professional ensured both bereaved parents and our volunteer parents felt comfortable and safe to talk about their grief. On behalf of all bereaved parents connected to Anam Cara, I would like to acknowledge and thank our Professional Facilitator's commitment to their role and for the support they provided at their respective Anam Cara groups.

For over 10 years, Anam Cara has provided a unique quality support service to bereaved families throughout the 32 counties. A major factor in our success can be attributed to our dedicated volunteer parents. Their compassion and kindness along with their resilience encourages and gives hope particularly to newly bereaved parents.

We are extremely proud and grateful to all who contributed to Anam Cara's Bespoke Training Programme in 2018. Although a challenging undertaking, this training programme is specifically designed to ensure our Professional Facilitators and volunteer parents have the skills and competence required to fulfil their roles at the Anam Cara Groups. You can read more about this unique programme in this report.

I would also like to take this opportunity to pass on the gratitude and thanks of all Anam Cara Stakeholders and to Anam Cara's Board of Directors, both in Republic and Northern Ireland. A special word of appreciation to John Hynes, who stepped down as our Chairman in September 2018. John's support and commitment to Anam Cara throughout his tenure on the board has been instrumental to the quality and governance of our organisation. We wish him the very best for the future.

My final word of gratitude goes to our wonderful supporters who have fundraised for Anam Cara throughout 2018. Their generous contributions, along with statutory and private funding, has financed both Anam Cara's central office and the provision of all our services. This enables Anam Cara to continue to provide support services free of charge to bereaved parents for as long as they require them.

SHARON VARD
CEO

OVERVIEW

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.

ABOUT ANAM CARA:

Anam Cara is an all-Ireland organisation founded in 2008 by bereaved parents to ensure all bereaved families have access to information and support.

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 circumstance of the child's death and are available for as long as the parents requires them.

Anam Cara is unique. There is no other service provider like us. 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.

SERVICES PROVIDED

Anam Cara currently provides services in 17 locations including co-hosting outreach events with other organisations in 5 localities.

Anam Cara Services include:

Bereavement Information Evenings are held biannually in 17 locations nationwide. These 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 Groups are operational in 12 locations nationally, where parents 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 and that attending parents feel both comfortable and safe. For newly bereaved parents connecting 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 ½ day workshops currently take place in a central location about 4 – 5 times a year

Six Family Remembrance Events per year, giving 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. No matter how much time has passed, these events allow families to remember their loved one in a meaningful way.

Online information & support Anam Cara's Website is updated regularly with information for parents and includes 5 professional videos and links to other organisations who provide information and support to bereaved parents.

A 8-booklet Bereavement Information Pack. This resource 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 / organisations in their community resulting in an excellent working relationship with these service providers.

THE NEED FOR OUR SERVICE

The death of a child 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.

Anam Cara's parent-to-parent support model directly tackles both self-isolation and social exclusion. Feedback from bereaved parents who have participated in this support model stated it helped them realise the emotions they were experiencing were normal and that there were others who understood what they were going through; they were no longer isolated.

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). The death of a child of any age is devastating, the death of an only child / children is uniquely devastating. In 2017, Anam Cara identified families attending Anam Cara Groups who have experienced the unimaginable death of their only child / children.

Anam Cara continues to tackle exclusion through our updated information packs and videos. These are a vital first point of contact for recently bereaved parents as they contain practical information from other bereaved parents on what helped them cope through the initial stages of grief. These information packs have also been circulated nationwide to first responders e.g. funeral directors, Gardai and health professionals.

These packs also ensure professionals interacting with recently bereaved parents have some insights about the intense grief and how to offer support in a compassionate and respectful manner.



IMPACT

Anam Cara's central office is based in Tallaght Co. Dublin and directly supports 12 Anam Cara groups across the Island of Ireland including North & South Dublin, Cork, Galway, West Cork, Kerry, Tipperary, Mayo, Donegal, Wicklow, Belfast and Armagh.

We remain committed to ensuring that groups are established where there is a need due to demand or due to distance for parents to travel. As part of Anam Cara's Statement of Strategic Intent 2020-2023, no parent should have to travel more than 70Km to attend a group meeting.

In 2018 Anam Cara:

Hosted 131 events across the Island of Ireland

Directly supported over 1,896 bereaved parents

81,408 website hits

19,650 online video views



Anam Cara acknowledges and promotes work being provided by other organisations/groups and are currently working in partnership with the Mildford Care Centre Limerick, Solas Cancer Centre Waterford and Northern Ireland Children's Hospice for bereaved parents.

In addition, Anam Cara works parallel to other organisations such as An Feileacáin FirstLight, Support After Homicide, A Little Lifetime Foundation and Pieta House with Anam Cara's CEO actively liaising with these organisations ensuring non-duplication of services thus ensuring best use of funding resources.

Since 2015, over 15,750 copies of Anam Cara's Bereavement information packs have been distributed nationally to bereaved families and also to frontline professionals in contact with them. This includes funeral directors, chaplains, social workers, healthcare professionals, Gardaí and PSNI.



These information packs not only help bereaved parents understand what they are experiencing but also empowers key people in local communities helping them develop skills and confidence when interacting with a bereaved parent.

2018 HIGHLIGHTS

ANAM CARA NORTHERN IRELAND

Well established and highly respected for a generation, Anam Cara has a number of monthly parent support groups across ROI.



In more recent years Anam Cara Northern Ireland has been formed, on exactly the same premise as Anam Cara in ROI.

In Northern Ireland there has been a consistent attendance at the Armagh event (circa 10-20) which has been held monthly at the Armagh City Hotel. In more recent months the focus and awareness of Anam Cara has spread with the emergence of the Belfast monthly evening. This takes place every month in the Crown Plaza Hotel, Shaw's Bridge, Belfast 8.

The ongoing development of Anam Cara Northern Ireland has been greatly helped by the team in Dublin and indeed the Anam Cara Board, which in turn continues to be fully supported by CEO Sharon Vard and the wider team.

Board membership for Anam Cara Northern Ireland has expanded to include Jarlath Corrigan, Kevin Mc Callion, Heather Wells, Anne-Marie McClure and Michael Scott. It has been agreed that Michael will Chair the monthly group catch up meetings in Belfast. Anne-Marie has been asked to act as Vice-Chair, Kevin undertakes Treasury functions, Jarlath as spokesperson and Heather has agreed to fulfil the Company Secretarial function.

The new Northern Ireland Board have forged close bonds with the Republic of Ireland board working together to ensure bereaved parents throughout the Island of Ireland have access to support and information.

As well as the Belfast evening meetings being established Margaret Reidy has been identified as the professional facilitator in Armagh. Margaret is a great addition as she brings a wealth of real life experiences. Work continues to support Northern Ireland Children's Hospice and to support this work a Communications Strategy is also being developed by the Northern Ireland Anam Cara members. Weber Shandwick PR agency is also supporting the group on a pro bono basis.

Currently work is ongoing to develop and expand the number of Parent Facilitators. In future, efforts will be made to expand parent evenings – possibly to more rural areas, such as Enniskillen, Ballymoney or possibly the wider Newry area. Sibling support and a wider reach in Belfast is also a key focus for the Northern Ireland team.

ANAM CARA BESPOKE TRAINING PROGRAMME

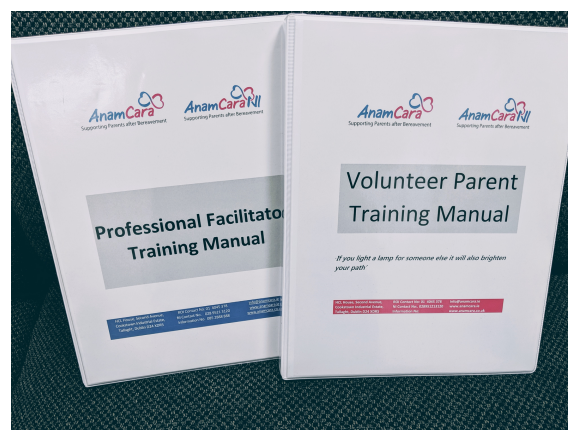
In 2018, recognising the challenges for the professional and volunteer parent of facilitating an open 'drop in' group in the community, Anam Cara Group undertook a project to develop a tailored training programme. Sharon Vard, Anam Cara CEO's has a background in training and development in the corporate sector prior to working with Anam Cara. Her knowledge, expertise and skills were instrumental in the design, content and implementation of Anam Cara's bespoke training programme.

As a result, in 2018 Anam Cara received funding from the Quality and Capacity Building Initiative (QCBI), managed through Tusla to fund the implementation of this bespoke training programme to Anam Cara's Professional Facilitators and volunteer parents.

This innovative training programme was developed to ensure our Professional Facilitators and Volunteer Parents understood their role at the groups and the unique service Anam Cara provides to bereaved parents. This programme also helps them deal with some of the challenges that may present at their group from time to time. One particular challenge was working with bereaved parents who were only weeks after the death of their child, and who were extremely vulnerable.

Anam Cara's training programme includes recruitment guidelines for Professional Facilitators, Induction Training Modules for Professional Facilitators and Volunteer Parents, Practical Training Module for Anam Cara Events, Specialised Training modules on Grief Theories, Trauma and Complicated Grief. This programme is supported by a training manual with access to online training videos.

The outcomes from these Anam Cara training programmes and supervision sessions is assurance that the support service we are providing to the most vulnerable people in our communities is of a high standard, relevant, appropriate, safe resulting in a better outcome, for them and their families.



ANAM CARA WICKLOW

Recognising how many bereaved parents live along the East Coast from Dun laoghaire to Wexford, we decided to set up Anam Cara Wicklow in September 2018.



This group currently meets in the Parkview Hotel, Newtownmountkennedy, which is just off the N11. We hope being on a bus route will make this location accessible for bereaved parents to attend the monthly events, which take place on the 3rd Monday of each month between September and June each year.

The Anam Cara groups are inclusive and open to all bereaved parents. However, we also understand the parents may prefer a different type of support. For this reason Anam Cara will have information available about other support services that are available in the community, thus giving parents a choice of the support they want to avail of.

The purpose of Anam Cara groups are to give parents a safe and comfortable place where they can access information and meet other parents who have experienced the death of a precious son or daughter. There is always a warm welcome for any newly bereaved parents at the Anam Cara Groups.

The Anam Cara Wicklow group is facilitated by Shirley Brennan, a professional with experience of working with bereaved parents. Shirley is supported in her role by our Volunteer Parent Felicia Murphy. Together they uphold Anam Cara's core values ensuring newly bereaved parents to the group will only experience the kindness and compassion of the group and the support of other parents who are further along their journey after the death of their son or daughter.



2018 PARENT'S FEEDBACK

I could talk about my situation with people who actually know how this feels and why it's so wrong. Nobody else can understand what this is like.

It's been a life saver meeting other bereaved parents who have survived the long dark days and nights of the death of their children and who have come out the other side of grief, and who now manage to live their daily lives in a new and different way while managing to never lose sight of the huge loss that has been bestowed upon them.

It's made me realise I am not going crazy, and there is a whole group of ordinary people like me who feel the very same after losing a child. It's great to feel supported and have someone to talk to who understands

Connecting with other bereaved mothers and fathers is one of the most healing and hopeful experience for me.

It was the first thing that gave us a sort of hope.

It's a place where you can speak your child's name openly and not be judged about your felling regardless of the passing of time since your child's death. A get away at each meeting for a very short period in your week from the hustle and bustle and no one with any time world that we live in.

Although I don't avail of everything on offer, I know it's there and was able to get help when I did need it.

Anam Cara has given me a safe, secure space to talk openly about how much I desperately miss my son with people I feel like, know me better/understand me more than my family and friends. I don't feel like I am going mad with grief in other parents company and its the only time I don't feel under pressure to just 'move on' and that just because a first anniversary has passed, I should just forget him and 'get back to myself'.

We attend without fail the remembrance service each year in December in Barretstown. I and my children cannot thank you enough for this because it has helped each of us in ways only people in similar situations understand. My younger children know that its ok to remember and feel sad but also to feel hope and look forward. By attending this and talking it allows us to keep addressing feelings and changes in a good way. So keep up the good work and God Bless your energy and strength

AWARDS & RECOGNITION

Anam Cara received several Awards during 2018 recognising the unique support we provided to bereaved parents throughout Ireland, acknowledging the compassion and empathy our volunteer parents and professional facilitators provide at all our groups

NATIONAL LOTTERY GOOD CAUSES AWARD



Anam Cara Tipperary won the National Lottery Good Causes Award Regional Final in Wellness & Health. Wonderful Recognition for the excellent service Anam Cara Tipperary provides to bereaved parents and families.

SOUTH DUBLIN COUNTY COUNCIL

Anam Cara South Dublin received a special achievement award in recognition of their support for bereaved parents at the South Dublin group.

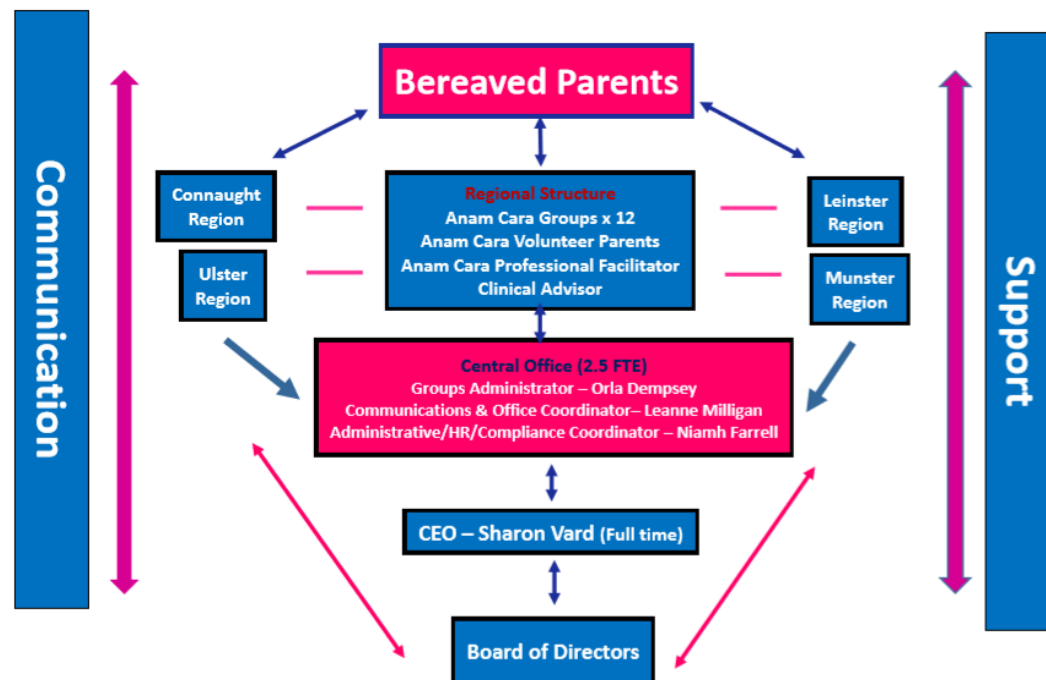


IRISH ROAD VICTIMS ASSOCIATION



Anam Cara received the Global 'Light of Hope' award for the support services provided to parents who have experienced the death of their son or daughter in a road traffic collision throughout the island of Ireland.

ANAM CARA ORGANISATION STRUCTURE & NEW ROLES



There are currently 12 self employed Professional Facilitators contracted by Anam Cara to facilitate the monthly parent evenings who deliver the Anam Cara's group meetings. These Facilitators report to and are supported by the Groups Coordinator who in turn reports both to the CEO and Anam Cara Board. Under the Child's First / child protection & welfare policy, the Professional Facilitators are mandated persons.

Orla Dempsey was appointed Anam Cara's Groups Coordinator and is responsible for the coordination, including reservations / bookings, of all Anam Cara's (ROI/NI) Parent Evenings, Bereavement Information Evenings, Family Remembrance events in addition to all associated administration duties in accordance with GDPR and best practice.

Leanne Milligan joined the team as Communications and Operations Coordinator and manages all Anam Cara's communications / PR with partners, other organisations and professionals who are in contact with bereaved families, media, funders and other stakeholders.

Niamh Farrell assumed the role of Administrator Coordinator and oversees Accounts and HR functions together with compliance of the organisation with CRO/CRA including appointing and training of professional supervision of Professional Facilitators and Volunteer Parents

VOLUNTEERS

Anam Cara has 34 registered volunteers who themselves are bereaved parents. All attend their local group to support the Professional Facilitator and play a vital role in the continued success of Anam Cara. We also have a number of volunteers who support us through various fundraising events.



COLLABORATIONS

Anam Cara are delighted to continue our successful partnerships with the Milford Care Centre. Together we deliver Bereavement Services specifically for parents grieving the death of their child.

Another recent positive partnership is with the Solas Cancer Centre in Co. Waterford where we again provide bereavement services to parents following the death of their child.

As Anam Cara provides services and support to families across the island of Ireland, we were delighted to collaborate with Northern Ireland Children's Hospice in delivering information evenings to bereaved parents. This partnership continues to grow in strength every year.

One of Anam Cara's goal in 2019 is to source an appropriate youth / young adult organization to undertake a partnership in delivering bereavement supports specifically to young people.

In addition, due to the nature of our services, it is both practical and prudent to work in conjunction with other specialised service providers and groups ensuring non duplication of service provision. To date, Anam Cara has effectively collaborated alongside:

An Feileacáin:

Offers support to anyone affected by the death of a baby during pregnancy or shortly after.

A Little Lifetime Foundation:

Promotes healthy grieving and bring understanding and hope when a baby dies at any stage of pregnancy, during or after birth.

FirstLight:

Provides one-to-one counselling to families who have experience a cot death or the sudden deaths of children below the age of 12 years.

AdVic:

Supports families of homicide victims.

Jack & Jill Foundation:

Provides nursing care and support for children with severe neurological development issues or who requiring end of life care.

Pieta House:

Offers one- to-one counselling to parents specifically bereaved by suicide. We are in early stage negotiations to support Pieta House in facilitating closed therapy groups for parents bereaved by suicide.

STRATEGIC OBJECTIVES

2017-2020

OBJECTIVE 1

To increase the geographic reach of our support groups and bereavement talks throughout Ireland and Northern Ireland.

OBJECTIVE 2

To promote best practices and skills within the internal community of professionals and volunteers working with Anam Cara. This will ensure the continuous development of Anam Cara services and safeguard the high quality of services on offer.

OBJECTIVE 3

To encourage increased voluntary participation from the parents attending Anam Cara groups. Also to ensure preparedness of organisation for succession of key members at Anam Cara's central office.

OBJECTIVE 4

To expand on outreach events and partnerships forged throughout our 2013-2016 Strategic Plan in respect of other agencies working with bereaved families, which includes sharing information and resources.

OBJECTIVE 5

To have relevant and up-to-date information available to bereaved parents through our website, printed material, social media and other means. This includes providing information on other bereavement services in the community.

OBJECTIVE 6

To continue to raise awareness of Anam Cara and fundraise to ensure that adequate funds are in place to support Anam Cara's mission and objectives.



SUPPORTERS

Anam Cara is most appreciative of support from the following organisations and companies throughout 2018



Anam Cara received funding for our central office/administrative costs from the Department of Rural and Community Development, through the SSNO Scheme, which is administered by Pobal



Maurice & Adelaide Healy kindly donate our central office facility in Tallaght, Dublin 24



Provides partial funding towards the bi-annual Bereavement Information Evenings which are held at the Anam Cara Groups.



The Ireland Funds provided partial funding of Anam Cara's Bespoke Group Training and Development Programme and Bereavement Information Evenings at 12 Anam Cara Groups in Autumn 2018



The HSE kindly funded Anam Cara's Parent Evenings in Galway, Donegal, Tipperary, North & South Dublin and Anam Cara's Bereavement Information Evening in Waterford



Has generously contributed to the support of bereaved siblings who attend the Anam Cara Family Remembrance events in 2018/19



Assisted Anam Cara with funding to establish the Anam Cara Wicklow group



Very much appreciated multi annual funding from B.Braun Medical from 2016-2021 towards the costs of the Anam Cara Groups



Nightline are kind sponsors of Anam Cara in the delivery of our information packs to our groups and health care professionals throughout Ireland

FUNDRAISING ACKNOWLEDGMENTS

BIG T RUN



In memory of Tiernan Green, one of the best trucks runs in the 32 counties organised by his parents Donna and Stephen. A fantastic day out with over 200 trucks participating, family BBQ and music.

A massive £9,000 was raised for Anam Cara and it is with this huge generosity that Anam Cara can continue supporting bereaved parents.

DOORY FAMILY WOMEN'S MINI MARATHON

Eithne Doory along with family and friends from the West of Ireland raised an amazing €5,381 by taking part in the 2018 Dublin Women's Mini marathon.

This generous donation was used to fund the Anam Cara bereavement workshops for parents living on after the death of their only child or children.



ANAM CARA'S DUBLIN & CORK LUNCHES

Anam Cara currently facilitates two annual corporate fundraising lunches in Counties Cork and Dublin. These events are generously sponsored by a range of local businesses in the retail and hospitality sectors.

Anam Cara appreciates the support and generosity of the patrons who attend these lunches, which in turn raise much needed funds for Anam Cara services throughout Ireland.



FINANCIAL SUMMARY

While budgets are tight and we always have a need for more funds, the continuing support from our funders and the generosity of the community towards Anam Cara means that with careful management, we have maintained and grown services for bereaved families.

All Anam Cara Services are offered free of charge to parents and are available for as long as they may need them.

Anam Cara receives revenue funding for our central office and administrative costs, from the Department of Housing, Planning, Community and Local Government, via Pobal's SSNO Scheme. Our core activities in direct support of bereaved parents are funded through corporate and private donations and public grant applications .

Funding is dependent on donations and whilst income was successfully raised and utilized in 2018, security of ongoing income in order to secure the work of the charity continues to challenge Anam Cara.



Anam Cara is fully compliant across the following sections:

- Leading the Organisation
- Exercising control over our organisation
- Being transparent and accountable
- Working effectively
- Behaving with integrity

Being fully compliant and adopting this Code ensures that Anam Cara is in a strong position to set and achieve its goals more efficiently and effectively while providing evidence to demonstrate that we are successfully accomplishing our aims and objectives.

The Governance Code also ensures that Anam Cara is committed to managing its service in a transparent and professional manner ensuring that State funders, donors and members of the public can see how Anam Cara is operated. It assists in helping Anam Cara avoid bad risks which could be detrimental to the organisation while also reducing unnecessary expenditure costs.

As an organisation we are conscious of the need for absolute transparency where we receive funds and what we do with them and we welcome any enquiries in that regard.

ANAM CARA'S STATEMENT OF ACCOUNTS 2018

Anam Cara Parental and Sibling Bereavement Support Company Limited By Guarantee

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 December 2018

		Restricted Funds 2018 €	Unrestricted Funds 2018 €	Total 2018 €	Total 2017 €
	Notes				
Income and Endowments from					
Donations and legacies	7	32,371	102,499	134,870	111,514
Charitable Activities	7	139,063	-	139,063	120,074
Amortisation of Capital Grants	7	-	-	-	4,030
Investment Income	9	-	646	646	1,676
Total Income		171,434	103,145	274,579	237,294
Expenditure On					
Raising Funds	8	-	1,294	1,294	2,374
Charitable Activities	8	166,435	93,555	259,990	234,267
Total		166,435	94,849	261,284	236,641
Net Income/(expenditure)		4,999	8,296	13,295	653
Transfers between funds					
Other gains and losses		-	-	-	-
Net movement in funds		4,999	8,296	13,295	653
Reconciliation of funds					
Total funds brought forward		4,820	423,167	427,987	427,334
Total funds carried forward		9,819	431,463	441,282	427,987

Anam Cara Parental and Sibling Bereavement Support Company Limited By Guarantee

STATEMENT OF FINANCIAL POSITION


as at 31 December 2018

	Notes	2018 €	2017 €
Non-Current Assets			
Intangible assets	11	6,765	-
Property, plant and equipment	12	4,110	4,301
Financial assets	13	50,000	50,000
		<u>60,875</u>	<u>54,301</u>
Current Assets			
Receivables	14	1,940	617
Cash and cash equivalents		398,954	388,328
		<u>400,894</u>	<u>388,945</u>
Payables: Amounts falling due within one year	15	<u>(20,487)</u>	<u>(15,259)</u>
Net Current Assets		<u>380,407</u>	<u>373,686</u>
Total Assets less Current Liabilities		<u>441,282</u>	<u>427,987</u>
Amounts falling due after more than one year		-	-
Net Assets		<u><u>441,282</u></u>	<u><u>427,987</u></u>
Reserves			
Restricted Funds		9,819	4,820
Unrestricted Funds		431,463	423,167
Members funds		<u><u>441,282</u></u>	<u><u>427,987</u></u>

The financial statements have been prepared in accordance with the small companies' regime.

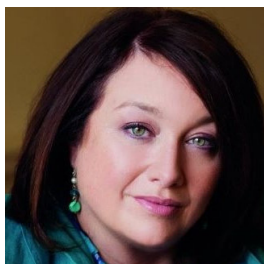
Approved by the board on 17/04/19 and signed on its behalf by:


Carmel Battigan (Secretary)
Director

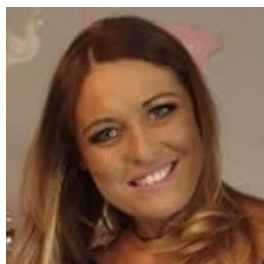

Patrick Cullen (Chairman)
Director

COMPANY INFORMATION

ANAM CARA



Sharon Vard
CEO



Orla Dempsey
Groups
Coordinator



Leanne Milligan
Communications
& Operations
Coordinator

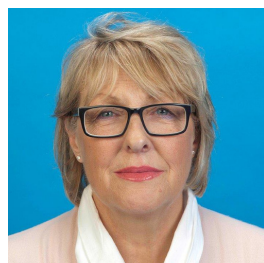


Niamh Farrell
Administrator
Coordinator

ANAM CARA BOARD OF DIRECTORS



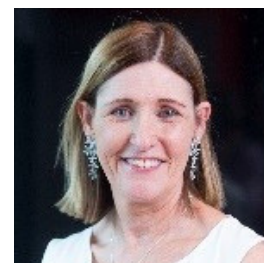
Patrick Cullen
Chairman ROI



Carmel Battigan
Secretary ROI



John Mullens
Director ROI



Valerie O'Riordan
Director ROI



Tony Mahon
Director ROI



Gill Madden
Director ROI



Tadgh O'Brien
Director ROI



Jarlath Corrigan
Director ROI &
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Michael Scott
Chairman NI



Kevin McCallion
Director NI



Heather Wells
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