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Foreword



↑
Cormac Kissane, Chair and
Emma Balmaine, Chief Executive Officer

2025 was a year that reminded us – powerfully and profoundly – why the Irish Heart Foundation exists.

Every day, we meet people whose lives have been reshaped by heart disease, stroke or thrombosis. We speak with people who performed CPR on a loved one, survivors learning to walk or speak again, families searching for answers and communities determined to protect one another. Their courage fuels us. Their stories guide us. And their resilience strengthens our resolve to create lasting change.

This year marked the beginning of our new 2025-2028 strategy – an ambitious, hope-driven vision to ensure that every person, no matter who they are or where they live, has the chance to live a long, healthy life. We are here regardless of age, background or means. Here for every community, every school and every workplace. Here for every heartbeat. Our mission is not abstract. It is rooted in the lived experiences of thousands of people across Ireland who allow us into their lives at their most vulnerable moments. It is for them that we push harder, speak louder and reach further.

A year of remarkable impact

The scale of our reach in 2025 is a testament to the generosity and determination of those who stand with us. Over **80,000 people** were trained in CPR, each one carrying the potential to save a life. In schools, nearly **40,000 children** built healthy habits that may protect them for decades to come. Our health checks reached more than **10,000 people**, many in remote or

disadvantaged communities where access to care can be limited or delayed.

Most importantly, our patient support services stood shoulder-to-shoulder with **4,600 heart and stroke patients**, helping them rebuild confidence, navigate fear and reclaim hope. Whether through our Nurse Support Line, peer-to-peer support, counselling, online communities or face-to-face groups, each interaction carried the same message: *you are not alone*.

We are deeply moved by those who shared their stories with us this year. People like Sharon, who turned her traumatic heart event into a force for empowerment, or Larry, who found renewed purpose in community after stroke. Their honesty reminds us that behind every statistic is a life changed – and behind every life changed is the compassion of our staff, volunteers, donors and partners.

July 2025 heralded the inclusion of thrombosis as part of our work as we follow on and continue the great work of the founder of Thrombosis Ireland, Ms Ann Marie O'Neill. We endeavour to advocate, raise awareness of the risk factors for blood clots and support those who have experienced and live with the impact of thrombosis through our health promotion, prevention and advocacy work.

Challenges that strengthened our resolve

The journey was not without difficulty. Demand for vital services continued to outpace supply, highlighting the gaps that persist in our health system. Too many people still face the emotional and psychological weight of heart disease or stroke without adequate community

supports. Inequalities in cardiovascular outcomes continue to impact families in low-income communities disproportionately. And rising costs placed increased pressure on our services and fundraising efforts. We were disappointed that we could not secure sustainable ongoing funding for our High Risk Prevention Programme which has done great work in four distinct communities over the past couple of years. We will however take the important learnings from the programme and associated research to ensure that we can build on the evidence and help those at highest risk of cardiovascular disease.

The challenges we experienced did not weaken us. They sharpened our focus. They reminded us that our mission is not only worthwhile but urgent – and that our advocacy for better cardiovascular care, stronger prevention policies and fairer health outcomes must continue with renewed energy.

Seeds of change and opportunities ahead

Thanks to years of persistent, patient advocacy – and the powerful voices of our Patient Champions – 2025 brought extraordinary progress. Commitments to a new National Cardiovascular Health Policy, improvements in stroke and cardiac services, new tobacco and vaping regulations and long-awaited advancements in organ donation legislation will shape the future of heart, stroke and thrombosis care in Ireland. These policy shifts represent hope made real.

The first three years of our strategy offer immense potential:

- **In prevention**, we will introduce a more holistic workplace wellbeing initiative, expand our CPR training and build inclusive health information that empowers every person – regardless of literacy, background or circumstance – to care for their heart.
- **In care and support**, we will extend Heart Connect to all cardiac conditions, deepen psychosocial supports and continue building communities where patients and carers feel seen, heard and understood.
- **In health equity**, we will intensify our work in low-income and marginalised communities so that those most affected by cardiovascular disease are placed firmly at the centre of our efforts.
- **In research**, we will generate essential evidence that helps shape better services, stronger policies and more effective prevention for generations to come.

We are optimistic – not because the challenges are small, but because the people behind this mission are extraordinary.

Governance grounded in trust and integrity

Our responsibility to the public is one we hold with deep respect. As a charity fully compliant with the Charities Governance Code and proud holders of Triple Lock status, we remain committed to the highest standards of transparency, accountability and ethical practice. Our voluntary Board of Directors brings expertise, independence and unwavering stewardship. Our staff and volunteers embody professionalism, compassion and integrity every day.

Our strengthened governance structures – including enhanced risk management, safeguarding, oversight and organisational development – ensure that the Irish Heart Foundation continues to be a trusted guardian of public generosity and a reliable source of support for those who need us most.

A heartfelt thank you

This work is only possible because of you.

To our donors, fundraisers, funders and supporters – you are the lifeblood of our organisation.

To our volunteers – you give your time, your energy and your heart.

To our staff – your commitment transforms lives every single day.

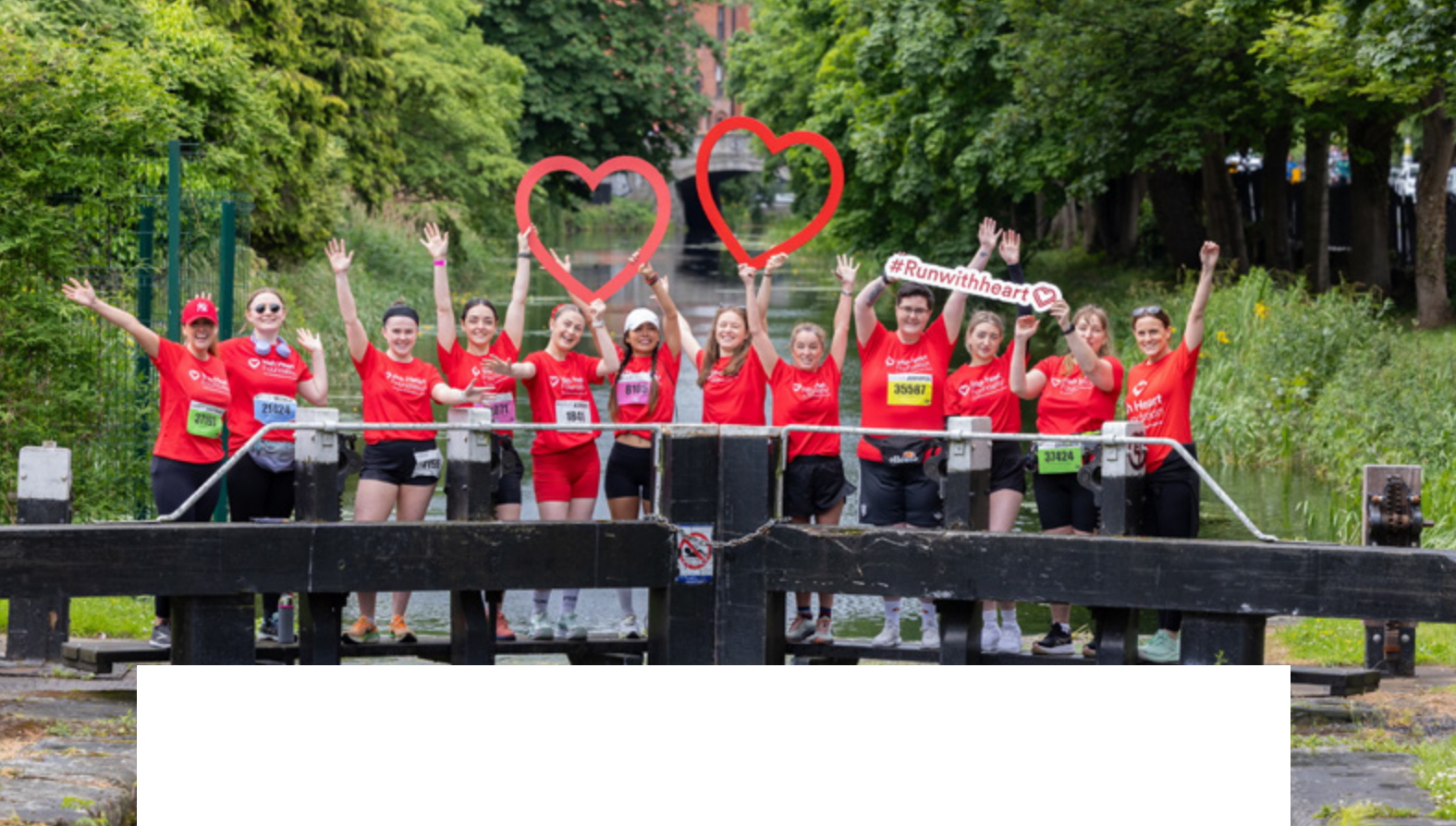
To the people living with heart disease, stroke or thrombosis who share their stories – you give courage to others and shape the future of our mission.

And to everyone who believes in the power of community, compassion and collective action – thank you. You remind us that change is not only possible but happening.

As we step into 2026, which is the 60th anniversary of the founding of the Irish Heart Foundation, there are so many lives still to be saved. Together, we look to the future with hope. With determination. With belief in a world where fewer hearts are broken, fewer lives are damaged, shortened or lost, and more people live well for longer.

Cormac Kissane,
Chair

Emma Balmaine,
Chief Executive Officer



Who we are and what we do

We are the Irish Heart Foundation, the national heart and stroke charity.

We are a community of people who fight to protect the cardiovascular health of everyone in Ireland.

Serving heart and stroke patients, their loved ones and the public since 1966, our mission is to stop people dying prematurely from heart disease and stroke.

Our vision

A future where no hearts are broken by preventable heart disease and stroke.

Our mission

To eliminate preventable death and disability from heart disease and stroke, and to support and care for those living with these life-changing conditions.

Our values

Our values are the cornerstone of everything we do. They inspire us to strive for the highest standards in all that we do and help us to remain focused on our vision and mission.

Fairness and equity

We believe that equity of access to heart and stroke services for prevention, diagnosis, treatment and care is a basic human right.

Collaborative and evidence driven

We design our programmes in collaboration with the people who need them and their families, so that they are appropriate, relevant and effective. We base and evaluate our programmes on the best available evidence.

We believe in partnership and collaboration with other organisations rather than going it alone, and we try not to duplicate the work of others.

Transparency and accountability

We are trustworthy and transparent in our work. We are accountable to the public and our many stakeholders.

We always aim for excellence, maximum impact, cost effectiveness and the highest standards of corporate governance.

Compassionate and courageous

We are compassionate in our work, and we are not afraid to stand up and speak out where public policy or vested interests threaten or fail to protect people's health.

We are relentless in our support of people impacted by cardiovascular disease.

Empowering and supportive

We support and enable people to lead healthy lives. We empower people to create healthy environments.

We work with people to understand their needs and to develop information, tools and training to support them to make sustainable changes in their lives.

2025: Our impact in numbers

50

Irish Heart Foundation
Patient Champions

44

healthcare facilities achieved our Happy Heart Healthy Eating Award, positively influencing the daily food environment of over **31,800** healthcare staff nationwide.

40,225

Irish Heart Foundation resources downloaded by teachers.

2,263

streams of our 'Bizzy Breaks' videos.

Nearly

40,000

children completed our 'Let's Get Active' challenge, building healthy habits that last a lifetime.

Over

80,000

people trained in CPR through our network of **2,300** instructors.

Over

350,000

young people had the opportunity to learn the vital skill of CPR as part of our CPR 4 Schools programme.

Over

10,000

health checks completed nationwide.

We provided support to

4,600

patients through our Stroke Connect, Heart Connect and cardiovascular conditions services.

5,786

patients and carers were supported by our social media groups.

1,704

queries answered by our Nurse Support Line

468

members of our Young Stroke Support Network.

95%

of users said their experience of using our Nurse Support Line was "very positive."

150

trained volunteers delivered a total of **8,649** hours of support during 2025.

What our service users say

“Excellent service. We had a visit from an Irish Heart Foundation nurse to a homeless service. Both residents and staff enjoyed meeting the nurse and found the experience very beneficial.”

“For me it was hard to make the call [to the Nurse Support Line], but once I rang, the nurse was very friendly and supportive, and I felt secure to find out you’re not alone.”

“[The Stroke Group coordinator] was like my guardian angel and I am forever indebted to her for the sympathetic ear, her kindness and all the resources she organised for me.”

“[The Stroke Connect Service] was brilliant. Before I came on board with the Irish Heart Foundation things weren’t going very well at all, the support I received turned that on its head... I wouldn’t be the same without it.”

“We had an incident in school the week before the Christmas break, where a 5th year student suffered a cardiac arrest during a basketball game. Along with a teacher from another school, I had to perform CPR and use an AED until the emergency services arrived. Thankfully the student survived and is back in school now. This incident brought to light the reality of such an event in a school setting and the importance in making sure that everybody knows what to do. I can honestly say that the training that I received from the Irish Heart foundation helped me to act appropriately, and I am very grateful for that.”

“Thanks for setting me up on the CPR course. It was excellent – best I’ve ever done.”

“[The talk] gave me confidence to talk about heart health with other women and signpost them to the Irish Heart Foundation.”

“I was given excellent advice and suggestions about my future healthcare which was jargon-free and easy to understand.”

“Thank you for all the kind words of encouragement, support, motivation... it has been a journey of healing and recovery for the last 50 weeks since my stroke. For the first six months I struggled to walk any more than two kilometres before the lethargy [and] lack of confidence started. With the support from... the team from the Irish Heart Foundation, my amazing recovery was very fast and very successful. I will always be indebted to... the whole team.”

“When I have doubts about my condition... the professional advice you give [on the Nurse Support Line] always puts my mind at ease... my grateful and sincere thanks for all your help. You are a life saver.”

“The [Irish Heart Foundation] presentation was so heartfelt and everyone in the room could relate to what happened to the speaker – it could happen to any of us. She spoke so plainly and down to earth so people could really relate to her.”

“I think the Mobile Health Unit is a great idea. It was so easy to do and the staff are very knowledgeable.”

“The Irish Heart Foundation is amazing and has great support. The Young Stroke Support Network was a game changer for me and my mental health.”

“I have been a member of this [stroke survivor] group for a long time. Fourteen years... it’s been a lovely experience, somewhere you can go and be around people who understand what you’re going through. When this happened to me, I thought it was the worst thing ever. I’m in a place now where I feel it’s the best thing that ever happened to me. The stroke group is a great place for me. I thoroughly enjoy it.”

“Really lovely [Irish Heart Foundation] nurse in the tent at the Ploughing... lots of easy to understand information... keep up the good work.”

Corporate Governance

The Irish Heart Foundation is a registered charity primarily supported by donations from the public and businesses in Ireland.

The goodwill and generosity of our supporters funds the life-saving and life-changing work that we carry out in prevention, research, CPR training and patient support.

Every donation we receive helps us to support people in Ireland to live longer, heart-healthy lives.

Our commitments



Our donors and supporters are the backbone of our organisation. We are fully committed to them and subscribe to a donor charter as set out by the Charities Regulator.



We are committed to honesty and transparency about our finances and charitable spend so our donors and supporters can see the impact of their support.



We are fully compliant with the Charities Governance Code and hold Triple Lock Membership from Charities Institute Ireland.



We are governed by a voluntary Board of 12 members from the medical and business communities.

The Irish Heart Foundation is:

- a registered charity with the Charities Regulator (RCN: 20008376)
- a company limited by guarantee, registered with the Companies Registration Office (CRO: 23434)
- registered with the Revenue Commissioners for a charitable tax exemption (CHY: 5507).

Directors' Report

Our key organisational pillars

DEFEND



We will lead the fight to protect heart health from threats like junk food, tobacco, alcohol, air pollution and gaps in care.

EMPOWER



We will empower patients and the public with the best information and tools to enable them to make healthier choices for their heart.

CARE



We will support people affected by cardiovascular disease to live their best life possible in their own homes and communities.

Strategic priorities 2025-2028



Advocacy

We will advocate for change at a national and European level, supporting the implementation of policies that help prevent, treat and care for cardiovascular diseases, the rights of those living with the effects of cardiovascular diseases, and the social and environmental factors that impact health.



Prevention

We will focus on primary and secondary cardiovascular disease prevention policies, addressing the social factors that affect health and raising awareness about the impact of climate change on heart health. We will support health promotion and prevention across policy, advocacy and programmes. We will empower people to look after their heart health and teach life-saving CPR in hospitals, communities and schools across Ireland.



Care and support

We will support those living with the impact of heart disease and stroke.



Health equity

We will focus relentlessly on people living in low-income communities where heart disease and stroke rates are highest. We will also address differences in health, focusing on gender, location and age.



Research

We will conduct and fund research, utilise evidence-based approaches and measure our impact through research.

Advocacy

Our advocacy team is responsible for campaigning for improved patient care and the implementation of policies that prevent premature death and disability from heart conditions and stroke.

The patient voice is a powerful force behind our mission. We are committed to ensuring that the lived experiences of people affected by heart disease and stroke is used to help shape policy, influence services and drive meaningful change.

We work closely with patients and their loved ones, and actively encourage them to share their stories and experiences with us to strengthen our advocacy efforts and help us push for better support and improved care.

The Irish Heart Foundation's Strategic Plan (2025-2028) outlines a wide-ranging advocacy agenda covering policy development, clinical service improvements and public health measures.

2025: What we achieved

The Irish Heart Foundation advocacy team campaigns for improved patient care and the implementation of policies that prevent premature deaths and disability from cardiovascular disease. This year was another year of significant achievement, both in terms of landing long-term campaign goals and sowing the seeds for crucial future policy development.



↑ Irish Heart Foundation Patient Champions at Leinster House



↑ Dr. Eamonn O'Shea, HSE/ICGP Integrated Care GP Clinical Lead Cardiovascular Irish College of General Practitioners, Dr Emer Joyce Consultant Cardiologist, The Mater Hospital, Emma Balmaine CEO, Irish Heart Foundation, Chris Macey, Director of Advocacy and Patient Support, Irish Heart Foundation

Government formation

Our influence on the new programme for government sets us up for significant progress over the next five years – not least through commitments to deliver a comprehensive new National Cardiovascular Health Policy, new strategies to tackle obesity and the harms of social media, a ban on the sale of energy drinks to children, improvements in heart and stroke services (including more doctors, nurses and therapists) and a new rehabilitation strategy.

Cardiovascular strategy

After our repeated calls, the Minister for Health Jennifer Carroll MacNeill set a tight deadline for the publication of the National Review of Specialist Cardiac Services, with an implementation plan that will make a huge difference to critical cardiac services.

Progress has also been made on key measures in the National Stroke Strategy. This includes funding for 68 new posts for doctors, nurses and therapists that will greatly strengthen Ireland's stroke unit network, reducing preventable death and the number of people requiring institutional care.

Tobacco and nicotine

Building on last year's success in raising the legal tobacco sale age to 21, we made significant progress this year through new legislation introduced in the Oireachtas to protect young

people from vaping addiction. This includes a ban on disposable vape sales, all e-cigarette flavours except tobacco and nicotine pouches, along with stricter advertising restrictions and plain packaging requirements for vape products. In addition to further tobacco tax increases in the Budget, a new vape tax set at a high level to discourage youth initiation was imposed by Minister for Finance Paschal Donohoe.

Legislation

Other important legislation included the Human Tissue Act, which will greatly increase the chances of suitable donors being identified for people awaiting a heart transplant. This finally became law in June, 12 years after we started advocating on the issue.

After we lobbied for the introduction of CPR questions to be included on the driver theory test, this year regulations were confirmed requiring new drivers to have a basic knowledge of first aid and CPR. This is highly likely to save lives by increasing resuscitation attempts on the roadside following cardiac arrests.

Oireachtas Heart and Stroke group

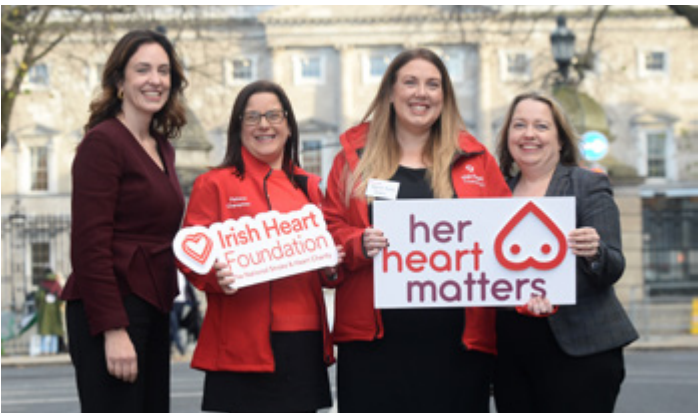
A major focus of the advocacy team's work during the year was setting up a cross-party heart and stroke group under the chairmanship of Fianna Fáil TD Cathal Crowe. This group has a membership of approximately 80 TDs and



↑ Irish Heart Foundation Patient Champions with Emma Balmaine CEO, Irish Heart Foundation, Chris Macey, Director of Advocacy and Patient Support, Irish Heart Foundation and Pauline O'Shea, Advocacy Campaigns Manager, Irish Heart Foundation



↑ Pauline O'Shea, Advocacy Campaigns Manager, Irish Heart Foundation, with Patient Champions Michael Madigan, Marie Carey, Fiona Meagher, Teresa O'Hanlon and Stephen Comerford, meet the Oireachtas Heart & Stroke Group to discuss Heart Failure in Ireland



↑ Dr Neasa Starr, Consultant Cardiologist, University Hospital Limerick, Marie Carey, Patient Champion, Jessica Simpson, Patient Champion and Janis Morrissey, Director of Health Promotion, Information and Training, Irish Heart Foundation



↑ Chris Macey answering media questions after the event in Brussels titled Closing the Gaps in Stroke Care: a Call to Action for Europe

senators and met three times since its launch in April. During these meetings the group heard powerful testimony from our Patient Champions and medical experts on the challenges faced across the full spectrum of cardiovascular disease, with a specific focus on heart failure, stroke and the poorer outcomes experienced by women living with heart disease.

Patient Champions

Our Irish Heart Foundation Patient Champions represent almost every county in Ireland and spearhead our advocacy work across cardiovascular issues. Each Patient Champion undergoes a rigorous training programme, and we are proud to say our 50th heart and stroke patient champion graduated from the programme this year.

In addition to lobbying politicians, this year our Patient Champions developed a Heart Failure Patient Charter, setting out how heart failure care should be delivered. They also provided the patient voice on the Irish National Audit of Stroke, the Irish Heart Attack Audit, the National Stroke Strategy Oversight Group and the Department of Health's Women's Health Forum. They also represented patients on many HSE groups, including app development, implantable cardioverter defibrillator (ICD) deactivation, the National Clinical Programme for Cardiothoracic Surgery and the National Secondary Prevention group (which falls under the National Heart Programme).

Research

Throughout the year we published research showing that younger heart failure patients were put at risk by being under-prioritised for vaccines during the Covid-19 pandemic, and we are lobbying to ensure this cannot be repeated in future outbreaks of deadly viruses. We collaborated with the HSE, Department of Finance, Department of Health and Revenue Commissioners in commissioning the Think-tank for Action on Social Change (TASC) to carry out HSE-funded research on the development of a broader sugar tax along with subsidies on healthy food. And we continued to assist in research led by the Royal College of Surgeons Ireland (which we are co-funding), to develop post-discharge service and support pathways for stroke survivors.

Childhood obesity

With State-funded research estimating that 85,000 of today's children on the island will die prematurely due to overweight and obesity, the lack of action to protect them, particularly through restrictions on junk food marketing, remains deeply frustrating.

A New Year ban on all paid-for junk food advertising online in the UK, paired with a 9pm TV watershed, marks a significant step forward. Further hope comes with policy options put forward as part of the Online Health Taskforce to also ban brand marketing online, and new EU proposals to restrict unhealthy food marketing – all pointing towards meaningful progress in 2026.

Climate and health

Air pollution continues to cause 1,600 premature deaths per year in Ireland, the majority of these due to heart disease and stroke. In conjunction with the Department of the Environment, the Irish Heart Foundation rolled out a solid fuel burning air pollution awareness campaign. Seeking to raise awareness of the health harms of burning solid fuel in domestic settings, the success of this campaign has led to several county councils promoting the campaign assets.

The Climate and Health Alliance (CHA), which was established by the Irish Heart Foundation, continued to grow in members and influence, with strong collaboration continuing with the Department of Environment and Transport and Minister Darragh O'Brien. In the past 12 months, the CHA has grown from 25 to 33 members. The landmark success this year was the publication of the report 'Active Travel: The Magic Pill' in October. An air quality report is anticipated for 2026.



Advocacy at a European level

The Irish Heart Foundation was also prominent in international advocacy, playing a leading role in the development of a revised Stroke Action Plan for Europe, to which the Irish government has agreed to sign up. We also took part in a European Parliament event hosted by Billy Kelleher MEP to highlight the needs of stroke survivors. We are confident that following our advocacy throughout the year, cardiovascular disease will be designated as one of the priorities of Ireland's Presidency of the EU in the second half of next year.

We also lobbied, along with many other organisations and umbrella groups, for a strong EU Cardiovascular Health Plan before its publication in December. It includes provision for all member States to have a cardiovascular health plan by 2027, creates targets for blood pressure and cholesterol checks, announces an EU-wide 'Know Your Numbers' campaign, mobile screening pilots and investment in research, and creates a cardiovascular health inequalities dashboard. It also supports our call for a tightening of EU legislation permitting cross-border restrictions on junk food marketing.

← Irish Heart Foundation Director of Advocacy and Patient Support Chris Macey moderating a European Parliament event in October that brought MEPs, senior officials, stroke survivors, patient organisations and health professionals together to seek inclusion of key stroke service developments in the EU Cardiovascular Health Plan

Prevention

Through our health promotion and prevention work, we aim to empower patients and the public by working with them to provide the tools and information they need to lead heart-healthy lifestyles and make informed decisions about their health.

By offering accessible and practical information, we are building a healthier, more informed population and communities of lifesavers across the country.

The Irish Heart Foundation's Strategic Plan (2025-2028) outlines an agenda covering CPR training, health checks for underserved at-risk groups, school-based health promotion, public awareness campaigns and developing accessible health information in partnership with patients and healthcare experts.

easier for staff and visitors, and align catering provision with the HSE Nutrition Standards.

In 2025, 44 healthcare facilities achieved the Happy Heart Healthy Eating Award, positively influencing the daily food environment of over 31,800 healthcare staff nationwide.

As part of the Irish Heart Foundation's new strategy, 2025 also marked the final year of the Happy Heart Healthy Eating Award. It will be replaced by a broader workplace-based health promotion initiative, designed to reflect changing workplace needs and a more holistic approach to cardiovascular health and wellbeing at work.

The Irish Heart Foundation would like to sincerely thank all catering teams, partners and staff who have participated in and supported the programme over the years and invite workplaces to stay tuned for the new programme.

2025: What we achieved

Happy Heart Healthy Eating Award

In 2025 the Happy Heart Healthy Eating Award continued to play an important role in promoting healthier food environments across Ireland's healthcare services.

Supported by the HSE Healthy Eating Active Living programme, it has enabled healthcare services to make healthier food and drink choices



←
Nenagh Hospital
catering team

"We found the whole experience very rewarding as it gave us the opportunity to take the time to examine our practices and choices for our menu which can often get lost in the busy-ness of the day to day. It also guided us into being more creative within the resources we have, as well as giving us the confidence to try new things."

– Rachel Kerrigan, Catering Manager,
Newcastle Hospital

Children and Young People

We support children and young people to make healthier choices part of their everyday, helping them live healthier, longer lives. We work with teachers, parents, children and young people in schools to create programmes that are fun, practical and empowering, helping to establish a generation of lifesavers.

"Just sitting gets a bit boring so it's nice to get up and start moving and you can have a bit of fun with your friends when you're doing the movement breaks and stuff. It's important so that you get healthy and stay active to live longer."

– Child, age 11, from county Laois who participated in one of our focus groups.

Primary Wellbeing Programme

Our primary school programme helps children build healthy habits through:

- **Bizzy Breaks** – short movement and mindfulness breaks
- **Action for Life** – our PE and SPHE health education programme
- **'Let's Get Active' challenge pack** – a four-week challenge that brings activity home and into the community

This year, teachers downloaded 40,225 resources and streamed 2,263 Bizzy Breaks videos. Nearly 40,000 children completed the Let's Get Active challenge, building habits that last a lifetime.



↑
Children in Ballinakill National School,
County Laois with some of our Action for
Life programme resources



↑
Children in Ballinakill National School, County Laois,
doing activities from our Bizzy Breaks programme

CPR 4 Schools

Our CPR 4 Schools programme gives schools everything they need to train students in CPR and AED use every year.

Schools tell us why this matters:

“By integrating this training into our classes, we ensure that all students, regardless of background or ability, gain the confidence and competence to act in an emergency. The importance of this programme cannot be overstated – it empowers young people to become proactive community members and potential lifesavers.” – a spokesperson from Coláiste Naomh Cormac, our CPR 4 Schools Special Recognition Award Winner 2025.

St. Brigid’s College trained all their students and staff this year in CPR and were another CPR 4 Schools Special Recognition Award Winner in 2025. Speaking about their experience, a spokesperson said:

“This means that 830 people in the small town of Loughrea and its hinterland will be trained, and hopefully this means that lives are saved if CPR is needed.”

Health Literacy

We were proud to receive the RTÉ Toy Show Appeal with Community Foundation Ireland grant for the second year running, progressing our World Health Organization Health Literacy Development project. Together with students, we co-designed activities that make health information practical and useful in everyday life – helping young people make informed choices for their future health.



↑ Students at Gorey Community School in County Wexford receiving CPR training

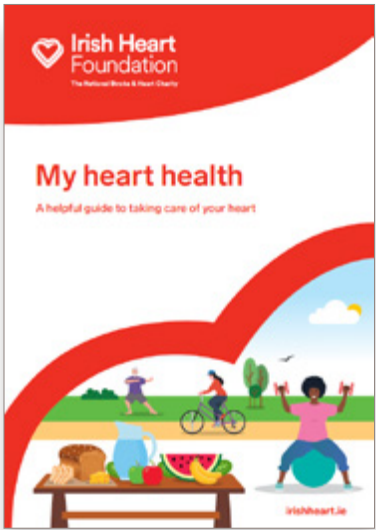
Health information

The Irish Heart Foundation is committed to making accurate health information available to everyone in Ireland in an inclusive and accessible way.

Partnerships and engagement with community groups across Ireland are key to this goal. The health information team is focused on forging meaningful relationships with communities in Ireland.

This year, we secured funding from the SOLAS Adult Literacy for Life Strategy Collaboration and Innovation Fund 2025 to develop resources to improve cardiovascular health literacy in Ireland. We partnered with Healthy Galway City and Galway City Council on this project. With their help, we engaged with communities in Galway with lower levels of health literacy over a series of workshops to co-produce a printed resource and five videos on heart health.

In addition to these new resources, we updated our resource on cardiac rehabilitation in collaboration with the Irish Association of Cardiac Rehabilitation and our patient panel. We also updated our website content on weight management in collaboration with the Irish Coalition for People living with Obesity.



← An example of our health information resources that are co-designed with patients

Following the winding down of Thrombosis Ireland, the Irish Heart Foundation now includes thrombosis among the cardiac conditions we offer support and information for. An Irish Heart Foundation council of thrombosis experts and patients was set up to identify the content and information needs of thrombosis patients in Ireland.

We continue to foster these community and patient relationships to make sure that our resources reach all who need them.

Health Promotion Alliance Ireland

In 2025, the Health Promotion Alliance Ireland (HPAI) focused on building the foundations required to become a strong, coordinated voice for chronic disease prevention. The HPAI is a coalition of over 20 leading organisations and a comprehensive workplan was developed, establishing a clear strategic roadmap to align the collective efforts of member organisations and support joined-up action across the island of Ireland.

Key organisational development work progressed during the year, including the early development of a distinct brand identity and logo and a core policy briefing document to introduce the Alliance, articulate its vision, and translate the collective expertise of members into clear, actionable policy recommendations for decision-makers.

HPAI actively engaged in national consultations, including submissions to the Obesity Strategy, ensuring the Alliance is recognised as a constructive partner in government policy development. Expert speakers were invited to share insights on effective approaches to addressing non-communicable diseases, supporting shared learning and informing future advocacy priorities.



↑
Brigid Sinnott from the Irish Heart Foundation delivering CPR training

CPR training

We empower people to recognise the signs of cardiac arrest, choking, heart attack and stroke. In 2025:

- over 80,000 people were trained in CPR through our network of 2,300 instructors.
- 52,053 were trained in the healthcare setting which included Basic Life Support (BLS) courses and Advanced Cardiac Life Support courses (ACLS).
- 29,247 members of the public and Community First Responders received certified training.
- Instructors continue to train people in our awareness course, Hands for Life.

The International Liaison Committee on Resuscitation found that Ireland has the highest bystander CPR rates in the world at 83%. CPR training has been an important contributor to achieving this leading position and we are proud to support people in learning this life-saving skill.

Updated international CPR guidelines were launched in October of 2025. The rollout of updates to all instructors began, as there are significant changes in responding to someone choking and infant CPR. The Resuscitation Quality Improvement (RQI) programme, which involves self-directed learning and high frequency practice on a manikin, was

implemented into the National Rehabilitation Hospital in December 2024 and throughout 2025. The Irish Heart Foundation continues to lead the rollout of the programme. In June, Cork University Hospital commenced the RQI Experience, which is a pilot of the programme and encourages hospitals to trial the RQI for a six-month period without commitment. They have decided to permanently implement RQI alongside HeartCode online and Instructor-led BLS training. University Hospital Limerick commenced preparation for introducing RQI experience for January 2026.

Slí na Sláinte and physical activity

In 2025, the Slí na Sláinte and physical activity section continued to roll out different initiatives across communities and workplaces. The development of workplace Slí na Sláinte walking routes at healthcare campuses continued in partnership with the HSE. Alongside this, requested maintenance work on community Slí na Sláinte routes was carried out in collaboration with local councils, ensuring upkeep of signage.

A series of heart health and physical activity talks were delivered nationwide, engaging with healthcare staff, local communities, academia and partner organisations. These sessions promoted awareness of cardiovascular wellbeing and encouraged active lifestyles towards heart health in line with the Irish Heart Foundation campaign messaging.



↑
Irish Heart Foundation staff and our community partners in Galway with our new resource

Under the Irish Heart Foundation's new strategy, 2025 brought the closure of the Slí na Sláinte route development and walking leader training programme. In its place, a more comprehensive workplace-focused health promotion initiative will be introduced, reflecting evolving organisational needs and embracing a more holistic view of cardiovascular health and wellbeing at work.

The Irish Heart Foundation would like to sincerely thank all stakeholders, partners and staff who have participated in and supported the programmes over the years.

Health Check Service

The Health Check Service continued with over 10,000 health checks completed nationwide, raising awareness of high blood pressure and associated risk factors for heart attack and stroke. The service expanded its reach across all 26 counties, with a sustained focus on disadvantaged communities.

The Health Check Service complemented health services by delivering health checks in rural, remote and socially isolated locations. A strong emphasis was placed on outreach to communities with limited access to healthcare. This included travel to offshore communities, notably Arranmore Island, ensuring residents had access to vital cardiovascular health checks and health information closer to home.



↑
Mobile Health Unit visit to a local Daybreak store where our nurses completed health checks for the community

A key development in 2025 was the partnership with Hidden Hearing, which enabled the integration of hearing checks alongside cardiovascular assessments. This collaboration enhanced the holistic approach to health checks and extended the reach of preventive services to communities nationwide.

With ongoing support from the HSE, the Farmers Have Hearts programme remained a core element of service delivery. Comprehensive cardiovascular disease risk assessments were carried out in 32 marts nationwide, addressing health inequalities experienced by the farming community.

In addition, funding from the Department of Agriculture, Food and the Marine supported health checks at five major agricultural shows, including the National Ploughing Championships. Across these events, over 1,200 health checks were completed, contributing to the early identification of cardiovascular risk and increased awareness of prevention within the agricultural sector.

“If this helps even one person, that’s all that matters”



Sharon Butler, heart attack Survivor

A quiet birthday celebration in 2019 marked the beginning of a life-altering journey for Sharon Butler, aged 53 from Mahon in County Cork.

A former youth and community worker, Sharon had returned to full-time education in her late thirties, earning both a law degree and a masters. At 46, everything changed for her.

“I was in the middle of my training as a legal cost accountant when I had my heart attack,” she recalls.

While trying on a pair of new shoes at home, Sharon felt “this sudden rush up my chest and a pain in my oesophagus.”

She initially thought it was indigestion, but her daughter, Robyn, noticed that her mother’s colouring had changed, and her pain wasn’t easing. Despite Sharon’s protests, Robyn phoned Sharon’s now-husband James, who had just begun his medical internship.

Sharon began experiencing pins and needles in her hand and pain across her jaw, but still, she resisted calling an ambulance insisting it was just indigestion. James came home and explained that women can present differently with heart attacks and told Sharon that it sounded like she was experiencing one.

Common symptoms of a heart attack in women include chest pain that can spread to the neck, jaw, shoulder and left arm, difficulty breathing, feeling dizzy, vomiting or nausea and sweating.

After speaking to James, Sharon was convinced. They took a taxi to the hospital.

“I was lucky,” Sharon recalls. She was seen almost immediately at the hospital and underwent tests. Her ECG results were

abnormal, but Sharon was still not convinced she had experienced a heart attack.

“I kept thinking I was wasting everyone’s time,” she says, noting that when the doctor confirmed she had had a heart attack, she was “shocked” and “couldn’t take it in.”

The next day, Sharon underwent an angiogram. It was then that she first heard the term Spontaneous Coronary Artery Dissection (SCAD). SCAD happens when the wall of your coronary artery rips or tears. If not treated quickly, SCAD can lead to an abnormal heart rhythm, heart attack or sudden death.

Sharon spent five days in hospital. Before leaving, a nurse gave her written notes on cardiac rehabilitation and exercises to avoid. She was prescribed medication and discharged.

Sharon’s return home was disorienting. She was very nervous, still experiencing chest pain and felt that she still knew very little about SCAD.

“I was still in shock. I rang work saying I’d be back next week, but my GP said I needed at least a month off.”

Used to being busy, she struggled with the sudden restrictions and felt isolated emotionally.

“I was anxious, not sleeping, and didn’t want to burden anyone. I felt very alone,” she says.

The hospital had suggested a SCAD Facebook group, which became a lifeline.

“I read everything. It helped me find information and feel less alone.”

Sharon also found the online resources from the Irish Heart Foundation to be “invaluable at the time.”

After a month, she returned to work, and as the months passed, Sharon found that she stopped worrying every time she felt chest pain. Counselling helped her make sense of the trauma she had experienced.

“It took about a year before I felt like myself again. It’s taken my brain time to catch up with what happened.”

Sharon became one of the first Irish Heart Foundation’s Patient Champions, a programme developed to help train and support heart and stroke patients across Ireland on the most effective ways to make real and positive change happen.

“I just thought it was absolutely fantastic, not just to raise awareness about your own condition, but to be able support other people as well.”

She also volunteers with the Irish Heart Foundation’s ‘Let’s Talk’ service, offering peer support to people newly diagnosed with heart conditions, and has worked with the Irish Heart Foundation as part of their ‘Her Heart Matters’ campaign.

Her message now centres on self-compassion.

“Be patient and kind to yourself. That’s what helped me heal,” she says.

She continues advocating for women’s heart health, believing that “if this helps even one person, that’s all that matters.”

Care and support

Our national patient support services are designed to meet the significant psychosocial needs of people living with cardiovascular conditions in the community. We aim to provide person-centred support that includes access to information, education, emotional care and peer connection.

The Irish Heart Foundation’s Strategic Plan (2025-2028) outlines patient support initiatives including tailored support services addressing mental and physical health needs, collaboration with the HSE to reach more heart patients and stroke survivors and developing new services to support patients across the spectrum of cardiovascular disease and stroke. Since July 2025, the Irish Heart Foundation now includes thrombosis among the cardiac conditions we offer support and information for, following on from the work started by Thrombosis Ireland.

2025: What we achieved

Every seven minutes in Ireland, a heart or stroke patient is discharged home to what is often a bleak and uncertain future. Our pathway of practical, social and emotional support is designed to help patients live their best lives possible.

In 2025 we provided support to 4,600 patients through our Stroke Connect, Heart Connect and cardiovascular conditions services including thrombosis, whilst our social media groups supported a total of 5,786 patients and carers. In addition, our Nurse Support Line nurses answered 1,704 queries.

During the year we broadened our services to include thrombosis patients for the first time.

Our patient support services include:

- assessment of need and support calls through our Heart and Stroke Connect services
- short-duration interventions meeting specific needs
- counselling
- Nurse Support Line
- online support
- peer-to-peer phone and face-to-face support
- Young Stroke Support Network
- Stay Connected programme

This work is underpinned by a dedicated team of professional staff, nurses and over 150 volunteers, including many heart patients, thrombosis and stroke survivors who previously availed of our services themselves.



↑
Members of the Irish Heart Foundation’s Young Stroke Support Network (YSSN)

Stroke Support

There were 1,472 new referrals to our Stroke Connect service, an increase of 21% from the previous year, with a total of 2,895 unique users of the service.

This includes 379 stroke survivors who attended 20 face-to-face support groups across 14 counties, and 468 members of our Young Stroke Support Network for people of working age. The overall satisfaction rating for support received was 87.3%.

Heart Connect Service

Heart failure referrals more than doubled in 2025, with 615 patients availing of the service in total. This was reflected in referrals being received from 26 cardiac care and other health professionals who had not previously engaged with the service.

Significant further growth is expected in 2026, building on the extension of the service beyond heart failure to include all cardiac conditions. Thrombosis was also added to the service from July 2025.

Service evaluation found significant improvements in self-care among participants, with the greatest gains in fluid restriction, low salt diet, exercise and fatigue response. Meaningful reductions were recorded in reducing anxiety, along with a small but significant reduction in depression. The service received an 88% satisfaction rating from the participants.

Other cardiovascular conditions

There were 1,090 unique members of groups for other conditions, an increase of over 30% on 2024, with the biggest increases being recorded in the heart attack and cardiovascular disease, heart valve disease, atrial fibrillation and spontaneous coronary artery dissection (SCAD) groups. The satisfaction rating among members was 89%. We were supporting a total of 32 thrombosis patients by year end.

Emotional and psychological support service

There are huge deficits in psychological support for heart and stroke patients across the health service, despite high rates of depression and anxiety. We work to bridge this gap through a range of psychosocial services that are crucial to patient wellbeing and recovery.

This includes six weeks of free professional counselling and peer-to-peer support, along with short-term psychoeducation and mindfulness courses that support improved mental health. Our staff are trained to escalate to the appropriate clinical service if someone needs more intensive support.

Counselling

There were 330 referrals to our counselling service in 2025 – 215 stroke survivors and 115 heart patients.



↑
Members at a A Stroke of HeART workshop

Peer-to-peer support

We received 111 referrals (69 heart patients and 42 stroke survivors) to our 'Let's Talk' programme. This is a phone-based programme matching patients with trained heart and stroke patient volunteers who provide support, encouragement and practical tips to overcome barriers to inclusion.

Short-term interventions impact

We delivered 20 short-term courses in 2025, including:

- fatigue management
- vocational return to work
- Aphasia Café
- mindfulness
- yoga
- ACTivate Your Life – a psychoeducation programme
- Hero's Journey – guides participants through practical strategies, emotional support and skill-building activities to set meaningful goals for rehabilitation and growth
- A Stroke of HeArt – enables survivors to explore artistic expression and culminates in a showcase featuring artwork created by each participant.

An abstract on our vocational programme was one of just three chosen for presentation from some 130 entries at the European Life After Stroke Forum in Prague. This endorsement of our services at a conference attended by delegates from 48 countries yet again highlights the high esteem in which our patient support services are held.

Evaluations of our short courses found a wide range of benefits for participants, including:

- reduced depression, anxiety and improved positive outlook
- greater capacity to concentrate, think deeply and deal with concerns about the future
- improved emotional engagement and steadiness and ability to detach from unhelpful thoughts
- increased psychological flexibility, supporting resilience and meaningful living.



↑
Members of the Rhythm of Recovery Choir

Nurse Support Line

Our Nurse Support Line dealt with 1,704 queries in 2025, a 21% increase on the previous year. General cardiovascular disease, covering issues such as angina, stents and artery blockages, followed by stroke, counselling and arrhythmias represented the most common source of questions.

A secondary prevention call for people affected by Transient Ischaemic Attack, known as TIA or mini stroke, has proved to be very effective in supporting a cohort at elevated risk of suffering a full-blown stroke.

Some 95% of users said their experience of using the support line was "very positive."

Online support

There were 5,786 members of our Facebook communities at the end of 2025, comprising:

- **Heart Support Network:** 3,032
- **Life After Stroke:** 2,066
- **Carers group:** 688.

A total of 996 posts went out across the three platforms.

Irish Heart Foundation choir

Our Rhythm of Recovery Choir had 33 members during the year, performing at several public events, including a Eurovision-style Song contest for patient choirs – part of a project that won an award at the Irish Healthcare Awards.

Volunteer programme

A total of 150 trained volunteers, including many heart patients and stroke survivors, helped deliver our services, delivering a total of 8,649 hours of support during 2025. The main forms of support provided included acting as community volunteers with our face-to-face support groups, as Patient Champions on advocacy and lobbying programmes, and as e-volunteers, helping deliver our online supports. Also particularly significant is the work of our volunteers on our phone support services, which has enabled us to minimise waiting lists for our services.

Patient volunteers provide crucial assistance to the development of our support services and our advocacy and lobbying work. Patients who have received and delivered our support programmes have a unique insight into the services we should prioritise and the most effective ways to deliver support. Likewise, the lived experience of heart, stroke and thrombosis patients is the cornerstone of our advocacy agenda.

“I don’t know what I’d do without the Irish Heart Foundation services...”

A stroke changed Larry Gilligan’s life and left him unable to work, but he has found a new purpose with the Irish Heart Foundation.



↑
Larry Gilligan, stroke survivor

The 4th of January 2021 was a significant day in Larry Gilligan’s life. At 55 years of age, Larry had just learned he was to be appointed Head of Internal Audit for the CIE Group. Tragically, that day became his last in work. Feeling unwell, he tested positive for Covid-19. His condition deteriorated rapidly and he was taken to hospital, spending eight weeks in ICU on a ventilator and in a coma.

When Larry woke up, he was unable to speak and when his voice did return, he realised that he was having difficulty expressing himself.

“I was struggling to find words, and I felt there was something more wrong with me,” Larry recalls.

An MRI scan confirmed that Larry had suffered a stroke while in the coma, which was attributed to the pressure on his system caused by the Covid-19 infection.

Larry underwent further tests in Beaumont Hospital in Dublin, before a three-week spell of rehabilitation in Clontarf Hospital. After four months in hospital, he was discharged home. Recovery continued with the Beaumont Hospital Early Discharge Team consisting of a physiotherapist, a nurse, an occupational therapist, speech and language therapist and further rehab with the National Rehabilitation Hospital.

“After hospital my recovery journey continued but I was unable to return to work, meaning that my life would never be the same again.”

Fortunately, Larry was able to choose early retirement on health grounds.

“I should be grateful that I had that option which meant that financially I would be ok,” Larry says, “but the next period was very difficult. Coming to terms with a new life, a new existence, with a feeling that my life now was lacking in purpose.”

It was during rehabilitation sessions with the National Rehabilitation Hospital that Larry first heard about an Irish Heart Foundation exercise class in a gym in Kilmainham, Dublin.

Larry joined the Irish Heart Foundation’s Kilmainham Stroke Support Group, and there he met a host of people who understood what it was like to survive a stroke.

“The social part is the most important for me. We all meet up for the group exercise class and then spend an hour or two afterwards over coffee together,” Larry says. “We’ve all become great friends. The chat can be about anything but it’s often about how we are doing post-stroke. We all feel that we don’t always get the opportunity to do that in our daily lives. It’s so empowering.”

Larry decided to get more involved with the Irish Heart Foundation as a volunteer. He now provides peer support for the Kilmainham group and is a community driver, taking stroke and heart patients to Irish Heart Foundation events.

“I love to be able to help others get to their events. These social supports are so important to patients at every stage of their recovery,” Larry says.

As well as volunteering and driving, Larry is a member of the Young Stroke Support Network and an Irish Heart Foundation ambassador.

He took part in the Irish Heart Foundation’s Patient Champions programme, which trains and

supports people who want to help shape a better future for heart and stroke patients in Ireland.

A keen runner prior to his illness, Larry “worked hard, gradually got stronger and got back running,” completing his first Parkrun since his stroke in July 2023.

In 2024, he took part in the Irish Heart Foundation’s ‘Run 100 in February’ challenge and became the event’s leading fundraiser. He was “delighted to be able to complete the event and even more delighted with the response to my campaign and to have raised so much money.”

In 2025 he set himself a new goal – to run in the Dublin Half Marathon.

“To make the starting line I knew that I would need time, determination, a training plan and a bit of luck,” Larry says.

His commitment paid off. Reflecting afterwards he said:

“Life has changed in ways that I didn’t think were possible. I like to think that I have bounced back well, with the help of my family and friends and, of course, the medical professionals with whom I am still dealing.”

One of Larry’s biggest challenges was accepting that we would not return to work. But the Irish Heart Foundation has helped to restore that sense of purpose.

“I don’t know what I’d do without the Irish Heart Foundation services, it is a focus for my week. I have developed friendships from the Stroke Support Group and even though I have a great group of friends in my personal life, I can’t talk to them in the way I can talk to my friends in the group. I have a sense of understanding with them.

“The Irish Heart Foundation was there for me when I needed it. I have observed people visibly blossoming as they realise that they are not alone, that we have a community.”

Health equity

We are committed to challenging the unfair gaps that exist and ensuring that there is equity of access to good health and good heart health for all.

By tackling health inequality, we can help prevent heart disease and stroke where the need is greatest and ensure no one is left behind.

The Irish Heart Foundation’s Strategic Plan (2025-2028) outlines an inclusive approach to reaching underserved communities most at risk of cardiovascular disease, including low-income groups and diverse populations, working collaboratively to identify sustainable and impactful solutions.

2025: What we achieved

We are committed to focusing relentlessly on people living in low-income communities where heart disease and stroke rates are highest. We also address differences in health, focusing on gender, location and age.

Through our advocacy work, we advocate for the sections of society most vulnerable to cardiovascular disease. We work with policymakers, the medical profession and research organisations to tackle the under-diagnosis and under-treatment of cardiovascular disease in women and the lack of research into women’s heart health. We also lobby the health service and government on a range of issues to address poorer cardiovascular disease outcomes among women.

Through our work with the Oireachtas Heart

and Stroke Group, and the participation of our Patient Champions, we raise awareness amongst politicians of the financial pressures facing those living with cardiovascular disease, life after stroke and thrombosis, and seek their support to address this via Social Welfare schemes and services under the remit of the Department of Social Protection.

Through our prevention work we continue to focus on underserved and disadvantaged communities. For example, through our work with children and young people, we prioritise DEIS schools and schools in underserved communities at both primary and secondary level. We also deliver our CPR 4 Schools programme in secondary schools prioritising schools in underserved communities.

In addition, we schedule health checks in specifically selected locations that do not have access to preventative interventions and education and awareness opportunities.

Research

We are committed to supporting high-quality, impactful research with the potential to improve real world outcomes. This ensures our work is grounded in the latest clinical evidence and delivers maximum benefit to the people we serve.

The Irish Heart Foundation’s Strategic Plan (2025-2028) outlines a research agenda covering cardiovascular disease prevention and treatment, including partnering with other organisations to produce and publish high-quality research on cardiovascular disease prevention, supporting clinical research relating to acute cardiovascular disease treatment and conducting and commissioning research to inform our work.

2025: What we achieved

Research provides the foundation for meaningful action – guiding our policies, strengthening patient care and informing our advocacy efforts for people affected by heart disease and stroke.

The Irish Heart Foundation and many members of our patient network provide expert advice and guidance to research across a broad range of prevention, acute care, rehabilitation and psychosocial support programmes. We have a particular interest in studies examining pathways of community services and support that enable stroke and heart patients to maximise their health, wellbeing and quality of

life after hospital discharge, which has been a seriously under-researched area in the past.

Under our strategy, we are committed to undertaking developmental research as an integral part of our ongoing service improvement. Furthermore, we engage in a range of collaborative research activities from funding institutions to conduct relevant research on our behalf, to partnering with universities to explore how we can better understand and respond to the cardiovascular needs of different communities. We are proud for our research to be published and promoted in academic journals and conferences.

Looking ahead, our research agenda is guided by a commitment to generating evidence that can drive meaningful improvements in cardiovascular health outcomes across Ireland.

→
Sligo Park Hotel
cheque presentation



Fundraising

Individual giving

In 2025, more than 6,000 donors kindly supported our life-saving work by making regular monthly donations. The generosity of monthly recurring donors allows us to commit to delivering vital programmes in communities across Ireland. Monthly regular giving is a vital source of income for our organisation and is a core part of our fundraising. It allows us to plan for the year ahead and beyond, safe in the knowledge that there is a reliable source of income to count on.

During the year, many of our wonderful, loyal donors also responded to our direct mail appeals, selflessly giving the incredible sum of over €117,000.

The staggering level of generosity from our incredible donors allowed us to increase the value of their support by over €118,000 through our tax campaign. This is where the Irish Heart Foundation can claim up to 45% tax back on individual donations with a cumulative value of €250 or over in the calendar year.

Thank you

We were also deeply honoured by those who donated in memory of their loved ones. These memorial gifts represent both a tribute to those who have passed and a commitment to helping others affected by heart disease and stroke. We are profoundly grateful for their generosity and

hold each donation, and the memory it honours, with respect.

We also extend our thanks to the people around the country who have kindly given in gratitude for our life-transforming services and to celebrate special occasions such as birthdays and anniversaries.

Corporate support in 2025

Corporate partnerships remain at the heart of our mission, and we deeply value the support of companies of all sizes. These collaborations allow us to engage meaningfully – whether by offering workplace wellness solutions, delivering CPR training for staff or helping organisations achieve their environmental, social and governance (ESG) goals.

The year began on a high note with ‘Run 100’, our February workplace challenge. Over 100 companies took part, inspiring thousands of employees to build healthy habits while raising an incredible €136,000 for the Irish Heart Foundation.

We were proud to work with notable supporters including MCM Engineering, AIB, BDO, Whitewater Group, Salesforce, Member First Credit Union, Expeditors, Apple and Irish Cement. Our partnership with Northern Trust continued through their Women in Leadership committee, hosting events and information sessions throughout the year.



↑
Participants in the Irish Heart Foundation Arctic Challenge who, together, helped raise an amazing €135,667

We were also delighted to have Sligo Park Hotel and KM Lynskey choose us as their charity partners, running a series of successful fundraising events.

Special partnerships

This year, Fane Valley selected the Irish Heart Foundation and Northern Ireland Chest, Heart and Stroke as their all-island charity partners. With over 1,000 employees, their ‘Happy Hearts’ campaign promotes cardiovascular health, healthy habits and vital fundraising. Events included a charity abseil and Fane Valley Strictly Come Dancing, with Group Chief Executive Trevor Lockhart MBE highlighting their commitment to education and engagement across the business.

Finally, Daybreak marked its 10th year supporting the Irish Heart Foundation with various initiatives other the years. This year they also supported our ‘12 Dips in December’ challenge – a festive campaign that brings communities together to stay active, raise funds and champion heart health.



↑
Janine Watson, Brendan Courtney and Emma Balmaine at the launch of 12 Dips in December challenge

Public engagement

2025 was another fantastic year of community-led fundraising for the Irish Heart Foundation. We saw individuals across Ireland and around the world taking part in challenges and organising their own events to raise the funds that enable us to continue our vital work. This year we have seen everything from ultra marathons and community fun runs, to skydives and coffee mornings.

The Dublin Marathon was a huge success again this year for team Irish Heart Foundation. Despite heavy rain and winds throughout the day, an incredible 138 wonderful runners hit the streets of Dublin, raising an amazing €236,579. Our cheer squad was out in full force again this year to help boost our runners and get them across the finish line.



← Sarah Lockhartt who took part in the Cork Mini Marathon with her mum and friends in memory of her dad

Our remote challenges continued to thrive this year with 3,543 people taking part and raising vital funds all over Ireland. In February participants ran 100 kilometres or 100 miles in the month as part of our ‘Run 100’ challenge and together they raised €209,782.

Our ‘Walk 100km With Your Dog in June’ challenge was successful again this year with 675 amazing supporters (and their furry friends) taking part, raising €107,926.

A brand-new addition this year was our ‘10,000 steps a day in September’ challenge which ran in conjunction with the Her Heart Matters campaign. Over 900 people took part in this new challenge as participants got their walking shoes on and completed 10,000 steps a day for the month of September, collectively raising €118,669.

We finished out the year strong with our ‘12 Dips in December’ challenge supported by Daybreak where 1,015 brave participants completed 12 cold dips in aid of the Irish Heart Foundation raising €263,296.



↑ Fane Valley Strictly Come Dancing

Another new addition to the roster this year was the ‘Arctic challenge’. On the 13th of March, 14 brave women embarked on this epic challenge to promote awareness of women’s heart health. This determined crew put themselves to the test over the course of a week to navigate across the white landscape and camp out in -20°C temperatures with the Northern Lights as company.

This challenge was about learning new skills in a tough environment and carrying on even when it’s hard, because that’s what those living with the effects of a stroke or heart condition must do every day. For 14 wonderful women to have raised a whopping €135,667 as a group is truly amazing and we are so thankful to them for their dedication and hard work.



→ Declan and Melanie after completing the Dublin Marathon



← The Irish Heart Foundation staff cheering on our wonderful Dublin Marathon runners



↑ Guvanch Meredov who took part in a 10km run in Madrid on World Thrombosis Day



↑ The Merlin Park University Hospital team who took part in our ‘Run 100’ challenge



↑ Flower arranging workshop for Irish Heart Foundation volunteers, sponsored by Equinix



↑ Irish Heart Foundation staff got behind our 10,000 steps a day in September challenge

A touching tribute

Too many loved ones are needlessly lost to cardiovascular disease (CVD), stroke and thrombosis. In the hope of preventing others feeling the tragic loss they have experienced, many families, friends and colleagues choose to raise funds in memory of the person who was close to them.

One such event which took place in 2025 was a charity walk in county Kilkenny in memory of Aislinn Nelson Comerford. Aislinn sadly passed away in July 2024 after suffering a sudden pulmonary embolism (a form of thrombosis) at the age of 34.

To raise awareness about the risks of thrombosis, and to honour her memory, Aislinn’s sister Audrey and brother-in-law Brian Duignan organised the walk. Over 250 incredible people attended and raised an amazing total of over €12,000.

We are extremely grateful to Audrey, Brian and everyone who has raised funds and awareness in memory of loved ones, friends and colleagues.



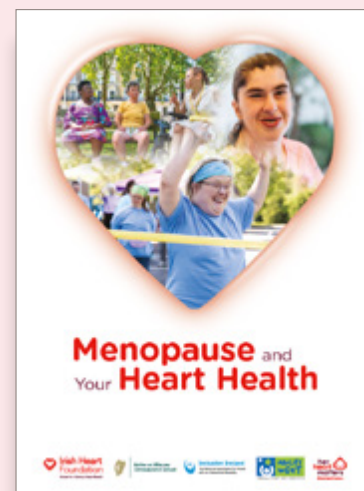
↑ Irish Heart Foundation and Hidden Hearing at the Ploughing Championships.

Marketing and communications

People are at the heart of everything we do. Once again this year, we had the privilege of meeting and chatting with incredible individuals living with a heart condition or recovering from a heart event or stroke. Their willingness to share their personal stories helps us support even more people, and we're truly grateful for it.

Their insight and lived experience have strengthened our work in health promotion, advocacy and fundraising, helping to inspire donations, which remain vital in achieving our mission to eliminate preventable death and disability from heart disease and stroke, and to support and care for those living with these life-changing conditions.

Our key campaigns (including the 'Before Damage is Done' blood pressure awareness campaign and our women's heart health campaign 'Her Heart Matters') included real life stories, which contributed to the significant national and local media coverage achieved, allowing us to spread these important messages to communities all over Ireland.



← Menopause and Your Heart Health: An Easy Read resource co-produced with Inclusion Ireland and Ability West

We built on our community engagement this year with a dedicated Her Heart Matters coordinator who focused on counties in the Midlands, and with our Her Heart Matters roadshow and community group packs. Additionally, we organised community events to support our Before Damage is Done campaign and attended nationwide events including the 50 Plus show. We are thankful to be out in communities continuing the conversation about heart health.

There was consistently strong media interest in our work, with proactive and reactive engagement taking place at both local and national level throughout the year.



↑ Emma Balmaine, Dr Louise Fitzgerald, Luke Crealy, Department of Health, Maura Derrane, RTE Broadcaster, Sharon Butler, Declan Whelan, Department of Health, Janis Morrissey and Helen Deeley, HSE at 'Her Heart Matters Webinar 2025: How every woman can take charge of her heart health'

Her Heart Matters

Our 'Her Heart Matters' campaign aims to increase awareness of the risk of heart disease and stroke in women and to start a national conversation about women's heart health. The campaign encourages everyone to talk to the women in their life about heart health, share the campaign message and tips with them and empower them to make small, sustainable lifestyle changes.

This was our fourth year of running the campaign and it was supported by funding from the Department of Health Women's Health Task Force and the HSE. Once again, the campaign ran throughout September which is heart month.

This year there was a focus on the Midlands region, and we appointed a dedicated Her Heart Matters coordinator to lead community activation efforts in that area. This role involved building relationships with local community groups, coordinating campaign activities and ensuring the successful dissemination of health

resources, prioritising marginalised areas, Traveller groups and ethnic minority groups.

Collaboration is one of our core organisational values, and we were delighted with the strong response from women across these communities. More than 22 information talks were held across 49 groups engaged by the campaign. These groups included IPAS centres, community centres, retirement groups, Women's Sheds, Roma women's groups and Traveller groups.

To ensure accessibility, materials were also translated into two of the most commonly spoken foreign languages in Ireland: Polish and Arabic. Links were formed with the Midlands Polish community group and other relevant channels national and locally to maximise dissemination.

We also partnered with national and Galway-based disabilities organisations Inclusion Ireland and Ability West to co-produce an Easy Read information resource on menopause and heart health. This endeavour was supported by the



Dr Louise Fitzgerald GP, Maura Derrane, RTÉ Broadcaster and Sharon Butler, Irish Heart Foundation

Department of Health Women's Health Taskforce Fund and was co-produced with women with intellectual disabilities in Galway and Tullamore. We conducted three co-production workshops with these women, actively engaging with them and using their feedback to help us create this resource. It will be available in 2026.

Building on the success of 2024, our Her Heart Matters Roadshow had information stands in eight shopping centres, in addition to 429 health checks completed nationwide by our Mobile Health Unit during the campaign.

Key resources developed for the campaign included infographics on the symptoms of heart attack in women and questions to ask your doctor about heart health, a 28-day plan focused on heart-healthy habits, a selfcare and wellbeing journal and information on how to mind your heart health during menopause. These resources were available in print and online as a 'Her Heart Matters information pack' and over 6,200 people signed up to receive one.

Alongside the community engagement element of the campaign, we ran a national media campaign which included radio, outdoor and digital activity. A strong PR campaign which included the lived experiences of a number of women who were kind enough to share their stories to help us spread awareness of the risk of heart disease and stroke in women and the signs of symptoms to look out for, resulted in significant national and local media coverage.

Ninety-eight pieces of national and local media coverage was achieved, with RTÉ News, Virgin Media, RTÉ radio, the Irish Times, the Irish Independent and the Irish Examiner, amongst others covering the campaign. Digital advertising increased traffic to our website by more than 13,600 and achieved almost 10 million views on Facebook, Instagram and LinkedIn.

A number of influencers also shared the campaign message on social media adding to the reach and impact of the campaign overall.

To mark World Heart Day, we hosted the free 'Her Heart Matters 2025: How every woman can take charge of her heart health' webinar, which featured an intimate panel of three including MC Maura Derrane, Dr Louise Fitzgerald, a GP with specialist knowledge in menopause, and Sharon Butler, a woman living with heart disease. Over 2,500 people registered for the webinar and received a recording of the event in the following days.



Before Damage is Done

This was the third year that we ran this important campaign. High blood pressure is a silent killer and affects two out of three people over the age of 50, but because the condition is symptomless, half of people don't know they have it. If left untreated, high blood pressure can lead to stroke, heart failure and many other conditions.

The 'Before Damage is Done' campaign aims to drive awareness of the link between high blood pressure and heart disease and stroke. The campaign is a call to action to this cohort, encouraging them to get their blood pressure checked by their GP or local pharmacy.

Marty Morrissey fronted our national campaign encouraging people to have the "silent killer" of blood pressure checked before damage is done. The media campaign included outdoor, radio and digital activity and outlined the dangers and symptoms of high blood pressure. Advice on when and where to get blood pressure checked was given as well as advice on how to control it.

Our Mobile Health Unit and Before Damage is Done roadshow visited community groups and retail centres nationwide to increase awareness of this potentially silent killer and to provide free blood pressure checks and printed campaign resources.

Other resources included an informational video about taking your blood pressure at home as well as a flyer and a free downloadable support pack which offered users advice and tips about managing their blood pressure.



Sharon Butler, Her Heart Matters Campaign Co-ordinator, at an information evening



Janis Morrissey, Director of Health Promotion, Information and Training, Irish Heart Foundation and Marty Morrissey, RTÉ Broadcaster

Our strategic enablers

People

Our Human Resources department had a busy year, recruiting, welcoming and onboarding 18 new employees into the Irish Heart Foundation.

All employees were offered training on disability awareness and all people managers attended reasonable accommodation training.

Following an audit and having completed inclusive leadership training, we were awarded the Bronze accreditation by the Irish Centre for Diversity for our commitment to embedding fairness, respect, equality, diversity, inclusion and engagement into our culture, through our policies and practices which we work to continuously update and improve.



← This year we were awarded the Bronze accreditation by the Irish Centre for Diversity

Digital Capability

A major milestone was achieved with the planned March 2025 go-live of our new Customer Relationship Management (CRM) system. This development represents the culmination of two-and-a-half years of extensive planning, collaboration and implementation, and will provide a strengthened foundation for enhanced engagement, operational efficiency and long-term impact. We are particularly grateful to the Tom Cunningham Trust, whose generous grant will cover the system’s annual costs for the first four years, ensuring financial stability during this critical period of adoption and optimisation. The total value of the grant is €500,000 of which €125,000 was expended in 2025, as agreed with the trustees.

In parallel, we progressed our wider digital transformation programme. A move to a modern, cloud-based collaboration platform was completed, delivering more efficient workflows and significantly enhancing support for remote and hybrid working within a secure environment. We also strengthened our identity and access management capabilities, providing a more robust and future-ready foundation for the Irish Heart Foundation. Separately, the introduction of centralised device management enabled consistent governance of laptops and mobile devices, reinforcing security and compliance standards across the organisation.

Environmental Social Governance (ESG)

Environmental

As a founding member of the Climate and Health Alliance, we work to combat climate-driven health crises through promoting sustainable diets, active travel, and reduced emissions. This goal is echoed throughout our head office, and remote workplaces, with climate-forward efforts to reduce our environmental footprint through digitized, paperless workflows, energy-saving protocols, sustainable procurement, solar-panelled roof and championing recycling. Our No Planet B Team bring climate action to life in the office by organising creative, climate focused activities that make sustainability part of everyday office life.

Social

The wellbeing of our employees, service-users, volunteers and beneficiaries is a top priority for our charity. Through our policies, we promote equality, diversity and community impact, and in our daily workflows, we seek to foster empathy and inclusivity. We are fully compliant with the Gender Pay Gap Information Regulations, with reporting first completed in 2025. All Irish Heart Foundation employees and volunteers have access to an Employee Assistance Program which offers free confidential support for mental health, financial, legal advice or work-related issues.

Health equity is one of our strategic priorities and central to our social impact across communities in the Republic of Ireland. We are committed to an inclusive approach that reaches underserved groups most at risk of cardiovascular disease, including low-income and diverse populations.

Governance

The charitable work and mission of the Irish Heart Foundation are grounded in strong, best practice governance at every level, from our grassroots community programmes right through to our leadership structure. We are fully compliant with the Charities Regulator’s Charities Governance Code and hold Triple Lock Membership from Charities Institute Ireland – awarded annually to charities that demonstrate the highest standards of transparency, governance and ethical fundraising.

Funds

We continue to strive for sustainable, long-term financing to support our activities by strengthening and diversifying our income streams. This includes collaborating with government departments and statutory agencies to secure recurring funding for relevant programmes, exploring innovative approaches to maintain and grow our fundraising income, and generating revenue through training initiatives.

At the same time, we remain committed to prudent financial stewardship by managing expenditure responsibly and in accordance with approved budgets and our reserves policy.

Partnerships

Collaboration and partnership lie at the heart of the Irish Heart Foundation's strategy. By working alongside a wide range of organisations, from statutory bodies to corporate partners and community initiatives, we are able to extend our reach, co-create meaningful resources and advance cardiovascular health across Ireland.

In 2025, we were delighted to develop a number of new and impactful partnerships. Together with Galway City Council and Healthy Galway City, we delivered an Adult Literacy for Life Collaboration and Innovation-funded project, 'Heart Health for all: Promoting cardiovascular health literacy in disadvantaged communities in Galway.' Through a series of co-design workshops with communities in Galway, this collaboration produced a practical new resource: 'My Heart Health: A helpful guide to taking care of your heart.'

We also partnered with Inclusion Ireland and Ability West to co-design an Easy Read resource

on menopause and heart health, developed in direct collaboration with women with intellectual disabilities. Funded by the Department of Health's Women's Health Taskforce Fund, this resource reflects our commitment to ensuring health information is accessible to all.

Additionally, our partnership with Hidden Hearing brought free heart and hearing checks directly into local communities through a joint outreach programme, making vital preventive care more accessible to people across Ireland.

Underpinning much of our work are the Irish Heart Foundation's Councils, whose members offer invaluable support, advice and expertise on medical issues and strategic matters. The Councils play a vital role in helping to prioritise our advocacy and prevention activities, and through them, the Irish Heart Foundation actively encourages cooperation between health professional and organisations in the pursuit of shared goals for heart and brain health in Ireland.

Corporate partnerships continue to be central to our work, and we deeply value the support of companies of all sizes whose generosity helps us fulfil our mission.



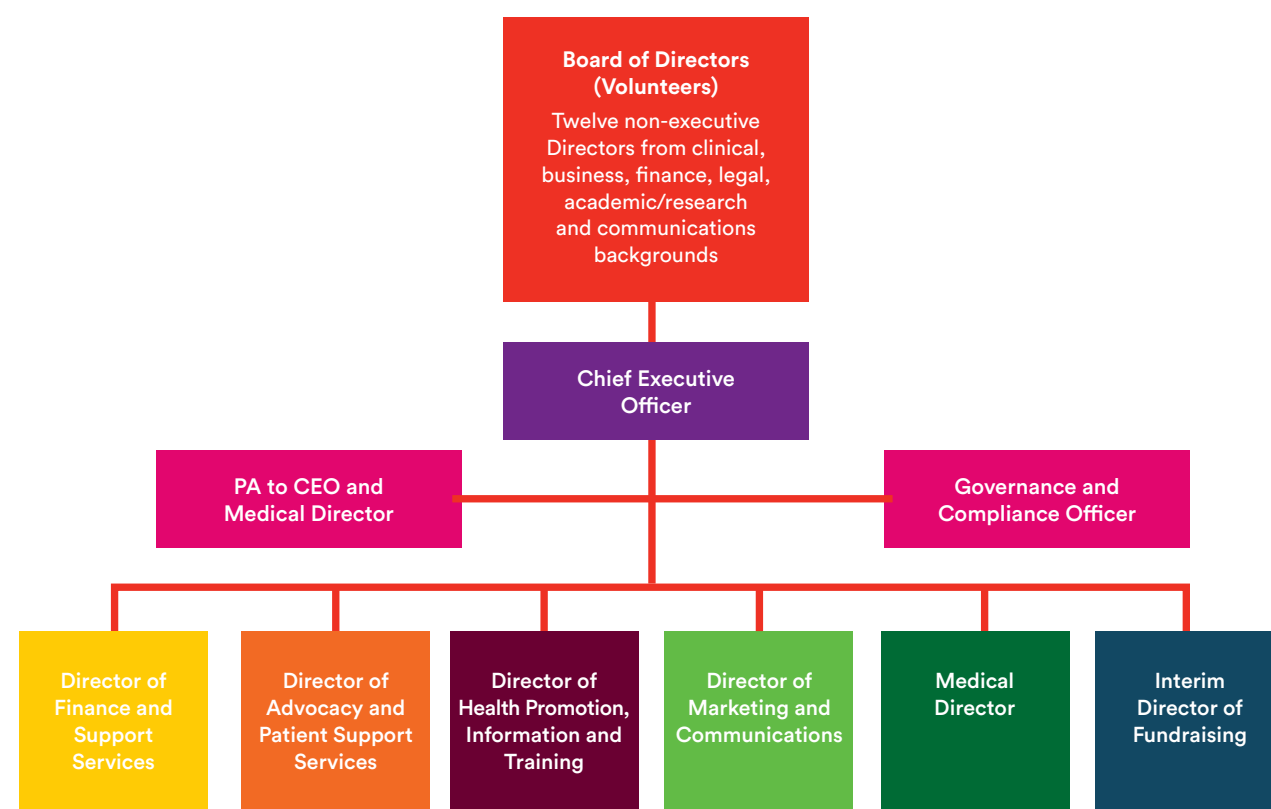
Structure, governance and management

The Irish Heart Foundation (Foras Croí na h-Éireann), the 'Foundation' is a registered charity, holding registered charity number (RCN):20008376 from the Charities Regulator.

The Irish Heart Foundation is fully compliant with the Charities Governance Code, issued by the Charities Regulator, and holds 'Triple Lock Membership' from Charities Institute Ireland for transparent reporting under Charities SORP (Statement of Recommended Practice) (FRS 102).

Our legal structure is a Company Limited by Guarantee (CLG), incorporated in the Republic of Ireland, with CRO number 23434. Our registered address is: 17-19 Rathmines Road Lower, Dublin 6, D06C780. We also hold a charitable tax exemption from the Revenue Commissioners, under CHY number 5507.

Governance and management



Please note: Following a strategic review, the Commercial Director function was absorbed into the roles of Director of Fundraising and Director of Marketing and Communications in June 2025. The above org chart reflects the organisation as of 31 December 2025



*Denotes external subject matter expert(s) available to attend and support this Board Sub-Committee

Board members

Our Board of Directors

We are led by a voluntary board of 12 directors, who are the charity trustees of the Irish Heart Foundation. As charity trustees, members of the Board give of their time and expertise on a voluntary basis and do not receive fees or other benefits in kind from the charity. Details of the roles, responsibilities and code of conduct of the Board (and its standing sub-committees) are set out in our governance policy and manual.

As required under our company constitution, our Board is made up of a diverse mix of medical and non-medical professionals, including experts in cardiovascular diseases, public health and general practice, finance, business strategy, governance, fundraising, research and technology.

New directors are recommended for nomination by the Governance, Nominations and Remuneration Committee, and are appointed by the Board. Directors are appointed for a three-year term, which may be renewed once, up to a maximum term of six years.

Our Senior Management Team

Executive responsibility for day-to-day management of the Irish Heart Foundation is delegated by the Board to the CEO, Emma Balmaine, who is supported by the Senior Management Team (SMT), along with our team of staff and volunteers and the Irish Heart Foundation Councils.

Meet the SMT

- Director of Finance and Support Services, Helen Redmond (resigned February 2026)
- Director of Advocacy and Patient Support, Chris Macey
- Director of Health Promotion, Information and Training, Janis Morrissey
- Commercial Director, Judith Gilsenan (resigned May 2025)
- Interim Director of Fundraising, Tom Hickey (appointed June 2025)
- Director of Marketing and Communications, Eimear Smith (appointed June 2025)
- Medical Director, Dr Angie Brown.

Focused support on governance and risk processes and procedures is provided to the SMT by the Executive Governance and Risk Management Group, who meet on a quarterly basis. This year, the Irish Heart Foundation introduced a new staff role of governance and compliance officer, who provides additional support to our CEO and SMT in implementing the highest standards of charity governance and risk management.

Meet the Board

Our Board of charity trustees provide strategic leadership and oversight, to support our executive team in pursuing the core charitable purpose of the Irish Heart Foundation, as defined under our constitution.

The Irish Heart Foundation is very grateful to our Board for their commitment and service during 2025.

• **Cormac Kissane, Chair**

Cormac is a former partner at Arthur Cox LLP, with over 25 years’ experience advising companies and financial institutions on a wide range of legal matters in Dublin, London and New York. Cormac previously served as a director of the Irish Hospice Foundation, as well as holding board positions for a range of private companies.

• **Kevin Cardiff**

A former senior civil servant, Kevin held the position of Secretary General at the Department of Finance from 2010 to 2012. Kevin has held several audit committee roles and provides occasional consultancy services in the public and private sectors.

• **Jeanette Codd McDonagh**

Solicitor and Head of Procurement and State Aid at the National Asset Management Agency (NAMA). Jeanette qualified as a solicitor with the Law Society of Ireland in 2005, is a CEDR Accredited Mediator and has been a member of the Law Society of Ireland In-House and Public Sector Committee since 2017.

• **Dr Catherine Conlon**

Senior Medical Officer in Public Health, with special interests in health protection, nutrition, sustainability, social and commercial determinants of health. Former co-chair of the All-Island Obesity Action Forum, Catherine’s interest in cardiovascular disease is displayed through her research on the causes of heart disease and causal hypotheses, with particular focus on chronic infection and socioeconomic grouping in aetiology of angina.

• **Dr David Dempsey**

David Dempsey is a retired Senior Vice President and former Country Leader and General Manager at Salesforce Ireland, a cloud software computer company with over 3,000 employees in Ireland. David was one of the co-founders of Salesforce EMEA, bringing Salesforce to Europe in 2000. Additionally, he serves as Chair of the South East Offshore Wind Energy Taskforce. A certified member of the Institute of Directors, David has previously held senior executive positions in Oracle in the UK and Ireland. He has an MBA (2005) and DBA (2015) from South East Technological University.

• **Professor Francis Finucane**

Consultant Physician in Endocrinology and General Internal Medicine at Galway University Hospitals and honorary full professor in medicine at the University of Galway. Francis received an MD from Trinity College Dublin for research on obesity and related metabolic disorders in young people and completed an MRC-funded post-doctoral fellowship at the Institute of Metabolic Science in Cambridge, which examined the influence of exercise on metabolic health and cardiovascular risk in older people.

• **Joan O’Brien**

Independent Non-Executive Director and member of the Institute of Directors. Joan is a certified chartered accountant with significant experience in the financial services industry, specifically retail banking, life and pensions and electronic payment services.

• **Dr AnneMarie O’Flynn**

Consultant Cardiologist at Mallow General Hospital. AnneMarie holds a PhD from the Department of Public Health and Epidemiology in UCC, focused on nocturnal hypertension and subclinical cardiovascular disease. AnneMarie serves on the senior management team of Mallow General Hospital and chairs the hospital quality, safety and risk committee.

• **Brian O’Sullivan**

Former Senior Executive Director with International Investment and Underwriting UC (IIU). Brian previously served on the Board of University, a charity providing scholarships to enable mature students to earn a Bachelors’ Degree and is a former Chairman of the Machakos Project Committee.

• **Steve Carson**

Public service media executive, Steve has held key leadership roles in UK and Irish media, and is currently Director of Video at RTÉ, with responsibility for RTÉ Player, RTÉ.ie, RTÉ One, RTÉ Two, RTÉ Jr. and the RTÉ archives. He is a former vice-president of the European Broadcasting Union’s Television Committee and chair of RTS Northern Ireland.

• **Professor Edward Gregg**

Professor and Head of RCSI School of Population Health and professor of epidemiology and biostatistics at the Imperial College London School of Public Health. Edward has led and served in numerous health policy development roles for diabetes and chronic diseases for organisations such

as the World Health Organization, Lancet Commission, US CDC, and American Diabetes Association. Professor Edward Gregg was appointed to the Board in September 2025.

• **Dr Rachael Doyle**

Consultant Physician and Geriatrician at St. Vincent’s University Hospital and St. Columcille’s Hospital, and Associate Professor at UCD. Rachael has previously served as secretary and subsequently chair of the Irish Heart Foundation Stroke Council and was the lead author for the Irish Heart Foundation hyper acute stroke national thrombolysis guidelines. Dr Rachael Doyle was appointed to the Board in September 2025.

• **Dr Walter Cullen**

General Practitioner and Professor of Urban General Practice at University College Dublin. Walter also previously served as Foundation Professor of General Practice at the University of Limerick Graduate Entry Medical School. Dr Walter Cullen retired from the Board in June 2025.

Name	Meeting attendance in 2025	Date elected to Board	Retired from Board
Cormac Kissane	6/6	26 Sep 2024	
Kevin Cardiff	6/6	8 Dec 2022	
Jeanette Codd McDonagh	6/6	24 Mar 2022	
Dr Catherine Conlon	5/6	28 Sep 2023	
Dr Walter Cullen	3/3	27 Jun 2019	Retired 27 Jun 2025
Dr David Dempsey	6/6	23 Jun 2022	
Professor Francis Finucane	6/6	24 Jun 2021	
Joan O’Brien	6/6	24 Jun 2021	
Dr AnneMarie O’Flynn	5/6	24 Jun 2021	
Brian O’Sullivan	6/6	7 Dec 2023	
Steve Carson	6/6	9 Dec 2024	
Professor Edward Gregg	2/2	22 Sep 2025	
Dr Rachael Doyle	2/2	22 Sep 2025	

Board sub-committees

The work of our Board is supported by its standing sub-committees.

Audit and Risk Committee

The role of the Audit and Risk Committee includes oversight of financial reporting, internal controls and the Foundation’s overall risk framework. The committee reviews the effectiveness of the charity’s internal and external audit processes, risk management, as well as cashflow and liquidity requirements to ensure that the Foundation can meet all foreseeable operating needs. This committee carries out regular reviews of financial KPIs, management accounts, investment performance and the risk register.

During 2025, a decision was made to establish a new Finance Committee, from January 2026, to support the Board in providing dedicated oversight over the charity’s financial governance (previously undertaken by the Audit and Risk Committee).

Name	Meeting attendance in 2025	Retired from the Board
Joan O’Brien	4/4	N/A
Dr David Dempsey	4/4	N/A
Kevin Cardiff	4/4	N/A
Brian O’Sullivan	2/4	N/A

Governance, Nominations and Remuneration Committee

The Governance, Nominations and Remuneration Committee supports the Board in ensuring that the Irish Heart Foundation meets its legal obligations and achieves best practice in charity governance. It also oversees succession planning and evaluation of the effectiveness of our Board composition, with diversity and inclusion at the forefront of decision-making. Its role also includes developing and reviewing governance policies and procedures and ensuring ongoing full compliance with the Charities Governance Code.

Name	Meeting attendance in 2025	Retired from the Board
Jeanette Codd McDonagh	4/4	N/A
Cormac Kissane	3/4	N/A
Prof Francis Finucane	3/4	N/A
Steve Carson	4/4	N/A
Dr Walter Cullen	2/2	Retired 27 Jun 2025

The Governance, Nominations and Remuneration Committee is supported by external subject-matter expert Maeve MacEnri, who provides specialist advice to the committee, particularly in relation to human resources and remuneration matters.

Quality, Safety and Ethics Committee

The Quality, Safety and Ethics Committee works to ensure that all of the programmes, research activities and services delivered by or on behalf of the Irish Heart Foundation are effective and of a high standard. The Quality, Safety and Ethics Committee met twice in 2025.

Name	Meeting attendance in 2025	Retired from the Board
Dr AnneMarie O’Flynn	2/2	N/A
Dr Catherine Conlon	1/2	N/A
Brian O’Sullivan	2/2	N/A
Cormac Kissane	2/2	N/A

Conflicts of interest

All meetings of the Irish Heart Foundation Board, subcommittees and SMT include conflicts of interest and loyalty as a standing agenda item. Members are required to identify and promptly declare any conflict or potential conflict of interest or loyalty, and such declarations are made at the meeting at which the matter is discussed. Any such declarations are recorded as part of the minutes of that meeting, under the declarations of interest. Where appropriate, the person declaring steps out of the conversation. All Directors are required to sign an annual declaration of interest in connection with their role, and a register of interests is maintained by the company secretary.

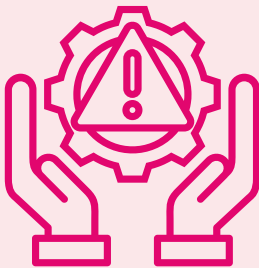
Safeguarding children and adults at risk of abuse

Promoting a culture of safeguarding is one of the cornerstones of good governance in the Irish Heart Foundation. Through our work in patient support and health promotion services, the Irish Heart Foundation supports members of the community who may be living with additional vulnerabilities, due to stroke or heart conditions. We also work with children – our children and young people and resuscitation teams work to support schools in their mission to nurture children’s wellbeing, and to raise up the next generation of lifesavers.

The Irish Heart Foundation has adopted robust procedures, including a child safeguarding statement and safeguarding policies in line with our obligations under the Children First Act 2015, and associated Children First Guidelines 2017, to ensure that we are compliant with legal requirements and best practice in the safeguarding of children and persons with additional needs. We are fully compliant with the National Vetting Bureau (Children and Vulnerable Persons) Acts 2012 to 2016.

The development and implementation of our safeguarding policies and procedures for children and vulnerable adults are overseen by the Quality, Safety and Ethics Committee of the Board.

Risk management



Effective risk management is a core tenet of our unwavering commitment to good governance in the Irish Heart Foundation. Risk is part of our daily environment. Therefore, it is critical that we manage risk effectively, to ensure successful achievement of our strategic objectives and to safeguard the delivery of our charitable purpose.

The Irish Heart Foundation implements a robust system of risk management, on an organisation-wide basis, to monitor our ongoing exposure to risk, and to minimise its impact on the achievement of our charitable objectives.

Our risk management policy sets out our processes for ensuring that all risks in the Irish Heart Foundation are effectively identified and managed. This policy illustrates that effective risk management is an integrated and continuous process. We utilise a clear cyclical methodology and ranking system, to ensure that all risks are appropriately identified and controlled, across all aspects of our charitable activities. The five stages of the risk management process are illustrated in the diagram below left.

The Senior Management Team informs the Audit and Risk Committee of the key risks that arise in fulfilment of our vision and mission and, following review by the Audit and Risk Committee, the Board approves the risk profile, including acceptable risk types and levels for the Irish Heart Foundation. Our risk register provides details on risk mitigation measures and improvement plans where necessary.



The top five risks identified by the Irish Heart Foundation in 2025 were:

Risk	Actions we take to mitigate risk exposure and impact
Information risk Risk of a breach of information security due to technology failure, or a cyberattack, leading to loss of data, or disruption to our critical services and activities.	• Maintaining a comprehensive IT Business Continuity and Disaster Recovery Plan, which undergoes periodic testing to ensure readiness and effectiveness. • Deploying auditable phishing simulations and organisationwide cybersecurity training, enhancing staff awareness and strengthening our defensive posture. • Implementing a defence-in-depth, layered cybersecurity framework that provides overlapping controls to enhance threat resilience and safeguard critical information assets. • Delivering detailed induction and ongoing training on IT security, Data Protection and GDPR, supported by a clear and structured process for reporting any data breaches.
Safeguarding investments Risk of exposure to financial markets. Losses due to inadequate monitoring of the investment policy and portfolio.	• Ongoing monitoring of investment policy and performance by the Board with the Foundation’s investment advisors Goodbody. • The Irish Heart Foundation has taken the view that this risk cannot be eliminated without accepting very low investment returns. However, mitigations include the use of reputable investment managers and adopting a mix of assets, and the avoidance of high-risk assets. Policy is reviewed annually, but market risk is accepted subject to the mitigations above. Property is not part of the portfolio because the Foundation is already exposed to that market by ownership of its building.

Reserves and funding Risk of insufficient reserves, due to business losses or mismanagement of funds, resulting in reputational risk, insolvency, or disruption to key services.	• Ongoing review of cashflow requirements and reserves by the Board to ensure adequate levels of reserves for the Foundation. • Satisfactory Independent Internal Controls System audit completed in 2025 to review adequacy and effectiveness of financial controls. • Multi-year financial planning, aligned with our strategic objectives, including a mix of support from the general public, corporate sector and government.
Governance and reputational risk Risk of the Irish Heart Foundation being exposed to legal, regulatory and/or reputational damage, due to failures in communications or governance.	• Compliance with the Charities Regulator Charities Governance Code. We also hold ‘Triple Lock Membership,’ transparent reporting under Charities SORP (Statement of Recommended Practice) (FRS 102). • Screening and selection process for all Board members to ensure the Foundation has the appropriate skillset for leadership and oversight of the charity. • Board and Staff induction and ongoing training programmes. • Proactive engagement with sector representative charities, including The Wheel, Charities Institute Ireland and Carmichael, to keep up to date with evolving governance obligations. • As part of our outsourced internal audit function, Forvis Mazars test our key processes and procedures. • Crisis communications policy and procedure is in place, as part of our Business Continuity plan.
Our people Risk associated with recruitment, retention and loss of our key staff and volunteer team.	• Oversight of remuneration policies and practices through the Governance, Nominations and Remuneration Committee. • Commitment to maintaining a flexible working environment and providing ongoing training and development opportunities for all staff. All staff were invited to participate in a workplace engagement survey in 2025. • Resource planning is aligned with the Irish Heart Foundation’s strategic objectives. • A dedicated volunteer manager and team is in place to support and leverage our team of volunteers.



Financial review

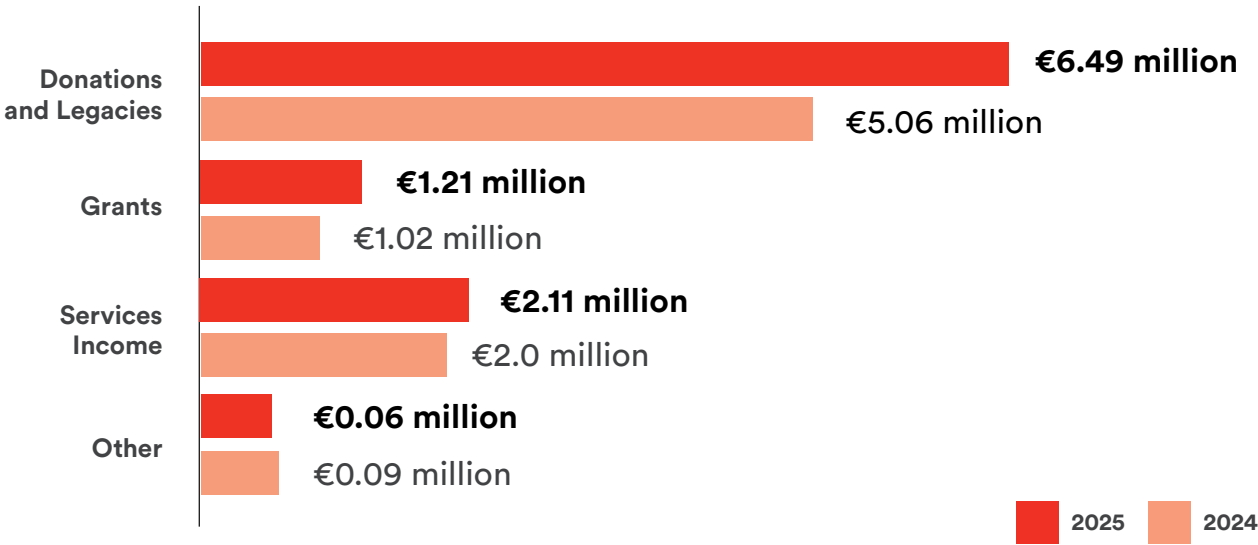
Income

The majority of our income in the Foundation comes from the generous support of the general public, corporate sponsorships, fundraising events (predominantly online) and legacies within the Republic of Ireland.

In 2025, the Foundation’s income was

€9.88 million

an increase of 21% on the previous year,
(2024: €8.17 million)



Donations and legacies

Income from donations and legacies includes income from individual donors, corporate donors, trusts, foundations and events. Our donations and legacies increased by 28% (€1.43 million) in 2025. This was substantially attributable to an increase in our events and legacy income.

Grants

In 2025, the Foundation received €1.21 million in grants (2024: €1.02 million). The increase is mainly due to a grant we received in 2025 for the delivery of our stroke and heart failure support services.

Services income

Our services income in 2025 was €2.11 million (2024: €2.0 million). This income mainly relates to our CPR training certification programme.

Other income

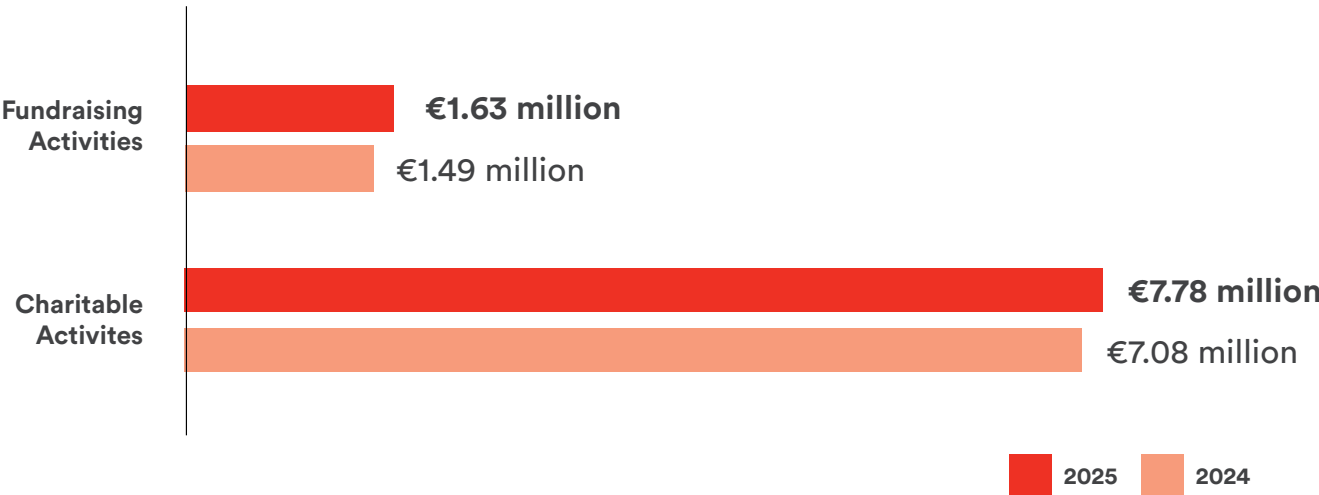
In 2025, the Foundation received €0.06 million (2024: €0.09 million) in other income.

Expenditure

The Foundation’s expenditure in 2025 was

€9.41 million

an increase of 10% on the previous year, (2024: €8.57 million).

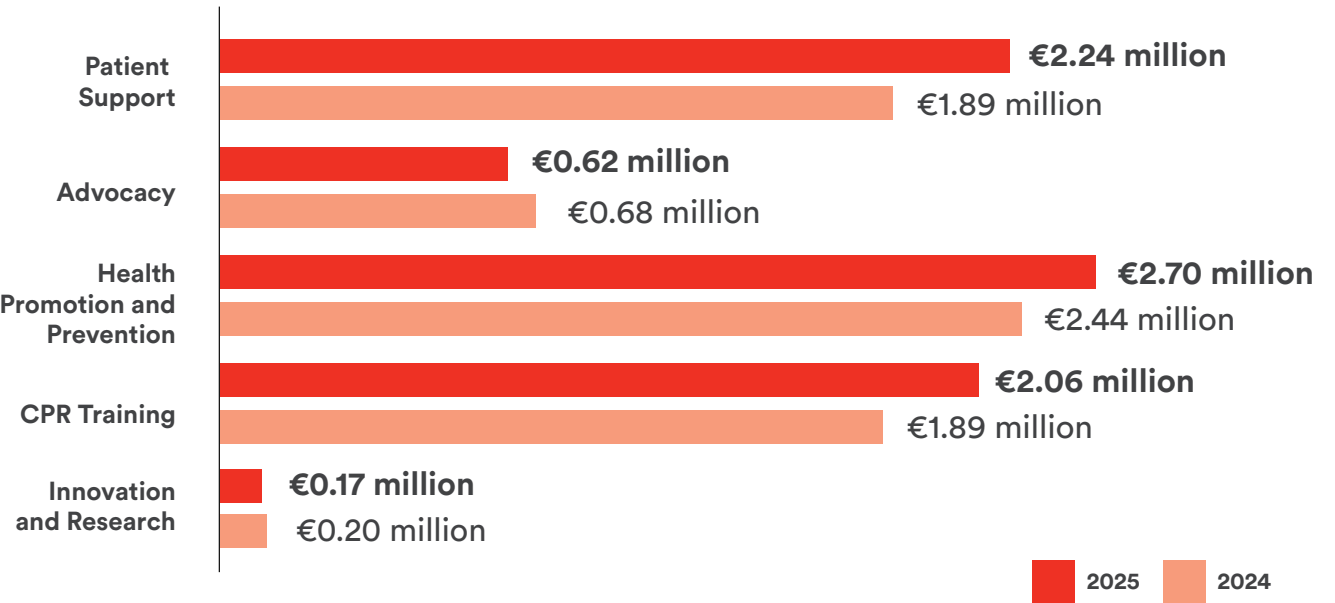


Fundraising activities

The Foundation is highly dependent on donors, including the general public, as just 12.2% of our income in 2025 came from grants (2024: 12.5%). In 2025, we spent €1.63 million on fundraising compared to €1.49 million in 2024.

Charitable activities

Expenditure on charitable activities in 2025 was €7.78 million, an increase of 10% on the previous year (2024: €7.08 million).



Patient support

Patient support services expenditure increased from €1.89 million in 2024 to €2.24 million in 2025 (19% increase) due to the ongoing development and expansion of our heart and stroke services.

Advocacy

Advocacy expenditure decreased from €0.68 million in 2024 to €0.62 million in 2025 (9% decrease).

Health Promotion and Prevention

Costs in 2025 increased from €2.44 million in 2024 to €2.70 million (11% increase).

CPR training

CPR training expenditure increased from €1.89 million in 2024 to €2.06 million in 2025 (9% increase). The cost increase is in line with the revenue increase.

Support costs

All the programmes above include an allocation of support cost. Support costs consist of an element of the costs of personnel and associated overheads of the CEO, finance, human resources, infrastructural support of facilities and information technology.

Also included are the governance costs of the annual external audit, internal audit and other legal and regulatory compliance requirements. These support functions play a crucial role providing core organisational support to ensure our services are delivered to the highest standards. The total support costs for the year were €1.37 million (2024: €1.09 million).

Financial position, other matters and reserves policy

Going concern

The financial statements have been prepared on a going concern basis under the historical cost convention as modified by the revaluation of investments. The Directors have reviewed the 2025 Statement of Financial Activities and Balance Sheet, the approved 2026 budget and cashflow projections for a period of at least 12 months from the date of approval of the financial statements.

The Directors are satisfied that the Foundation has adequate resources to continue in operational existence for the next 12 months. There is no material uncertainty that affects this assumption that the Foundation is a going concern.

Reserves policy

It is important that the Foundation maintains sufficient reserves to ensure continuity of its services, especially as the majority of our income is fundraised, with limited guaranteed income.

Our reserves policy is based on a prudent assessment of the requirements of the Foundation in the event of unforeseen disruptions to our income. Our reserves comprise of unrestricted and restricted funds.

Restricted funds

These funds are subject to specific conditions imposed by our donors and are within the overall objectives of the Foundation. Restricted reserves at 31 December 2025 are €0.34 million.

Designated funds

These are unrestricted funds that are allocated by the Board to particular areas of planned expenditure. In 2025 the Board designated €0.49 million for use as a Strategic Innovation Fund. Designated funds at 31 December 2025 are €0.49 million.

Reserves

At the end of 2025 the Foundation reserves, excluding restricted reserves and fixed assets, stood at €8.7 million. €5 million of this total will be held to cover the operational needs of the organisation. Excess reserves will be carefully invested in our programme work for maximum impact and will also support income generation and organisational development.

The current level of reserves will enable the Foundation to continue to deliver critical services to those affected by heart disease and stroke, despite uncertainties such as the impact of geopolitical events and conflicts.

During 2025, the Board decided to establish a new finance committee, effective from January 2026, with the aim to support the Board in providing dedicated oversight over the charity's financial governance including reserves, financial performance, procurement and budgeting (previously undertaken by the Audit and Risk Committee).

Investments

The overall investment strategy of the Foundation is long-term capital preservation in real terms and to ensure that the funds not immediately required for operational purposes are invested. The Foundation had €7.81 million of investments at the year end and €1.47 million in cash balances. The majority of cash is held in Foundation accounts with the Bank of Ireland. Goodbody act as the Foundation's investment advisor.

The Foundation's overall investment policy objective is long-term capital preservation in real terms targeting an average net return of 3% after inflation per annum and after all costs and charges; returns in individual years may vary but this is the average target return over the medium to longer term. The reference inflation rate over the medium term is the inflation rate as measured by the HICP index (Harmonised Indices of Consumer Prices for Ireland), measured as a longer-term trend over the investment horizon.

The investment advisor has a discretionary mandate for selection of underlying assets which reflect the investment objectives of the Foundation with its moderate risk profile and ethical investment requirements.

The Finance Committee determines the amount of investments to be held and regularly reviews cashflow forecasts to ensure adequate available liquidity to meet operational needs.

Liquidating investments can be achieved at short notice. The Finance Committee makes decisions on behalf of the Board on investment policies and reports to the Board on investment performance.

Environmental and social reporting

The Foundation is acutely aware of the strong relationship between action on climate change and cardiovascular health. The Foundation:

- Is a founding member of the Climate and Health Alliance (CHA) and hosts the secretariat for this organisation. In October, the CHA launched its Active Travel position paper entitled 'Active Travel: The Magic Pill' in Dublin's Mansion House. This paper detailed the physical and mental health benefits of active travel and put forward evidence-based recommendations to better support the population to take up active travel such as walking, cycling, and taking public transport.
- In May of 2025, the CHA held its second joint annual conference with the HSE on the topic of climate and health. The conference, 'We're Taking Climate Action – The Time is Now', brought decision makers together to discuss the HSE decarbonisation roadmap, the CHA focus, and the health vision to achieve net-zero emissions by 2050.
- The Irish Heart Foundation continued to collaborate closely with the Environmental Protection Agency, providing a keynote address at their annual Air Quality event in Kilkenny.
- In November, the Irish Heart Foundation launched a range of assets, co-developed with the Department of the Environment, highlighting the health harms of burning solid fuels.

The Foundation has an ethical investment policy where it prohibits direct holdings in investments that would conflict with its values, such as tobacco and fossil fuel companies. We also work to ensure that our investments are directed, as far as possible, towards sectors with strong ESG credentials.

Data protection

The Foundation has a qualified Data Protection Officer and the required processes and procedures are in place to ensure we are compliant with the GDPR legislation. All members of staff have been trained on GDPR and there is induction training for new employees. We are committed to maintaining a high standard in relation to data protection.

Post balance sheet events

There have been no events subsequent the year- end that require any adjustment to, or additional disclosure in, the financial statements.

Adequate accounting records

The Directors believe that they have complied with the requirements of Sections 281 to 285 of the Companies Act 2014, with regard to maintaining adequate accounting records by employing accounting personnel with appropriate expertise and by providing adequate resources to the finance function. The accounting records of the Foundation are maintained at 17-19 Rathmines Road Lower, Dublin 6.

Relevant audit information

The Directors believe that they have taken all steps necessary to make themselves aware of any relevant audit information and have established that the Foundation's statutory auditors are aware of that information. Insofar as they are aware, there is no relevant audit information of which the Foundation's statutory auditors are unaware.

Internal auditor

In 2022, the Foundation appointed Mazars to act as internal auditors as trusted independent advisors to protect the interests of the Foundation's stakeholders by providing assurance on the controls and mitigation of the risks of the Foundation. During 2025, Mazars were appointed for a further 3-year term, 2025-2027.

Auditor

In accordance with Section 383(1) of the Companies Act 2014, the auditor, KPMG, Chartered Accountants, will continue in office.

On behalf of the Board



Cormac Kissane
Director



David Dempsey
Director

29 June 2026

Statement of Directors’ Responsibilities in respect of the Directors’ Report and the Financial Statements

The Directors are responsible for preparing the Directors’ Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Directors to prepare financial statements for each financial year. Under that law, they have elected to prepare the financial statements in accordance with FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland*.

Under company law, the Directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the Foundation and of its income and expenditure for that year. In preparing these financial statements, the Directors are required to:

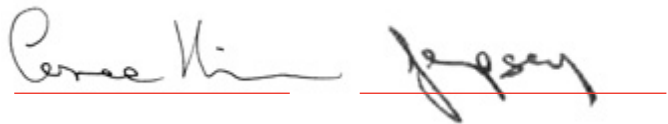
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- assess the Foundation’s ability to continue as a going concern, disclosing, as applicable, matters related to going concern; and
- use the going concern basis of accounting unless they either intend to liquidate the Foundation or to cease operations or have no realistic alternative but to do so.

The Directors are responsible for keeping adequate accounting records which disclose with reasonable

accuracy at any time the assets, liabilities, financial position, income and expenditure of the Foundation and enable them to ensure that the financial statements comply with the Companies Act 2014. They are responsible for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error, and have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the Foundation, and to prevent and detect fraud and other irregularities. The Directors are also responsible for preparing a Directors’ Report that complies with the requirements of the Companies Act 2014.

The Directors are responsible for the maintenance and integrity of the corporate and financial information included on the Foundation’s website. Legislation in the Republic of Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

On behalf of the Board



Cormac Kissane
Director

David Dempsey
Director

29 June 2026

Independent Auditor’s Report to the members of Irish Heart Foundation

Report on the audit of the financial statements

Opinion

We have audited the financial statements of Irish Heart Foundation (“the Foundation”) for the year ended 31 December 2025 set out on pages 67 to 82, which comprise the statement of financial activities, the balance sheet, the cash flow statement and related notes, including the summary of significant accounting policies set out in note 1. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* issued in the United Kingdom by the Financial Reporting Council.

In our opinion:

- the financial statements give a true and fair view of the assets, liabilities and financial position of the Foundation as at 31 December 2025 and of its income and expenditure for the year then ended;
- the financial statements have been properly prepared in accordance with FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland*; and
- the financial statements have been properly 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 Foundation in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled

our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

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 Foundation’s ability to continue as a going concern for a period of at least twelve months from the date 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 Directors are responsible for the other information presented in the Annual Report together with the financial statements. The other information comprises the information included in the Directors’ Report, foreword section, who we are and what we do section, 2025: our impact in numbers section, what our service users say section, corporate governance section, Directors and other information section, and Appendix: Breakdown of 2025 grants. The financial statements and our auditor’s report thereon do not comprise part of the other information. Our opinion on the financial statements does not cover the other information and, accordingly, we do not express an audit opinion or, except as explicitly stated below, any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether, based on our financial statements audit work, the information therein is materially misstated or inconsistent with the financial statements or our audit knowledge. Based solely on that work we have not identified material misstatements in the other information. Based solely on that work we have not identified material misstatements in the other information.

Based solely on our work on the other information undertaken during the course of the audit, we report that:

- we have not identified material misstatements in the Directors’ Report;
- in our opinion, the information given in the Directors’ Report is consistent with the financial statements; and
- in our opinion, those parts of the directors’ report specified for our review, which does not include sustainability reporting when required by Part 28 of the Companies Act 2014, have been prepared in accordance with the Companies Act 2014

Our opinions on other matters prescribed by the Companies Act 2014 are unmodified

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 Foundation 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

The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors’ remuneration and transactions required by Sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

Respective responsibilities and restrictions on use

Responsibilities of Directors for the financial statements

As explained more fully in the Directors’ responsibilities statement set out on page 64, the Directors are responsible for: the preparation of the financial statements including being satisfied that they give a true and fair view; such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error; assessing the Foundation’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 they either intend to liquidate the Foundation or to cease operations, or have no realistic alternative but to do so.

Auditor’s responsibilities for the audit of the financial statements

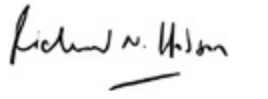
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor’s report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee 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 fuller description of our responsibilities is provided on IAASA’s website at <https://iaasa.ie/publications/description-of-the-auditors-responsibilities-for-the-audit-of-the-financial-statements/>

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

Our report is made solely to the Foundation’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 Foundation’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 Foundation and the Foundation’s members, as a body, for our audit work, for this report, or for the opinions we have formed.

29 June 2026



Richard Hobson
for and on behalf of
KPMG
Chartered Accountants, Statutory Audit Firm
1 Stokes Place
St. Stephen’s Green
Dublin 2

Statement of Financial Activities

for the year ended 31 December 2025

	Note	Restricted funds 2025 €	Unrestricted funds 2025 €	Total funds 2025 €	Total funds 2024 €
Income					
Donations and legacies	3(a)	306,744	6,187,799	6,494,543	5,058,092
Charitable activities	3(b)	1,210,782	2,107,393	3,318,175	3,026,015
Investment income	3(c)	-	63,617	63,617	86,691
Total income		1,517,526	8,358,809	9,876,335	8,170,798
Expenditure					
Charitable activities	4	(1,397,427)	(6,384,427)	(7,781,854)	(7,074,999)
Fundraising activities	5	(341,178)	(1,289,595)	(1,630,773)	(1,493,514)
Total expenditure		(1,738,605)	(7,674,022)	(9,412,627)	(8,568,513)
Net gains on investments	11	-	175,402	175,402	669,589
Net income/(expenditure)		(221,079)	860,189	639,110	271,874
Other movements directly through restricted funds	17	-	-	-	(70,000)
Net movement in funds		(221,079)	860,189	639,110	201,874
Total funds brought forward		560,135	12,198,891	12,759,026	12,557,152
Total funds carried forward		339,056	13,059,080	13,398,136	12,759,026

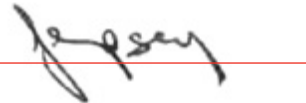
Balance Sheet
as at 31 December 2025

	Note	2025 €	2024 €
Fixed assets			
Intangible assets	9	463,842	382,884
Tangible assets	10	3,873,288	3,966,902
		4,337,130	4,349,786
Current assets			
Investments	11	7,810,028	7,618,056
Stocks	12	15,695	-
Debtors	13	632,042	761,492
Cash at bank and in hand	14	1,465,325	645,083
		9,923,090	9,024,631
Creditors: amounts falling due within one year	15	(862,084)	(615,391)
Net current assets		9,061,006	8,409,240
Net assets		13,398,136	12,759,026
Funded by:			
Restricted funds	17	339,056	560,135
Unrestricted funds	17	13,059,080	12,198,891
		13,398,136	12,759,026

On behalf of the Board



Cormac Kissane
Director



David Dempsey
Director

Cash Flow Statement
for the year ended 31 December 2025

	Note	2025 €	2024 €
Reconciliation of net income for the year to net cash used in operating activities			
Net income for the year		639,110	271,874
<i>Adjustments for:</i>			
Amortisation	9	42,167	-
Depreciation	10	125,984	113,436
Investment management fee paid out	11	47,047	47,555
Realised losses/(gains) on investments	11	1,624	(213,275)
Unrealised gains on investments	11	(177,026)	(456,314)
Investment income	11	(63,617)	(86,691)
		615,289	(323,415)
Decrease/(Increase) in debtors	13	129,450	(423,150)
(Increase)/decrease in stocks	12	(15,695)	30,036
Increase/(decrease) in creditors	15	246,693	(287,843)
Net cash from/(used in) operating activities		975,737	(1,004,372)
Cash flows from investing activities			
Acquisition of intangible assets	9	(123,125)	(308,936)
Acquisition of tangible fixed assets	10	(32,370)	(9,729)
Disposal of investments	11	-	1,435,188
Net cash (used in)/from investing activities		(155,495)	1,116,523
Net increase in cash and cash equivalents		820,242	112,151
Movement on restricted funds	17	-	(70,000)
Cash and cash equivalents at beginning of year		645,083	602,932
Cash and cash equivalents at end of year	14	1,465,325	645,083

Notes

forming part of the financial statements

1. Accounting policies

General information

Irish Heart Foundation (“the Foundation”) is a company limited by guarantee without share capital and is a registered charity. It is incorporated in the Republic of Ireland with registration number 23434. The address of its registered office is 17-19 Rathmines Road Lower, Dublin 6, D06 C780. The Foundation is a public benefit entity. The principal activities of the Foundation are discussed in the Directors’ Report.

1.1 Basis of preparation

The financial statements have been prepared under the historical cost convention as modified by the revaluation of investments. The financial reporting framework that has been applied in their preparation is the Companies Act 2014, (“FRS 102”) The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Statement of Recommended Practice (SORP) FRS102 “Accounting and Reporting by Charities” which is considered best practice for charities in Ireland.

The presentation and functional currency of these financial statements is Euro.

Going concern

The financial statements have been prepared on a going concern basis. The Directors have reviewed the 2025 statement of financial activities and balance sheet, the approved 2026 budget and the cashflow projections for a period of at least 12 months from the date of approval of the financial statements. The Directors are satisfied that the Foundation has adequate resources to continue in operational existence for the next 12 months. There is no material uncertainty that affects the assumption that the Foundation is a going concern. Therefore, they continue to adopt the going concern basis in preparing the annual financial statements.

1.2 Significant accounting estimates and judgments

In determining the carrying amounts of certain assets and liabilities, the Board makes assumptions of the effects of uncertain future events on those assets and liabilities at the balance sheet date. The Board’s estimates and assumptions are based on historical experiences and expectations of future events and are reviewed periodically.

1.3 Income

Income is recognised in the Statement of Financial Activities only when the Foundation is legally entitled to the income, the amounts involved can be measured with sufficient reliability and it is probable that the income will be received by the Foundation. The substantial majority of income is received from the Republic of Ireland, with limited income received from the rest of the EU or from non-EU countries.

Income is analysed as restricted or unrestricted. Restricted funds represent income recognised in the financial statements, which is subject to specific conditions imposed by the donors or grant making institutions. Unrestricted funds represent amounts which are expendable at the discretion of the Foundation, in furtherance of the objectives of the Foundation. Such funds may be held in order to finance working capital or for investment. Designated funds represent income received without any restriction, and subsequently allocated to a particular area of expenditure by the board.

Donations and Legacies

Donations and legacies are recognised in the period the Foundation is entitled to the resource, when receipt is probable, and when the amount can be measured with sufficient reliability.

Monetary donations from the public are recognised when donations are received. Tax refunds are recognised when they are received. Legacies are recognised when confirmation of unconditional entitlement to a specified amount is received.

Donations and sponsorships received from corporates are recognised on the same basis as grants from statutory sources.

Charitable activities

Income categorised under charitable activities is comprised of grants from statutory bodies and services income. Grant income is recognised when the entitlement to the grant is met. Income from grant agreements which are dependent on the performance of specific activities is recognised when the activity has been undertaken. Services income is recognised when the service has been provided. Income due but not yet received at the year end is included in debtors on the balance sheet and funds already received in relation to unfulfilled performance conditions are shown in creditors as deferred income.

Government grants

Income from government grants intended to compensate the Foundation for expenses incurred are recognised in the statement of financial activities on a systematic basis over the periods in which the Foundation recognises as expenses the related costs for which the grants are intended to compensate. The Foundation accounts for these government grants and the related expenditure on a gross basis in the statement of financial activities.

All statutory grants are subject to specific conditions and treated as restricted income.

1.4 Expenditure

Expenditure is recognised when a legal or constructive obligation exists as a result of a past event, a transfer of economic benefits is required in settlement and the amount of the obligation can be reliably measured.

Charitable activities

Resources expended on charitable activities comprise all the resources applied by the Foundation in undertaking the work to meet its charitable objectives. This includes the direct costs of undertaking these activities and the support costs incurred to enable these activities to be undertaken. All costs of charitable activities are recognised on an accruals basis.

Fundraising activities

The cost of fundraising activities comprises costs incurred in fundraising, including the cost of advertising, publications, printing and mailing fundraising materials, staff costs, individual giving administration costs, and an allocation of support costs. All costs of fundraising activities are recognised on an accruals basis.

Support costs

Support costs consist of an element of the costs of personnel and associated overheads of the chief executive, finance, human resources functions, infrastructural support of facilities and information technology. Also included are the governance costs of the external annual audit and other legal and regulatory compliance. Costs are allocated across the Foundation’s activities to fairly represent the cost of delivering those activities. Allocations are based on the number and cost of direct and indirect staff involved, the use of premises and the dependence on information technology infrastructure.

1.5 Taxation

The Foundation is a charity and is not liable to corporation tax. Irrecoverable value added tax is expensed as incurred.

1.6 Intangible assets

Intangible assets represent the development costs of computer software and are recognised when the related costs have been incurred. Intangible assets are stated at cost less accumulated amortisation.

Amortisation is calculated to write off the original cost of the intangible assets, less estimated residual value, over their expected useful lives. Amortisation is charged on a straight-line basis from the year in which assets are put into use at the following annual rates:

Class:	Useful Life:	Rate of Amortisation:
Computer Software	10 years	10%

1.7 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is calculated, by reference to original cost to write off the assets to their residual value over their estimated useful lives on a straight line basis at the following annual rates:

Buildings	2%
Office furniture	10%
Equipment	20%
Computer equipment	20%
Motor vehicles	20%

1.8 Basic financial instruments

The Foundation does not have any financial instruments that are not considered to be basic financial instruments under FRS 102.

Investments

Investments are measured initially at cost and subsequently at fair value, with movements in fair value recognised in the statement of financial activities. Investment income is recognised in the year in which it is receivable.

Trade and other debtors

Trade and other debtors are recognised initially at transaction price plus attributable transaction costs, and subsequently at amortised cost, less any provision for expected credit losses.

Cash and cash equivalents

Cash and cash equivalents comprise cash balances and call short-term deposits.

Creditors

Trade and other creditors are recognised initially at transaction price less attributable transaction costs, and subsequently at amortised cost.

1.9 Stocks

Stocks are stated at the lower of cost and net realisable value.

1.10 Employee benefits

The Foundation provides pensions to its employees under a defined contribution scheme.

All new eligible employees with effect from 1st January 2000 are included in the defined contribution scheme.

In relation to the defined contribution pension scheme, contributions are accrued and recognised as expenditure in the statement of financial activities in the period in which they are earned by the relevant employees.

Redundancy costs are recognised in the Statement of Financial Activities when there is a demonstrable commitment to termination.

2 Legal status of the Foundation

The Foundation is a company limited by guarantee and does not have share capital. At 31st December 2025, there were 12 Directors (2024: 12) whose guarantee is limited to €1.27 each. This guarantee continues for one financial year after directorship ceases.

3 Income

	2025 €	2024 €
a) Donations and legacies		
Donations	1,655,367	1,657,975
Legacies	2,062,065	964,539
Corporate events and activities	2,777,111	2,435,578
	6,494,543	5,058,092
b) Charitable activities		
Grants-HSE and other statutory bodies	1,210,782	1,023,195
Services income	2,107,393	2,002,820
	3,318,175	3,026,015
c) Investment Income		
In 2025, the Foundation received €63,617 (2024: €86,691) of dividend and interest income from its investments (note 11).		

4 Expenditure on charitable activities

Analysis of expenditure on charitable activities	2025 Direct €	2025 Support €	2025 Total €	2024 Total €
Advocacy	526,290	89,157	615,447	675,416
CPR training	1,922,498	138,511	2,061,009	1,868,092
Health promotion and prevention	2,294,505	400,887	2,695,392	2,439,574
Patient support	1,703,271	533,348	2,236,619	1,891,371
Innovation and research	148,550	24,837	173,387	200,546
	6,595,114	1,186,740	7,781,854	7,074,999

Analysis of direct costs:	2025 Total €	2024 Total €
Advocacy (i)	526,290	598,415
CPR training	1,922,498	1,765,875
Health promotion and prevention (ii)		
Awareness and information	1,008,877	966,735
Community programmes	55,911	37,120
Health checks	711,495	609,312
Schools programme	300,094	292,294
Workplace	218,128	210,879
	2,294,505	2,116,340
Patient support (iii)	1,703,271	1,505,013
Innovation and research	148,550	178,884
Total direct costs	6,595,114	6,164,527

- (i) Decrease in advocacy expenditure is due to Healthy Air and Vehicle Idling Campaigns in 2024 not being repeated in 2025.
- (ii) In 2025 the Foundation spent €213,152 on the high blood pressure campaign (2024: €82,377)
- (iii) Patient support cost increased in 2025 as the Foundation increased its service programmes to heart and stroke patients.

5 Fundraising activities

	2025 Direct €	2025 Support €	2025 Total €	2024 Total €
	1,446,091	184,682	1,630,773	1,493,514
	1,446,091	184,682	1,630,773	1,493,514

Included in the above are costs related to the Direct Debit Donations Acquisition project which totalled €272,349 for 2025. (2024: €279,528).

6 Support Costs

	Facilities and IT 2025 €	Other indirect 2025 €	Total 2025 €	Total 2024 €
Charitable activities				
Advocacy	39,492	49,665	89,157	77,001
CPR Training	61,354	77,157	138,511	102,217
Health Promotion and prevention	177,575	223,312	400,887	323,234
Patient Support	236,248	297,100	533,348	386,358
Innovation and research	11,001	13,836	24,837	21,662
Total support costs allocated to charitable activities	525,670	661,070	1,186,740	910,472
Fundraising	81,806	102,876	184,682	180,571
Total support costs allocated	607,476	763,946	1,371,422	1,091,043

Support costs consist of an element of the costs of personnel and associated overheads of the chief executive, finance, human resources functions (aggregated within “Other indirect” in the table above), infrastructural support of facilities and information technology. Also included are the governance costs of the external annual audit, internal audit and other legal and regulatory compliance costs.

Costs are allocated across the Foundation’s activities to fairly represent the cost of delivering those activities. Allocations are based on the number and cost of direct and indirect staff involved, the use of premises and the dependence on information technology infrastructure.

7 Statutory and other information

	2025 €	2024 €
Net income for the year	639,110	271,874
<i>Stated after charging:</i>		
Directors' remuneration	-	-
Auditors' remuneration – fees (excluding VAT)	29,600	29,000
Amortisation of intangible fixed assets	42,167	-
Depreciation of tangible fixed assets	125,984	113,436
Realised investment losses (note 11)	1,624	-
<i>Stated after crediting:</i>		
Realised investment gains (note 11)	-	213,275
Dividend and interest income	63,617	86,691

8 Wages and salaries

The average number of persons employed by the Foundation during the financial year is set out below:

	2025 Number	2024 Number
Charitable activities	70	63
Fundraising	10	11
Support	12	11
	92	85

The aggregate payroll costs, were as follows:

	2025 €	2024 €
Wages and salaries	4,406,876	3,968,004
Social insurance costs	482,533	433,471
Defined contribution pension scheme costs	286,780	232,410
Redundancy costs	-	3,588
	5,176,189	4,637,473

None of the Board members received any remuneration for their services or received any other benefits from the Foundation, and no Board member expenses have been incurred.

The number of employees whose remuneration (excluding pension costs) exceeded €60,000 is set out below:

	2025 Number	2024 Number
€60,000 - €70,000	9	9
€70,001 - €80,000	3	2
€80,001 - €90,000	2	-
€90,001 - €100,000	2	2
€100,001 - €110,000	1	2
€130,001 - €140,000	1	1

Included in the above are certain members of the senior management team. The senior management team includes the CEO, Director of Finance and Support Services, Director of Advocacy and Patient Support, Director of Health Promotion, Information and Training, Director of Fundraising, Director of Marketing & Communications, Medical Director and former Commercial Director. The total emoluments (including benefits and pension) paid in regard to the senior management team in 2025 was €682,351 (2024: €688,837).

The CEO received a salary of €140,000 for 2025 (2024: €140,000).

9 Intangible assets

CRM system

Software

Cost

At the beginning of the year	382,884
Additions in the year	123,125
At end of year	506,009

Amortisation

At the beginning of the year	-
Charge for the year	42,167
At end of year	42,167

Net book value

At 31st December 2025	463,842
At 31st December 2024	382,884

The Customer Relationship Management system (CRM) came into use in March 2025.

10 Tangible fixed assets

	Buildings €	Office furniture €	Equipment €	Computer equipment €	Motor vehicles €	Total €
Cost						
At beginning of year	4,486,062	229,591	75,379	74,961	79,865	4,945,858
Additions in year	-	-	-	32,370	-	32,370
At end of year	4,486,062	229,591	75,379	107,331	79,865	4,978,228
Depreciation						
At beginning of year	623,872	153,503	71,766	49,950	79,865	978,956
Charge for year	89,721	22,214	1,697	12,352	-	125,984
At end of year	713,593	175,717	73,463	62,302	79,865	1,104,940
Net book value						
At 31st December 2025	3,772,469	53,874	1,916	45,029	-	3,873,288
At 31st December 2024	3,862,190	76,088	3,613	25,011	-	3,966,902

The motor vehicle owned by the Foundation is a Mobile Health Check unit.

11 Investments

	Listed investments €	Bonds €	Cash held for investment €	Total €
Valuation at 1st January 2025	7,548,939	-	69,117	7,618,056
Investment Management fee paid out	(47,047)	-	-	(47,047)
Realised loss	(1,624)	-	-	(1,624)
Unrealised gain	177,026	-	-	177,026
Investment income	63,617	-	-	63,617
Net transfers	(71,077)	-	71,077	-
Valuation at 31st December 2025	7,669,834	-	140,194	7,810,028
Valuation at 1st January 2024	8,043,976	250,000	50,543	8,344,519
Disposals	(1,100,000)	(335,188)	-	(1,435,188)
Investment Management fee paid out	(47,555)	-	-	(47,555)
Realised gain	128,087	85,188	-	213,275
Unrealised gain	456,314	-	-	456,314
Investment income	86,691	-	-	86,691
Net transfers	(18,574)	-	18,574	-
Valuation at 31st December 2024	7,548,939	-	69,117	7,618,056

12 Stocks

	2025 €	2024 €
CPR Kits	15,695	-
	15,695	-

13 Debtors

	2025 €	2024 €
General debtors	330,979	206,402
Prepayments	238,910	157,729
Other debtors	62,153	397,361
	632,042	761,492

All debtors fall due within one year

14 Cash and cash equivalents

	2025 €	2024 €
Cash at bank and in hand	1,465,325	645,083

15 Creditors: amounts falling due within one year

	2025 €	2024 €
Trade creditors	581,876	359,237
Accruals	61,860	88,675
PAYE/PRSI	115,891	112,598
Deferred income (note 16)	102,457	54,881
Total	862,084	615,391

16 Deferred income

	2025 €	2024 €
Deferred income at 1st January	54,881	403,160
Income deferred in period	102,457	54,881
Amounts released from previous reporting period	(54,881)	(403,160)
Deferred income at 31st December	102,457	54,881

The majority of deferred income relates to funds received from donors for specific activities with unfulfilled performance-related conditions and the income is recognised in the Statement of financial activities when the activity has been undertaken. The remaining deferred income relates to services income.

17 Analysis of charitable funds

a) Movement in funds

The movements in funds classified in accordance with the Foundation’s accounting policies are as follows:

	Restricted funds €	Unrestricted Funds €	Total 2025 €	Total 2024 €
Total funds of the charity at beginning of year	560,135	12,198,891	12,759,026	12,557,152
Movement in funds				
Net income/(expenditure) for the year	(221,079)	860,189	639,110	271,874
Other movements directly through restricted funds	-	-	-	(70,000)
Total funds of the charity at end of year	339,056	13,059,080	13,398,136	12,759,026

The movements in unrestricted funds are further analysed as follows:

	General €	Designated €	Total Unrestricted €
At beginning of year	12,198,891	-	12,198,891
Transfer to designated funds	(488,766)	488,766	-
Net income for the year	860,189	-	860,189
At end of year	12,570,314	488,766	13,059,080

Designated funds represents unrestricted funds which have been designated by the Board as a Strategic Innovation Fund.

b) Analysis of net assets between funds

	Restricted funds €	Unrestricted funds €	Total €
Intangible fixed assets	-	463,842	463,842
Tangible fixed assets	-	3,873,288	3,873,288
Current assets	339,056	9,584,034	9,923,090
Creditors including deferred income	-	(862,084)	(862,084)
	339,056	13,059,080	13,398,136



18 Commitments

The Foundation had no commitments at 31st December 2025.

19 Related party transactions

The compensation of key management personnel (the senior management team) is set out in note 8. There were no other related party transactions in 2025 or 2024.

20 Post balance sheet events

There have been no events subsequent to the year end that require any adjustment to, or additional disclosure in, the financial statements.

21 Approval of financial statements

These financial statements were approved by the Board of Directors on 29 June 2026.

Directors and other information

Directors	Cormac Kissane Kevin Cardiff Jeanette Codd McDonagh Dr Catherine Conlon Dr Walter Cullen (retired Jun 2025) Dr David Dempsey Professor Francis Finucane Joan O'Brien Dr AnneMarie O'Flynn Brian O'Sullivan Steve Carson Professor Edward Gregg (appointed Sep 2025) Dr Rachael Doyle (appointed Sep 2025)
Chief Executive Officer	Emma Balmaine
Secretary	Helen Redmond (resigned Sep 2025) Naomi Clarke (appointed Sep 2025)
Registered office	17-19 Rathmines Road Lower Dublin 6 D06 C780
Auditor	KPMG Chartered Accountants 1 Stokes Place St Stephen's Green Dublin 2 D02 DE03
Internal Auditors	Forvis Mazars, Block 3 Harcourt Centre, Harcourt Road, Dublin 2 D02 A339
Bankers	Bank of Ireland 87-89 Pembroke Road Ballsbridge Dublin 4 D04 X738
Solicitors	Denis McSweeney Solicitors 40 Grand Canal Street Upper Dublin 4 D04 N8X3
Investment Advisor	Goodbody 2 Ballsbridge Park Ballsbridge Dublin 4 D04 YW83
Company number (CRO)	23434
Revenue number (CHY)	CHY5507
Registered Charity Number (RCN)	20008376



Appendix

Breakdown of 2025 grants

Grantors	Grant name/ project	Purpose	Term	Grant amount	Income for 2025
HSE	Clinical Design and Innovation	Patient Support	Jan-Dec 2025	600,000	600,000
HSE	Health and wellbeing	Health Promotion and Prevention	Jan-Dec 2025	250,000	250,000
HSE	Health and wellbeing	Patient Support	Jan-Dec 2025	19,246	19,246
HSE	Health and wellbeing	Patient Support	Jan-Dec 2025	17,754	17,754
HSE	Volunteer stroke scheme project	Patient Support	Jan-Dec 2025	42,000	42,000
HSE	Health and wellbeing	Patient Support	Jan-Dec 2025	40,000	40,000
HSE	Health and wellbeing	Patient Support	Jan-Dec 2025	6,000	6,000
HSE	Community and voluntary grant for older people	Patient Support	Jan-Dec 2025	5,000	5,000
Dept Health	Heart Month Campaign	Health Promotion and Prevention	Jan-Dec 2025	200,000	200,000
Dept Agriculture	Farm safety, health and wellbeing projects 2025	Health Promotion and Prevention	30 June 2025 to 7 November 2025	30,782	30,782
TOTAL					1,210,782



Irish Heart Foundation

Here for Every Heartbeat

Irish Heart Foundation
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