



ANAM CARA ANNUAL REPORT

FY 2016

Anam Cara was established in 2008 as a national organisation to support bereaved parents and families after the death of a child of any age and through any circumstance.

ANAM CARA ANNUAL REPORT 2016

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Our mission

Anam Cara will make a difference and reduce isolation for bereaved families affected by the death of a child or children, regardless of the age of the child or circumstances of death.

Anam Cara will do this by providing easily accessible, quality support services, signposting and information through a safe and secure online or face to face environments.

Our purpose

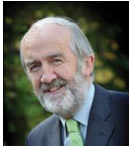
Anam Cara provides a lifeline to parents through our on-line and face-to-face peer support services.

Our vision

Every family throughout Ireland will have the relevant Support Services they need following the death of their son or daughter.

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Chairman's Foreword



An annual report can give only a summary of an organisation's activities for the year. It cannot adequately describe the personal input of the people who make the effort throughout the year to deliver the achievements outlined here.

Anam Cara was established by bereaved parents to help each other and other bereaved parents and, as our CEO says, to provide a 'lifeline' to bereaved parents after the death of their child.

It is an honour to be associated with the organisation and I want to pay particular tribute to the volunteer parents throughout the country who are its heartbeat.

One of the key challenges for 2016 was the focus on those bereaved parents living with no surviving children, and I want to pay special tribute to the parents involved for coming together and for their input into the preparation of this leaflet which will be a great help to parents in this situation.

Anam Cara has always tried to be innovative and to respond to new issues as they come to attention. We also try to operate in a very professional and transparent way and will continue to do so, complying fully with the requirements of good corporate governance.

In 2016, as this report outlines, we adopted the Statement of Recommended Practice (SORP) so as to follow best practice in relation to accounting and reporting, and to demonstrate the highest level of transparency for our stakeholders and funders.

Funding is always an important issue for charities. In this regard we acknowledge the public support we received in 2016 from Túsla and from the Department of Housing, Planning and Local Government through the SSNO scheme.

We also acknowledge the support of our corporate sponsors.

Funding our various activities throughout the country, however, also depends on the supporters who fundraise through marathons, galas, backpacking and a variety of other activities. A heartfelt thanks to all of them.

I want to pay personal tribute to our CEO Sharon Vard who has put so much into the development of Anam Cara – and to Clodagh and Hugh in the central office.

I look forward to continued success for the organisation as we move forward.

John Hynes
Chairman

Chief Executive's Foreword



Anam Cara continues to provide a lifeline to bereaved parents throughout Ireland after the death of their child. We do this by being there for bereaved parents: providing information, support and most importantly hope that, in time, they will find their unique way to cope and survive through the intense grief and loss they and their family have experienced.

Focusing on our vision and working alongside key stakeholders, one of our key achievements in 2016 was to identify our strategic goals for 2017 – 2020 and how we will bring Anam Cara to its next level of development as a national organisation. These goals are included in this report.

It continues to be a challenging time for charities in Ireland. Anam Cara is committed to ensuring strong corporate governance across all practices. Our guarantee to our stakeholders and funders is for continuous improvement, best practice and transparency across all our activities.

We are committed to working with our partners in the community and will continue to identify other partners, thus ensuring the best use of our resources and that there is no duplication of services.

Through Anam Cara's website, bereavement information events, parent evenings and family days we are constantly reaching out and supporting bereaved parents and siblings. If there's one message we'd like you to take away it's this: Anam Cara makes a difference to families after the death of their child.

To conclude: none of the above could be achieved without the support of the following; the small however hugely effective executive team Clodagh and Hugh; our chairman John Hynes and the board of directors; our volunteer parents (who are the essence of Anam Cara); and our professional co-facilitators who support both our volunteer parents and the parents attending the Anam Cara groups.

On behalf of all the stakeholders involved with Anam Cara we would also like to take this opportunity to thank our funders, big and small who have supported us throughout 2016. I hope you are as proud of what we have achieved as we are!

Sharon Vard
Chief Executive Officer

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About Anam Cara

Every year, some 2,100 families in Ireland experience the death of a child. The impact on parents and families is one of anguish and isolation, with the intense grief lasting longer than extended family, friends and work colleagues imagine.

The families' situation is exacerbated by the lack of appropriate information and support services, which is particularly the case for parents who have experienced the sudden death of their child outside a hospital or hospice environment.

Anam Cara Parental and Sibling Bereavement Support was set up in direct response to the lack of support for bereaved parents and siblings throughout Ireland.

Anam Cara is an inclusive organisation, there to provide support to any parent or family whose son or daughter has died. This support is available regardless of age or cause of death, whether it is a recent loss or one that happened many years ago. The death may have been a result of road traffic collision, stillbirth, serious illness, sudden unexpected death, an accident in or outside the home, or suicide.

Anam Cara reaches across all communities in Ireland, including Northern Ireland, and provides a safe, comfortable and supportive environment that fosters peer support. This support is provided by Anam Cara Volunteer Parents accompanied by bereavement professionals, who are on hand to provide additional information and signpost families to other services available to them in the community.

Peer support is a special kind of support which has the following benefits for all bereaved parents using our online and face to face services:



- Reduces social isolation
- Provides a safe place where parents can speak honestly
- Recognises & normalises the intensity of grief
- Time out for parents to let the mask drop and be honest about how they are feeling
- Meeting parents further on in their grief promotes models of hope and survival
- Provides a structure for information & signposting
- Continues after family/friends' support has waned

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2016 Activity Report

Need

- Anguish & isolation families experience after the death of a child
- Lack of information & support services for parents in Ireland
- Can affect parents' emotional & physical health which may in turn affect siblings

Fact

- 2,100 families each year experience the death of a child
- Sudden deaths outside a hospital or hospice system have no access to bereavement support
- Intense grief lasts far longer than society realises

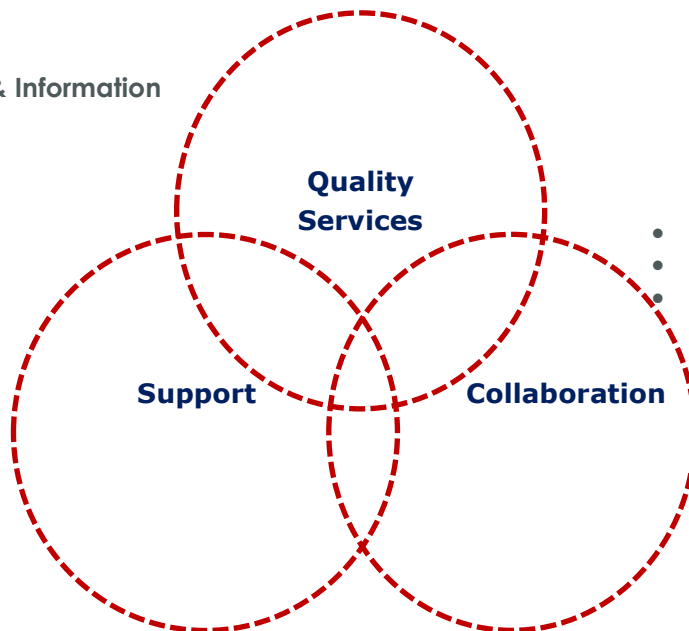
Impact

- Anam Cara has impacted on over 8,000 parents since 2008
- 112 events in 2016 across the 32 counties
- 3,226 support hours provided to 1,613 parents throughout 2016
- 9 active support groups

Our Priorities

- Bereavement Information Events
- Access to Bereavement Professionals & Information
- Focus on Continuous Improvement

- Online and Face to Face Support
- Access & links to other local services
- Connect with other bereaved parents



- Build Partnerships
- Conserve Resources
- Share Best Practice

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2016 Activity Report



Anam Cara continues to provide a lifeline to bereaved parents through our online and face to face bereavement services in Ireland. This support is provided regardless of the age of their child or the circumstances of his or her death

In 2016, Anam Cara's board, central office and volunteers worked extensively on delivering a quality service for bereaved parents throughout the 32 counties.

Our key achievements in 2016 were:

- **New booklet** for Parents with No Surviving Children
- Local launches of Information Pack held in Tipperary, Cork, Kerry, South Dublin, Galway, Mayo and Donegal, attended by **over 350 professionals** working on the frontline with bereaved families
- Distribution of over **7,000** packs nationwide
- Information Videos viewed over **11,000** times on Anam Cara's YouTube channel
- Over **1,600** bereaved mothers and fathers supported in 2016
- Facilitated **75** Parent Evenings at **9** locations throughout the **32** counties (a **21%** increase on 2015)
- **29** Bereavement Information Evenings with guest speakers (also a **21%** increase on 2015)
- **6** Anam Cara Family Events: held in Kildare, Cork, Galway, Tipperary and Westmeath
- **2** full-day Training and Development workshops for current and new volunteers
- Foundations laid for Anam Cara West Cork to be based in Bantry
- #Mammyandme and #Daddyandme campaigns around Mother's and Father's Day
- **20%** of those attending Anam Cara events are coming for the first time
- National Bag Pack Fundraising Event across **15** locations in conjunction with Dunnes Stores
- Ongoing partnership with Northern Ireland Children's Hospice and Marymount Hospice
- Second survey of all parents in the Anam Cara network reveal **90%+** satisfied with events
- Over **5,000** following on Facebook and almost **2,000** on Twitter

2016 Achievements in Focus



Living with no surviving children

On the 5th of March and the 2nd of April 2016, my husband and I met with other parents who are now living with no surviving children in order to create a leaflet to help parents that are newly bereaved. We lost our only son Luke suddenly in April 2014. I can honestly say that I never felt more at ease than in the company of this group of people (all of whom I had never met before other than Brid the facilitator). In fact, I was more at ease here than with friends or family since the tragic loss of Luke. There was no holding back on what we needed to say and all of us could identify with the others' pain. Nothing that was said was judged by anyone else. There was a common bond. No one was afraid to talk of their children's lives and deaths for fear of upsetting the other. It was welcomed. I had been to Anam Cara meetings and though I found them very helpful, most parents had other surviving children.

The first meeting was really getting to know each other, our children and our stories. We discussed how we coped, the worst things, what helped and all the milestones both silent and marked. I felt, even though we were here to create a leaflet to help others, that personally it helped me. I spoke about the unspeakable and others identified with it. I also gained some insight into dealing with milestones that we had not yet experienced. Luke would have made his First Communion the following month and we did not know how to deal with it. Other parents had been through similar milestones and how they celebrated it, though a horrific time, brought comfort to them. At the end of the first day, I looked forward to the next meeting. For the second meeting we got down to business, broke into two groups and discussed all the headings that were put to us in order to structure the leaflet. I left with a sense of accomplishment and more knowledge for the road ahead.

When I saw and read the draft leaflet I could see all the gold nuggets of experience that came from each of us put together professionally, I felt proud to be part of its making and comfort that it would most definitely help others.



Anam Cara Activities



Anam Cara Parent Evenings

Anam Cara currently has 9 active groups. They meet once a month and are co-facilitated by an Anam Cara Volunteer Parent and a professional. On average 8–13 parents attend each group. The focus of these groups is to give parents a safe and comfortable forum where they can connect with other bereaved parents who understand the depth of the loss and grief.

Peer support is the main feature of the Parent Evenings at the Anam Cara Groups, allowing parents to talk about issues that are on their mind, as one parent described: 'to speak the unspeakable'.

The professional co-facilitator has a key role at the Anam Cara group. They ensure the event follows Anam Cara's core values which protect all attending. They are also there as a sounding board for parents who are concerned about aspects of their own grief or the wellbeing of another family member.

To conclude, the peer support model Anam Cara offers, with both volunteers (bereaved parents themselves) and professional co-facilitators, ensures that parents - who may be experiencing complicated grief or post-traumatic stress after the death of their child - are supported and, if necessary, signposted to relevant services in the community, if these services are available.



Anam Cara Bereavement Information Evenings

Each Anam Cara group facilitates a minimum of two Bereavement Information Evenings during the year for newly bereaved parents. These normally take place in February/March and September/October. We source Bereavement Specialists to do a presentation at this event, giving parents an opportunity to hear a professional, experienced in bereavement support, talk about the many challenges families have to face into after the death of their son or daughter.

These events are often a good introduction to the Anam Cara groups and Parent Evenings, as well as being a hub for bereaved parents to receive information and signposting to other services in the community. Average attendance in 2016 was 15 mothers and fathers per event, with 55% of those attending doing so for the first time, many then going on to join their local Anam Cara group.

Anam Cara Family Remembrance and Social Events



Anam Cara hosts social and remembrance events throughout the country. Our national family remembrance event is held on the first Saturday in November and each year heralds the start of Anam Cara's National Awareness Campaign.

This event takes place in the midlands to accommodate families travelling from all over Ireland and gives mothers, fathers, brothers, sisters and grandparents an opportunity to remember together and support each other at a difficult time of the year.

In addition to this event Anam Cara also hosts Celebration of Life events throughout December for families.



Our Family Days at Barretstown and other venues provide another opportunity for bereaved siblings as well as parents to come together to remember and engage in a variety of fun activities. Anam Cara currently runs 3-4 of these events each year, however we would like to increase the number of events to at least 2 in each region.

Bringing families together helps younger siblings to understand they are not alone, that there are others who have also experienced the death of a brother or sister. All Anam Cara Family events are provided free of charge,

Self-Care and Training Workshops

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

Self-care is a priority for our volunteers to help ensure a safe and comfortable space for them to support each other. In 2016 Anam Cara facilitated over 40 hours of counselling/reflective practice for our volunteer parents, as well as incorporating self-care into our bi-annual Training and Review workshops.

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Breakdown of Anam Cara 2016 Activities

Event Type	Brief Description	Average No. Parents attending each event
Parent Evenings	Monthly informal meetings allowing parents to connect with each other in a safe and comfortable forum.	8 - 13 Parents
Bereavement Information Evenings	Professional guest speakers with experience in parental bereavement. The focus of these evenings is to give parents appropriate information that will help them at the early stages after the death of their child.	15 – 40 Parents
Family Fun Days X 2	An informal family day with activities for all ages.	Total in 2016: 268 parents and children
Anam Cara's National Day of Remembrance	This takes place on the 1 st Saturday in November, and has grown each year to be our main national event with families travelling from each region.	Approx. 50 families – 134 Parents, Children and Grandparents
Celebration of Life events	We hold these events throughout December. Recognising how difficult Christmas is, this event gives families an opportunity to meet up for a Remembrance Service in their region, to show that they are not alone at this very difficult time of the year.	20+ Families each event x 3 Events = 60 Families
112 Events in 2016	Our Salesforce database attendance reports are an indication of the minimum number of parents who have attended Anam Cara events throughout 2016.	1,613



How Anam Cara services are funded

All Anam Cara Services are offered free of charge to parents and are available for as long as they may need them. Anam Cara receives funding for our central office/administrative costs from the Department of Housing, Planning, Community and Local Government, through the SSNO Scheme. Our core activities in direct support of bereaved parents are funded through corporate and private donations and public fundraising activities.

Our current staffing levels are a full-time CEO, full time funding and events coordinator and part-time administrator. Our central office is based at the Healy Group in Dublin 24. This is generously funded by Maurice and Adelaide Healy of the Healy Foundation.

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In Conclusion

Anam Cara services continue to fill a huge gap that exists throughout the island of Ireland around the support of bereaved parents. This is particularly the case for those parents and families who have experienced the sudden death of their son or daughter in a road traffic collision, by suicide, SADS (Sudden Adult Death), or accidents in or outside the home. The reality of their situation is that because their son or daughter was not in a hospital or hospice system, they are not offered or given access to bereavement support.

Research confirms that parental bereavement differs hugely from other bereavements. The grief of a mother or father continues far longer than society recognises.

Anam Cara has identified that a lack of information and support, as well as social isolation, are all significant risk factors for bereaved parents as they try to find ways to cope with their grief. This is where we can make a difference.

Anam Cara services are available to all bereaved parents when they want to use them. They don't need a referral and each group has a lending library and additional information of other services available in the community.

Anam Cara Information Packs

The Anam Cara Information Packs, developed in conjunction with bereaved parents and sponsored by Applegreen, continue to be distributed throughout Ireland, both to parents and to professionals who are in contact with parents after the death of their child. In 2016 the following local group launches were facilitated with over 280 organisations availing of this excellent resource.

- Galway – February 2016 – over 30 organisations
- Cork – February 2016 – over 30 organisations
- Mayo – April 2016 – over 50 organisations
- South Dublin – May 2016 – over 30 organisations
- Donegal – September 2016 – over 50 organisations
- Tipperary – October 2016 – over 50 organisations
- Kerry - November 2016 - over 30 organisations



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Collaboration

Anam Cara is committed to collaboration with other organisations throughout Ireland who are in contact with bereaved parents. This is essential to **avoid duplication of services** and encourage good use of all resources.

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

In 2016 Anam Cara jointly facilitated events with the Milford Care Centre, the Marymount Hospice and the Northern Ireland Children's Hospice.

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

Anam Cara has also developed for each local group a resource list, available to all parents, with information and contact details of local organisations who may be of service.

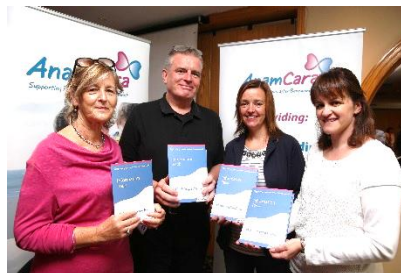


Appreciation

Anam Cara's core activities continue to be funded and supported through a mixture of corporate donations and public funding. We appreciate and value this support which allows us provide services for bereaved families in our communities at no charge.

Our Volunteers

Our final words are for our altruistic Volunteers, who are the very heart of Anam Cara and are committed to the support of bereaved parents in their region. Their compassion and kindness is very much appreciated by Anam Cara and the 1,613 parents we supported throughout 2016.



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Financials - Statements

Statement of Recommended Practice

SORP, the Statement of Recommended Practice, Accounting and Reporting by Charities was developed, in accordance with Accounting Standards Board guidelines, by the UK Charity Commission.

While SORP is not a legal requirement outside the UK, Anam Cara has voluntarily adopted it in order to follow best practice in relation to accounting and reporting, and particularly to demonstrate the highest level of transparency and accountability for our stakeholders and funders.

By adopting the standard, Anam Cara will demonstrate our commitment to a very high level of financial accountability. It is also an opportunity to show very clearly the achievements of the charity. This will support the organisation as a whole in building the trust and confidence of the public in our work.

The following is taken from Anam Cara's 2016 audited accounts. Further information is provided on the Financial Summary on the following page:

	2016	2015
	€	€
Income		
Donations	215,056	324,076
Grants	59,636	11,000
Bank Interest	5,872	-
Total Income	280,833	335,076
Operational Expenses	242,059	245,011
Net Surplus (Deficit)	38,774	90,065

Retained Reserves 31.12.16 - €427,334

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Financial Summary

All Anam Cara Services are offered free of charge to parents and are available for as long as they may need them. Anam Cara receives funding for our central office/administrative costs from the Department of Housing, Planning, Community and Local Government, through the SSNO Scheme. Our core activities in direct support of bereaved parents are funded through corporate and private donations and public fundraising activities.

Our current staffing levels are a full-time CEO, full-time PR & Funding Coordinator, and a part-time Administrator who work entirely to support Anam Cara services and ensure that professional standards are adopted in all services provided to bereaved parents and that best practice is followed.

Funding is dependent on donations and whilst income was successfully raised and utilised in 2016, security of income in order to secure the work of the charity continues to challenge Anam Cara.

6. INCOME

Income from charitable activities	Restricted €	Unrestricted €	2016 €	2015 €
Pobal SSNO	44,986	-	44,986	-
HSE Lottery Funding	8,150	-	8,150	11,000
Tusla Funding	6,500	-	6,500	-
Income from donations and legacies				
Fundraising Activities and Donations	-	215,056	215,056	324,076
	59,636	215,056	274,692	335,076

7. Expenditure on Charitable Activities and Raising Funds

	Restricted €	Unrestricted €	2016 €	2015 €
Materials	-	9,569	9,569	8,108
Wages and salaries (Including Employer's PRSI)	45,595	53,563	99,158	80,759
Development & Resources	-	23,610	23,610	25,220
Professional Speaker Costs	11,437	-	11,437	10,480
Social & Remembrance Family Events	-	8,540	8,540	7,083
Parent To Parent Groups	3,213	26,729	29,942	43,364
Insurance	-	862	862	709
Self Care - Volunteer Supervisory Sessions	-	3,620	3,620	3,785
Printing, postage and stationery	-	4,237	4,237	4,207
Specific PR and Advertising	-	4,129	4,129	21,998
Telephone	-	2,507	2,507	2,448
Website, Messaging Forum Costs, Software & Computer Purchases	-	4,648	4,648	6,064
Office Rent	-	15,000	15,000	15,000
Information Events	-	-	-	3,865
Travel and Subsistence Costs	-	5,149	5,149	6,160
Board Expenses	-	1,041	1,041	1,238
Legal and professional	-	2,705	2,705	-
Consultancy fees	-	486	486	-
Bookkeeping	-	1,800	1,800	1,600
Audit - Prior Year	-	4,920	4,920	-
Audit	-	3,136	3,136	1,845
Bank charges	-	197	197	178
General expenses	-	4,090	4,090	463
Subscriptions	-	740	740	170
Depreciation on fixtures, fittings and equipment	-	536	536	267
	60,245	181,814	242,059	245,011

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INDEPENDENT AUDITOR'S REPORT to the Members of Anam Cara Parental and Sibling Bereavement Support Company Limited By Guarantee

We have audited the financial statements of Anam Cara Parental and Sibling Bereavement Support Company Limited for the year ended 31 December 2016 which comprise the Statement of Financial Activities, the Statement of Financial Position, the Statement of Cash Flows, the Accounting Policies and the related notes. The relevant financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council.

This report is made solely to the company's members, as a body, in accordance with Section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

As explained more fully in the Directors' Responsibilities Statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view and otherwise comply with the Companies Act 2014. Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practice Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Directors' Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2016 and of its results for the year then ended; and
- have been properly prepared in accordance with the relevant financial reporting framework and, in particular, the requirements of the Companies Act 2014.

Matters on which we are required to report by the Companies Act 2014.

- We have obtained all the information and explanations which we consider necessary for the purposes of our audit.
- In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited.
- The financial statements are in agreement with the accounting records.
- In our opinion the information given in the Directors' Report is consistent with the financial statements.

Matters on which we are required to report by exception

We have nothing to report in respect of the provisions in the Companies Act 2014 which require us 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.



Darren Connolly
for and on behalf of
BYRNE CURTIN KELLY

Certified Public Accountants and Statutory Audit Firm
Suite 4 & 5
Bridgewater Business Centre
Conyngnam Road
Islandbridge
Dublin 8

Date: 4 May 2017



2017 Goals

Bereavement workshop for parents living with no surviving children

The process of putting together our new booklet, 'Living with no surviving children', shed some light on the uniquely devastating situation that these parents find themselves in. A revelation was that so many of these parents find it difficult to relate to the other bereaved parents in the Anam Cara groups, to those who do have surviving children.

Sadly, there is a disconnect there, and it has become clear to us that parents who have lost their only child/children need their own forum too. In June 2017, Anam Cara will bring together a group of parents who are living with no surviving children.

Outreach Project for Donegal

Donegal is one of Ireland's largest, most rural and isolated counties. Up until now, all Anam Cara activities have been centred on Letterkenny. However, we are aware that there are many who cannot travel, and so in 2017 we will host outreach Information Evenings: in Carndonagh in the Inishowen peninsula, in Donegal Town in the south west, and in Dungloe in the west.

As a complementary project, to ensure that Donegal professionals in contact with bereaved parents are adequately trained, Anam Cara will deliver a pilot one-day bereavement training workshop in Letterkenny in late 2017. We expect attendees to include locally-based social workers, hospital and public health nurses, counsellors, family support workers, funeral directors, Gardaí and staff and volunteers from other support groups.

New Anam Cara group in West Cork

Since 2013 there has been a marked increase in attendance at our Cork events (from 168 in 2013 to 260 in 2015). We recognised that many parents came from West Cork. In October 2015 and February 2016 – in conjunction with Marymount Hospice – we hosted two Information Evenings, attended by a total of 36 bereaved mothers and fathers. These numbers exceed even those attending our Tipperary or Galway groups, clearly demonstrating to us that there is a gap in services in West Cork for bereaved families.

From September 2017 we will establish Anam Cara West Cork, meeting monthly in Bantry.

Strategic Objectives 2017-20



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.

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Our Supporters and Partners

Anam Cara is most appreciative of the following organisations' support throughout 2016:



Anam Cara receives funding for our central office/administrative costs from the Department of Housing, Planning, Community and Local Government, through the SSNO Scheme, which is administered by Pobal



Maurice & Adelaide Healy kindly donate our office facility



Nightline Couriers sponsor Anam Cara's parcel deliveries



B.Braun Medical are generously supporting Anam Cara 2016-2021



Supported the establishment of Anam Cara West Cork

Anam Cara would like to acknowledge the continued support of the friends of Anam Cara who help with national and local fundraising events throughout 2016. All our services are provided at no charge to parents and families and that is down to their kindness and efforts. On behalf of the volunteers and parents at the Anam Cara groups we would like to express our huge appreciation.

We would also like to thank the many companies and patrons who attend our regional fundraising events, in particular the Anam Cara fundraising lunches. In these challenging times we appreciate your support and sponsorship.

Anam Cara is committed to compliance with the Governance Code for community, voluntary and charitable organisations in Ireland. Anam Cara is also signed up to the Statement of Guiding Principles for Fundraising and is registered and up to date with the Charities Regulatory Authority.

ANAM CARA ANNUAL REPORT 2016

Company Information

JOHM MULLINS
CHAIRMAN



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CEO



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CLODAGH CURLEY
ADMINISTRATOR (P/T)



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FUNDING COORDINATOR



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Board of Directors

John Mullins



Jarlath Corrigan



Maurice Healy



Valerie O'Riordan



Pat Cullen
Company Secretary



Carmel Battigan



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Company Information



Anam Cara Parental & Sibling Bereavement Support Limited is a company limited by guarantee not having a share capital, registered in Dublin, Ireland with registered company number 452644. Anam Cara Parental & Sibling Bereavement Support group Limited is also a charity with CHY Number 18073

Anam Cara Parental & Sibling Bereavement Support Limited
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Second Avenue
Cookstown Industrial Estate
Tallaght
Dublin 24

Tel 01 4045378

Tel NI 028 9521 3120

Website www.anamcara.ie

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Anam Cara Parental & Sibling Bereavement Support



@AnamCaraSupport



Anam Cara Parental & Sibling Bereavement Support

Banking Details

Ulster Bank
130 Lower Baggot Street
Dublin 2

Account Name: Anam Cara Parental & Sibling Bereavement Support Limited

Account No: 00636306

Sort Code: 98-50-30

IBAN: IE66ULSB98502000636306

BIC: ULSBIE2D

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2016 in Images – Anam Cara Information Pack local launches



Anam Cara Cork Launch
L-R Miriam Porter and Valerie O'Riordan



Kate Burke - Anam Cara South Dublin



Ciara Murphy - Anam Cara Donegal



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2016 in Images – Anam Cara Information Pack local launches



Jannah Walshe – Anam Cara Mayo



Paul Dowling, Celine Deane, Brid Carroll, Jean O'Quigley

Anam Cara North Dublin

Brid Carroll



Frances Forde, Caroline Flaherty, Grainne O'Connell



Anam Cara Galway

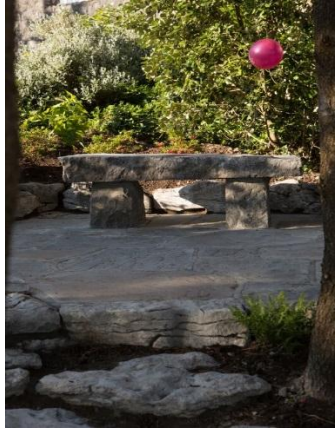


Sharon Vard, Catherine & Mary McLoughlin, Caroline Flaherty

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2016 Gallery

Anam Cara Galway – Family Remembrance Event



Anam Cara Cork – Fundraising Lunch 2016



Anam Cara Daddyandme 2016 Campaign

