

Annual Report and Financial Statements

2022



Irish Heart Foundation
Annual Report 2022 and Financial Statements

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Message from the Chair

PROFESSOR
EMER SHELLEY

After the challenges of previous years, 2022 saw the country emerge from restrictions due to COVID-19. For the Irish Heart Foundation, this meant gearing up projects that had been delayed by the pandemic. It was also necessary to develop more sustainable ways of delivering services that had been transitioned online.

When those affected by an injury or other trauma comment in public, they frequently state they do so to prevent others from suffering in the same way. While the Foundation advocates for improved health services and provides supports to those affected by heart disease or stroke, I am really pleased that we also emphasise the need to reduce the risk of these diseases and to delay the age at which they present.

It was easy for the public to understand why we needed to act to prevent heart disease and stroke in the 1970s and 1980s when Ireland had among the highest death rates in the world. Thankfully, heart disease has transitioned from causing high rates of sudden deaths in the community to a much more chronic condition. That's not to



say that deaths from acute heart attack or stroke no longer occur, but the rates have decreased and been replaced by high numbers of people living with heart failure or adjusting to life after a stroke. New treatments and services have improved outcomes in recent years, but these conditions continue to impact those affected, their families and carers, as well as the health and social services.

The biggest inequity in Ireland is likely the large difference in life expectancy and healthy life expectancy between those in different socioeconomic groups. Multiple factors contribute to the poorer health of those who are disadvantaged, including adverse childhood experiences

and ongoing poverty, as well as barriers to making healthier choices, for example in relation to diet. The challenges for those on low incomes were exacerbated in 2022, by inflation due to the war in Ukraine as well as the housing crisis.

We hope our donors and supporters will understand why the Irish Heart Foundation has prioritised prevention initiatives that start early in life and focus particularly on those with the lowest level of resources. For example, the Schools Health Literacy Project aims to assist young people to access and understand information to help them make healthier choices. It builds on the long history of the Irish



Schools Health Literacy Project

Heart Foundation supporting education in primary and post-primary schools on heart health, wellbeing, nutrition, physical activity and CPR. The current project involves co-designing an intervention with Delivering Equality of Opportunity in Schools (DEIS) schools and methods are being developed to evaluate the project. It is registered with the World Health Organization as a National Health Literacy Development Project, so the findings will be communicated internationally as well as informing the broader intervention roll-out in Ireland.

Children and young people will also benefit from our sustained advocacy to address the use of tobacco and e-cigarettes. There is particular concern about the first increase in youth smoking rates for a generation and the continuing increase in vaping

among young people. On foot of an appearance before the Oireachtas Health Committee during pre-legislative scrutiny on the Tobacco and Nicotine Inhaling Products Bill, the Committee's report included our recommendations for a ban on e-cigarette flavours and all e-cigarette advertising, as well as the extension of controls on vending machines to include e-cigarettes.

We know from their campaigns to demand action to address the climate crisis that young people can be powerful voices for change, so I greatly welcome the coalition of health and youth organisations in support of Tobacco 21. That aims to raise the legal age for sale of tobacco products from 18 to 21 which would also be a step towards the goal of a Tobacco Free Ireland. A 'tobacco free' country may

sound fanciful, but we can work towards implementing New Zealand-style legislation. That sets an annually rising 'smoking age' so that it will always be illegal to sell tobacco to anyone born on or after January 2009. This will be accompanied by many other measures, including to make smoking less affordable, similar to the Irish Heart Foundation's annual advocacy to increase tax on tobacco in the budget.

The High Risk Prevention Project in General Practice is another example of innovation in deprived communities. The Foundation has been working with six practices across Leinster since 2020 to provide one-to-one support to patients identified as being at high risk of developing heart disease or stroke. Patients were keen to engage in managing issues such



Aoife Ryan, Dr Emmet O'Brien, Norma Cronin, Chris Macey, Dr Paul Kavanagh and Colm Burke TD at the Tobacco 21 Event.

as high blood pressure or not getting enough physical activity. A study of the initial 250 patients found significant improvements in exercise and diet, supported by clinical measurements. Along with very positive feedback from patients and healthcare staff, a strong case is being made to the HSE to expand the service to support those at highest risk of developing heart disease or stroke.

The above are just some examples of the amazing work of the Irish Heart Foundation. On behalf of the Board, I would like to thank the CEO, senior management team and all the staff of the Foundation for their dedication to preventing diseases of the heart and blood vessels and to supporting all those affected by cardiovascular disease.

Good governance and careful attention to the Foundation's finances are essential to fulfil 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'. I am very grateful to the Board of the Irish Heart Foundation and members of the Audit and Risk, and Governance and Nominations committees for contributing in so many ways to this important work.

The Irish Heart Foundation benefits greatly from the dedication of health professionals who are members of advisory councils and from volunteers who participate in delivering support services. Of course, our work would not be possible without our donors who, despite challenging

times, continued to support the Foundation in 2022. The information in this report describes the many projects and services funded by your donations.

A truly heartfelt (apologies for the pun!) 'thank you' to everyone who contributes in any way to this collective effort. In reading this annual report for 2022, I hope you get a sense of how your support makes a difference to the health of the population, and the quality of life of people affected by heart disease and stroke.

Professor Emer Shelley
Chair, Irish Heart Foundation



Message from the CEO

TIM COLLINS

According to the World Health Organization, heart disease has remained the leading cause of death worldwide for the past 20 years. However, it is now killing more people than ever before.

Stroke is one of the leading causes of disability globally, and while thanks to modern medical advances, deaths from stroke have decreased, the number of people living with its life-changing impacts has increased.

Our strategy, Defending, Empowering and Caring for Irish Hearts, is ambitious. We know that over 80% of premature heart disease and stroke is preventable and yet up to two million people in Ireland are at risk of, or are living with, the long-term impacts of heart disease or stroke. This is not acceptable, and we want to change that.

This year, as COVID-19 restrictions receded, we re-doubled our prevention work. Our schools team has been busier than ever, our community based programmes including our High Risk Prevention Programme in General Practice showed great promise and our



Heart disease has remained the leading cause of death worldwide for the past 20 years.



Mobile Health Unit was back on the road, visiting at risk groups across the country.

During 2022 we also laid much of the ground work for a major campaign aimed at tackling the shocking levels of undiagnosed and poorly controlled high blood pressure among the adult population in Ireland.

While much needs to be done to tackle key risk factors such as high blood pressure, we know that effective prevention needs to be focused much earlier. The influence of social, commercial, and economic factors on our health is increasing and a key focus for the Foundation is on effective regulation on tobacco and junk food marketing.



Tim Collins, CEO with Sarah O'Brien, National Lead - Healthy Eating and Active Living Policy Programme, HSE and Professor Donal O'Shea, Clinical Lead for Obesity, HSE at the Happy Heart Healthy Eating Awards.



Jacob and Christina from Bite Back UK with Tim Collins, CEO at the 'Stop Targeting Kids' campaign launch.

In 2022, we ramped up our childhood obesity campaign in the face of inaction by the Department of Health to progress the Programme for Government commitment to deliver a Public Health (Obesity) Act and a deepening of the child health crisis during the pandemic.

In particular, we focused on protecting children from saturation levels of targeted junk food marketing – an essential pre-requisite to the broad range of measures supporting healthier diets for young people.

In November we launched the 'Stop Targeting Kids' campaign to build public and political support for a blanket ban on online junk food marketing, moving the broadcast watershed for unhealthy food and beverage ads from 6pm to 9pm and the removal of all junk food advertising from public transport, buildings, and other infrastructure.

The ongoing campaign is based around a hard-hitting video focused on junk food advertising to children online, billboard adverts calling out the extent of junk food marketing to children, and radio advertisements. These were informed by quantitative research among 500 parents and 500 teenagers and qualitative research with a representative sample of 50 teenagers who

maintained a food diary for one week detailing all the food ads they saw and what they ate. The research found that children are being targeted relentlessly with advertising online and throughout their daily lives. This is heavily influencing their eating behaviours, distorting their diets and making overconsumption of unhealthy food inevitable.



Another prevention highlight of 2022 was our annual Heart Month National Awareness Campaign titled 'Her Heart Matters'.

Cardiovascular disease in women remains understudied, under-recognised, underdiagnosed and undertreated. 1 in 4 women die from cardiovascular disease and early detection and management of cardiovascular risk factors are essential if we are to improve women's heart health and reduce early deaths.

The campaign, which was informed by an advisory group with organisations representing those living with obesity, the Traveller community, trans

people and ethnic minorities and focus groups, aimed to build awareness and encourage women in their forties and fifties to make small, sustainable changes to their lives and health.

Through resources such as a Self-Care and Wellbeing Journal, a 'Her Heart Matters: Let's Talk About Menopause' Webinar,

and various stories from women living with and working in cardiovascular disease, the campaign received incredibly positive feedback.

We at the Irish Heart Foundation were proud to shine a light on the often silent but hugely important issue of women's heart health.



'Her Heart Matters'

Webinar



Louise Adams, M&S, supporting the 'Her Heart Matters' campaign.

This year was also a landmark year for our work supporting the many thousands of people living with heart conditions or the impact of stroke.

In 2022, our Board signed off on a major new patient support strategy, which represents one of the biggest service developments in the Irish Heart Foundation's 56-year history.

While major strides have been made in recent years in hospital treatment of stroke and heart failure, many patients feel abandoned once they leave hospital, left to cope with often life changing conditions on their own. Our experience is that effective community support can prevent hospital re-admissions, improve physical and emotional wellbeing, and enable people to live full lives, including returning to work.

Under our strategy, over the next three years, we aim to more than double the number of patients we support to at least 10,000 people and develop deeper, more impactful service offerings to make an even bigger difference to more lives.

The main planned developments include:



Supporting 1,000 stroke patients to transition back to their homes and their lives following a discharge from hospital.



Extending our Heart Connect Service to support 1,000 heart failure patients a year.



Creating a **volunteer department** to mobilise 200 volunteers and increase our capacity to deliver meaningful support.



Prioritising the development of **emotional and psychological support services** with the appointment of a part-time senior clinical psychologist.



Building our ability to support stroke survivors with communication disabilities by adding a part-time **speech and language therapist** to our support team.



Continuing to increase the scale and impact of our **heart, stroke and carer social media communities** and other online supports.



Revitalising peer support networks for people with cardiomyopathies, long QT syndrome, families with children affected by heart disease, sudden cardiac death and ICDs*, and supporting organisations for people with conditions such as SCAD**.

* Implantable cardioverter defibrillator

** Spontaneous coronary artery dissection

This is just a sample of the work done by our team during 2022. We are a small organisation by international standards, but we punch above our weight and are recognised for our innovative work by the World Health Organization and others.

As always, we could not have done any of this work over the past 12 months without the kind support and hard work of our dedicated staff, volunteers, and donors. To them all, we owe a huge debt of gratitude.

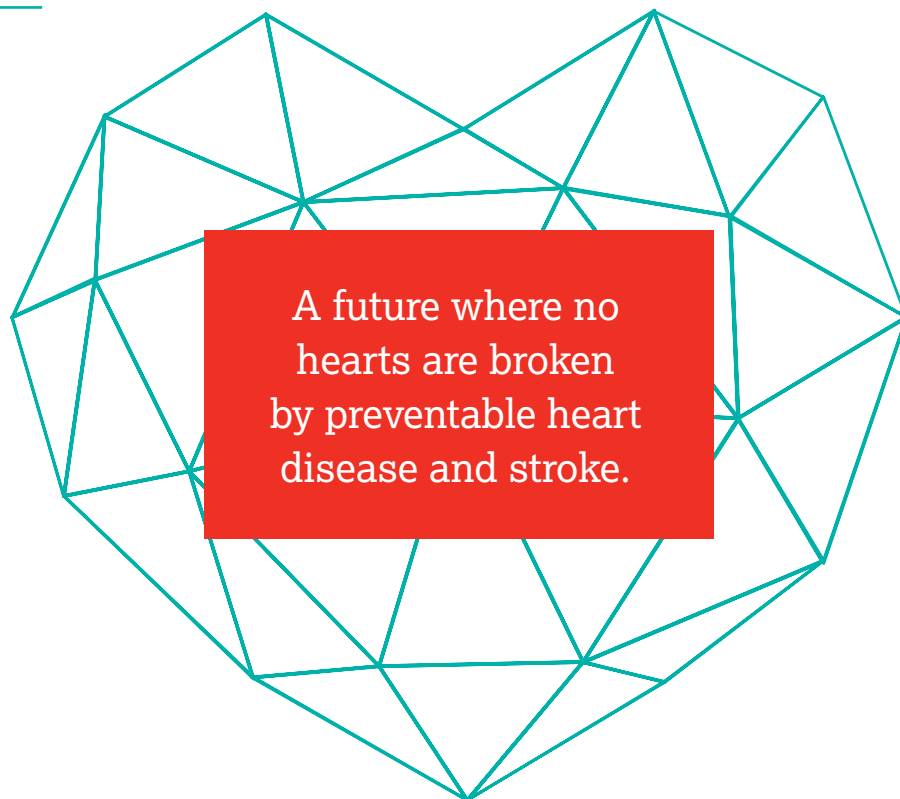
Tim Collins
CEO, Irish Heart Foundation

WHO WE ARE & WHAT WE DO

The Irish Heart Foundation is a community of people who fight to protect the cardiovascular health of everyone in Ireland. We are the National Stroke and Heart Charity.



Our Vision



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.

We work to achieve our mission through:



Caring for and **speaking out** for people in the community living with heart conditions and stroke and their families.



Innovating and leading in health promotion and prevention to change health behaviours and reduce cardiovascular risk.



Building a nation of lifesavers through **CPR training**.



Campaigning and advocating for policies that support people to live healthier lives.

Our Values



Empowering

We support and enable people to lead healthier lives.



Fairness & Equality

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

We believe tackling health inequality is where we will make the greatest difference to the overall health of the nation.



Evidence-based

We base all our programmes on the best available advice and evidence and always aim for the maximum impact and cost effectiveness.



Courageous

We are not afraid to be outspoken or tell it as we see it where public policy or vested interests are failing to protect or are threatening people's health.

We are relentless in furthering the cause of people impacted by heart disease and stroke.



Collaboration

We design our programmes in collaboration with the people who need them and their families so they are appropriate, relevant and effective.

We believe in partnership and collaboration with other organisations rather than going it alone and we don't duplicate the work of others.



Irish Heart Foundation

The National Stroke & Heart Charity

Why our work matters:

The Numbers



In 2021 just

46%

of stroke patients arrived at hospital within **three hours** of the onset of their stroke symptoms



The number of patients who received **thrombectomy** (surgery to remove blood clots) increased from

157

in 2016 to

422

in 2021



Children as young as **six** are presenting to doctors with high blood pressure



Air pollution is responsible for more than

1,300
D E A T H S

in Ireland every year

80%

of early heart disease and stroke can be prevented through small, sustainable lifestyle changes



1 in 20

of this generation's children will die prematurely due to overweight or obesity



1 in 6

people will have a stroke at some time in their life

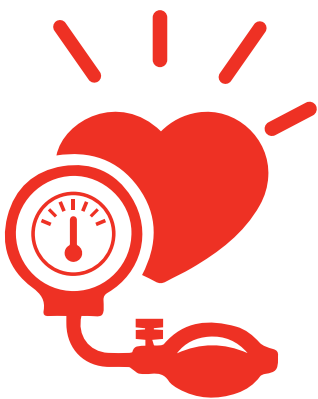


1 in 4

people in Ireland die from heart disease and stroke



Women are **6 times** more likely to die from **cardiovascular disease** than **breast cancer**



64%

of people over 50 years old have high blood pressure which is one of the leading causes of

stroke,

heart disease and

heart attacks

I N I R E L A N D

Corporate Governance

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



We rely on the goodwill and generosity of our supporters to fund lifesaving and life-changing work in prevention, research, CPR, advocacy and patient support.



Every donation we receive helps more people in Ireland live longer, healthier lives.

Our Commitments



We are committed to our donors and supporters, who are the backbone of our organisation. We subscribe to a donor charter.



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



We adhere to the Charities Governance Code and comply with the Triple Lock Standard set by the Charities Institute of Ireland.



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

Board members do not receive any remuneration.

The Irish Heart Foundation is



A registered charity with the Charities Regulator (registration number 20008376)



A registered charity with the Revenue Commissioners to receive tax exemption (charity number CHY5507)



Registered with the Companies Registration Office (company registration number 23434)

Directors' Report



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2021-2024 Strategic Goals

Our strategy commits us to working towards the following goals:



We Defend

We will defend hearts in Ireland from the commercial, environmental and societal threats to heart health such as unacceptable gaps in patient care, tobacco, air pollution and the marketing of unhealthy foods.

Over the lifetime of our strategy, we will focus on:

- ✓ Tackling childhood obesity.
- ✓ Developing stroke and heart disease services.
- ✓ Improving physical activity and healthy weight environments.
- ✓ Combatting air pollution and climate change.
- ✓ Establishing tobacco control.



We Empower

We will empower patients and the public to stand up for their hearts by working with them to provide the tools and information they need to lead healthy lifestyles and make informed decisions about their health.

Over the lifetime of our strategy, we will focus on:

- ✓ Evidence-based, targeted health behaviour change interventions.
- ✓ Raising awareness of key health risks and the importance of learning CPR.



We Care

We will care for everyone impacted by heart disease or stroke through online, telephone and community-based support programmes.

Over the lifetime of our strategy, we will focus on:

- ✓ Building high-quality and accessible information services.
- ✓ Developing our heart support services, both face-to-face and online.
- ✓ Developing our stroke support services, both face-to-face and online.



We Fund

We will fund our work through a mix of support from the general public, the corporate sector and Government.

Over the lifetime of our strategy, we will focus on:

- ✓ Achieving a sustainable level of funding so that we can meet our objectives.
- ✓ Improving the certainty and stability of our fundraising by broadening the number of income sources.



We Innovate

We will continue to transform our services through increased use of digital platforms and approaches so that we optimise the quality, reach and cost-effectiveness of our services.

Over the lifetime of our strategy, we will focus on:

- ✓ Incorporating a user-centric approach to our work.
- ✓ Incorporating digital platforms into the development of our patient support services.
- ✓ Seeking to continuously improve the accessibility of our published information.



We Defend

Our Advocacy Work in 2022

As one of the five key strategic goals set out in the Irish Heart Foundation's Strategic Plan (2021-2024), we aim to **defend** Irish hearts from the commercial, environmental and societal threats to heart health, such as junk food marketing, tobacco, air pollution and unacceptable gaps in patient care.

Over the lifetime of our strategy we have committed to focus on:

Key Objectives



Childhood obesity



A **Public Health (Obesity) Act** that puts children's health first over the interests of junk food companies.



Stroke and heart disease



The implementation of the **National Stroke Strategy** that recognises the importance of stroke prevention and supporting people living with the impact of stroke.



A new National Cardiac Strategy that prioritises prevention, tackles health inequality and recognises the importance of supporting people living with heart conditions.



Physical activity and healthy weight environments



Greater Government action to encourage physical activity, including the introduction of cycle lanes and the prioritisation of walkers in urban environments.



Tobacco control



A renewed commitment to achieve a **Tobacco Free Ireland** through a timebound action plan designed to reduce smoking rates to 5% of the population.



Air pollution and climate change



A **Clean Air Act** that tackles air pollution, a leading cause of heart disease and stroke and adopts the World Health Organization air quality standards.

Stroke & Heart Disease

We achieved a number of policy wins in 2022, including the removal of VAT on defibrillators and nicotine replacement therapy, publication of the National Stroke Strategy, support for a new National Cardiac Strategy, improvements in cardiac rehabilitation services disrupted by the pandemic and progress on the development of post-discharge services pathways for stroke survivors.

The rapid growth of our patient support services has resulted in large numbers of articulate and passionate patient advocates supporting our work, and we plan to capitalise on this in 2023 through the initiation of a formal grassroots advocacy programme developing patient champions in Dáil constituencies nationwide.



Brigid Sinnott, Resuscitation Manager, Irish Heart Foundation and John Fitzgerald, Chairman, Community First Responders Ireland.

VAT on defibrillators

Our long-running campaign to remove VAT from defibrillators finally concluded with the announcement by Minister for Finance, Paschal Donohoe, of the end to the controversial tax in his Budget speech. This came after EU rules were changed to enable

countries to act unilaterally to tackle specific VAT anomalies. Minister Donohoe acted after an Irish Heart Foundation petition with over 8,000 signatures was handed in to the Department of Finance demanding the move be implemented in the shortest

possible timeframe. Our call that VAT on nicotine replacement therapy also be abolished to reduce costs on smokers trying to quit was also applied. Both measures will come into force on 1st January 2023.

National Stroke Strategy

Ireland's first National Stroke Strategy (2022-2027) was finally published in 2022, along with multi-million-euro funding – with the decision being made just days before a mass protest of stroke survivors was due to take place outside the Department of Health. The Strategy includes provision for improvements to key areas such as stroke unit staffing, thrombectomy services and early supported discharge programmes. Our focus has now shifted to supporting the National Stroke Programme to achieve full implementation of the Strategy's recommendations.

Life after stroke services

While acute stroke services have improved rapidly over the last decade, there has been no corresponding improvement in community services enabling stroke survivors to maximise recovery. To develop the evidence base for progress, we collaborated with the Royal College of Surgeons in Ireland (RCSI), and the HSE in a successful Health Research Board (HRB) funding application for a two-year programme to develop the post-discharge services and supports pathway. We also aim to establish the precise number of stroke survivors in Ireland. In addition, we are progressing the development of the post-discharge pathway at European level through our prominent role in the Stroke Alliance for Europe and collaboration with the European Stroke Organisation.

Women and heart disease

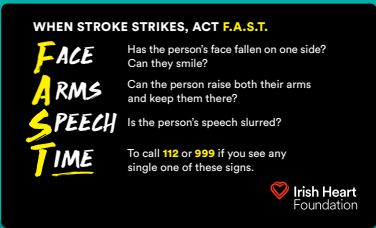
We succeeded in securing several important recommendations on women's heart health in the Fianna Fáil Women's Health Policy, including measures to:

- Increase awareness around hypertensive disorders in pregnancy and fund research to prevent cardiovascular disease in at risk groups later in life.
- Ensure universal access to dedicated menopause counselling supports and screening for cardiovascular and osteoporosis risk factors.
- Develop a new National Cardiovascular Health Policy and address inequalities, particularly gender health inequalities in cardiac care.
- Fund a public awareness campaign on cardiovascular disease in women, including prevention and symptom presentation.

COVID-19 and heart failure research

We commissioned RCSI research to consider if the National Immunisation Advisory Committee (NIAC) was mistaken in failing to put all heart failure patients in the highest priority group for the COVID-19 vaccine and subsequent antiviral treatments. This has been an issue of utmost importance to our heart failure patient advocacy group. Initial results from the study, to be concluded and launched in 2023, indicate that more than one in every three heart failure patients hospitalised with COVID-19 died due to the virus.

F.A.S.T. (Face, Arm, Speech, Time) campaign



We secured funding of €250,000 from the HSE to run a F.A.S.T. campaign in 2023 in response to an alarming fall in the number of stroke patients getting to hospital on time for lifesaving clot-busting treatment. Figures for 2020 show that, compared with 2014, around 800 fewer people got to hospital within the 4.5 hour window to receive thrombolysis. The National Stroke Audit has indicated the situation has since deteriorated further.

National Cardiovascular Strategy and National Cardiac Services Review

We continued to build political support for the development of a new National Cardiac Strategy, including a proposal by Sinn Féin for €10 million to be included in the Budget to fund its development and initial rollout. Meanwhile, the work of the National Cardiac Services Review has concluded with the final report due to be issued in 2023. We have had two patient representatives on the expert group conducting the research.

Cardiac rehabilitation

Throughout 2022 we lobbied heavily to secure the return of cardiac rehabilitation (CR) services that were severely disrupted by the COVID-19 pandemic, with service gaps being addressed at various locations, including Kilkenny and Ennis. Major work is now underway to develop cardiac rehabilitation services in the wake of a joint survey by the Irish Heart Foundation and the Irish Association of Cardiac Rehabilitation, which revealed a national waiting list of more than 2,800 patients.

Lifesaving stroke treatment

We were involved in discussions on major shortages in tPA (tissue plasminogen activator) supplies, which will severely impact thrombolysis availability worldwide over the next two years. We also advised on mitigation plans in Ireland which helped ensure that supply shortages didn't impact lifesaving treatment.

Unhealthy food and beverage taxes

It is immensely frustrating that the Department of Health has still not completed its evaluation of the sugar-sweetened drinks (SSD) tax more than three years after the same levy applied almost simultaneously in the UK was found to have reduced sugar consumption from the beverages targeted by 22%.

We know the Department of Finance is interested in scoping a broader sugar tax but will only do so on foot of positive Irish evidence of the impact of the SSD tax. However, following a submission by the Irish Heart Foundation, the Commission on Taxation recommended a broadening of fiscal measures to tackle obesity beyond the sugar-sweetened drinks tax, including a potential tax on ultra-processed foods in its Foundations for the Future report. It also noted that the voluntary approach in the Department of Health's Reformulation Roadmap may need to be supplemented with additional fiscal and/or mandatory reformulation measures.

Tobacco and E-cigarettes

We responded strongly during 2022 to mounting concern over the first increase in youth smoking rates for a generation and the continuing upsurge in vaping among young people, accelerated by cheaper disposable e-cigarettes. The continuing decline in adult smoking rates was also halted during the pandemic, increasing to 18% of the population over the age of 15.

Tobacco and Nicotine Inhaling Products Bill

Following our appearance before the Oireachtas Health Committee during its pre-legislative scrutiny of the new legislation, we secured support in its report for a ban on e-cigarette flavours and all e-cigarette advertising, plain packaging of e-cigarette products and urgent consideration by the Minister for Health of new Tobacco 21 legislation.

We were critical of the Department of Health for subsequently refusing to amend the legislation to tackle youth vaping more effectively through a high-profile media campaign. However, the Bill included some of our amendments, including extending the prohibition of tobacco products from self-service vending machines, temporary units and at children's events to cover e-cigarettes.



Dr Emmet O'Brien, Norma Cronin, Chris Macey, Aoife Ryan and Colm Burke TD.

Tobacco 21

To support our campaign to increase the legal age of tobacco products from 18 to 21, we assembled a 15-strong coalition of health and youth organisations, including the HSE, Irish Cancer Prevention Network and Foróige, in addition to a number of Comhairle na nÓg councils.

This culminated in a briefing event in Leinster House to address TDs and Senators directly on why the measure is needed to breathe new life into the Tobacco Free Ireland programme.

Tobacco Free Ireland (TFI)

We made the case strongly with policymakers that the Tobacco Free Ireland target of a 5% smoking rate by 2025 is now unachievable and radical new approaches are required. In addition to measures like Tobacco 21, this includes laying the groundwork for New Zealand-style legislation preventing young people from legally purchasing tobacco in their lifetime from a specified date.



Tobacco taxation

Our high tobacco tax regime is one of the most important factors in Ireland's comparatively low smoking rate. There was a significant level of commentary in the run-up to the Budget that the long-running series of 50 cent annual increases in tobacco tax was about to be ended due to concerns that any additional tax burden would lead to lower Exchequer receipts. We lobbied hard to successfully remind policymakers that tobacco tax increases are a health measure, not a revenue raiser and that reduced receipts will mean a drop in cigarette consumption.

Tobacco and sports

We held meetings with the IRFU and GAA to explore potential areas of collaboration around smoke-free clubs and stadiums. We also developed a briefing document for the IRFU on the impact of smoking on athletic performance.



Environmental Health

We played a key role in supporting Government efforts to tackle air pollution and on climate action generally during 2022 by highlighting the health impacts through research, polls and lobbying activity. The Climate and Health Alliance that we established met in person again following the lifting of COVID-19 restrictions and has developed a significant agenda across many relevant topics but with a particular initial focus on air pollution.



Air pollution

Amid vociferous criticism across the political spectrum, we strongly supported the Government's solid fuel regulations. These are crucial in reducing the estimated 1,300 air pollution deaths in Ireland every year, many of which are due to cardiovascular disease. This effectively prohibited smoky coal nationwide, as well as wet wood, while restricting the sale and marketing of sod turf.

Air pollution does not respect borders and we continued to work extensively with the British Heart Foundation Northern Ireland to improve all-island air quality. This included a programme of

monitoring air quality in twinned schools in Dublin and Belfast and research carried out by Queens University Belfast and Technological University Dublin to assess air pollution and mortality on the island of Ireland. The resulting report will provide a detailed analysis of the levels of particulate matter at local as well as national level in both jurisdictions.

We also supported an Anti-Idling Bill to tackle pollution caused by car engines running in the vicinity of schools and made a submission to a consultation on noise pollution in residential areas near Dublin Airport, citing evidence of the negative impact on cardiovascular health.



Climate and Health Alliance

The Alliance commissioned the ESRI to carry out a study on the health impact of climate change and mitigation actions in Ireland. The research will deliver a detailed examination of the health impacts associated with future temperature paths and mitigation actions.

Childhood Obesity

In 2022, we ramped up our childhood obesity campaign in the face of a deepening child health crisis during the pandemic and inaction by the Department of Health to progress the Programme for Government commitment to deliver a Public Health (Obesity) Act.

In particular, we focused on protecting children from saturation levels of targeted junk food marketing – an essential pre-requisite to the broad range of measures supporting healthier diets for young people.



Online Safety and Media Regulation Act

We secured critical amendments to this legislation, ensuring that junk food marketing bans can be developed as part of online safety codes. Our lobbying resulted in Minister for Tourism, Culture, Arts, Gaeltacht, Sport and Media, Catherine Martin, reversing her department's initial position on the issue, following extensive campaigning that secured cross-party support for food promotion to be included in the media codes.

Youth campaigners
Caroline, Jacob and
Christina.






Youth Campaigners

We collaborated with celebrity chef Jamie Oliver's Bite Back UK organisation to recruit young people to support our obesity campaign and ran a joint lobbying event for TDs and Senators with its youth campaigners as we launched a pledge to build Oireachtas support for our proposals to tackle childhood obesity.

'Stop Targeting Kids' campaign

In November we launched a campaign titled 'Stop Targeting Kids' to build public and political support for:

-  A blanket ban on online junk food marketing.
-  Moving the broadcast watershed for unhealthy food and beverage ads from 6pm to 9pm.
-  Removing all junk food advertising from public transport, buildings and other infrastructure.

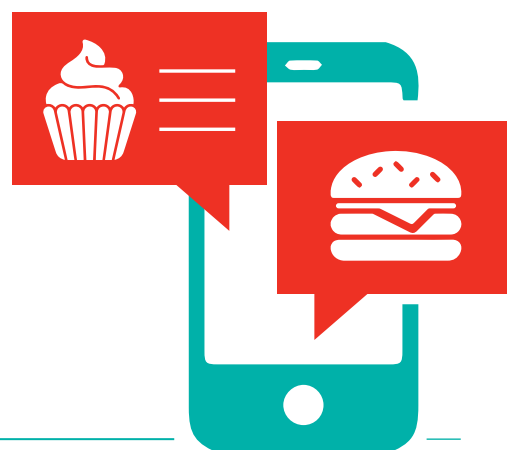
The ongoing campaign is based around a hard-hitting video focused on junk food advertising to children online, billboard adverts calling out the extent of junk food marketing to children and a radio ad. These were informed by quantitative research among 500 parents and 500 teenagers and qualitative research with a representative sample of 50 teens who maintained

a food diary over one week detailing all the food ads they saw and what they ate. The research found that children are being targeted relentlessly with advertising online and throughout their daily lives. This is heavily influencing their eating behaviours and distorting their diets, resulting in overconsumption of unhealthy food.



Chris Macey, Director of Advocacy and Patient Support, Irish Heart Foundation with youth campaigners Luke and Sarah.

According to the research, more than half (57%) of teens say that online media is the most influential factor dictating their food preferences.



The study also found that more than a third (35%) of teens claim they consume junk food after seeing ads for unhealthy foods.

“Children are being bombarded with junk food marketing and this research shows it is strongly impacting their food choices,”

said Chris Macey, the Irish Heart Foundation’s Director of Advocacy and Patient Support.

“Meanwhile, the Government stands by and allows voluntary regulation of online marketing.”

1 in 20

of this generation’s children will die prematurely due to overweight and obesity.

“We are seeing cases of children as young as six presenting to doctors with high blood pressure,” said Mr Macey.

“If the Government does not act now, future generations will suffer, and children will continue to die prematurely.”

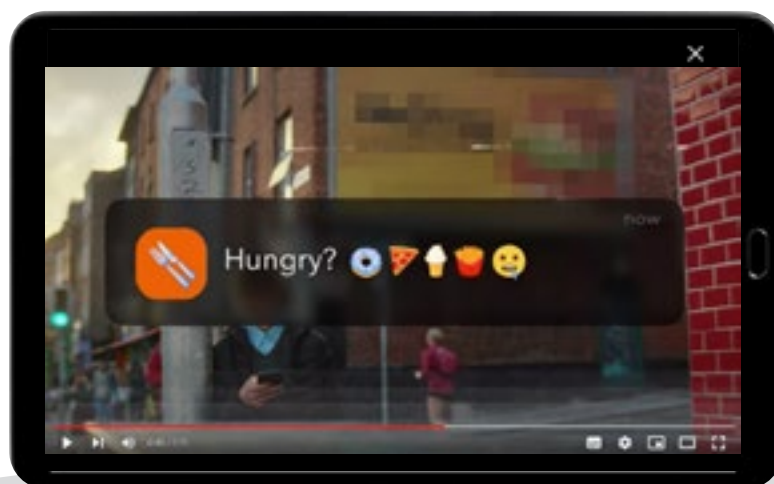
Mr Macey said it would have been “impossible” to reduce Ireland’s teen smoking rate from 41% to 12% if tobacco advertising had continued.

The data also shows that Irish teenagers appear to know the risks of consuming unhealthy

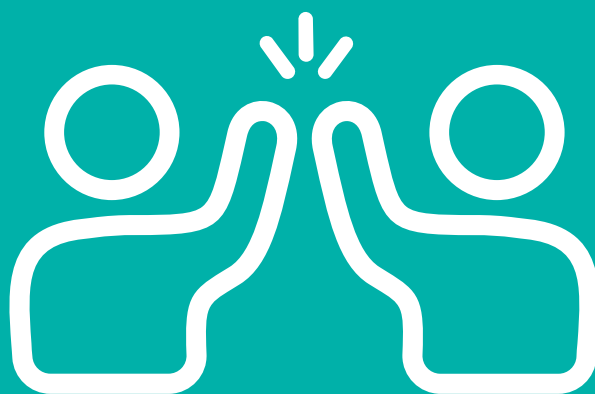
foods they see online, with over a third (35%) “very worried” and 32% saying they would support a junk food advertising ban to under-18s.

Meanwhile, 45% of parents are “very worried” about their child’s consumption of junk food and a half (49%) say it is becoming more difficult to get their teen to eat healthily.

Mr Macey asked the public to support the Irish Heart Foundation’s campaign and sign an online petition calling for the introduction of the Public Health (Obesity) Act.







We Empower

Our Health Promotion and Prevention Work in 2022

As one of the five key strategic goals set out in the Irish Heart Foundation's Strategic Plan (2021-2024), we aim to **empower** patients and the public to stand up for their hearts by working with them to provide the tools and information they need to lead healthy lifestyles and make informed decisions about their health.

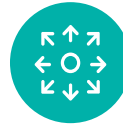
Over the lifetime of our strategy we have committed to focus on:

Key Objectives



Evidence-based interventions

- ✓ The development, validation, funding and scaling up of **high-impact interventions** in the community to support people at high risk of heart disease or stroke.
- ✓ **Health promotion programmes** in primary and post-primary schools that focus on health literacy and place all children on the path to healthier and longer lives.



Awareness of health risks

- ✓ A 50% reduction in undiagnosed high blood pressure through **integrated national awareness campaigns**.
- ✓ A 25% increase in the out-of-hospital cardiac arrest survival rate through greater awareness and **training in CPR** and automated external defibrillator (AED) use.

Evidence-based, targeted health behaviour change interventions in **schools**



We are the leading health NGO working in and with primary and post-primary schools in Ireland, with a focus on heart health, wellbeing, nutrition, physical activity and CPR. We continue to develop health promotion programmes that focus on health literacy and place all children on the path to healthier, longer lives.



Primary Schools

Almost 3,000 teachers from around the country have signed up to our Primary School Wellbeing programme and are creating active classrooms, inspiring a love of movement and building heart-healthy habits for life.

The Irish Heart Foundation's Primary School Wellbeing programme offers a range of adaptable and easy-to-use resources suitable for any classroom, described below.

Bizzy Breaks

Bizzy Breaks for Bizzy Bodies and Bizzy Minds is a collection of movement and mindfulness breaks developed in consultation with experts. The curriculum-linked activities make getting active in the classroom easy for staff to fit into the school day and, most importantly, fun for pupils to move, breathe and learn.

The Bizzy Breaks programme was developed in response to research showing that just 13% of children meet National Physical Activity Guidelines of at least 60 minutes of moderate to vigorous physical activity daily. Studies have shown that sedentary behaviour is a significant risk factor for cardiovascular disease. Bizzy Breaks is designed to encourage children to be active throughout the day and support them in reaching the recommended guidelines.

In 2022, we expanded our in-classroom resources to include a series of Bizzy Breaks videos. Building on the successful release of the Bizzy Breaks materials in Irish (Sosanna Spleodracha) in 2021, we created ten Irish language videos in partnership with the Gaelbhreach team in Gael Linn, a leading organisation in the promotion of the Irish language. The Gaelbhreach initiative

focuses on creating opportunities for using Irish throughout the school day. As part of this collaboration, Gaelbhreach distributed the Bizzy Breaks poster in Irish to 50,000 teachers nationwide through the official magazine of the Irish National Teachers Organisation (INTO). The Bizzy Breaks programme was also promoted by the Department of Education as part of Active School Week 2022.



Bizzy Breaks

for Bizzy Bodies and Bizzy Minds

Looseners

Warm up and energise



Huffers

Get your heart pumping



Stretchers

Stretch and relax



Challenge Ideas - Creative



Make up a dance to your favourite song.

The dance could be just for the chorus of the song if the full song is too much.



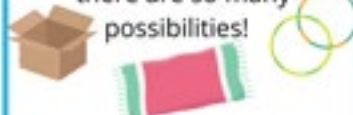
Alternatively, the challenge could be to learn a dance from a YouTube video.



Create an obstacle course using things you have in your house or garden.



Think about things you can jump over or around, crawl under or over, throw, catch, skip with, spin, balance - there are so many possibilities!



Or, use chalk to create an obstacle course. Draw lots of different lines and actions.



Make up a skipping rhyme, or sequence of different skipping moves.

An existing rhyme or song could be used and different types or speeds of skipping added.

Or create a whole new one.



Make up a full body 'secret handshake' to do with a friend or sibling.

This could be done with a family member or part of home bubble.



Or create a non-contact secret handshake where two people mirror each other doing a series of movements.



Or try a 'secret footshake' where only shoes touch.

Action for Life

Action for Life is a PE and SPHE (Social, Personal and Health Education) physical literacy programme aimed at increasing motivation and confidence so that all children can enjoy PE classes. The programme was co-designed with pupils and teachers and released in 2021 in partnership with the HSE and the Professional Development Service for Teachers (PDST) of the Department of Education.

In 2022, almost 200 teachers were trained in the Bizzy Breaks and Action for Life programmes, which integrate with the Irish primary school curriculum to add an educational benefit. Two bilingual webinars were also held in 2022 in partnership with Gaelbhrtach to support the use of the Bizzy as Gaeilge (Sosanna Spleodrachá) series.

Let's Get Active

The Irish Heart Foundation's Let's Get Active four-week challenge is a free physical activity programme that challenges primary school children to be active for 60 minutes every day for four weeks. Between March and May 2022, more than 11,000 children participated in the challenge for Active School Week.

In line with the Irish Heart Foundation's ethos of including children and young people in the design of our programmes, Let's Get Active was re-developed in mid 2022 using a co-design approach, where children shared their feedback and ideas and helped to create the new programme.



Over 300 children from 10 schools around Ireland took part in the co-design, resulting in the development of a brand-new 'Let's Get Active Challenge' pack. The new pack was designed to find different and fun ways to be active, build on small achievements and be active throughout the day.

Key health concepts and physical literacy are woven through the new booklet in an engaging way. Being active doesn't end with the school day, and the Let's Get Active Challenge is a great way to highlight the importance of being active for at least 60 minutes each day and building heart-healthy habits.

The new Let's Get Active Challenge pack was released in November 2022, and 20,000 children participated in the challenge in the last two months of the year.

 **20,000** children  **166** schools



“What’s lovely is that it’s so structured and simple; it suits every child and there’s nothing complicated. It’s easy to follow and laid out really well. The trackers are just gorgeous and they’re really enjoying filling them out. It’s making them more aware of how they can get their active minutes, and they’re really building it into their home life as well. I love the ideas for what they can do, I thought the one about making up a dance and teaching it to a friend was so perfectly pitched to their 'level'.”

Primary school teacher

Post-Primary Schools

Y-PATH 'PE 4 ME'

Y-PATH 'PE 4 ME' is a whole-school programme that is delivered by a school's PE teacher and comes with a range of free online and offline resources. Focusing on physical literacy, this programme was developed as a direct response to the frighteningly low levels of physical activity and fundamental movement skills among young people in Ireland. Through targeting physical activity, health-related knowledge, and fundamental movement skills, we will equip the next generation with all the tools they need to enjoy being physically active.

Throughout 2022 the Irish Heart Foundation continued to support 460 PE teachers across 317 schools through its Y-PATH 'PE 4 ME' programme.



WHO Schools Health Literacy Project

Our Schools Health Literacy Project is a flagship initiative registered with the World Health Organization (WHO) as a National Health Literacy Development Project (NHLDP). It is unique in being the sole NHLDP that focuses on primary prevention and young people. Poor health literacy is now recognised as a key barrier to reducing childhood obesity. The project is aimed at Delivering Equality of Opportunity in Schools (DEIS) schools and involves co-designing an intervention to increase health literacy in areas of high economic and social disadvantage.

The programme aligns with the Wellbeing Framework for Schools and is currently at pilot stage. As part of this project, the Irish Heart Foundation is funding the development by UCD of an instrument aimed at measuring health literacy in adolescents. It is also funding development of a Lifelab in DCU. This is an interactive experience based in DCU where young people come to learn about health, and it also aims to increase health literacy.

In 2022, the Irish Heart Foundation was selected to represent Ireland at the launch of a major WHO report on the Health Literacy Development for Prevention and Control of Noncommunicable Diseases.

Youth Advisory Panel

The Irish Heart Foundation's work is underpinned and advised by our Youth Advisory Panel, and we would like to recognise their work, in particular on our WHO Schools Health Literacy Project and children's health advocacy. The Youth Advisory Panel is made up of 12 to 18-year olds from around the country who generously give their time to inform and guide our work.

Evidence-based, targeted health behaviour change interventions in the **community** and **workplaces**

High Risk Prevention Project in General Practice

This programme has been working in six general practices across Leinster since 2020 as part of the HSE's Chronic Disease Management Programme. We provided six weeks of one-to-one support in deprived communities to help over 270 patients who were at high risk of developing disease to manage their risk factors. The UCD School of Medicine supported the data collection and reporting.

Baseline assessments showed that the most prevalent risk factors were obesity, high blood pressure, poor diet, and lack of physical activity. Despite this, patients expressed high motivation to become healthier.

Results collected at 12 months after patients completed the programme indicate that the programme inspired many patients to adopt healthier lifestyles. Statistically significant decreases were observed in the patient group's weight, BMI, waist circumference, blood glucose and triglyceride levels. Additionally, patients' LDL and total cholesterol decreased, and HDL increased. Several behavioural changes were observed that were also statistically significant – patients reported smoking less, sitting



fewer hours per day, eating less snacks and/or fried food. Patients reported exercising more, and eating more fruit, vegetables and healthy fats.

In surveys on their experience of this model of care patients stressed that the change in their health behaviours was due to the encouragement they received from the programme.

“I have to say I found it brilliant. It was the kick start that I needed. I knew I had to make the changes, but then when I got on the programme and talking to the practice nurse it gave me the motivation to do what I needed to do.”

General Practice staff also acknowledged the benefits of the programme.

“... the beauty of this project, you were rooted in the community.”

The observed level of engagement and health gains showed that this programme is feasible and can be effective in empowering positive health behaviour change in individuals at high risk. We will submit a full report on our findings to the HSE in 2023 and hope to secure funding to expand the programme in the coming year to aid as many individuals as possible in managing their risk of heart disease and stroke.

Raising awareness of key health risks and the importance of learning CPR

Awareness of health risks

Heart Month

Our 2022 annual Heart Month National Awareness Campaign which takes place in September focused on women's health.

Cardiovascular disease in women remains understudied, under-recognised, underdiagnosed, and undertreated. Early detection and management of cardiovascular risk factors are essential if we are to improve women's heart health and reduce early deaths in women.



The 2022 campaign, titled 'Her Heart Matters', aimed to build awareness among women in their forties and fifties that 1 in 4 women die from cardiovascular disease, that it affects more women than breast cancer and that the risk of cardiovascular disease increases from menopause onwards. Fronted by presenter and TV personality Glenda Gilson, 'Her Heart Matters' was supported by the HSE, Healthy Ireland and Marks & Spencer.



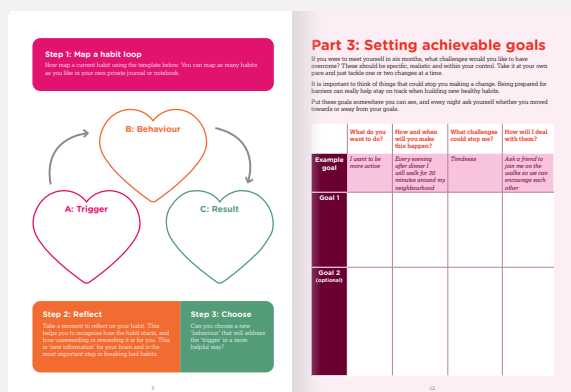
Janis Morrissey, Director of Health Promotion, Information and Training, Irish Heart Foundation, Glenda Gilson, Campaign Ambassador, Sarah O'Brien, National Lead - Healthy Eating and Active Living Policy Programme, HSE and Frances Deasy, Head of Marketing and Sales, Marks and Spencer.

The campaign was informed by focus groups with women and an advisory group comprising organisations representing ethnic minorities, the Traveller community, trans people and those living with obesity.

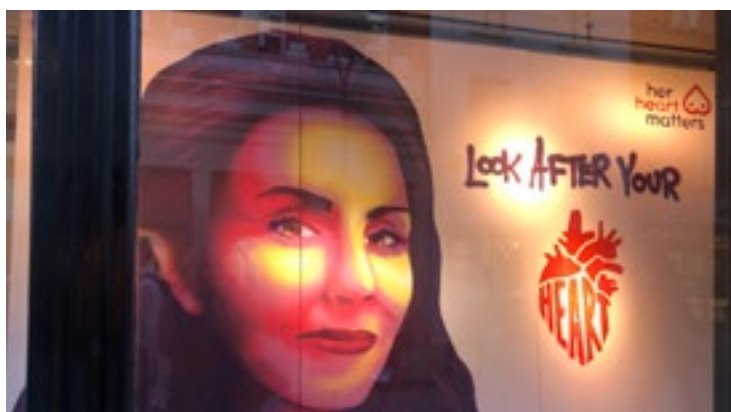
It called on women to take action to reduce their risk of cardiovascular disease by going to irishheart.ie and availing of supports and information. More than 1,900 people signed up for a supportive email journey through September, with links to

plenty of tips on our website for how women could make small changes for a healthier heart and future.





Key materials to support women included a self-care and wellbeing journal, a self-assessment tool and a shorter more visual leaflet for those with literacy difficulties or English as a second language. We were also fortunate to have 'Her Heart Matters' stories and videos from a range of patients, relatives and healthcare professionals.



We also teamed up with the Minaw Collective, an Irish-based all-female group of artists from around the world, to bring the 'Her Heart Matters' campaign to life ahead of World Heart Day on Thursday, 29th September 2022. Four of the Collective's leading artists created one-of-a-kind murals in the windows of three of Marks & Spencer's busiest stores in Dublin and Cork to help raise awareness of the campaign and encourage Irish women to make small, sustainable changes to their lives and health.

The campaign culminated in a free webinar for women on World Heart Day. 'Her Heart Matters: Let's Talk About Menopause' brought together a panel of experts for a conversation on women's real experiences of menopause and its impact on heart health, and provided lots of practical information. The webinar was very successful with almost 3,000 registrations, over 700 attendees on the day and more than 1,500 viewings since the webinar recording. The feedback was overwhelmingly positive.

The importance of learning CPR



2022 was a year of collaboration for the Irish Heart Foundation's resuscitation team. We worked together with a number of organisations with the common goal of increasing survival from cardiac arrest.

The courses we administer range from simple awareness classes taught in our communities to complex advanced cardiac life support courses. High quality CPR and using an automated external defibrillator (AED) early increase the chances of survival from a cardiac arrest.

Attending a CPR training course makes a person

10 times

more likely to respond correctly in an emergency than someone who has never attended a course.

CPR recertification and first responder training with the National Ambulance Service

During the height of the COVID-19 pandemic, many CPR instructors were redeployed to other areas of the health service and training ceased. In 2022, we concentrated on getting instructors recertified and up to date on the current training materials. We worked closely with the Community Engagement Team in the National Ambulance Service (NAS), recertifying instructors and facilitating training within our communities.



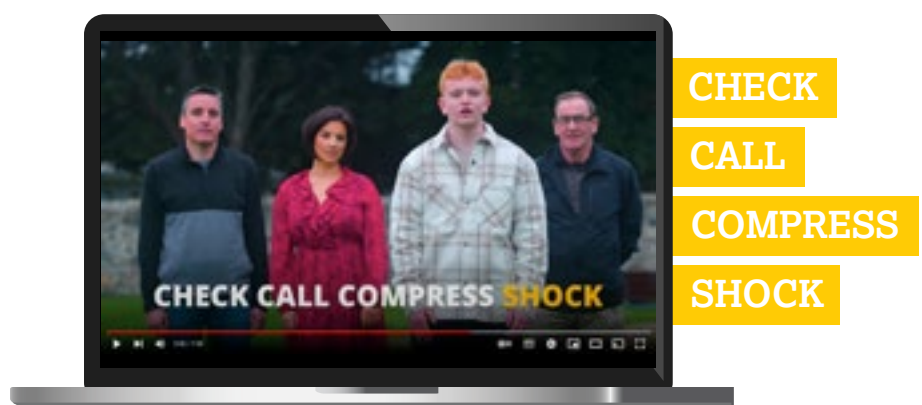
In 2022, we were also involved in the launch of www.becomeacfr.ie, which encouraged members of the public to sign up to become a Community First Responder in their local area. The campaign was run by the National Ambulance Service.

We also worked closely with the NAS to establish a faculty that monitors instructors linked with first responder groups. We held a workshop for these faculty members to ensure a national standard of training throughout the groups.

Collaboration with National OCHA Strategy Group

Throughout 2022 we continued our work with the HSE's multi-agency group tasked with implementing the recommendations of the National Out-of-Hospital Cardiac Arrest (OHCA) Strategy. We continue to work on establishing a national AED (automated external defibrillator) registry.

We also contributed to a study to investigate the feasibility of providing CPR training to all public sector employees. In 2023, we will develop a plan based on the findings of this study. For



Restart a Heart Day 2022, which took place on 16th October, a sub-group of the OHCA Strategy Group, developed a video to encourage members of the public

to perform CPR and use an AED. All agencies collaborated and ran a remarkably successful national campaign called 'Check Call Compress Shock'.

Innovating to address CPR skills decay

In 2022, we also started work to introduce the Resuscitation Quality Improvement Programme (RQIP) to Ireland. A partnership between the American Heart Association and Laerdal Medical, RQIP is an online learning system that provides a unique way to address the rapid decay in CPR skills using short quarterly sessions instead of lengthy infrequent classes. RQIP offers a way for healthcare staff to obtain credentials and demonstrate competence in high-quality CPR without leaving the workplace. We signed an agreement with RQIP at the end of 2022 and plan to introduce it in Ireland in 2023.



Advanced cardiac life support (ACLS)

In 2022, we offered 428 advanced cardiac life support (ACLS) courses to Doctors, Nurses and Paramedics, training a total of 4,675 healthcare professionals. ACLS refers to a set of guidelines used by medical providers to treat life-threatening cardiovascular conditions. These life-threatening conditions range from dangerous arrhythmias to

cardiac arrest. ACLS algorithms frequently address at least five different aspects of peri-cardiac arrest care: airway management, ventilation, CPR compressions (continued from basic life support, or BLS), defibrillation and medications. Candidates on these courses practise high quality CPR and work as part of a team.

ACLS instructor courses

Our ACLS instructor courses increased from one in 2021 to four in 2022 due to demand from ACLS sites and staff shortages following the impact of the COVID-19 pandemic.

As a result, the number of ACLS instructors trained in 2022 was 78, up from 16 in 2021. Included in these numbers is a pilot ACLS Experienced Provider instructor course, which the Irish Heart Foundation resuscitation team held in Cavan for staff working in critical care.

We also facilitated three ACLS Council meetings in 2022 and we continue to support Dr Nigel Salter in St Vincent's University Hospital Dublin on the development of the In-Hospital Cardiac Arrest Register.

A total of 110 participants, including Medical Directors, Doctors, Resuscitation Officers and ACLS Instructors, attended our national ACLS workshop in 2022 with guest speaker Edel Duggan, Consultant Anaesthetist and Director of the National Poisons Centre.

In total, more than 60,000 people were trained in CPR in 2022 through the Irish Heart Foundation's training network. This does not include those trained through our CPR 4 Schools programme.

CPR 4 Schools

CPR 4 Schools is the Irish Heart Foundation's national programme of CPR training for post-primary schools in Ireland. We set schools up to deliver CPR training and provide supports including resources and advice. A sustainable programme, CPR 4 Schools gives teachers the skills to deliver CPR training, schools the resources to offer training regularly and students the confidence to respond to a cardiac emergency.

The CPR 4 Schools programme spreads beyond the school into the community where we are creating a generation of lifesavers and CPR champions.

The CPR 4 Schools programme has been running since 2016 and is now available in 84% of post-primary schools in Ireland. In 2022, we focused on supporting and celebrating schools who are successfully delivering the CPR 4 Schools programme.

“Excellent course and such a valuable resource available to schools. This is what students want to learn. Real life skills and something that they can carry anywhere in the world.”

Teacher in CPR 4 Schools Programme



Isobel, Abbie and Erin with Minister for Sport Jack Chambers at Newpark Comprehensive School, Blackrock, Co. Dublin.



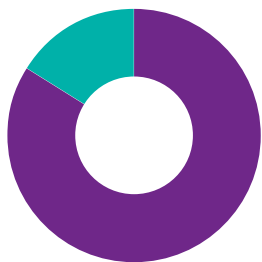
Heroes Award, Confey College, Leixlip, Co. Kildare.

CPR 4 Schools Awards

Each year we recognise our amazing schools and the work they do through two awards; a Special Recognition Award for schools who have trained all their students in CPR and

a CPR Heroes Award which recognises the outstanding efforts and actions of individual teachers and students. This year we presented an incredible 57 awards.

In 2022, the CPR 4 Schools website was updated with new videos to highlight the impact of the programme and best practice implementation case studies.



84%

of post-primary schools (612/728 schools) nationwide are now in our CPR 4 Schools programme.



In 2022



New Schools

40



Additional Teachers

295



CPR 4 Schools Special Recognition Award Cofaiste Mhuire, Ballygar, Co. Galway.

“ It is a great achievement to say that every student in the school is confident and competent to deliver CPR to anyone who may need it. This ultimately gives all our students the tools to potentially save a life. ”

Teacher in CPR 4 Schools Programme



In total we have trained

2,379

TEACHERS



In 2022, teachers accessed the CPR 4 Schools portal

5,786

TIMES

'Her Heart Matters': Glenda's Story

Glenda's sister Siobhán died suddenly at the age of just 47, the day after her father's funeral.



Glenda (centre) with dad John and sister Siobhán

A family in Co. Wicklow suffered unbearable tragedy in the first days of 2019 when, the day after their father's funeral, one daughter died suddenly aged just 47.

Siobhán Dunne from Rathnew, Co. Wicklow was a dedicated mother to three children – Cormac, 14, Callum, 7, and Kasey, 4 – as well as loving wife to David and adored sister and friend who died much too young due to a sudden heart event.

Recalling the events of those tragic days, Siobhán's sister Glenda said that the previous day the family had buried their father John Franey (Snr) who died from heart failure on 27th December 2018 at age 81. Then on 1st January, a day after John's funeral, came the call that was to further shatter their world.

"'Come quick, Glenda,' he said, 'Siobhán has collapsed.' I said, 'What do you mean, collapsed?' and he said, 'Well, the neighbours are working on her.' I immediately started to scream as I knew that wasn't a good sign."

Glenda and her husband rushed to Siobhán's home where they found neighbours performing CPR and using a defibrillator in an effort to resuscitate her. Despite their best efforts and those by the ambulance crew, Siobhán sadly died, leaving her family devastated.

"She was always very caring, and kind and bubbly and she was very deep, Siobhán. She wore her heart on her sleeve and everyone's worries were her worries, she was very sensitive," said Glenda.

The family later learned that Siobhán died from spontaneous coronary artery dissection (SCAD). SCAD is an uncommon emergency condition in which a 'tear' happens within the layers of the wall of the artery. This leads to blood becoming trapped within the artery, forming a clot and causing a partial or complete blockage. This can lead to a possible heart attack, an abnormal heart rhythm or even sudden

death, if not treated promptly.

Like Siobhán, most people with SCAD are otherwise healthy and might not have any risk factors for heart disease. It tends to occur in people between the ages of 19 and 64.

Glenda described Siobhán as "the glue" that held the family together. She was also a great talker who "loved talking all the time."

"We miss her so much in that sense because she held everything together for us. She knew what to do in situations, in grief."

Despite their grief, the family has pulled together to remember Siobhán by raising more than €15,000 in her memory.

"The Irish Heart Foundation was very close to us. I always remember when Dad was diagnosed with heart failure, he was in St. Vincent's Hospital in Elm Park and a nurse came from the Irish Heart Foundation and she went through so much. They were always on-hand when we needed them."

Glenda said she would encourage all women to seek medical help if they suspect there is something wrong with their heart.



We Care

Our Patient Support Work in 2022

As one of the five key strategic goals set out in the Irish Heart Foundation's Strategic Plan (2021-2024), we aim to **care** for each and every heart impacted by cardiovascular disease through online, telephone and community-based support programmes.

Over the lifetime of our strategy we have committed to focus on:

Key Objectives



Information services

- ✓ We will complete an **audit and stakeholder survey** of our information services.
- ✓ We will continue to develop the **quality and breadth of our services** so that we are the primary source of information for those living with heart conditions or stroke.
- ✓ We will continue to **improve accessibility** so that our services are available to all.



Heart support

- ✓ We will maximise the numbers participating in our **self-management support programme** for heart failure patients.
- ✓ We will **develop and extend our network** supporting other heart conditions.

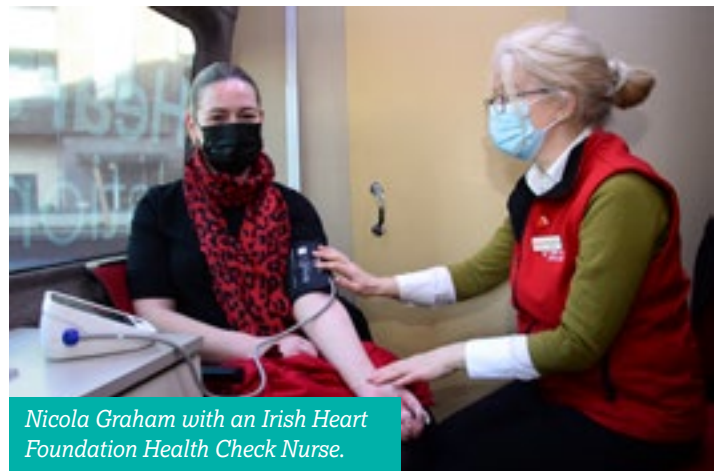


Stroke support

- ✓ We will work to ensure that everyone who requires our **Stroke Connect Service** for newly diagnosed stroke patients can avail of it.
- ✓ We will continue to develop **long-term community supports** for stroke survivors at every stage of their life.

Heart of our City

In 2022, our award-winning Heart of Our City project successfully raised awareness of cardiovascular disease in Dublin's south inner city. Delivered in partnership with Novartis, the project used social prescribing to offer opportunities for the local population to access education and resources to manage their heart health. More than 800 people engaged directly with the programme during the six-month pilot, with 181 availing of a free check from our nurse-led Mobile Health Unit, more than a third of whom were identified as having high blood pressure. A follow-up survey found that 80% of respondents made lifestyle changes following the intervention.



Nurse Support Line



Our Nurse Support Line is staffed by a team of six nurses whose expertise is crucial in providing helpline services to the public, carrying out needs assessments and introductory phone calls with new members and supporting existing members in our social media groups. The Nurse Support Line delivered more than 30,000 minutes of support during 2022 on 1,600 calls with members of the public. The most common queries received by our specialist team of nurses related to stroke, arrhythmias, heart failure and counselling.

Patient support strategy

In 2022, our Board signed off on a major new patient support strategy, which represents one of the biggest service developments in the Irish Heart Foundation's 56-year history.

There has been a rapid growth in the numbers of heart patients and stroke survivors availing of our support services since the start of the COVID-19 pandemic. Over the next three years, we aim to more than double the numbers we serve to at least 10,000 people and develop deeper, more impactful service offerings to make a bigger difference to more lives. The long-term sustainability of the service will depend on our ability to attract statutory funding, not least through robust evaluation that proves both the human and economic benefits of our services.

Over the next three years, we aim to more than **double** the numbers we serve to at least 10,000 people and develop deeper, more impactful service offerings to make a bigger difference to more lives.

The main planned developments include:

- ✓ Supporting 1,000 stroke patients a year to transition back to the community following discharge from hospital.
- ✓ Extending our Heart Connect Service to support 1,000 heart failure patients a year.
- ✓ Creating a volunteer department to mobilise 200 volunteers and increase our capacity to deliver meaningful support.
- ✓ Prioritising the development of emotional and psychological support services with the appointment of a part-time senior clinical psychologist.
- ✓ Building our ability to support stroke survivors with communication disabilities by adding a part-time speech and language therapist to our support team.
- ✓ Continuing to increase the scale and impact of our heart, stroke and carer social media communities and other online supports.
- ✓ Revitalising peer support networks for people with cardiomyopathies, Long QT syndrome, families with children affected by heart disease, sudden cardiac death and ICDs*, and supporting organisations for people with conditions such as SCAD**.

* Implantable cardioverter defibrillator

** Spontaneous coronary artery dissection



During 2022, our services continued to develop rapidly, with a particular highlight being the successful piloting of a Heart Connect Service with phone support for heart failure clinics serving patients in Waterford, Wexford, Carlow, Kilkenny, and South Tipperary; and a new nurse-led needs-assessment of each new member of our stroke support services.



Stroke Connect Service

The Stroke Connect Service is the entry point to our support programmes for stroke survivors.



It provides up to eight weeks of emotional and practical support through weekly phone calls, information, signposting, comprehensive health advice and a range of additional services, including counselling, physical activity programmes, peer-to-peer support and self-management programmes.



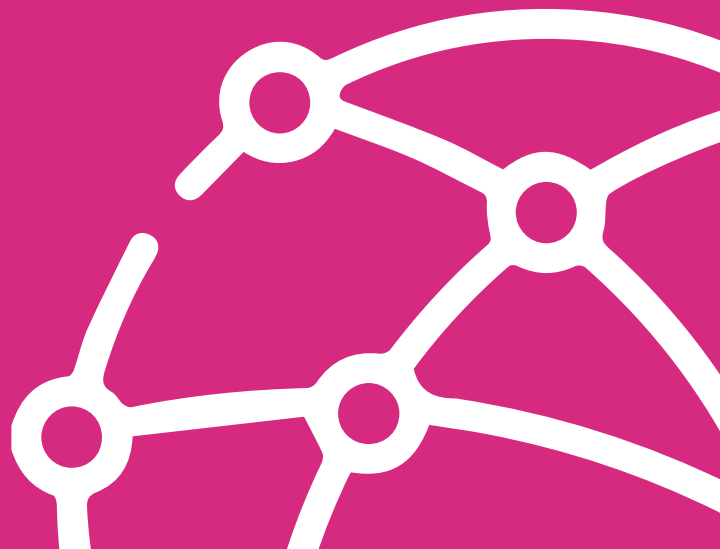
A total of 544 people availed of the service in 2022 – over one in six stroke survivors discharged home nationally.



There were 109 red flag cases leading to members being referred to an appropriate health professional, all of which were successfully resolved.



The service has delivered approximately 2,000 hours of support to stroke survivors in every corner of the country.



Stroke Support

Stroke support groups



Stephen and Michael, Letterkenny Stroke Survivor Group.

Membership of our online and face-to-face support groups at year-end comprised:



220

members attended Face-to-Face groups



541

people were referred to the Stroke Connect Service



Before the COVID-19 pandemic, about 450 stroke survivors regularly attended our network of 21 face-to-face support groups. As reported by other patient organisations, there has been a sizeable reduction in attendance at face-to-face meetings since the start of the pandemic. Some 220 survivors have attended these meetings since their resumption in June 2022, with 16 groups resuming in-person meetings.

Life After Stroke Facebook group

At the end of 2022, our Life After Stroke private Facebook group for stroke survivors had



1,328
members

At the end of 2022, our Life After Stroke private Facebook group for stroke survivors had 1,328 members. Before the COVID-19 pandemic, membership was limited to working age stroke survivors. However, to give our members as much support and as many opportunities for social contact as possible, the group is now open to all age groups. The majority of members are active, with a total of 1,019 posting during the year.

As well as a platform for sharing experiences and peer support, the Life After Stroke group offers regular health information through videos, secondary prevention articles and infographics developed by the Irish Heart Foundation's Nurse Support Line nurses and other health professionals.

Online exercise classes established during the pandemic have sustained their popularity with an average of 146 people participating in each session.



Elizabeth, Letterkenny Stroke Support Group.

Younger Stroke Survivor Network



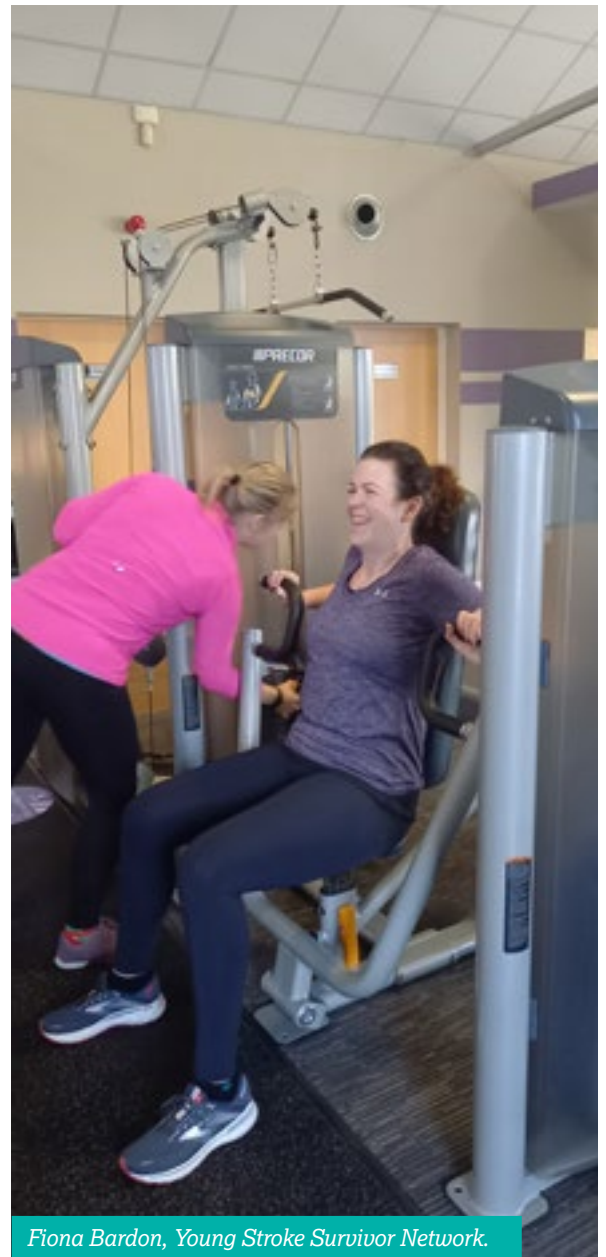
1 in 4

strokes occur in people **under the age of 65.**

At the end of 2022, we had more than 100 participants in our online and face-to-face support groups for working-age stroke survivors. Engagement with these groups tends to be for a shorter time than our other support programmes as survivors return to work or vocational training. However, many participants return as volunteers, particularly on programmes such as our peer-to-peer phone support. During 2022, we established a new face-to-face group in Dun Laoghaire, in addition to the existing Kilmainham group.

Short-term stroke programmes

We delivered 15 short-term support programmes via Zoom in 2022. These are designed to meet the most common needs of stroke survivors living in the community and included mindfulness, art therapy, vocational return to work, learning to live with aphasia, fatigue management, specialised exercise programmes and cognitive skills. Each course was facilitated by an external professional trainer, with assistance from a member of the Irish Heart Foundation patient support team.



Fiona Bardon, Young Stroke Survivor Network.



World Stroke Day

We held a series of talks to mark World Stroke Day on 29th October 2022. These talks received large attendances as well as major publicity in the regional press. The themes of the talks included returning to work, meditation, music therapy, fatigue, mindfulness, returning home after a stroke, diet, preventing another stroke, grants and entitlements, medicines and the F.A.S.T. response to stroke symptoms.

Heart Support



More than **2,500** members in the Heart Support Network

By the end of 2022, our heart support network, including our heart failure support and closed heart support Facebook group, had more than 2,500 members.

Network members have access to our nurse support and monthly Zoom meetings that deal with a range of topics such as medication, diet and coping skills. New participants receive comprehensive information on their heart condition.

The service also provides peer-to-peer phone support and counselling.

The Facebook group is a seven-day-a-week moderated service that provides peer support as well as expert information and advice from Irish Heart Foundation nurses and healthcare professionals. Daily engagement is consistently high at around 1,200 users, while about 1,000 members a month access our online exercise sessions.

Heart Connect Service

Another highlight of 2022 was the success of the Heart Connect Service, a pilot programme in the CHO 5 area covering Wexford, Waterford, Carlow, Kilkenny and South Tipperary, created to respond to huge unmet support needs among heart failure patients living in the community.

A total of 121 patients completed the programme, which provided practical social and emotional support. In addition, patients received monthly phone calls from Irish Heart Foundation nurses and support coordinators which reinforced information and advice given at heart failure clinics and by GPs.

A key element of the service is ensuring that patients know how to manage their condition, recognise and understand red flag signs and symptoms, and know who to contact if there are any issues. It also provides a pathway to escalate any concerns to the patient's heart failure clinic or GP, with the aim of preventing further deterioration and, ultimately, hospital admission.

In 2022, a total of 93 calls resulted in referrals to heart failure nurses, GPs, or hospital clinics. According to the heart failure clinic in Waterford Hospital, at least nine hospital admissions were averted as a direct result of the service. Patient surveys carried out before and after the service was delivered concluded that the need for hospital admission due to fluid build-up (a common side effect of heart failure) had roughly halved by the end of the programme.

Furthermore, an assessment using the European Heart Failure Self-care Behaviour Scale recorded an increase of 19% in behaviour change resulting in early contact with medical professionals in the event of deteriorating dyspnoea (difficulty breathing), swollen legs or fatigue. There was also a 15% improvement in health maintenance, such as reducing salt intake, taking exercise and limiting fluids to recommended levels.

The impact of the programme on patients' health and their ability to manage their condition was so significant that it is being expanded to new areas in 2023.

Heart failure awareness

In May 2022 we ran a month-long digital heart failure awareness campaign called 'Faces of Heart Failure'. This involved patients sharing their experiences of living with heart failure, with a particular focus on the psychological impact. The campaign also signposted to the 'Faces of Heart Failure' section of our website, which included a heart failure symptom checker, information on symptoms and risk factors, a heart failure podcast, fluid tracker app, news articles on heart failure and real-life patient stories.

Short-term heart support programmes

We also delivered a range of short programmes in 2022 that provided additional support to people with heart disease, including specialised exercise classes to increase mobility and aerobic fitness, psychological support, art therapy and mindfulness. The 'Living Well with Cardiac Conditions' programme by the HSE was offered through our network to our members.

Additional heart supports

We collaborated with the ATTR Amyloidosis All Ireland Support Group to stage the first international conference on amyloidosis, a rare and serious condition caused by a build-up of abnormal amyloid or protein deposits in the body. We also supported heart patients with implantable cardioverter defibrillators (ICDs) and families affected by sudden cardiac death, and worked with the Irish Association of Cardiac Rehabilitation to develop a new podcast series.

Volunteer Network

By the end of 2022 we had approximately 100 active volunteers, including heart patients and stroke survivors, who helped to deliver some 5,400 hours of programme support.

They provided a range of services, including peer-to-peer phone support, assisting with face-to-face support groups, driving members to meetings, moderating social media groups,

producing newsletters and running online information sessions. All our volunteers receive training and support to carry out their roles.



100
volunteers

5,400
hours of support

From left to right: Anne Battle, Tammy Tallon, Carmel & Kryan Geraghty and Collette Moloney, Larnie & Gerry Beattie, Fiona Bardon, volunteers from Tinder with Martina Green.

Carers Support Network

Our Carers Support Network now has more than 500 members. The network offers peer support through a dedicated Facebook group, with regular meetings and programmes that in 2022 included a mindfulness course. We also collaborated with the HSE on the delivery of a course titled Building Better Caregivers, delivered specifically by the HSE for our heart and stroke carers.



Alan with daughter Aoife.

'Faces of Heart Failure': Alan's Story

Alan Ferron went to bed one night and woke up in ICU a month later.

Alan, 36, from Kiltipper in Dublin, recalled that his heart attack felt like someone was sitting on his chest.

“My girlfriend rushed me to hospital, and when I got there, I collapsed on the floor and went into cardiac arrest. After being revived, I had another cardiac arrest, and was then fitted with a stent.”

While in hospital, Alan contracted pneumonia and his family was told he had a very low chance of survival, and due to the condition of his heart, it was likely that he wouldn't make it through the first night in ICU.

“I had a lot going on. But the main thing is that I pulled through. I have hazy memories of waking up at times during that month, but I couldn't breathe on my own, so I needed intubation and ventilation,” Alan said.

Despite his ordeal and worrying diagnosis of heart failure, Alan thankfully recovered and was discharged from hospital a few weeks later just in time to successfully pass his fitness instructor exams.

However, he has been left with heart failure as a result of his heart attack.

“Now, living with heart failure, as a result, the left side of my heart doesn't work at all, and the right-side pumps all the blood around to each of my organs,” Alan explained.

With a new diagnosis of heart failure, Alan has made changes to his lifestyle and has been fitted with an ICD.

“I need to be careful – if I'm leaving the house I usually need to rest before this, as the fatigue can hit you hard.” ...“I exercise regularly, either in the gym, or walking or cycling and I take medication each day and monitor the amount of fluid I drink. In recent months I had an ICD implanted in my chest which gives me great peace of mind.

“Once the ICD is settled in and my 20-month-old daughter is in the creche in a few months I hope to go back to work as a fitness instructor.”

Alan is encouraging all those who have been diagnosed with heart failure to be aware of the symptoms of heart failure and engage with the Irish Heart Foundation's Heart Support Network – a private Facebook group for people living with heart failure.

Alan said, “I found it very helpful when I came out of hospital initially – everything was new to me, so it was nice to hear from and read about people who had gone through the same thing as me.”

“It helped me understand that it's not all doom and gloom, and it helped to get me back on my feet – a great help at a time when I needed it.”

“I would definitely encourage people to engage with the supports, to talk it through and not to bottle things up,” he added.



We Fund

Fundraising Review 2022

As one of the five key strategic goals set out in the Irish Heart Foundation's Strategic Plan (2021-2024), we aim to **fund** our mission through a mix of support from the general public, the corporate sector and the Government.

Over the lifetime of our strategy we have committed to focus on:

Key Objectives



Funding our services



We will strive to grow our total income by over 35% with a target of €7 million for the year 2024. Much of this growth will come from digital fundraising initiatives.



Broadening our income sources



We will develop new sources of income including online and telephone-based donor recruitment.



We will increase the level of Government funding by developing programmes that align as far as possible with the objectives of Sláintecare.



Individual giving

In 2022, more than 5,500 donors generously supported our life-saving work by making regular monthly donations. Monthly recurring donors allow the Irish Heart Foundation to commit to delivering vital programmes in communities all over Ireland. They also enable us to plan with confidence for future activities. Our wonderful existing donors answered our appeals during the year and donated over €120,000. They also helped raise almost €100,000 through our tax campaign, where we can claim back tax on individual donations over €250. Around the country, people also kindly donated in celebration of healthcare workers, birthdays, anniversaries and in memory of a loved one.

As set out in our strategy, we are committed to exploring new ways of fundraising and technology to grow our total income. In 2022, the continued growth of digital fundraising allowed us to meet our new and existing countrywide supporters in innovative ways. So many people embraced our digital challenges and set up online fundraisers. As well as raising so much to help us fight heart disease, the warm, supportive communities that were created were pure magic. We were blown away by the incredible achievements that were shared, thank you!



In February, people all over the country showed some heart and took part in our second annual Love Run.



Almost 2,000 people around Ireland took part in our virtual 5km run/walk and raised over €250,000.

Marathons

After years of cancellations due to the COVID-19 pandemic, it was great to be back at in-person events in 2022. The Dublin Women's Mini Marathon was the first of these, and our team was joined by nearly 100 women who completed the 10km event.

In October, we saw the return of the Irish Life Dublin Marathon, where more than 50 people joined our team and completed the 26-mile route around the capital in aid of the Irish Heart Foundation. Our dedicated team of cheer squads lined the route cheering on our runners who ran with real heart.



#Runwithheart

Clockwise from top right: Ashley O'Sullivan, Aleksei Petrov, Irish Heart Foundation staff members - Muireann, Loredana, and Aisling, Aine McGivney.

Supporter Led Fundraising

€214,000

Raised



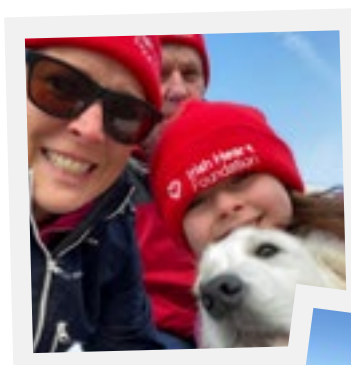
They came from all corners of Ireland with all sorts of ideas, such as jumping out of planes, tractor runs, table quizzes, black tie events, music nights, golf classics, swimming 20km from Fastnet Rock, wedding favours, raffles, rugby events, schools CPR training days and charity matches. All our incredible supporters raised a total of €214,000 for the Irish Heart Foundation in 2022.

Remote challenges

In recent years, charities worldwide have had success with fundraising events on Facebook called 'remote' or 'virtual' challenges. These events are typically a month-long challenge, for example run 100 miles in a month.

In 2022, we held two brand new remote challenges. The first was Walk 100km with your Dog in June, which saw thousands of people in Ireland walk over 300,000km together as a group.

This event raised €213,000 for the Irish Heart Foundation and it proved to be a very popular and engaging initiative. People who completed the challenge received a cute doggie bandana for their four-legged friend and a medal.



The second remote challenge was our final fundraising event of 2022. The 12 Dips in December saw hundreds of people dipping into cold waters throughout the month of December in aid of the Irish Heart Foundation. This event raised an astonishing

€140,000. Our participants were incredibly kind and brave during the month of December and over the Christmas period. The freezing cold must have impressed supporters as they were incredibly generous to all our amazing dippers.

Corporate Partnerships and Fundraising

In February 2022, Dunnes Stores supported our 'Show Some Heart' campaign for the second year. Over Valentine's weekend, Dunnes Stores nationwide asked customers if they would like to add a €2 donation to their transaction in support of the Irish Heart Foundation, raising a fantastic €280,000. We cannot say 'thank you' enough to all Dunnes Stores staff and customers for their amazing support.



In addition, more than 100 companies took part in our second virtual 5k Love Run, which took place on Valentine's Day. Over 1,000 people representing their companies hit the streets and parks in their local communities and raised over €65,000.



1,000
individuals




€65,000
raised

In September, we launched a new year-long partnership with Marks & Spencer Ireland alongside our Heart Month Campaign 'Her Heart Matters'. Marks & Spencer will raise vital funds and awareness to protect and support women's hearts across Ireland. Throughout the month of September, customers could donate at the check-out of their local Marks & Spencer, in addition to a donation of 5c from every sale of berries in store. Three Marks & Spencer stores across Dublin and Cork also provided space for 'Her Heart Matters' murals designed by artists from the Minaw Collective.

Daybreak has been a long-term partner of the Foundation. This year they launched a month-

long fundraising campaign called Get a Move On. Store staff nationwide tracked their steps and raised vital funds throughout the month of September. Over €35,000 was raised through this fun and health-focused initiative.

We were also selected to be Peter Mark's charity partner for their 2022 Petermarkathon. During the last week of October salons all over Ireland turned red and raised vital awareness on women's heart health and raised over €65,000 for our essential work in communities nationwide.

Daiichi Sankyo, Novartis, Pfizer and Vifor Pharma Group continued to partner with us in our heart and stroke patient support programmes. We also secured sponsorship from

Ipsen and Pfizer for the first All-Island Stroke Conference with NIMAST, which took place on Friday, 30th September. 229 healthcare professionals working across stroke care registered for the conference.



Dr Angie Brown, Medical Director, Irish Heart Foundation with Peter O'Rourke, CEO, Peter Mark.

Grants and trusts

We were successful in 2022 in several grant and trust funding applications. Some of these include:

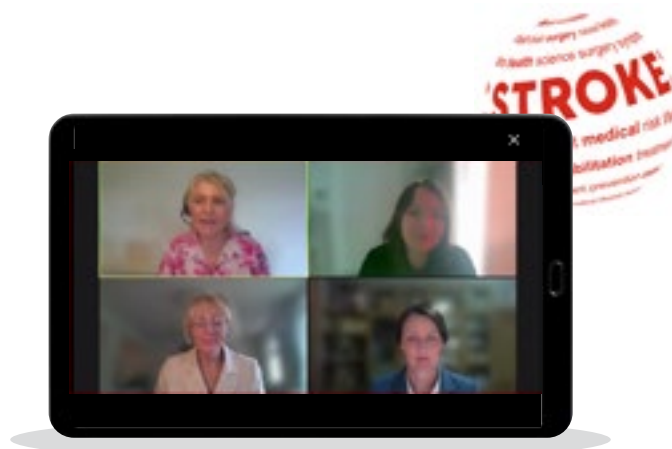
- ✓ HSE Section 39 funding helped to support the running of our stroke support groups in some regional locations.
- ✓ Hospital Saturday Fund provided funding to support the running of our Expert Nurses Support Line.
- ✓ HSE funding part-funded several of our health promotion programmes and campaigns, as well as our heart failure programme.

Marketing and Communications

The marketing and communications team is a vital resource that helps teams across the health promotion, advocacy, patient support and fundraising departments develop and publicise campaigns, events and information. These include the It's Cardiac Rehab! podcast with the Irish Association of Cardiac Rehabilitation, the Irish Heart Foundation and NIMAST Stroke Conference and campaigns such as 'Faces of Heart Failure', 'Her Heart Matters' and 'Stop Targeting Kids' among others mentioned in this report.

In 2022, the Irish Heart Foundation website continued to be an essential resource to provide news and information on heart health, stroke and support for patients, carers, healthcare professionals and the public. A total of 220,767 new visitors came to our website in 2022.

Through our very popular social media channels, which together have a following of more than 100,000, we continued to engage with our audience, share impactful personal stories, and offer real connection for people living with heart disease and stroke.



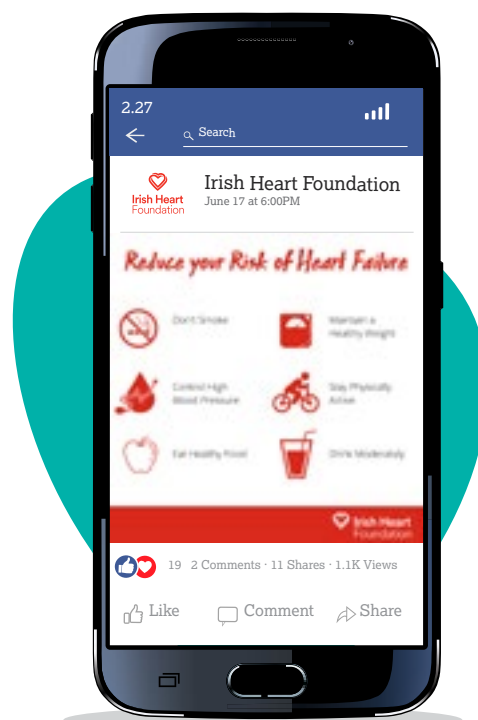
220,767

new visitors to our website
irishheart.ie



100,000

followers on our social
media channels





We Innovate

Innovation and Transformation in 2022

As one of the five key strategic goals set out in the Irish Heart Foundation's Strategic Plan (2021-2024), we aim to continue to **innovate** and **transform** our services through the increased use of digital platforms and approaches so that the quality, reach and cost-effectiveness of our digital work is optimised for those who need it most.

Over the lifetime of our strategy we have committed to focus on:



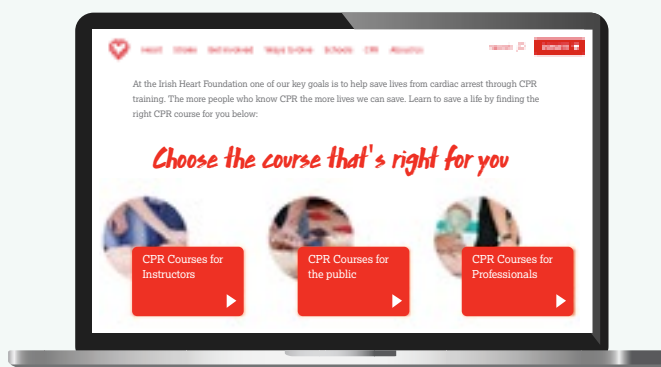
User-centric approach

- ✓ Ensure that **users of our service** are at the centre of our planning, development and implementation of programmes and services across the organisation.
- ✓ Create a **working culture** that encourages trial and learning based on evidence and analysis.



Patient support services

- ✓ Seek **feedback** from heart patients and stroke survivors and we will continuously review available digital platforms and how they can meet the needs of heart patients and stroke survivors to ensure we are using the best platforms for our services.



Accessibility

- ✓ Undertake a **review of our website** and online information to assess the accessibility of our information and identify and implement improvements as appropriate.



Digital Working Group

In 2022, we established a Digital Working Group with staff representatives from several business areas across the Irish Heart Foundation. This working group aims to ensure that our digital platforms best meet the needs of heart patients and stroke survivors. The work of this group is fed back to the Senior Management Team on a monthly basis.

Digital Transformation Project

The work of the Irish Heart Foundation's Digital Transformation Project continued throughout 2022. The project has identified three initial priority areas with a view to updating systems. These areas are patient support processes and supporting systems, data management and upgrade of the Irish Heart Foundation's CRM, and network upgrade.

In 2022, the Irish Heart Foundation employed service design consultants, Context Studio, to apply service design principles to the patient support services. Work was completed on the first part of an operational review of the work of the patient support department with the aim of improving user experience and service delivery for heart and stroke patients and staff. This will provide innovative concepts and a draft roadmap for implementation and will feed into developing a case management system to support the service.

The digital transformation project team has identified data management as a key area of business that will need resourcing and prioritising. The project team and key staff have begun a series of workshops to explore the business intelligence and insights it needs to deliver on our strategic objectives.

Hart Square consultants have been engaged to work on a company-wide CRM upgrade project in 2023. Their initial input will cover project objectives/ business cases, a detailed process review and a roadmap for the upgrade project. Hart Square are a UK-based consultancy that works specifically in the not-for-profit sector. Their exposure to and experience of a larger charity market will prove beneficial to the Irish Heart Foundation.

Accessibility

In 2022, we began implementing the recommendations of our 2021 review of health information to make it more accessible. We updated our popular booklet *Step by Step* through Heart Medicines and prioritised other patient booklets for update, starting with one of our flagship titles, *Step by Step* through Stroke.

In keeping with our user-centred focus, we started holding focus groups with stroke survivors to gather their recommendations on how we might streamline and improve the booklet. We will be taking a similar user-focused approach for future content updates.

On our website, we added further terms to our A-Z of heart and stroke conditions and began reorganising other online content to make information easier to find and understand.



Structure, Governance and Management

The Irish Heart Foundation (Foras Croí na h-Éireann) (the “Foundation”) is constituted under Irish company law as a company limited by guarantee and is a registered charity.

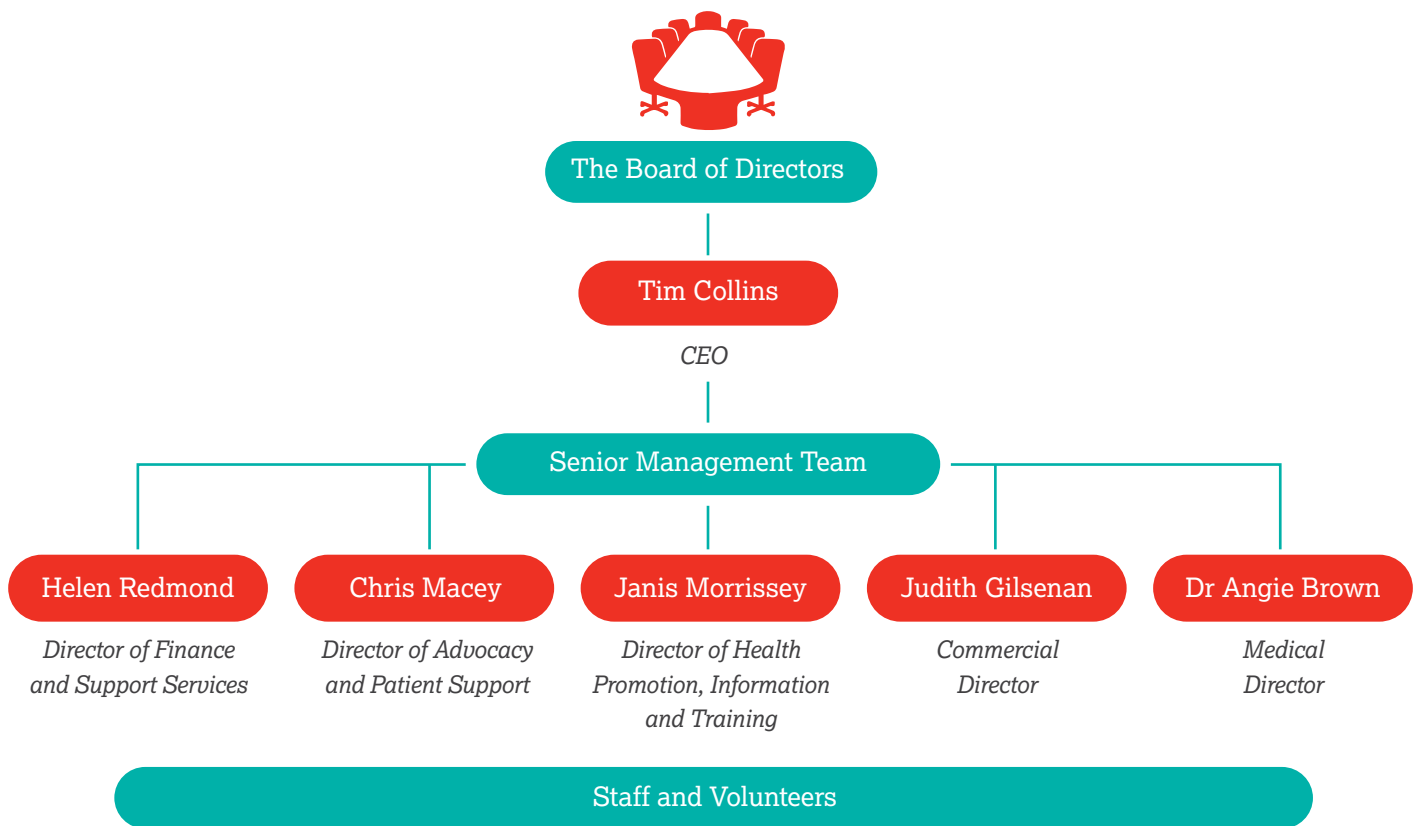
It is incorporated in the Republic of Ireland and the address of its registered office is 17-19 Rathmines Road Lower, Dublin 6, D06 C780. The Foundation is a public benefit entity.

Registered charity with the Charities Regulator
(registration number 20008376)

Registered charity with the Revenue Commissioners
to receive tax exemption (charity number CHY5507)

Registered with the Companies Registration Office
(company registration number 23434)

Governance and Management



The Foundation is led by a voluntary Board of Directors which meets at least four times a year. In 2022, the Board met four times.

Nominations of new Directors are approved by the Board. Directors are appointed for a three-year term which may be renewed once, with the maximum term that a Director can serve being six years.

When recruiting new Directors, the Board aims to attract a diverse range of candidates.

None of the Directors or Committee members receive fees for their time or reimbursements for any expenses incurred.

The roles, responsibilities and Code of Conduct of the Board and Committees are all included in the Foundation's Governance Manual.

Responsibility for day-to-day management is delegated to the CEO, Tim Collins, who is supported by the Senior Management Team, staff and volunteers.

The Senior Management Team consists of:

- Director of Finance and Support Services, Helen Redmond
- Director of Advocacy and Patient Support, Chris Macey
- Director of Health Promotion, Information and Training, Janis Morrissey
- Commercial Director, Judith Gilsenan
- Medical Director, Dr Angie Brown

All members of the Senior Management Team attend Board meetings, other than closed Board sessions.

The Foundation is "Triple Locked" and complies with the Charities Governance Code, the Guidelines for Charitable Organisations on Fundraising from the Public and the SORP (FRS 102) accounting standard for charities.

Board Members

The Board ensures that the activities of the Foundation are consistent with its charitable objects as set out in its Constitution. The Foundation is very grateful to the Board for their support and time in 2022.



Professor Emer Shelley

Professor Emer Shelley is the Chair of the Irish Heart Foundation. A public health expert with a special interest in the epidemiology and prevention of cardiovascular disease, Professor Shelley is a Fellow of the Faculty of Public Health Medicine and was Dean of the Faculty from 2018 to 2021. She is also a Fellow of the Royal College of Physicians of Ireland.



Aisling Blake

Aisling Blake is EMEA Regional Director in Meta. From 2009 to 2018 she worked at Core and became Chief Digital Officer of Core in January 2018. A graduate of UCD, Aisling also holds an MSc in Marketing Practice from the UCD Michael Smurfit Business School and an Advanced Diploma in Management Practice from the University of Ulster.



Kevin Cardiff

Kevin Cardiff is a former Senior Civil Servant having served as Secretary General at the Department of Finance from 2010 to 2012. Kevin joined the Department of Finance in 1984 and had a number of roles there, including responsibility for the taxation and financial services division and tax policy. In March 2012, he was nominated as Ireland's representative at the European Court of Auditors in Luxembourg for a six-year period.

Kevin currently serves as an Independent Non-Executive Director of KBC Bank Ireland, has served in several audit committee roles, and provides occasional consultancy services in the public and private sectors.



Jeanette Codd McDonagh

Jeanette Codd McDonagh qualified as a Solicitor with the Law Society of Ireland in 2005. She joined the National Treasury Management Agency (NTMA) in 2008 as a Legal Advisor to the National Development Finance Agency (NDFA).

In 2010 she took the role as Procurement Manager/Legal Adviser for the NTMA central function.

Jeanette then moved to NAMA's legal department in mid-2013.

She currently holds the position of Head of Procurement and State Aid within NAMA.

Jeanette is also a member of NAMA's Green Committee, a CEDR Accredited Mediator and has been a member of the Law Society of Ireland In-House and Public Sector Committee since 2017.



David Dempsey

David Dempsey is Senior Vice President and former Country Leader and General Manager at Salesforce Ireland.

David is one of the Co-founders of Salesforce EMEA, bringing Salesforce to Europe in 2000.

David is passionate about the impact which business can make on society and is actively involved as an advisor to Salesforce EMEA's sustainability, inclusion and impact investing focus and initiatives.

A certified member of the Institute of Directors, David has previously held senior executive positions in Oracle in the UK and Ireland and served as a member of the Oracle Ireland Executive Management team.



Dr Walter Cullen

Dr Walter Cullen is a GP and Professor of Urban General Practice at University College Dublin where he is responsible for teaching and research in general practice.

Prior to his appointment at UCD, Dr Cullen was the Foundation Professor of General Practice at the Graduate Entry Medical School at the University of Limerick. He also currently works as a GP in Dublin and has a special interest in mental health and the health of vulnerable groups including drug users and people living in socio-economically deprived areas.



Professor Francis Finucane

Professor Francis Finucane is a Consultant Physician in Endocrinology and General Internal Medicine at Galway University Hospitals and an Honorary Personal Professor in Medicine at NUI Galway.

A graduate of RCSI, he subsequently received an MD from Trinity College Dublin for research on obesity and related metabolic disorders in young people.

Professor Finucane has extensive experience and expertise in all aspects of obesity. Since returning to Ireland in 2010, he established a regional bariatric service in the West of Ireland for patients living with severe and complicated obesity.

He is a member of the scientific committee of the European Diabetes Epidemiology Group and is a council member of the Royal College of Physicians of Ireland.



Deirdre Flannery

Deirdre Flannery is an Independent Non-Executive Director, with extensive senior executive and board-level experience in the financial services sector.

Deirdre is a chartered accountant and a member of the Institute of Directors. She previously worked as Chief Operating Officer with New Ireland Assurance. Prior to that, Deirdre held several senior management positions with the Bank of Ireland.

Deirdre retired from the Board on 29th September 2022.



Professor Joe Harbison

Professor Joe Harbison is a consultant in medicine for the elderly and stroke medicine at St James's Hospital in Dublin and Associate Professor of Gerontology at Trinity College Dublin. Between 2009 and 2017 he served as the HSE National Clinical Lead for Stroke in Ireland.

Professor Harbison's research and clinical interests are in stroke and cerebrovascular disease. He is also interested in the causes of cognitive impairment, fatigue, and psychological distress in people with stroke, as well as post-stroke fatigue, anxiety disorder, and atrial fibrillation.



Joan O'Brien

Joan O'Brien is an Independent Non-Executive Director and member of the Institute of Directors. Joan, a Chartered Certified Accountant, has significant experience in financial services over a long career with the Bank of Ireland Group. In 2019 Joan established herself as an independent consultant with F-stop consulting supporting clients in enhancing their risk management frameworks and practices.

Joan also has a strong commitment to and involvement in diversity and inclusion as a critical aspect of corporate culture.



Dr Anne Marie O'Flynn

Dr Anne Marie O'Flynn is a Consultant Cardiologist at Mallow General Hospital. A graduate of UCC, Dr O'Flynn has a Ph.D. from the Department of Public Health and Epidemiology in UCC which focused on nocturnal hypertension and subclinical cardiovascular disease.

Dr O'Flynn has a keen interest in cardiovascular disease prevention and chronic disease management. She has particular interest in the use of ambulatory blood pressure monitoring in the diagnosis and monitoring of hypertension.



Wally Young

Wally Young is a Public Relations Consultant and Media Trainer.

He is the former Head of Media Relations for the Defence Forces. He retired in 1996 to establish Young Communications.

Wally was engaged as communications adviser to the anti-tobacco organisation ASH Ireland for 20 years until 2017, after which he was appointed to the board of ASH Ireland.

Name	Meeting Attendance in 2022	Length of Service	Retired from Board
Prof. Emer Shelley (Chair)	4/4	Elected 22nd Mar 2018	
Aisling Blake	3/4	Elected 7th Dec 2017	
Kevin Cardiff	1/1	Elected 8th Dec 2022	
Jeanette Codd McDonagh	3/3	Elected 24th Mar 2022	
David Dempsey	2/2	Elected 23rd Jun 2022	
Dr Walter Cullen	2/4	Elected 27th Jun 2019	
Prof. Francis Finucane	4/4	Elected 24th Jun 2021	
Deirdre Flannery	3/3	Elected 21st Mar 2019	Retired 30th Sep 2022
Prof. Joe Harbison	3/4	Elected 27th Sep 2018	
Joan O'Brien	4/4	Elected 24th Jun 2021	
Dr Anne Marie O'Flynn	4/4	Elected 24th Jun 2021	
Wally Young	4/4	Elected 27th Sep 2018	

Board Committees

In addition to the Board of Directors, there are two sub-committees, each of which is chaired by a Director; these are the Audit and Risk Committee and the Governance and Nominations Committee.

Audit and Risk Committee

The role of the Audit and Risk Committee is to supervise the financial affairs of the Foundation and ensure that they are conducted in an effective and business-like manner and comply with all legal and regulatory obligations.

The Audit and Risk Committee meets quarterly or more frequently as required. It reviews actual income and expenditure compared to budget, the performance and risk profile of the Foundation's investment portfolio and monitors the adequacy of fundraising, cash flow and liquidity to meet foreseeable operating needs. It also reviews the risk register and monitors the implementation of plans to address specific identified risks.

The Committee met five times in 2022. There were four standard meetings. Investments are reviewed at every Audit and Risk committee. An additional meeting took place with the Audit and Risk committee and Goodbody to discuss future cash flow requirements and the overall investment performance.

Below are the members of the Audit and Risk Committee for 2022. The meetings of this Committee are also attended by the CEO, Director of Finance and Support Services, Commercial Director, Medical Director and Director of Health Promotion, Information and Training.

Name	Meeting Attendance in 2022	Length of Service	Retired from the Board
David Dempsey	1/2	Elected 23rd June 2022	
Deirdre Flannery (Chair from 1st October 2021)	4/4	Elected 21st Mar 2019	Retired 29th Sept 2022
Joan O'Brien (Chair from 29th September 2022)	5/5	Elected 24th June 2021	
Prof. Emer Shelley	5/5	Elected 22nd Mar 2018	
Wally Young	3*/5	Elected 27th Sept 2018	

*Missed 2 meetings due to IT technical issue.

Governance and Nominations Committee

The role of the Governance and Nominations Committee is to review the Board composition, performance and succession planning with diversity and inclusion at the forefront of decision-making. Its role also includes developing and reviewing governance policies and procedures and ensuring compliance with the Charities Governance Code and other relevant requirements.

At the end of 2022, the Committee identified the Board's skill requirements and continued the process of recruiting new Board members. The committee also completed a Board Effectiveness Review and commenced the Sub-Committee Self-Assessment process.

Name	Meeting Attendance in 2022	Length of Service
Prof. Emer Shelley	3/3	Elected 22nd Mar 2018
Aisling Blake (Chair)	3/3	Elected 7th Dec 2017
Prof. Joe Harbison	2/3	Elected 27th Sep 2018
Dr. Walter Cullen	1/1	Elected 27th Jun 2019
Jeannette Codd McDonagh	2/2	Elected 24th Mar 2022

Conflicts of Interest

Where the Foundation enters into a contract or a financial or professional arrangement with any organisation or individual, and this matter appears before the Board for decision, any Board member who has an interest in or connection with that individual or organisation, either direct or indirect, must declare their interest to the Board.

Directors also complete a Conflict of Interest Declaration annually and the Foundation maintains a register of Directors' interests. Conflict of interest is a permanent agenda item at every Board meeting.

In 2022, no conflict of interest was notified to the Board.

Safeguarding Vulnerable People

As the Foundation supports people of all ages living with stroke and heart conditions and also works in schools and with the Youth Advisory Panel, there are times when our staff and volunteers interact with vulnerable adults and children. The Foundation has policies and procedures in place to ensure it is compliant with the legal requirements and best practice in this area.

Risk Management

Risk management is a cornerstone of good governance and is critical in enabling and facilitating an organisation to meet its objectives. The Foundation has an effective risk management policy in place.

The policy outlines how risks are identified and managed using a clear methodology and ranking system and is committed to successfully managing the organisation's exposure to risk and to minimising its impact on the achievement of objectives. The policy views risk management as an integrated process essential to the overall success of the organisation. The Board approves the risk profile of the organisation together with the types and levels of risks that it deems acceptable based on information supplied to them by management and reviewed by the Audit and Risk Committee. The Risk Register includes details of the risk mitigation measures and plans for improvement where required. The Risk Register methodology was reviewed and updated in 2022 to strengthen the link between individual risks and mitigation measures.

The five top risks determined by the Foundation in 2022 are:

Risk	Mitigation measures
<div data-bbox="161 1328 252 1417">1</div> <p>Cyber attack / Information security risk</p> <p>Risk of disruption to services or loss or compromise of data due to technology failure, a breach or a cyberattack.</p>	<ul style="list-style-type: none"> • Ongoing GDPR and cyber security training for all staff. • Network security layers. • Two-factor authentication in place. • Cloud based systems. • Business continuity plans in place.
<div data-bbox="161 1659 252 1749">2</div> <p>Investments</p> <p>Risk of exposure to financial markets due to inadequate monitoring of the investment policy and portfolio resulting in substantial losses.</p>	<ul style="list-style-type: none"> • Overall objective is for capital preservation and growth over the investment period. • Ongoing monitoring of investments performance by the Board with Goodbody the investment advisors. • Monitoring of the cash flow requirements by the Board to ensure that there is adequate cash to meet the current and future spend requirements of the Foundation.

	Risk	Mitigation measures
3	Reserves and funding The risk of insufficient reserves, due to business losses or mismanagement of funds, resulting in reputational risk or insolvency.	<ul style="list-style-type: none"> • Full review of reserves in 2022. Plan in place to reduce the level of reserves over the next three years through expenditure to implement key initiatives of Strategy 2021-2024 put on hold due to COVID-19, including expansion of our patient support services and the launches of our childhood obesity and hypertension campaigns. • In Q4 2022 the Board and Management began a process to establish a fundraising committee.
4	Governance and reputational risk The risk that the Foundation is exposed to legal, regulatory and reputational damage.	<ul style="list-style-type: none"> • Screening and selection process for all Board members. • Board and staff induction and training programmes • Board effectiveness reviews. • Ongoing oversight of compliance and governance processes and procedures to ensure best practices are followed. • A crisis communication plan is in place. • All media reports on the Foundation are monitored.
5	People risk The risk associated with recruitment, retention and loss of our key staff.	<ul style="list-style-type: none"> • Commitment to a flexible work environment with a strong focus on the health and safety of our people. • Ongoing training and development for all staff. • Effective performance management. • Resource planning to align with the Foundation's strategic objectives.



Financial Review

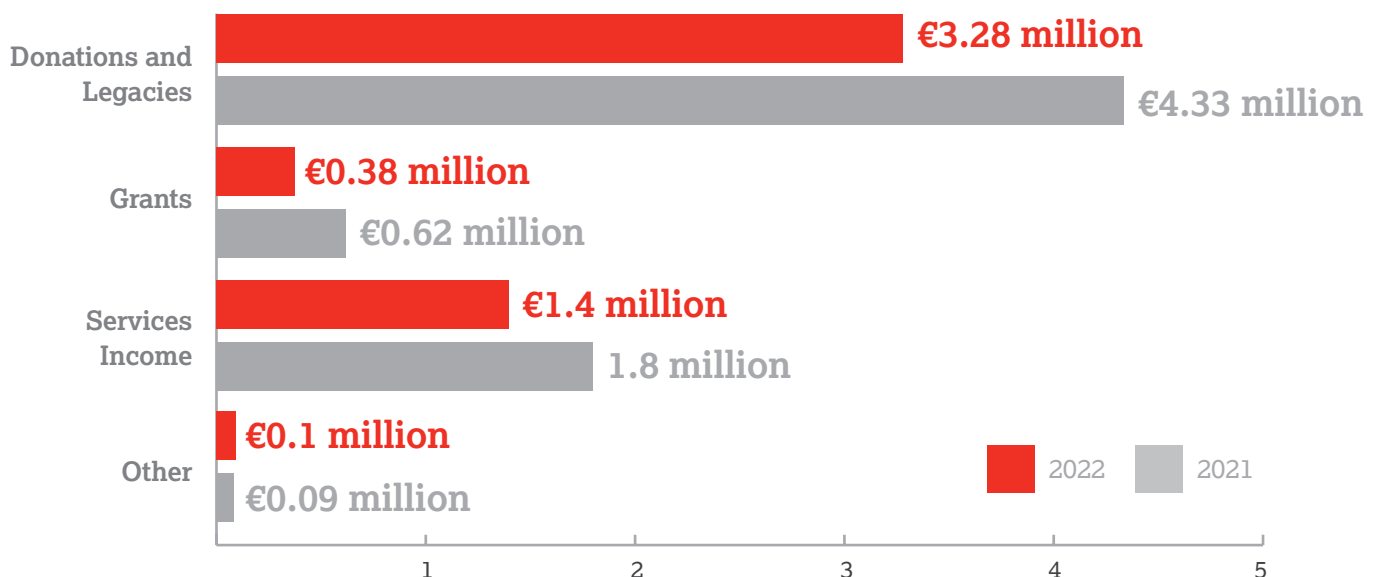
Income

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 2022, the Foundation's **income** was

€5.16 million

a decrease of 25% on the previous year, 2021 €6.85 million.



Donations and Legacies

Income from donations and legacies includes income from individual donors, corporate donors, trusts, foundations and events. Our donations and legacies decreased by 24% (€1.05 million) in 2022. This was substantially attributable to a decrease in legacy income.

Grants

In 2022, the Foundation received €0.38 million in grants (2021: €0.62 million). The decrease is mainly due to a once-off grant we received in 2020/2021 for the High Risk Prevention Programme research. This ended in 2022.

Services Income

Our services income in 2022 was €1.4 million (2021: €1.8 million). This income mainly relates to our CPR training certification programme. The programme is a two-year certification and we had higher take up in 2021 due to the vaccination programme.

Other Income

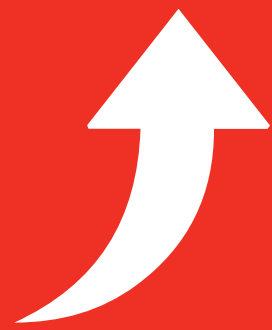
In 2022, the Foundation received €0.10 million (2021: €0.09 million).

Expenditure

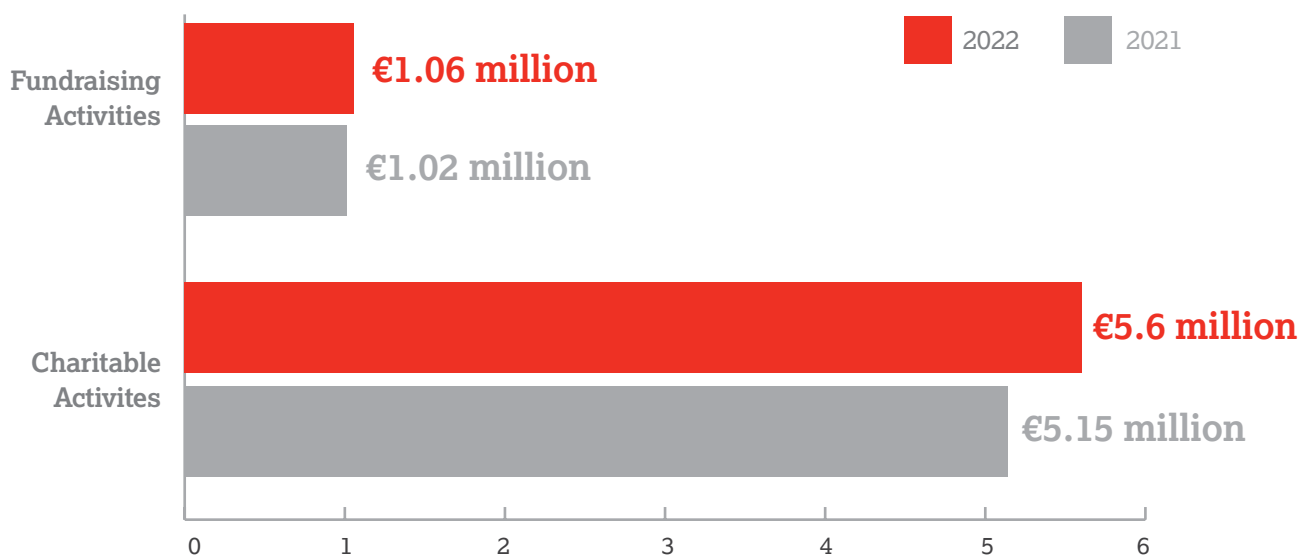
The Foundation's expenditure in 2022 was

€6.66 million

an increase of 8% from the previous year, 2021 €6.16 million.



The breakdown of the expenditure is set out below:

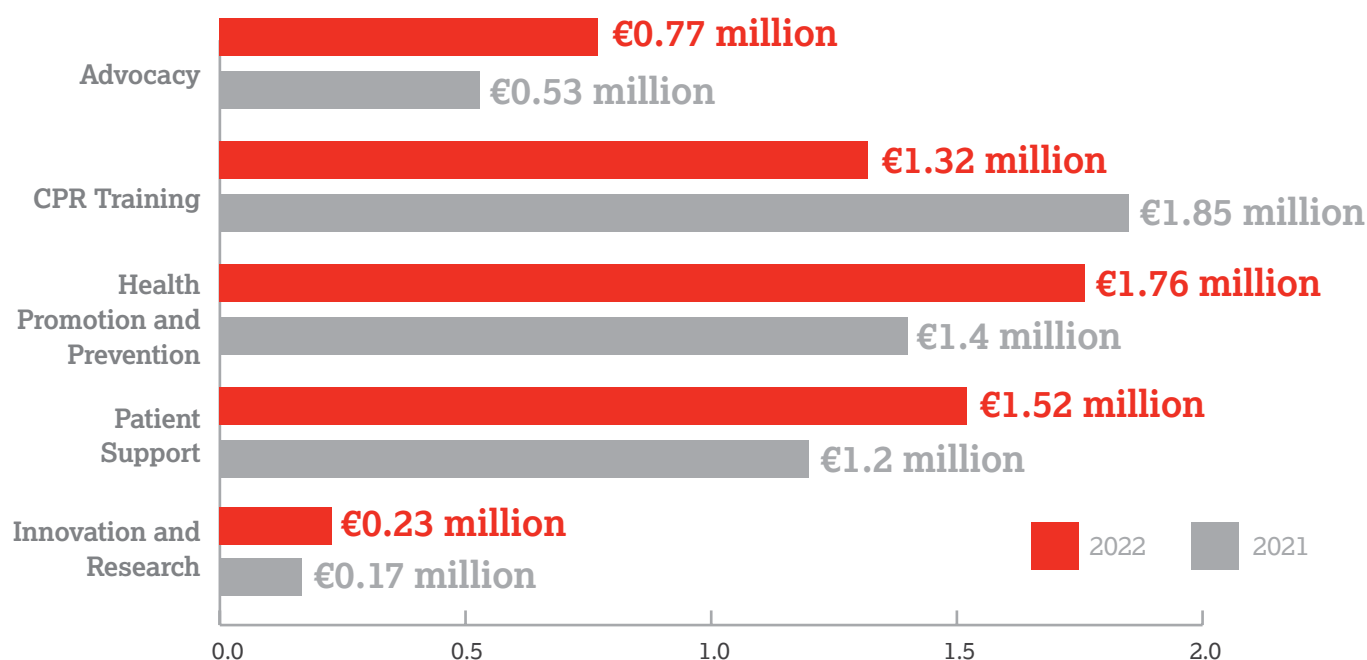


Fundraising Activities

The Foundation is highly dependent on donors, including the general public, as just 7% of our income in 2022 came from grants (2021: 9%). In 2022, we spent €1.06 million on fundraising compared to €1.02 million in 2021.

Charitable Activities

Expenditure on charitable activities in 2022 was €5.6 million, an increase of 9% on the previous year (2021 €5.15 million)



Patient Support

Patient Support Services expenditure increased from €1.20 million in 2021 to €1.52 million in 2022 (27% increase) due to the development and expansion of our heart and stroke services.

Health Promotion and Prevention

Costs in 2022 increased from €1.4 million in 2021 to €1.76 million (26% increase). This increase was because in the second part of 2022 because we restored some services that were suspended during the pandemic.

CPR Training

CPR Training expenditure decreased from €1.85 million in 2021 to €1.32 million in 2022 (29% decrease). The cost decrease is in line with the revenue decrease.

Advocacy

Advocacy expenditure increased from €0.53 million in 2021 to €0.77 million in 2022 (45% increase) due to the launch of our Childhood Obesity programme at the end of 2022.

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 and other legal and regulatory compliance requirements. These services 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 €0.96 million (2021: €0.89 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 2022 Statement of Financial Activities and Balance Sheet, the approved 2023 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, restricted and designated 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 2022 are €0.41 million.

Designated Funds

These are funds that are allocated by the Board to particular areas of planned expenditure.

Reserves

At the end of 2022 the Foundation reserves, excluding restricted reserves and fixed assets, stood at €8.54 million. €5 million of this total will be held to cover the operational needs of the organisation, with the balance to be used to launch and fund the Foundation's top three key projects over the next three years. The projects are the new patient support strategy and the childhood obesity and hypertension awareness campaigns.

The current level of reserves will enable the Foundation to continue to deliver critical services to those affected by heart disease and stroke, despite key uncertainties such as the war in Ukraine.

At the end of 2017 the Foundation received a legacy of €6 million. Due to the substantial size of the legacy the Board agreed to set up a designated fund of €4 million to protect the legacy and use the funds for particular strategic projects.

During 2022, as we exited COVID-19 restrictions and launched the 2021-2024 Strategy, our Board did a re-evaluation of the Foundation's reserves. Consequent to this review the Board decided to shut down the designated fund, as it was no

longer in line with the needs of the charity and the remaining balance of €3.3 million was transferred to general unrestricted funds.

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 €7.88 million of investments at the year end and also €2.07 million in cash balances. The majority of cash is held in Foundation accounts with the Bank of Ireland. Goodbody act as the Foundation investment manager.

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 - all items excluding tobacco) for Ireland, measured as a longer-term trend over the investment horizon. The portfolio return was down (16.1%) for 2022 due to equity performance in a very volatile market as a result of the war in Ukraine.

The Investment Manager 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 Audit and Risk 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 Audit and Risk Committee make 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 in Ireland and hosts the secretariat for this organisation. CHA works in 2022 included commissioning a report from the ESRI on the impact of climate change on the health and potential health benefits of climate action. It began work on sustainable diets and continued input into consultation on active travel initiatives.
- Established a staff-led Climate Action Committee to identify and implement actions it can take to reduce its carbon footprint. The committee spearheaded an initiative to install solar panels at our HQ.

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 fully 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.

Auditor

In accordance with Section 383(2) of the Companies Act 2014, the auditor, KPMG, Chartered Accountants, will continue in office.

On behalf of the Board



Emer Shelley
Director



Joan O'Brien
Director

22 June 2023

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*.

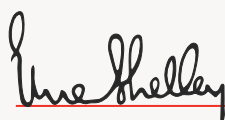
Under company law, the Directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the Foundation and of its income and expenditure for that year. In preparing these financial statements, the Directors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

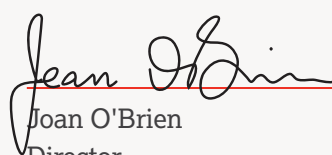
The Directors are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the assets, liabilities, financial position, income and expenditure of the Foundation and enable them to ensure that the financial statements comply with the Companies Act 2014. They 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.

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



Emer Shelley
Director



Joan O'Brien
Director

22 June 2023

Independent Auditor's Report

to the members of the Irish Heart Foundation

Report on the audit of the financial statements

Opinion

We have audited the financial statements of the Irish Heart Foundation (“the Foundation”) for the year ended 31 December 2022 set out on pages 94 to 109, 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 2022 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.

Independent Auditor's Report

to the members of the Irish Heart Foundation *continued*

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, message from the Chair, message from the CEO, who we are and what we do section, Directors and other information section, and Appendix 1: Breakdown of 2022 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 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, the Directors' report has 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.

Independent Auditor's Report

to the members of the Irish Heart Foundation *continued*

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 90, 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.

22 June 2023



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 2022

		Restricted funds 2022 €	Unrestricted funds 2022 €	Designated funds 2022 €	Total funds 2022 €	Total funds 2021 €
	Note					
Income						
Donations and legacies	3(a)	141,681	3,139,335	-	3,281,016	4,332,539
Charitable activities	3(b)	381,450	1,395,567	-	1,777,017	2,425,283
Wage subsidy scheme	3(c)	-	-	-	-	53,467
Investment income	3(d)	-	101,346	-	101,346	38,304
Total income		523,131	4,636,248	-	5,159,379	6,849,593
Expenditure						
Charitable activities	4	(616,417)	(4,979,631)	-	(5,596,048)	(5,145,468)
Fundraising activities	5	(3,831)	(1,060,722)	-	(1,064,553)	(1,018,848)
Total expenditure		(620,248)	(6,040,353)	-	(6,660,601)	(6,164,316)
Net (losses)/gains on investments	10	-	(1,617,169)	-	(1,617,169)	963,777
Net (expenditure)/income		(97,117)	(3,021,274)	-	(3,118,391)	1,649,054
Transfer between funds	16	-	3,263,842	(3,263,842)	-	-
Other movements directly through restricted funds	16	17,500	-	-	17,500	17,500
Net movement in funds		(79,617)	242,568	(3,263,842)	(3,100,891)	1,666,554
Total funds brought forward		485,999	12,481,764	3,263,842	16,231,605	14,565,051
Total funds carried forward		406,382	12,724,332	-	13,130,714	16,231,605

Balance Sheet

as at 31 December 2022

	Note	2022 €	2021 €
Fixed assets			
Tangible assets	9	4,182,037	4,279,169
Current assets			
Investments	10	7,880,600	9,907,378
Stocks	11	-	28,856
Debtors	12	394,770	382,424
Cash at bank and in hand	13	2,070,504	2,418,767
		10,345,874	12,737,425
Creditors: amounts falling due within one year	14	(1,397,197)	(784,989)
Net current assets		8,948,677	11,952,436
Net assets		13,130,714	16,231,605
Funded by:			
Restricted funds	16	406,382	485,999
Unrestricted funds	16	12,724,332	12,481,764
Designated funds	16	-	3,263,842
		13,130,714	16,231,605

on behalf of the Board


 Emer Shelley
 Director


 Joan O'Brien
 Director

Cash Flow Statement

for the year ended 31 December 2022

	Note	2022 €	2021 €
Reconciliation of net (expenditure)/income for the year to net cash from operating activities			
Net (expenditure)/income for the year		(3,118,391)	1,649,054
<i>Adjustments for:</i>			
Depreciation	9	125,003	128,485
Investment management fee paid out	10	51,823	42,238
Realised losses/(gains) on investments	10	337,203	(238,960)
Unrealised losses/(gains) on investments	10	1,279,966	(724,817)
Investment income	10	(101,346)	(38,304)
		(1,425,742)	817,696
Increase in debtors	12	(12,346)	(187,865)
Decrease in stocks	11	28,856	29,421
Increase in creditors	14	612,208	257,879
Net cash (used in)/ from operating activities		(797,024)	917,131
Cash flows from investing activities			
Acquisition of tangible fixed assets	9	(27,871)	(18,468)
Disposal of investments	10	459,132	4,674,129
Acquisition of investments	10	-	(6,655,708)
Net cash from/(used in) investing activities		431,261	(2,000,047)
Net decrease in cash and cash equivalents		(365,763)	(1,082,916)
Movement on restricted funds	16	17,500	17,500
Cash and cash equivalents at beginning of year		2,418,767	3,484,183
Cash and cash equivalents at end of year	13	2,070,504	2,418,767

Notes

forming part of the financial statements

1 Accounting policies

General information

The 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 2022 statement of financial activities and balance sheet, the approved 2023 budget and reviewed 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. Substantially all income is received within the Republic of Ireland, with limited income received from the rest of the EU or from Non-EU countries.

Notes

forming part of the financial statements

Income is analysed as restricted, unrestricted or designated. 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 treated as restricted income, except for wage subsidy receipts in 2021 under the COVID-19 related wage subsidy schemes.

Notes

forming part of the financial statements

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 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%

Notes

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1.7 Basic financial instruments

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.

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

Creditors

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

1.8 Stocks

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

1.9 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.

Notes

forming part of the financial statements

2 Legal status of the Foundation

The Foundation is a company limited by guarantee and does not have share capital. At 31st December 2022, there were nine Directors (2021: 9) whose guarantee is limited to €1.27 each. This guarantee continues for one financial year after directorship ceases.

3 Income

	2022	2021
	€	€
a) Donations and legacies		
Donations	1,564,031	1,704,569
Legacies	255,320	1,239,306
Corporate events and activities	1,461,665	1,388,664
	3,281,016	4,332,539
	2022	2021
	€	€
b) Charitable activities		
Grants-HSE and other statutory bodies	381,450	622,847
Services income	1,395,567	1,802,436
	1,777,017	2,425,283

c) Wage Subsidy Scheme

In 2021 the Foundation availed of the Employment Wage Subsidy Scheme for January 2021 only (€53,467).

d) Investment Income

In 2022, the Foundation received €101,346 (2021: €38,304) of dividend and interest income from its investments (note 10).

Notes

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4 Expenditure on charitable activities

Analysis of expenditure on charitable activities	2022 Direct €	2022 Support €	2022 Total €	2021 Total €
Advocacy	672,644	93,905	766,549	530,727
CPR training	1,201,037	116,872	1,317,909	1,850,144
Health promotion and prevention	1,532,069	229,886	1,761,955	1,397,620
Patient support	1,203,859	319,638	1,523,497	1,195,252
Innovation and research	204,468	21,670	226,138	171,725
	4,814,077	781,971	5,596,048	5,145,468

	2022 Total €	2021 Total €
Analysis of direct costs:		
Advocacy (i)	672,644	442,927
CPR training	1,201,037	1,743,466
Health promotion and prevention (ii)		
Awareness and information	798,459	722,395
Community programmes	17,637	70,611
Health checks	265,889	139,500
Schools programme	347,203	212,736
Workplace	102,881	61,191
	1,532,069	1,206,433
Patient support (iii)	1,203,859	907,923
Innovation and research	204,468	149,775
Total direct costs	4,814,077	4,450,524

- (i) Increase in advocacy expenditure is due to the launch of the childhood obesity campaign at the end of 2022.
- (ii) Health promotion and prevention costs increased year on year as the Foundation was able to return to providing in-person activities due to the lifting of the Government COVID-19 guidelines.
- (iii) Patient support cost increased as the Foundation increased its service programmes to heart and stroke patients.

Notes

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5 Fundraising activities

	2022 Direct €	2022 Support €	2022 Total €	2021 Total €
Operating costs	891,262	173,291	1,064,553	1,018,848
	891,262	173,291	1,064,553	1,018,848

6 Support Costs

	Facilities and IT 2022 €	Other indirect 2022 €	Total 2022 €	Total 2021 €
Charitable activities				
Advocacy	35,061	58,844	93,905	87,800
CPR Training	43,636	73,236	116,872	106,678
Health Promotion and prevention	85,832	144,054	229,886	191,187
Patient Support	119,342	200,295	319,637	287,329
Innovation and research	8,092	13,579	21,671	21,950
Total support costs allocated to charitable activities	291,963	490,008	781,971	694,944
Fundraising	64,701	108,590	173,291	193,382
Total support costs allocated	356,664	598,598	955,262	888,326

Support costs consist of an element of the costs of personnel and associated overheads of the chief executive, finance, human resources functions (aggregated as “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.

Notes

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7 Statutory and other information

	2022 €	2021 €
Net (expenditure)/income for the year	(3,118,391)	1,649,054
<i>Stated after charging:</i>		
Directors' remuneration	-	-
Auditors' remuneration – fees (excluding VAT)	26,500	22,300
Depreciation of tangible fixed assets	125,003	128,485
Realised investment losses (note 10)	337,203	-
<i>Stated after crediting:</i>		
Realised investment gains (note 10)	-	238,960
Dividend and interest income	101,346	38,304

8 Wages and salaries

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

	2022 Number	2021 Number
Charitable activities	44	39
Fundraising	10	9
Support	10	9
	64	57

The aggregate payroll costs, were as follows:

	2022 €	2021 €
Wages and salaries	3,000,896	2,657,335
Social insurance costs	327,160	290,814
Defined contribution pension scheme costs	207,619	160,207
Redundancy costs	-	15,641
	3,535,675	3,123,997

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.

Notes

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

	2022	2021
	Number	Number
€60,000 - €70,000	6	6
€70,001 - €80,000	3	-
€80,001 - €90,000	1	1
€90,001 - €100,000	2	2
€100,001 - €110,000	1	1
€130,001 - €140,000	1	1

Included in the above are certain members of the key management team. The key management team includes the CEO, Director of Finance and Support Services, Director of Advocacy and Patient Support, Director of Health Promotion, Information and Training, Commercial Director and Medical Director. The total emoluments (including benefits and pension) paid in regard to the senior management team in 2022 was €654,355 (2021: €623,760).

The CEO received a salary of €140,000 for 2022 (2021: €140,000) plus 20% pension contribution and access to an EV (Electric vehicle).

9 Tangible fixed assets

	Buildings	Office furniture	Equipment	Computer equipment	Motor vehicles	Total
	€	€	€	€	€	€
At beginning of year	4,474,803	215,814	73,196	40,638	79,865	4,884,316
Additions in year	-	-	-	27,871	-	27,871
At end of year	4,474,803	215,814	73,196	68,509	79,865	4,912,187
Depreciation						
At beginning of year	355,038	88,212	55,916	26,116	79,865	605,147
Charge for year	89,496	21,508	8,811	5,188	-	125,003
At end of year	444,534	109,720	64,727	31,304	79,865	730,150
Net book value						
At 31st December 2022	4,030,269	106,094	8,469	37,205	-	4,182,037
At 31st December 2021	4,119,765	127,602	17,280	14,522	-	4,279,169

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

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10 Investments

	Listed investments €	Bonds €	Cash held for investment €	Total €
Valuation at 1st January 2022	9,360,668	250,000	296,710	9,907,378
Disposals	(459,132)	-	-	(459,132)
Investment Management fee paid out	(51,823)	-	-	(51,823)
Realised loss	(337,203)	-	-	(337,203)
Unrealised loss	(1,279,966)	-	-	(1,279,966)
Investment income	101,346	-	-	101,346
Net transfers	(120,153)	-	120,153	-
Valuation at 31st December 2022	7,213,737	250,000	416,863	7,880,600
Valuation at 1st January 2021	4,715,108	250,000	2,000,848	6,965,956
Additions	6,655,708	-	-	6,655,708
Disposals	(4,674,129)	-	-	(4,674,129)
Investment Management fee paid out	(42,238)	-	-	(42,238)
Realised gain	238,960	-	-	238,960
Unrealised gain	724,817	-	-	724,817
Investment income	38,304	-	-	38,304
Net transfers	1,704,138	-	(1,704,138)	-
Valuation at 31st December 2021	9,360,668	250,000	296,710	9,907,378

In 2022, due to the war in Ukraine, we saw a very turbulent year across the investment portfolio. This resulted in unrealised losses of €1.28m and realised losses of €0.34m in 2022.

11 Stocks

	2022 €	2021 €
CPR Kits	-	28,856
	-	28,856

Notes

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12 Debtors

	2022 €	2021 €
General debtors	285,110	192,231
Prepayments	83,145	79,225
Other debtors	26,515	110,968
	394,770	382,424

All debtors fall due within one year

13 Cash at bank and in hand

	2022 €	2021 €
Cash at bank and in hand	2,070,504	2,418,767

14 Creditors: amounts falling due within one year

	2022 €	2021 €
Trade creditors	431,789	201,064
Accruals (i)	392,962	477,971
PAYE/PRSI	92,345	79,554
Deferred income (note 15)	480,101	26,400
	1,397,197	784,989

(i) Accruals for 2022 included cost of CPR service provisions received but not invoiced by year end of €0.3m (2021: €0.44m)

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15 Deferred income

	2022 €	2021 €
Deferred income at 1st January	26,400	33,400
Income deferred in period	480,101	-
Amounts released from previous reporting period	(26,400)	(7,000)
Deferred income at 31st December	480,101	26,400

The majority of deferred income relates to funds received from donors for specific activities with 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. At the end of 2022 the Foundation received €250,000 for the 2023 F.A.S.T. campaign and €90,000 for the 2023 hypertension campaign which are the main components of the deferred income balance.

16 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 €	Designated funds €	Total 2022 €	Total 2021 €
Total funds of the charity at beginning of year	485,999	12,481,764	3,263,842	16,231,605	14,565,051
Movement in funds					
Transfer between funds	-	3,263,842	(3,263,842)	-	-
Net (expenditure)/income for the year	(97,117)	(3,021,274)	-	(3,118,391)	1,649,054
Other movements directly through restricted funds	17,500	-	-	17,500	17,500
Total funds of the charity at end of year	406,382	12,724,332	-	13,130,714	16,231,605

In 2022 the Board did a re-evaluation of the Foundation's reserves and as a result of this review the Board decided to shut down the designated fund as it was no longer in line with the needs of the charity, and the remaining balance of €3.3m was transferred to general unrestricted funds.

Notes

forming part of the financial statements

b) Analysis of net assets between funds

	Restricted funds	Unrestricted funds	Designated funds	Total
	€	€	€	€
Tangible fixed assets	-	4,182,037	-	4,182,037
Current assets	776,903	9,568,971	-	10,345,874
Creditors including deferred income	(370,521)	(1,026,676)	-	(1,397,197)
	406,382	12,724,332	-	13,130,714

17 Commitments

The Foundation had no commitments at 31st December 2022.

18 Related party transactions

The compensation of key management personnel is set out in note 8. There were no other related party transactions in 2022 or 2021.

19 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.

20 Approval of financial statements

These financial statements were approved by the Board of Directors on 22nd June 2023.

Directors and Other Information

Directors	<p>Professor Emer Shelley (Chair)</p> <p>Aisling Blake</p> <p>Dr Walter Cullen</p> <p>Professor Francis Finucane</p> <p>Deirdre Flannery – Retired 29th September 2022</p> <p>Professor Joe Harbison</p> <p>Joan O'Brien</p> <p>Dr Anne Marie O'Flynn</p> <p>Wally Young</p> <p>Kevin Cardiff – Elected 8th December 2022</p> <p>Jeanette Codd McDonagh – Elected 24th March 2022</p> <p>David Dempsey – Elected 23rd June 2022</p>
Chief Executive Officer	Tim Collins
Secretary	Helen Redmond
Registered Office	<p>17-19 Rathmines Road Lower, Dublin 6</p> <p>D06 C780</p>
Auditor	<p>KPMG</p> <p>Chartered Accountants, 1 Stokes Place,</p> <p>St Stephen's Green, Dublin 2</p>
Internal Auditors	Mazars, 3 Harcourt Centre, 2 Harcourt Road, Saint Kevins, Dublin 2
Bankers	Bank of Ireland, Ballsbridge, Dublin 4
Solicitors	Denis McSweeney Solicitors, 40 Grand Canal Street Upper, Dublin 4
Investment advisor	Goodbody, Ballsbridge Park, Ballsbridge, Dublin 4
Company registration number	23434
Revenue charity number	CHY 5507
Charity regulators number	20008376

Appendix 1

Breakdown of 2022 Grants

Grantor	Grant Name/ Project	Purpose	Term	Grant Amount €	Cash receipts in 2022 €
Dublin City Council	Community and Social Development/ Community Grants Scheme	Patient Support	Jan - Dec 2022	200	200
Dublin City Council	Community and Social Development/ Community Grants Scheme	Patient Support	Jan - Dec 2022	250	250
HSE	Community & Voluntary Grant for Older People	Patient Support	Jan - Dec 2022	5,000	5,000
HSE	Health & Wellbeing	Health Promotion and Prevention	Jan - Dec 2022	250,000	250,000
HSE	Health & Wellbeing	Patient Support	Jan - Dec 2022	37,000	37,000
HSE	Disease Self Management Support Projects	Health Promotion and Prevention	Aug 2020 - Jan 2023	26,000	26,000
HSE	Health & Wellbeing	Patient Support	Jan - Dec 2022	5,000	5,000
HSE	Health & Wellbeing	Patient Support	Jan - Dec 2022	6,000	6,000
HSE	Volunteer Stroke Scheme Project	Patient Support	Jan - Dec 2022	42,000	42,000
HSE	Health & Wellbeing	Patient Support	Jan - Dec 2022	10,000	10,000
TOTAL €					381,450



Irish Heart Foundation

The National Stroke & Heart Charity

Irish Heart Foundation

17-19 Rathmines Road Lower, Dublin 6, D06 C780

01 668 5001

irishheart.ie

Registered Charity Number CHY5507

Charities Regulator Registered No. 20008376