



Irish Heart
Foundation



Annual Report
and Financial Statements


2021

Irish Heart Foundation
Annual Report 2021 and Financial Statements



Irish Heart
Foundation

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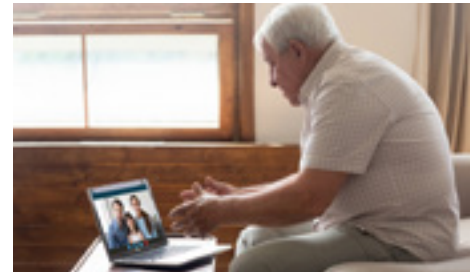


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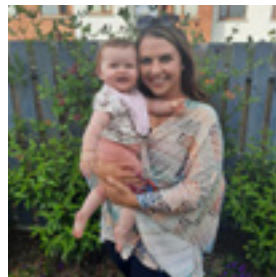
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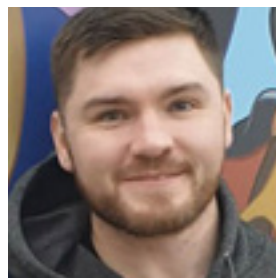
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Message from the Chair

PROFESSOR EMER SHELLEY

Many people learned during the past two years that our health really is our wealth, as in the old Gaelic saying: Is fearr an tsláinte ná na táinte. Concerns were heightened for those suffering from a chronic disease who were at higher risk of being seriously ill if they caught COVID-19.

People with heart failure, stroke or other long-term illnesses take multiple medications and use health services more than their healthy peers. As well as the impact on quality of life, there is a strong economic argument to increase investment in prevention. A key aspect of that is creating an environment which makes the healthier choice the easier choice. As set out in Goal 1 of our new strategy, the Irish Heart Foundation **defends** the health of the population by working relentlessly to raise awareness of risks to health, for example, the importance of addressing our obesogenic environment and advocating for improved heart and stroke services.

Another aspect of the Irish Heart Foundation's approach to maintaining health is to **empower** (Goal 2) by being a trusted source

The goals of the Irish Heart Foundation's Strategic Plan 2021–2024 may be summarised as 'Defending, Empowering and Caring for Irish Hearts'. So, what did that mean in practice in 2021?

of information which is evidence-based and appropriate for the target audience. This is particularly important when there is so much health misinformation around, particularly on social media platforms. As well as investing in educational programmes for schools, the Foundation has a special focus on disadvantaged communities in urban and rural settings.

'**We Care**' is Goal 3 of the Strategy. Even with greatly improved outcomes in recent decades, a heart attack is a major and worrying event for patients and their relatives. With shorter hospital stays, access to information via the Irish Heart Foundation's Heart Support Network is invaluable in the days and weeks after discharge. Ongoing peer support provided by the Heart Support Network gives reassurance, may increase adherence to advice from healthcare professionals, and reduce the risk of a further event.

People diagnosed with heart failure are an important group in the Heart Support Network. While a common condition, particularly in older people, heart failure receives little attention in the media. As well as the ageing population, reduced

death rates and greatly increased life expectancy for people living with angina or post-heart attack, have resulted in increasing numbers of people living with heart failure. The diagnosis may cause alarm that the end of life is imminent. However, many patients can expect to live a full life after receiving a heart failure diagnosis. Confidence in how to manage their health can be improved with information and advice through the Heart Support Network. Knowing the signs and symptoms empowers people to seek help and reduce the risk of being admitted to hospital.

The Irish Heart Foundation's Council on Stroke has advocated and provided strong leadership to improve services and new models of care to respond rapidly to a suspected stroke. While lower death rates and improved outcomes after stroke are welcome, patients and families may still face many challenges after discharge to the community.

During the pandemic, it was necessary to discharge patients more quickly and prolonged hospital stays were inadvisable. In response to a request from the HSE's National Stroke Programme, the Irish Heart Foundation rapidly developed the Stroke Connect Service which provides up to 12 weeks



of emotional and practical support to stroke survivors. A sample of the more than 500 people referred to the service in 2021 provided very positive feedback, as did the healthcare professionals who referred them.

Thanks to modern treatments, some stroke survivors have excellent outcomes but many continue to have difficulties carrying out day-to-day activities. In 2021 the Irish Heart Foundation's Patient Support Services developed new resources for physical activity, fatigue management and mindfulness, with plans to implement further supports in 2022.

By the end of 2021 the Irish Heart Foundation's Life After Stroke Facebook Group had almost 1,200 members. Carers can often feel isolated and neglected after their loved one has had a stroke but thankfully support is available. In 2021 more than 350 carers signed up to the Irish Heart Foundation's Carers' Support Group on Facebook.

The above is a brief summary of the invaluable services provided by the Irish Heart Foundation to patients and their loved ones at a very difficult

time in their lives. It is wonderful to learn about the inclusive and flexible approach of the Irish Heart Foundation's Patient Support Service which are described in more detail in this report.

2021 was a very challenging year due to the ongoing pandemic, the public health restrictions and the resulting impacts on the economy. However, it was extra difficult for those living with a heart condition or stroke. The Patient Support Services are to be congratulated on their rapid response in 2020 and expanded services in 2021. On behalf of the Board, I would like to thank the CEO, Senior Management Team and all the staff of the Foundation who spared no effort in 2021 to expand and further develop their services to support 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 Nominations and Governance Committees. The Irish Heart Foundation benefits greatly from the dedication of health professionals and volunteers and none of its work would be possible without support from our donors.

A great big 'thank you' to everyone who contributes in any way to this collective effort. In reading this Annual Report for 2021, 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

Despite a second year in the shadow of the COVID-19 pandemic, the Irish Heart Foundation continued to Defend, Empower and Care for Irish hearts in 2021.

With all attention on the ongoing COVID-19 crisis, the parallel crises of air pollution and climate change continued to threaten our planet over the past 12 months and are something that all Irish people take very seriously.

Climate change has been described by the World Health Organisation (WHO) as, “the single biggest health threat facing humanity”.

Air pollution is responsible for an estimated 1,300 deaths in Ireland every year and the Irish Heart Foundation played a key role in 2021 in highlighting its severe health impacts.

Our campaigning work in this area – directed at both the public and policymakers – provided vital support to Government in advance of the introduction of new solid fuel regulations that will effectively ban the use of smoky coal and wet wood, while curtailing the harvesting and sale of sod peat from 2022.

Through heavy cross-party engagement, regular contact with Government, submissions to public consultations, and many media appearances, we significantly raised awareness of the health imperative of strong action to tackle air pollution.

The landmark achievement of banning the most health-harming fuels countrywide will have a dramatic effect in improving air quality to the benefit of public health and particularly cardiovascular health.

As founding members of the Climate and Health Alliance, we continued our strong collaboration with our alliance partners to raise awareness of the public health harms arising from climate change and the significant health benefits that climate action can bring.

In addition to solid fuels and WHO air quality guidelines, the Alliance campaigned strongly in 2021 for the significant expansion of national cycling infrastructure, greater access to green spaces in urban areas, and greater focus from the health sector on developing a carbon adaptation plan to significantly reduce its high levels of greenhouse gas emissions.

Coupled with influencing and shaping policy in the area of climate change and air pollution, we also helped secure some vital policy advances in the area of childhood obesity.

The necessity for decisive action to tackle Ireland’s childhood obesity crisis was more pressing than ever in 2021 because of the ongoing COVID-19 pandemic, during which the consumption of unhealthy foods increased and physical activity levels fell.

The new Online Safety and Media Regulation Bill 2022 provides a crucial opportunity to restrict the impact of junk food marketing on children’s diets.

As a direct response to our lobbying work, the Oireachtas Committee which undertook pre-legislative scrutiny of the Bill, recommended a ban on online advertising of junk food to children. The Committee also supported our call for an end to self-regulation in the advertising regulatory framework. This is the second parliamentary committee, after the Children and Youth Affairs Committee, to declare unanimous cross-party support for the statutory regulation of junk food marketing.



As part of our strategy to empower Irish Hearts in 2021 we rolled out our High-Risk Cardiovascular Disease Prevention Programme in primary care - an intervention in partnership with GPs focused on people in disadvantaged areas who are at high risk of cardiovascular disease.

We identified that people eligible to attend the High-Risk Prevention Programme in General Practice could also benefit from a tailored lifestyle behaviour change intervention.

The Irish Heart Foundation partnered with six GP practices in disadvantaged areas in Leinster to co-design, deliver and evaluate an innovative pilot programme to meet this need. Despite the significant challenges presented in 2021, no more so than the strain seen on GP practices as a result of the COVID-19 pandemic, more than 250 patients who were deemed to be at high risk of heart disease and stroke completed the six-week health behaviour change intervention.

The project has been shown to have a low attrition rate demonstrating the acceptability, accessibility, and value patients placed on the programme. A survey of a sample of patients on their lived experience of the programme and its impact on their lifestyles revealed that patients found it to be very beneficial and reported feeling much better in terms of their physical and psychological wellbeing.

The success of this programme during what was one of the most challenging years for the Irish health service is testament to the dedication and commitment of our staff, GPs and GP practice nurses to care for and protect the most vulnerable of Irish hearts. It is also testament to the enthusiasm and hard work of the patients who engaged with the programme.

Throughout 2021 we Defended, Empowered and Cared for Irish hearts but we couldn't have done any of that without the support and hard work of our staff, volunteers, and donors.

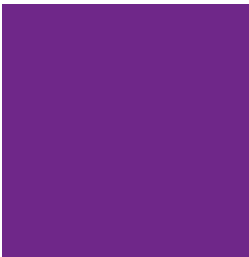
While 2021 kept us physically apart we look forward to coming together in 2022 and beyond.

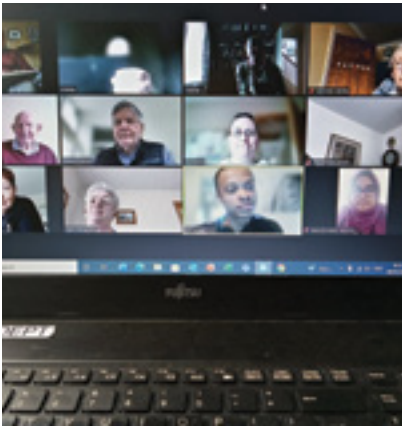
Tim Collins

CEO, Irish Heart Foundation

Who We Are and What We Do

The Irish Heart Foundation is a community of people who fight to protect the cardiovascular health of everyone in Ireland.





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 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.

Why our Work Matters: The Numbers



Approximately

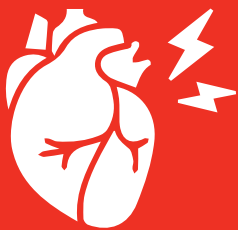
2 million

people are at risk of or living with the long-term impacts of heart disease or stroke



75%

of people who suffered a heart attack have **more than one risk factor**



Approximately

6,000

heart attack patients are admitted to hospital every year

Air pollution is responsible for more than

1,300

deaths every year in Ireland





In 2020 just 50 per cent of stroke patients arrived at hospital within three hours of the onset of stroke symptoms, and 21 per cent waited more than 12 hours

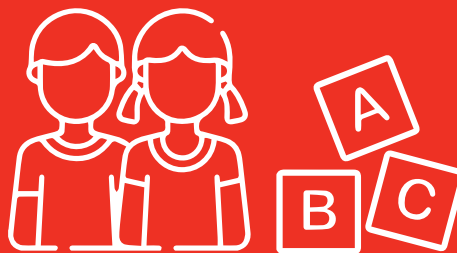


1 in 4

people who have a stroke are **under the age of 65**

64%

of heart attacks in younger people aged under 40 occurred in active smokers



85,000

of this generation of children on the island of Ireland will die prematurely due to overweight and obesity



International research predicts that the stroke rate in Ireland will increase by almost

60%

by 2030

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)

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2021 – The Second Year of the COVID-19 Pandemic

The Irish Heart Foundation continued to support people living with heart disease and stroke throughout the second year of the COVID-19 pandemic.

When COVID-19 hit our shores in March 2020, we were hugely aware of the devastating impact it could have on people living with heart disease and stroke.

These fears were borne out as the pandemic progressed with research confirming that people living with heart disease were much more likely to suffer from severe disease if they contracted COVID-19.

As in 2020, it was important once again to let all those living with heart disease, stroke and their carers know that they were not alone in 2021

and that the Irish Heart Foundation was there for each and every one of them.

In response to the pandemic, we developed a new range of programmes and resources including online and telephone support services.

We moved all our traditional face-to-face patient support groups online and developed new services in conjunction with the HSE to support people who had recently been discharged from hospital after a stroke to ensure they received the best care. We continued to provide all these services throughout 2021.

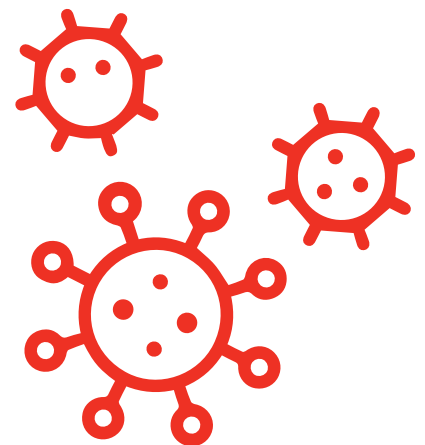


Pauline O Shea and her daughter. Pauline lives with heart failure and was a big part of our 2021 advocacy move to have all people living with severe heart failure prioritised to receive the COVID-19 vaccine in March 2021



A snapshot of our COVID-19 supports in 2021

- ✓ Online and telephone supports for people living with heart disease and stroke and their carers.
- ✓ Our experienced Irish Heart Foundation nurses were available to help with any questions or concerns on the Nurse Support Line. This service is available Monday to Friday, from 9am to 1pm, at 01 668 5001 or support@irishheart.ie.
- ✓ All face-to-face patient support meetings were moved online.
- ✓ Stroke Connect Service: a weekly telephone support service for newly discharged stroke patients and all stroke survivors who need practical and emotional support post-stroke.
- ✓ In March 2021 we advocated for people living with severe heart failure to be prioritised for COVID-19 vaccination. The Irish Heart Foundation made this call as it heard from heart failure patients who had stopped hugging their own children when they returned from school because they were terrified of contracting COVID-19.
- ✓ CPR training for COVID-19 vaccinators: We facilitated the training of 81,120 people in CPR across the country in 2021. The vast majority of those trained were healthcare workers, some of whom were taking part in the national COVID-19 vaccination effort and the Irish Heart Foundation was proud to help with this hugely important campaign.
- ✓ We continued to update our website with the latest news and advice about COVID-19 and the vaccination programme throughout 2021.



2021-2024 Strategic Goals

Our new strategy commits us to working towards the following goals:



We Defend

We will defend Irish hearts 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:

- ✓ Childhood obesity
- ✓ Stroke and heart disease services
- ✓ Physical activity and healthy weight environments
- ✓ Air pollution and climate action
- ✓ 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 every heart impacted by heart disease and 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 2021

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 this strategy we have committed to focus on:

		Key Objectives
	Childhood obesity	<ul style="list-style-type: none"> ✓ A Public Health Obesity Act that puts children’s health first over the interests of junk food companies.
	Stroke and heart disease services	<ul style="list-style-type: none"> ✓ A new 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	<ul style="list-style-type: none"> ✓ We will continue to campaign for greater Government action encouraging physical activity, including the introduction of cycle lanes and the prioritisation of walkers in urban environments.
	Tobacco control	<ul style="list-style-type: none"> ✓ 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	<ul style="list-style-type: none"> ✓ A Clean Air Act that tackles air pollution – a leading cause of heart disease and stroke – and adopts the WHO air quality standards.

Childhood obesity

The necessity for decisive action to tackle Ireland's childhood obesity crisis was more pressing than ever in 2021 because of the ongoing COVID-19 pandemic, during which the consumption of unhealthy foods increased and physical activity levels fell. While COVID-19-related restrictions forced the Irish Heart Foundation's advocacy team to postpone several planned in-person activities, the team still made considerable headway on several fronts:

Online Safety and Media Regulation Bill

The new Online Safety and Media Regulation Bill 2022 provides a crucial opportunity to restrict the impact of junk food marketing on children's diets, by addressing online harms, transposing the EU's Audio-Visual Media Services Directive into national legislation, and establishing a Media Commission that will subsume the Broadcasting Authority of Ireland – the only statutory body to have ever imposed restrictions on junk food marketing here.

As a direct response to our lobbying work, the Oireachtas Committee which undertook pre-legislative scrutiny of the Bill recommended a ban on online advertising of junk food to children. The Committee also supported our call for an end to self-regulation in the advertising regulatory framework. This is the second parliamentary committee, after the Children and Youth Affairs Committee, to declare unanimous cross-party support for the statutory regulation of junk food marketing.



Public Health (Obesity) Bill

In July 2020, the Irish Heart Foundation welcomed provisions contained in the Programme for Government to deliver a Public Health Obesity Act, including new restrictions on junk food marketing and the introduction of No-Fry Zones around schools. These provisions were highlighted in our 2019 Childhood Obesity Manifesto.

Throughout 2021 we carried out a range of activities to increase Government priority for progressing the Public Health (Obesity) Bill. This included the development of a political pledge for TDs and Senators, campaigning work by members of our parent jury and a new group of third-level students who targeted their local representatives, appeared in local media, and submitted complaints on ads that they felt breached marketing codes.

We also published research that showed increasing public support for the restriction of junk food marketing to children. This research revealed that more than 70 per cent of people now support a total ban on junk food marketing to kids. We also conducted the quantitative stage of a new research project which will examine teenagers' food consumption and their exposure to junk food marketing.

In 2021 the Irish Heart Foundation became the only Irish member of a new international network of experts established by the WHO and UNICEF to protect children from the harms of commercial marketing.

Stop Targeting Kids!

3 action areas for a childhood free from junk food marketing

www.irishheart.ie

Irish Heart Foundation

Irish Heart Foundation | Stop Targeting Kids

6 Principles for Effective Regulation

Self-regulation or alternatively co-regulation is widely promoted by industry as an alternative to statutory regulation. It is also often the Government's first policy choice.

But there are serious failings in permitting companies to set the rules themselves; they do not work for public health objectives; they do not reduce exposure to junk food marketing; and current complaints systems fail to hold food companies to account.

Effective regulation of harmful marketing and advertising must be statutory and must be underpinned by the following principles.

- Be Government led**
The Irish Government must regulate to protect children from unhealthy food marketing and policy development must be protected from the food and advertising industries efforts to influence it.
- Be informed by evidence**
Government must develop regulation based on the best available evidence and advice from public health organisations and academia.
- Be comprehensive and future-proofed**
Effective regulation must apply to all marketing techniques and technologies now and into the future.
- Stop the exposure of children to unhealthy food and beverage marketing**
Regulation must stop children being exposed to unhealthy food products and brands in all areas of their lives, not only in environments that are specifically for children.
- Stop using marketing that appeals to children**
Regulation must prevent the use of marketing that appeals to children, including children's games and apps, cartoons on packaging, and free toys with fast-food meals.
- Ensure industry follows the rules - and is properly sanctioned when they don't**
Under the present complaints mechanisms, even when the rules have been broken, the consequences are minimal. "Name and shame" or post removal are used, as opposed to significant sanctions for non-compliance, including financial penalties.

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COVID-19 has many far-reaching implications for how we prevent and detect cardiovascular disease, how we treat and care for the hundreds of thousands of people it affects, and how we focus the care of managing the effects of what is the world's biggest killer disease.

Finally, many of the things risk factors responsible for heart disease and metabolic heart disease (MHD) are also the same risk factors for obesity and diabetes.

44% of heart health in Ireland is due to obesity, high blood pressure, and diabetes.

49% of people with MHD have obesity, high blood pressure, and diabetes.

1/50 of people with MHD have obesity, high blood pressure, and diabetes.

Maximising the impact of our health care system and ensuring that we are able to deliver the best care to our patients is a top priority for the Government.

Irish Heart Foundation

Pre-Budget Submission 2022

Sugar tax

In our 2021 pre-Budget submission we proposed a tax on all high sugar products to replace the sugar-sweetened drinks tax (SSDT).

We know that in the UK where an identical SSDT tax was imposed, the amount of sugar in drinks covered by the levy was reduced by 22 per cent, while sales increased by 10 per cent, reflecting a shift towards lower sugar drinks. A broader sugar tax can have a larger impact in reducing sugar in children's diets, thereby reducing their consumption of empty calories and impacting overweight and obesity levels.

Other activities

During 2021 we also supported a Bill to ban the sale of energy drinks to under-18s, we worked with campaigners to improve Irish breastfeeding rates; sought the abolition of the parental levy on the School Milk Scheme; and campaigned nationally and at EU level for clear and honest front of pack food labelling.

Stroke and heart disease services

2021 was a frustrating year in terms of cardiovascular policy development and delivery in the face of large and enduring service and support deficits.

The National Stroke Strategy remained unpublished four years after being sanctioned; the National Cardiac Services Review was further delayed; and the bleak services horizon for heart patients and stroke survivors in the community continued to be ignored by health service controllers.

Important progress was made on several fronts, however, strengthening the prospects of more realistic future investment in both hospital and post-discharge services for people living with heart disease and stroke.

Policy development

In June 2021 members of the Joint Oireachtas Health Committee supported our call at a special hearing on cardiovascular health for the development of a new national cardiovascular health policy that prioritises prevention, tackles health inequity, eliminates service deficits and meets patients' post-treatment needs.

Subsequently, Sinn Féin proposed a €10 million budget allocation towards the development of a new strategy, along with other measures we are seeking, including a national hypertension awareness campaign and the development of new patient registers.

We have and will continue to lobby heavily for the publication of the National Stroke Strategy which must also contain a fully funded implementation plan. It was a disappointment that no funding was



allocated in Budget 2022 for the National Stroke Strategy, despite that Budget allocating €50 million in new funding for national clinical strategies.

Life after stroke

In 2021 we laid the groundwork for a campaign planned for 2022 to develop stroke services post-hospital discharge. This included providing stroke survivor testimony to the Oireachtas Committee on Disability Matters in November 2021 on the care and therapy vacuum faced by stroke survivors following hospital treatment. We intend to underpin this advocacy work through research to develop a post-discharge model of care that will also inform our own service developments.

Meanwhile, we were closely involved in the development of the European Stroke Organisation's Stroke Action Plan for Europe which, for the first time, sets out minimum requirements for post-discharge services. These include the right to a discharge plan, timely access to rehabilitation and support services and an annual follow-up with referral to additional services.

COVID-19 vaccine roll out

In 2021 heart advocacy work was dominated by efforts to prioritise younger heart patients in the roll-out of COVID-19 vaccines and boosters.

As part of a concerted campaign, the Irish Heart Foundation lobbied the Minister for Health, the National Immunisation Advisory Committee (NIAC), the National Public Health Emergency Team (NPHE), and the HSE, as well as contacting all TDs and Senators. By working with the National Heart Programme, the Irish Cardiac Society and our own patient panel, the vital concession of cardiologists being given discretion to escalate vulnerable patients for vaccination was secured.

Heart failure services

A programme of lobbying on heart failure was followed by increased resources for community services, and the HSE has undertaken to increase access and standardise cardiac rehabilitation services after our joint national survey with the Irish Association of Cardiac Rehabilitation revealed an annual waiting list of more than 2,800 patients.

Act F.A.S.T. campaign

In October 2021 we launched a new Act F.A.S.T. campaign on World Stroke Day in response to a new survey that found that just one in five people in Ireland knew the most vital action to take in the event of a stroke. The survey also revealed that just 20 per cent of respondents knew that the T in F.A.S.T. stood for the importance of time to call 112 or 999 and that 43 per cent were unaware of any of the four key signs of stroke. Broadcaster and stroke survivor Mark Cagney supported the campaign to raise awareness of stroke signs and the key time factor.

We also co-ordinated the Health Reform Alliance response to upheaval within the Sláintecare programme, calling on the Government to reinvigorate the 10-year plan.



Physical activity and healthy weight environments

As planning has shifted toward sustainability, public health has been identified as a core element of thriving communities. Therefore, it is critical to integrate health into comprehensive development plans. Similarly, the built environment has direct and indirect consequences for the health and wellbeing of communities as well as sustainability.

City and county development plans

The Irish Heart Foundation made a number of submissions to city and county consultations on development plans seeking the inclusion of ‘promote a healthy environment’ and ‘tackle health inequality’ as strategic goals. We also called for development plan priorities to include making active travel safe, sustainable public transport as a realistic alternative to private vehicles, recognising and promoting the economic advantages of active travel, and ensuring a sustainable mobility policy.



Active travel

To increase levels of walking and cycling, the Irish Heart Foundation worked with several organisations in 2021 to boost active travel and improve cycling infrastructure. In the lead-up to COP26, we joined a newly formed Active Travel Coalition that sought urgent action on the rollout of safe cycle routes nationwide to increase the low numbers of children, particularly girls, cycling to school.

Safety remains the biggest barrier preventing people from walking and cycling more, so promoting safer streets to accommodate greater levels of active travel was a key policy goal for 2021.

We collaborated with the Love 30 campaign, A Playful City, and Dublin Cycling Campaign to advocate for slower speed limits on our roads and a greater expansion of safe, segregated cycling infrastructure.

As well as engaging with County Councils’ speed limit reviews, we responded to the Greater Dublin Area’s Transport Strategy, recommending the need to prioritise walking, cycling, and public transport infrastructure to facilitate a shift from private vehicle use to safer, healthier, and more sustainable active travel alternatives.



30 minutes

of moderate intensity activity, such as **walking or cycling**, five days a week, reduces your risk of developing heart disease and stroke

Tobacco control

Tobacco kills almost 6,000 people in Ireland every year. 18 per cent of the adult population are now regular smokers, but even more worrying is that the teenage smoking rate has increased for the first time in 25 years. There is growing concern that this is the result of a gateway effect from high vaping rates, with 18.1 per cent of adolescents classed as current e-cigarette users.

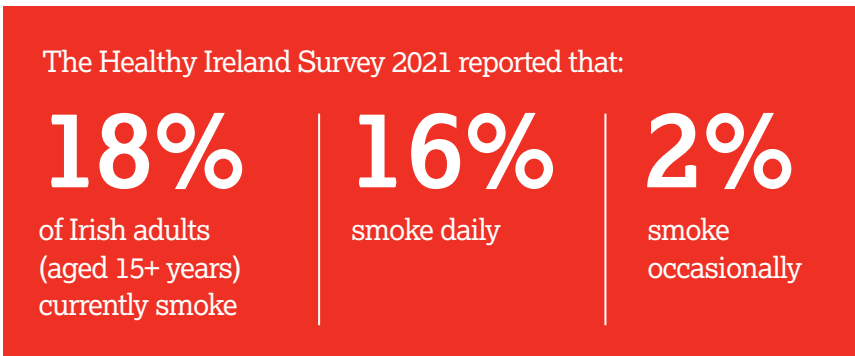
Tobacco and nicotine addiction legislation

While the Irish Heart Foundation and its ASH Council strongly supported measures contained in the Tobacco and Nicotine Inhaling Products Bill, we told the Oireachtas Health Committee during a pre-legislative scrutiny meeting in Leinster House in November 2021 that they did not go far enough to meet the Government’s Tobacco Free Ireland target of a maximum five per cent adult smoking rate by 2025.

Important measures we supported – many of which we have lobbied for over many years – include:

- A ban on the sale of nicotine-inhaling products to under-18s
- A licensing system for the sale of tobacco and e-cigarettes, including an annual fee per premises
- A ban on the sale of tobacco products from self-service vending machines

In order to protect a new generation of young people from nicotine we also called for additional measures in the Bill, including a ban on e-cigarette flavours, apart from tobacco; an end to all e-cigarette advertising; and mandatory plain packaging of e-cigarette products. These are crucial measures to combat high rates of youth vaping.



Tobacco 21

In 2021 we organised an online conference bringing international policymakers, medical experts and campaigners together on the case for raising the legal age of sale of tobacco in Ireland from 18 to 21.

Outdoor hospitality areas

Our campaign in 2021 to protect the public from the risks of passive smoking in outdoor hospitality areas, such as cafes, bars, and restaurants gained significant support from local authorities, including Dublin City Council, which undertook to make

all publicly-owned outdoor dining areas it licenses to be designated ‘No Smoking’ areas.

Ethical public investment

The Minister of State in the Department of Finance Seán Fleming responded positively to our request to reintroduce the Ethical Public Investment (Tobacco) Bill which aims to prohibit the State from investing in tobacco stocks. He is discussing the matter with the National Treasury Management Agency on the basis that legislation in the area is essential.



More than
8 million
people worldwide die each year as a direct result of tobacco use or from exposure to second-hand smoke





Air pollution and Climate Action

Solid fuel legislation

The Irish Heart Foundation played a key role during 2021 in highlighting the severe health impacts of air pollution which is responsible for an estimated 1,300 deaths in Ireland each year.

Our campaigning work in this area – directed at both the public and policymakers – provided vital support to Minister Eamon Ryan in advance of the introduction of new solid fuel regulations that will effectively ban the use of smoky coal and wet wood, while curtailing the harvesting and sale of sod peat from 2022.

Through heavy cross-party engagement, in addition to regular contact with the Minister's team, submissions to public consultations, and many appearances in national and local media, we significantly raised awareness of the health imperative of strong action to tackle air pollution.

Air pollution is responsible for more than

1,300
DEATHS

in Ireland every year, with the vast majority of these due to heart disease and stroke.



We published the results of an Ipsos MRBI poll that revealed that just over one in 10 members of the public considered the burning of smoky fuels in the home to be the leading source of air pollution – even though these fuels are responsible for the vast majority of air pollution deaths in Ireland.

Mortality in this area is largely due to stroke and heart disease, which is why this is prioritised in our advocacy agenda.

Banning the most health-harming fuels countrywide will have a dramatic effect in improving air quality to the benefit of public health, and particularly their cardiovascular health.

But much more is needed. We will continue to lobby the Government for the phasing out of the remaining unsustainable solid fuels such as smokeless coal, while pressing the urgent need to retrofit our housing stock in a way that ensures every home in Ireland can be heated in greener, healthier ways.

All-Ireland action on air pollution

Air pollution doesn't respect borders and we have been working with the British Heart Foundation Northern Ireland (BHFNI) on an all-island approach to the issue. We met with political parties from both jurisdictions and highlighted the need for greater legislative cooperation between the governments in Dublin and Belfast, and at North-South Ministerial Council level.

Together with the BHFNI we successfully applied for Community Fund for Ireland support to research the impact of air pollution on the island of Ireland and an innovative project to monitor air quality in the vicinity of schools in Dublin and Belfast.

Climate and Health Alliance

As founding members of the Climate and Health Alliance, we continued our strong collaboration with our alliance partners to raise awareness of the public health harms arising from climate change and the significant health benefits that climate action can bring.

In addition to solid fuels and WHO air quality guidelines, the Alliance campaigned strongly in 2021 for the significant expansion of national cycling infrastructure, greater access to green spaces in urban areas and greater focus from the health sector on developing a carbon adaptation plan to significantly reduce its high levels of greenhouse gas emissions.

The World Health Organisation estimates that more than

13 million DEATHS

around the world each year are due to avoidable environmental causes



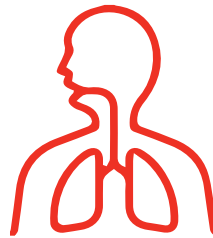
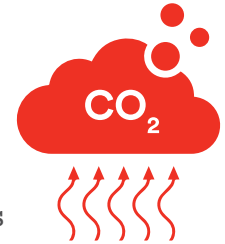
World Health Organization



Transportation produces around

20%

of global carbon emissions



Over

90%

of people breathe unhealthy air resulting from burning of fossil fuels



Meeting the goals of the Paris Agreement could save about 1 million lives a year worldwide by 2050 through reductions in air pollution alone



Deaths from cardiovascular disease related to air pollution on the island of Ireland could total

12,000 by 2030



99%

of the world population live in places where the WHO air quality guidelines levels were not met (2019)

Defending in Action

The Importance of Acting F.A.S.T.

“I was just so afraid”

A month after her wedding, at the age of just 26, Katie Bailey suffered a devastating stroke.

Katie, who is from Dundalk in Co. Louth, and her new husband Joseph had just returned from honeymoon when a stroke and a cancer diagnosis turned their worlds upside down.

The 19th of August 2019 was Katie and Joseph’s one month wedding anniversary, however, instead of fond memories, the date will forever be associated with the day the 26-year-old had a serious stroke.

It was a Monday morning and Katie was getting ready to go to work. It was to be her first day back as a social care worker with adults with disabilities after her honeymoon, and she was alone in the house as her husband Joseph had already left for his job in Portlaoise.

She recalled that she was getting out of the shower when she suddenly realised that she couldn’t wrap her hair in a towel.

“It just wouldn’t workI was totally aware of what was happening. I just couldn’t get my hair in the towel.”



The reason for her difficulty was that her right arm had suddenly gone completely numb and was “hanging” paralysed by her side as if it belonged to someone else. Katie then realised something was seriously wrong, and that she needed help.

In the minutes it took Katie to go from the bathroom to her bedroom to get her phone, the paralysis had crept down her body taking over

her entire right side, she had lost the vision in her right eye and was suffering from a severe headache.

She had also fallen a number of times. Her biggest fear she said was that she would lose consciousness and wouldn’t be found until much later that evening when her husband returned home.

“I was just so afraid,” said Katie.



She managed to phone her husband but unfortunately, the stroke was quickly taking over Katie's brain robbing her of the ability to speak, so her husband could not understand what she was saying, and he presumed it was a bad line.

Katie hung up and phoned her mum who immediately knew something was wrong and suspected that her daughter was having a stroke. When she arrived at Katie's house, she went through the F.A.S.T. signs with her.

"Mum said that when she came in, she asked me to put my arms up in the air and she said my left arm went straight up and my right arm was just hanging by my side," Katie recalled.

Katie did not have any facial paralysis however her speech was slurred, so her mother took her straight to the Emergency Department in the local hospital. When she arrived, doctors initially put Katie's symptoms down to a severe migraine due to the fact that she was just 26 and up until her stroke has been fit and healthy. However, an MRI scan later revealed that Katie had indeed suffered a stroke on the left-hand side of her brain.

She was moved to the stroke unit of the hospital where she said was the youngest patient by about 50 years.

Further tests revealed that Katie had a hole in her heart, or Patent Foramen Ovale (PFO), since birth that had never closed. While this did not necessarily cause Katie's stroke, her doctors thought it may have been a contributing factor so they wanted to close it to be on the safe side.

Katie was sent to the Mater Hospital in Dublin for treatment to close the hole in her heart and was also fitted with a loop recorder that monitors her heart continuously. A loop recorder is about the same size as a packet of chewing gum and is implanted under the skin in the

chest for cardiac monitoring. Katie was also referred to the National Rehabilitation Hospital in Dublin for stroke rehabilitation therapy and was on the road to recovery when she discovered she was expecting her first baby.

However, in February 2020, the same week they got the happy pregnancy news, tragedy struck the young family again when Katie's husband Joseph was diagnosed with Hodgkin's lymphoma cancer.

"We found out we were expecting the same week Joseph was diagnosed so it was a bit of a rollercoaster of emotions. But I found that it pushed me to recover from my stroke. I didn't forget about my stroke, but I put it in the back of my mind because I knew I had to focus on Joseph getting better and on my pregnancy," Katie explained.

Thankfully both Katie and Joseph have made a full recovery and their beautiful baby daughter Dayna was born last year.

To help with her recovery Katie joined the Irish Heart Foundation's Stroke Support Group and said that when she first attended everyone assumed, again due to her young age, that she was caring for someone who had a stroke. Despite once again being the youngest member, Katie said she really enjoyed the activities and camaraderie that came with

membership of the Irish Heart Foundation's stroke support group.

Reflecting on their first three years of married life during which Katie and Joseph experienced the heartache and stress of her stroke and his cancer diagnosis, as well as the pure joy of their new baby daughter, Katie said it had been "an emotional rollercoaster."

"Stroke can play havoc with your emotions...I was a wreck when I came home, I just didn't know what to do. I was so afraid to go anywhere. I was afraid to leave the house in case I had another stroke."

"I remember that evening when I came home from hospital, I just burst out crying...for a couple of weeks I wouldn't stay in the house on my own, I wanted somebody there the whole time. I was just on edge the whole time," she said.

Katie availed of six weeks counselling from the Irish Heart Foundation which she said really helped her deal with the psychological and emotional impacts of her stroke.

She said that she has also learned to slow down and take life a little easier, well, as easy as you can with a playful toddler in tow.

"It really makes you appreciate life so much more," she said of her stroke experience.

WHEN STROKE STRIKES, ACT F.A.S.T.

F

A

S

T

FACE
Has the person's face fallen on one side?
Can they smile?

ARMS
Can the person raise both their arms
and keep them there?

SPEECH
Is the person's speech slurred?

TIME
To call **112** or **999** if you see any
single one of these signs.

Riádas na hÉireann
Government of Ireland

Irish Heart
Foundation



We Empower

Our Health Promotion and Prevention Work in 2021

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 this strategy we have committed to focus on:



Evidence-based interventions

Awareness of health risks:

Key Objectives

- 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.
- 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 to be achieved 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 will continue to develop health promotion programmes supporting curriculum delivery that focus on health literacy and place all children on the path to healthier, longer lives. More than 2,042 teachers are registered with the Irish Heart Foundation's primary school programme through which they receive dedicated teaching materials designed to promote children's health and wellbeing in school.



Pupils from Clocha Rince National School in Kildare showing their PE Agreement; a poster they created to capture their voice in PE class

In 2021 we expanded our reach by creating an open-access platform for primary schools which was viewed more than 21,000 times.

Primary Schools

At primary school level we offer several well-being programmes:

Bizzy Breaks

Bizzy Breaks, a programme of movement and mindfulness breaks that was developed by the Irish Heart Foundation and rolled out to primary schools across the country, has gone from strength to strength since it was first established in September 2020.

In 2021 almost 600 teachers were trained in the Bizzy Break programme which also integrates the Irish primary school curriculum to add an educational benefit.

2021 also saw the launch of Bizzy Breaks in Irish in partnership with the Gaelbhratach team in Gael Linn. A leading organisation in the promotion of the Irish language, Gael Linn focuses on creating opportunities for its use outside of the classroom.

The Bizzy Breaks programme was developed in response to research showing that just 13 per cent of children meet National Physical Activity Guidelines of at least 60 minutes of moderate to vigorous exercise daily.



Studies have shown that sedentary behaviour is a significant risk factor in cardiovascular disease and Bizzy Breaks is designed to encourage children to be active throughout the day to support children to reach the recommended guidelines.

In 2021 we also launched Action for Life, a PE programme aimed at increasing motivation and confidence for all children to enjoy PE classes.



Action For Life

Action for Life was created with children, teachers, and specialists in PE and health promotion in Ireland. The Irish Heart Foundation wanted to create a programme that inspires and encourages all children to reach their full potential in PE. Children who have taken part in the development of Action for Life said they enjoyed it because everyone was able to take part and enjoy the activities together.

A digital model of Action for Life was also launched in 2021 in partnership

with the HSE and Professional Development Service for Teachers. The Action for Life programme was co-designed with pupils and teachers. Continuous professional development teacher training will be offered in 2022 through a series of webinars.

In 2021, 830 children took part in the Irish Heart Foundation's Let's Get Active four-week challenge, a free physical activity initiative that challenges primary school children

to get active for 60 minutes every day for four weeks.

The challenge was promoted by the Department of Education as part of Active School Week.





Post Primary Schools

In post-primary schools we run a number of programmes:

Y-PATH 'PE 4 ME'

Y-PATH 'PE 4 ME' is a whole-school programme, which is delivered by a school's PE teacher and comes a range of free online and offline resources. Focusing on physical literacy, this programme was developed as a direct response to the frightening low levels of physical activity and fundamental movement skills of 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 2021 the Irish Heart Foundation continued to support 460 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 Organisation (WHO) as a National Health Literacy Demonstration 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 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.

The programme is currently in the pilot stage and the Irish Heart Foundation is funding an instrument aimed at measuring health literacy in adolescents designed by UCD and also a LifeLab in DCU. The Lifelab is an interactive experience based in DCU where young people come to learn about health and it also aims to increase health literacy in young people.



World Health Organization



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

High Risk Prevention Project in General Practice



This project, which commenced in late 2020, is an exciting initiative supported by the HSE. As part of our new Strategy, we wanted to develop an intervention in partnership with General Practitioners focused on people at high risk of cardiovascular disease. We identified that people eligible to attend the High Risk Prevention Programme in General Practice could benefit from a tailored lifestyle behaviour change intervention.

Six GP practices in disadvantaged areas in Leinster came on board to co-design, deliver and evaluate an innovative pilot programme to meet this need.

The co-design part of the project was an important opportunity to collaborate with key stakeholders, and importantly patients, to hear their experience first-hand and to work together to design an intervention that would be make a meaningful difference to patients' lives and be sustainable for practices to deliver.

The project continued in 2021 with the objective of proving the impact and cost-effectiveness of the intervention and ultimately scaling it up nationally.

Farmers Have Hearts

Research we have conducted has identified farmers as a high-risk group for heart disease and stroke. Since 2013, we have been supported by the HSE to lead the Farmers Have Hearts programme, providing heart health checks and lifestyle advice to male farmers at their local marts. A total of 166 farmers benefited from this programme in early 2020 before we had to pause the programme due to COVID-19.

We have continued to engage with farmers' groups and the research team in IT Carlow and Teagasc, planning for the programme's return when it is safe to do so.

In 2022, we hope to secure funding to take the final research conclusions and translate them into a real world sustainable and scalable programme.



The Farmers Have Hearts Cardiovascular Programme (FHH-CHP) found that

74% of male farmers in Ireland

who took part in the programme had **four or more** risk factors for cardiovascular disease



The study also found that

85.9%

of farmers were living with either **overweight or obesity**





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

Awareness of Health Risks

Heart Month

Our 2021 annual Heart Month National Awareness Campaign which takes place in September focused on men's health. The campaign entitled 'Reboot Your Life' encouraged men, particularly those in their 40s and 50s, to reboot their lives by identifying small sustainable lifestyle changes they could make now to benefit their heart health in the future. These included increasing their levels of physical activity and eating healthily.

'Reboot Your Life' was supported by the HSE, Healthy Ireland and Rugby Players Ireland and fronted by former Ireland international rugby players Tommy Bowe, Malcolm O'Kelly, Peter Stringer and Paul Wallace.

In the past five years, two of the players' friends and former teammates, Anthony 'Axel' Foley, and Gary Halpin passed away suddenly due to heart issues at the ages of just 42 and 55. As a result, the former players came together to encourage men of all backgrounds and fitness levels to take control of their health and Reboot their Lives in September.

The campaign called on men to sign up to Reboot their Lives. On our website, they could access heart health information, assess their lifestyle through a quiz and

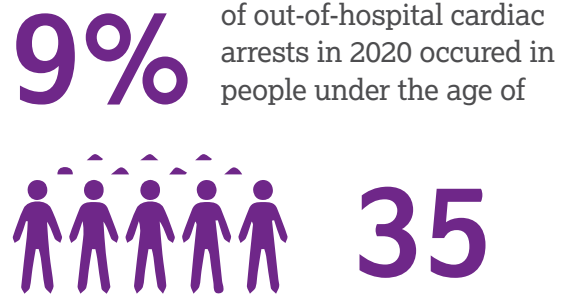
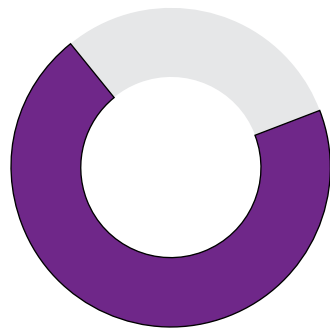
be taken on a supportive email journey through September. The website had plenty of tips for how men could make small changes for a healthier heart and future. We were fortunate to have Reboot stories and videos from our rugby ambassadors as well as stories from other members of the public who have made lifestyle changes following a heart event. We also created a booklet full of helpful

tips and advice to help workplaces and community groups spread the word. In total, more than 1,800 people signed up to the email journey. When surveyed, these participants gave very positive feedback, with 80 per cent stating the campaign had increased awareness of their heart health and 93 per cent stating they would recommend the Reboot campaign to others.



The importance of learning CPR

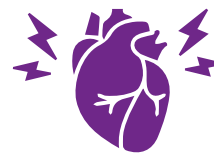
2021 saw the rollout of new CPR training materials following a research review on CPR and how to teach it, which takes place every five years by the International Liaison Committee on Resuscitation (ILCOR). Following this review, new CPR guidelines were issued and rolled out across the world to healthcare workers, the public and CPR instructors.



The **emergency services** responded to a total of



2,638
CARDIAC ARRESTS



in the community in 2020



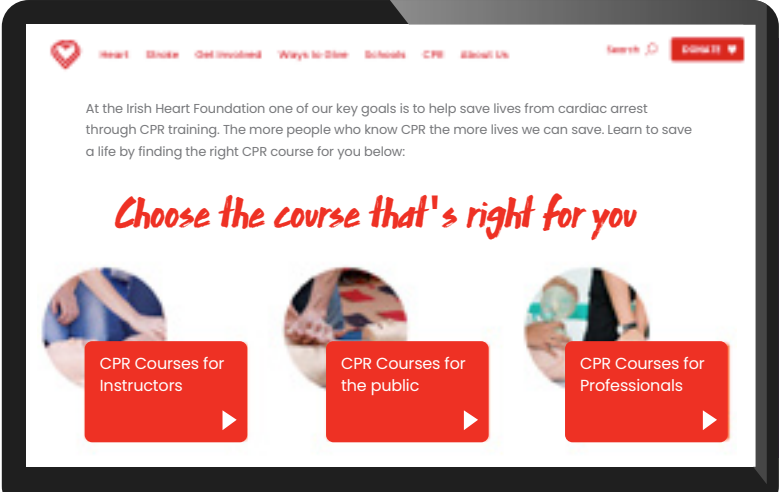
By knowing how to perform CPR you can **double** or **triple** someone's chances of survival from a cardiac arrest.

The new guidelines meant updates and developments in all courses from Heartsaver for the public to Advanced Cardiac Life Support for healthcare professionals. The format and content of CPR courses changed and had to be rolled out to more than 2,000 CPR instructors across all disciplines. This was achieved by

holding virtual workshops and a new instructor-only online portal was set up on the Irish Heart Foundation's website. The new course formats and guideline changes were also disseminated to all instructors.

New instructor courses were designed and rolled out for

Heartsaver instructors, Basic Life Support instructors, and Advanced Cardiac Life Support instructors. We also worked with hospital staff and the National Ambulance Service Community Engagement team to address the recertification of CPR instructors because of the COVID-19 pandemic.



At the Irish Heart Foundation one of our key goals is to help save lives from cardiac arrest through CPR training. The more people who know CPR the more lives we can save. Learn to save a life by finding the right CPR course for you below.

Choose the course that's right for you

- CPR Courses for Instructors
- CPR Courses for the public
- CPR Courses for Professionals

More than 81,000 people were trained in CPR in 2021 through the Irish Heart Foundation's training network

In June 2021, Danish footballer Christian Eriksen suffered a cardiac arrest while playing a match at the European Soccer Championships. This event sparked huge interest from the public wishing to learn CPR and it also gained a lot of media coverage. To help with the demand for CPR and the surge of interest in this topic, we reran our Hard and Fast Rule CPR campaign and CPR information videos on our website.

Throughout 2021 we continued to work with the National Ambulance Service and all the stakeholders on

the implementation of the Out-of-Hospital Cardiac Arrest Strategy as well as a new system where children who have been diagnosed with cardiac conditions will receive an AED free of charge and their families and schools will receive training. Work continues on the development of a national AED registry.


In total more than 81,000 people were trained in CPR in 2021 through the Irish Heart Foundation's training network. This is likely to be an underestimate as not all training sites have returned their reports due

to the HSE cyber-attack and the redeployment of staff due to the pandemic.


The vast majority of the 81,120 people trained in CPR last year were healthcare workers, some of whom were taking part in the national COVID-19 vaccination effort and the Irish Heart Foundation was proud to help with this hugely important campaign.





CPR 4 Schools



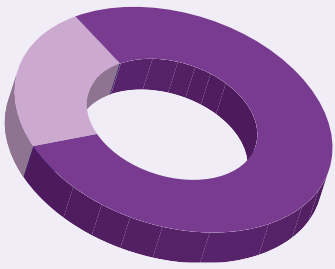
In 2021 as a result of the pandemic we moved all our **CPR 4 Schools** training online, and we welcomed



44
new schools





256
additional teachers




78%
of post-primary schools
(572/730 schools)
nationwide now support
our **CPR 4 Schools**
Programme

In total we have trained



2,084 teachers



Throughout 2021 teachers accessed the **CPR 4 Schools Portal**

3,711
times



“We feel that the initiative is a crucial life skill and has now created student leaders who are taking their skills into their own communities. We have raised awareness and have highlighted the importance of recognizing signs and symptoms early and have empowered students to feel competent to react to a cardiac arrest.”

Teacher who took part in the CPR 4 Schools programme



The enthusiasm shown by the students towards the CPR 4 Schools programme has been exceptional. They participated in a very positive manner and in a way that showed maturity beyond their years. They all shared a goal of telling their family members and their friends about CPR and what to do in an emergency situation. The students showed a very good understanding of CPR at the end of the course. Furthermore, the school will continue to teach students in the school each year and will be an advocate for the CPR 4 Schools programme into the future.”

Teacher who took part in the CPR 4 Schools programme

Empowering in Action



In 2021 the Irish Heart Foundation helped train COVID-19 vaccinators in CPR.

Because of the Irish Heart Foundation's work in 2021 more than 80,000 people in Ireland know how to save a life with CPR.

The Irish Heart Foundation facilitated the training of 81,120 people in CPR across the country in 2021, and this number does not include the thousands of students trained through our CPR 4 Schools programme.

The vast majority of the 81,120 people trained in CPR last year were healthcare workers, some of whom were taking part in the national COVID-19 vaccination effort and the Irish Heart Foundation was proud to help with this hugely important campaign.

While healthcare professionals accounted for the majority of people trained in CPR, a proportion of those who underwent CPR training were members of the public who were trained in the community.

Community First Responder groups were stood down in 2020, however, in 2021 they started to retrain and respond to cardiac arrest and choking calls once again.

The Irish Heart Foundation has 214 affiliated training sites around the country where members of the public and healthcare professionals receive training in the standardised CPR training courses developed by the American Heart Association (AHA), the Pre-Hospital Emergency Care Council (PHECC), and the Irish Heart Foundation.

Brigid Sinnott, Head of Resuscitation at the Irish Heart Foundation said,

"It's great to see such huge numbers trained even during the pandemic. In 2022 we will try and increase community training. We noted that the first six months of 2021 had more than double the training done since July. We attribute this to the Omicron variant, the cancellation of courses and the redeployment of hospital staff."

CPR is a vital step in the chain of survival after a cardiac arrest. If you have been taught CPR, you are 10 times more likely to respond appropriately.

By knowing how to perform CPR you can double or even triple someone's chances of survival from a cardiac arrest.



We Care

Our Patient Support Work in 2021

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 this strategy we have committed to focus on:

Key Objectives	
 Information services	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • We will work to ensure that everyone who requires our stroke check-in service for newly discharged stroke patients can avail of it. • We will continue to develop long-term community supports for stroke survivors at every stage of their life.

Information Services

Heart of Our City

As part of our commitment to develop our information services, we worked with the Smart D8 project to produce the Heart of Our City information booklet on heart health. The Heart of our City programme was a collaboration between the Irish Heart Foundation, Smart D8 (who aim to improve the health and wellbeing of people in Dublin 8) and Novartis. The Heart of Our City booklet was written and designed in a way that was accessible for people with health literacy needs in the Dublin 8 region. We circulated this booklet widely in the Dublin 8 region through community centres, GPs, pharmacies and St James’s Hospital.



Guide to Entitlements for People with Heart Failure

In 2021 we also produced a heart failure entitlements booklet for people living with heart failure to help them navigate social welfare and health entitlements in Ireland. In 2022 we are committed to further developing the quality and breadth of our services so that the Irish Heart Foundation is the primary source of accessible and user-friendly information for people living with heart conditions or stroke in Ireland.

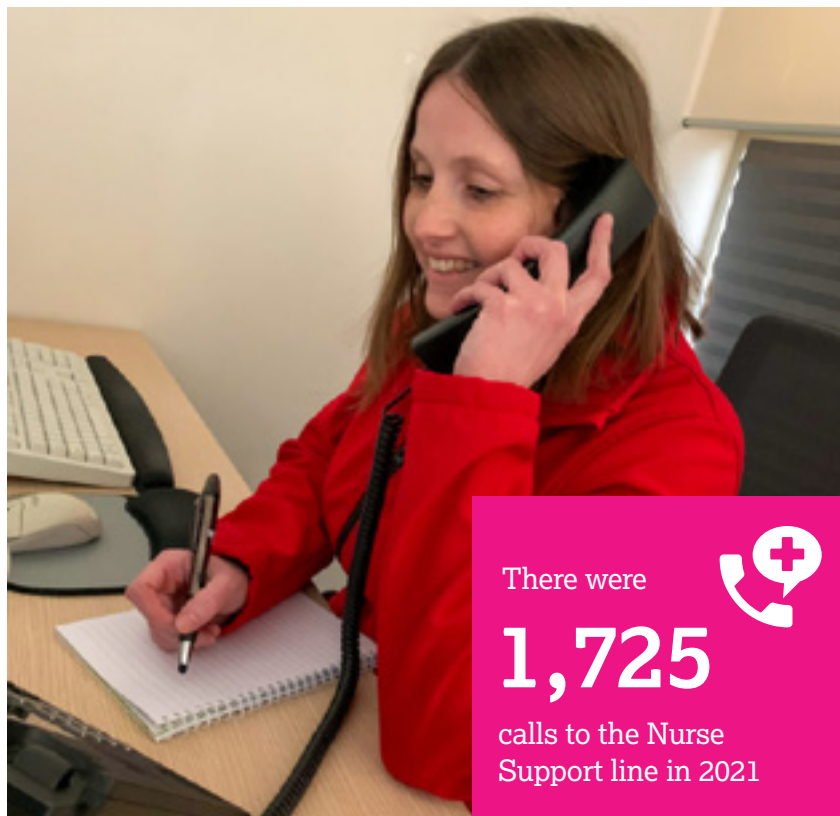


Nurse Support Line

Our Nurse Support Line is staffed by qualified and experienced nurses who provide information and advice to people living with heart disease and stroke. The support line is open Monday to Friday from 9 am to 1pm and provides a lifeline to people living with cardiovascular disease.

In 2021 there was a total of 1,725 calls to the Nurse Support Line with 906 calls relating to heart conditions and 819 to stroke. Separately the Support Line nurses also carried out needs assessments for 365 people as part of the Irish Heart Foundation's Stroke Connect Service.

The main cardiac queries our Support Line nurses received related to heart attack, arrhythmias and heart failure, while queries



There were

1,725

calls to the Nurse Support line in 2021



about stroke included community and carer support, symptom management and practical issues such as driving after a stroke. In total, 211 callers were referred to GPs, 81 to cardiologists, 59 to cardiac rehabilitation, and 41 were advised to attend the Emergency Department.

Patient Support

The Irish Heart Foundation is the only national organisation that supports and cares for the hundreds of thousands of people in Ireland affected by heart conditions and stroke.

In 2021 our patient support services continued to grow both in terms of the number of heart patients, stroke survivors and carers supported, and the quality of the service provided.

The outbreak of the COVID-19 pandemic in 2020 forced us to move all our patient support services online allowing us to reach more people. We now support more than

5,000 people across our various programmes, a threefold increase in the numbers accessing our services since the beginning of the pandemic. This growth was facilitated by a new volunteer programme which had 98 participants at year-end including 65 fully trained volunteers who provided peer-to-peer and telephone support.

It is important to continue to evaluate the impact of our patient support services and in 2021, in addition to patient and professional surveys, we began to use validated patient-reported outcome measures to understand the impact of short-term interventions on members' wellbeing and quality of life.

We also established heart and stroke advocacy groups made up of people living with these conditions, who are spearheading campaigns to ensure those affected by heart disease and stroke have the services and support they need to live well in the community.



Heart Support

Heart Support Network

Our Heart Support Network for people living with heart conditions and their carers, delivered in partnership with the HSE's Chronic Disease Management programme, had almost 1,700 members by the end of 2021, an increase of more than 540 compared to 2020.

Patients are recruited to the service through a closed Facebook group that provides peer support as well as expert information and advice from heart failure nurses and healthcare professionals.

Members of the Heart Support Network have access to the Irish Heart Foundation's Nurse Support Line and monthly Zoom meetings that deal with a range of topics such as medication, diet and coping skills. New members receive comprehensive information on their heart condition and those that do not have access to the internet receive a monthly newsletter. The service also provides peer-to-peer phone support and counselling.

In 2021 we launched a new podcast on heart failure hosted by former RTÉ sports presenter Michael Lyster, developed a heart failure discharge pack for patients recently discharged from hospital, and published an entitlements booklet for patients living with heart failure.

To increase referrals to the support network in 2021 we sent new referral forms to all hospitals that treat heart failure nationally, 22,000 leaflets to 3,000 GP practices, and we engaged with GP practice nurses and social prescribing services. In 2021 we also developed a number of new programmes, including one on healthy eating.

2021 also saw the development of the Heart Connect pilot programme which involved volunteers making monthly support phone calls to heart failure patients in Waterford, Wexford, and Kilkenny over a six-month period.



500+

people referred to our Stroke Connect Services



833

members of our Heart Failure support group

Additional Heart Supports

In 2021 we also began to collaborate with people living with AL amyloidosis by helping to facilitate monthly support meetings and peer support training. We also worked with the ATTR Amyloidosis All-Ireland Support Group to plan a major international conference in 2022.

We also worked with parents of children with heart disease to advocate for much-needed supports, organised information evenings with ICD patients, worked with the Irish Association of Cardiac Rehabilitation on a new podcast series, ran information sessions as part of the Smart D8 social prescribing project, and developed text for a new leaflet covering Spontaneous Coronary Artery Dissection.

Stroke

Stroke Connect Service

The Irish Heart Foundation's Stroke Connect Service was established in 2020 in response to a request from the HSE's National Stroke Programme for help to support patients who were being discharged early from hospital to accommodate the extra demands of the COVID-19 pandemic.

Since then, the service has grown from strength to strength and in 2021 it received more than 500 referrals.

Stroke Connect is the entry point to the Irish Heart Foundation's support programmes for stroke survivors. It provides up to 12 weeks of emotional and practical support through weekly phone calls, information, signposting, health advice and a range of additional services, including counselling, physical activity programmes, peer-to-peer support, and self-management programmes.

Approximately 10 per cent of all patients discharged from acute stroke units around the country participated in the Stroke Connect Service in 2021, with the highest numbers coming from stroke units in Cork, Kerry, north Dublin, Mayo and Roscommon.

A survey of participants found that 92 per cent were satisfied or very satisfied with the service, while two-thirds rated it as excellent. We also received very positive feedback from stroke nurses and other healthcare professionals who referred patients to the service.

Specialised programmes

2021 also saw the development of several new programmes for stroke survivors including physical activity, fatigue management and mindfulness. We are also planning several new programmes including return to work, cognitive therapy, communication support and music therapy.

Take Charge

In 2021 our stroke support staff were trained in a new evidence-based intervention called Take Charge that was designed by The Medical Institute of New Zealand to help people with their recovery post-stroke. It promotes self-rehabilitation and helps a person who has had a stroke focus on what and who is most important to them, and gives them the permission and tools to take charge of their life after a stroke.

This programme recorded remarkable results in randomised control trials and will be rolled out from January 2022 as part of the Stroke Connect Service.

Online support

By the end of 2021, the Irish Heart Foundation's Life After Stroke Facebook group had almost 1,200 members, and the carers' group had more than 350. Support meetings and physical activity sessions continued on Zoom throughout 2021 and we also rolled out monthly online talks and information sessions for carers.

Long-term support

We trialled a return to face-to-face support meetings of our long-term stroke support groups in the autumn of 2021 but were unfortunately forced to abandon these plans due to the arrival of the COVID-19 Omicron variant.

41 per cent of the members of our long-term stroke support groups did not access our online support services despite being provided with equipment and training. They continued to receive phone support and regular newsletters and 84 per cent of members said the Irish Heart Foundation was meeting their service needs.

We also introduced a new low intervention Stay Connected programme for people who don't wish to actively use our services but wanted to stay in touch. This included participation in our Facebook group, signposting to the website, digital and print information resources, a calendar of online events and a newsletter.

We have



1,465

members in our stroke support groups





Caring in Action



"I felt like an old man in a young man's body."

Three Heart Attacks at the Age of 30

"I want to help the Irish Heart Foundation for the support I have received from them over the past year," Ciarán Byrne.

Despite suffering three heart attacks at the age of 30, Ciarán Byrne from Co. Wexford took part in the Irish Heart Foundation's 5km Love Run on Valentine's Day 2021 to thank the charity which helped rebuild his life.

Originally from Louth but living in Camolin, Co. Wexford, Ciarán Byrne was stunned when he had to have two stents inserted into his heart and was told he needed urgent cardiac care.

"The only thing I kept thinking about was that I am 30 years old and I never got to meet my kids. I felt so old and bad about myself. I felt like an old man in a young man's body," he said.

After struggling with persistent chest pains, vision difficulties, and breathlessness, Ciarán was admitted to Wexford General Hospital. An MRI scan and angiogram revealed he had suffered three previous heart attacks and had a major blockage in his coronary artery, and he was fitted with two stents to clear it.

Now planning to set up his own business, Ciarán said that he signed up for the Love Run as a way of thanking the Irish Heart Foundation for getting him on the road to recovery. He is also hugely thankful to his girlfriend Nicola Shiel for her unwavering love and support.

Ciarán is a member of the Irish Heart Foundation's Heart Support Network on Facebook and has also received help and reassurance from the charity's Nurse Support Line.

"I want to help the Irish Heart Foundation for the support I have

received from them over the past year," said Ciarán.

"I am doing the Love Run for my parents, my brothers, for my family, for their future families, I am doing this for everybody's family. I have three brothers and seeing their reactions when they realised that they nearly lost me was heart-breaking, it was very difficult for my parents as well."

Urging others not to ignore symptoms, he insisted:

"Your body will tell you when there is something wrong. It is up to you to listen to it."





We Fund

Fundraising Review 2021

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 this strategy we have committed to focus on:

	<p>Funding our services</p>	<p>Key Objectives</p>
	<p>Broadening our income sources</p>	<ul style="list-style-type: none"> ✓ We will grow our total income by over 20% with a target of €7 million for the year 2024. Much of this growth will come from digital donor recruitment. ✓ 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.

The key objectives set out in our new strategy for fundraising challenge us to be constantly on our toes, responding to new ways of fundraising, exploring new technologies, and harnessing new media. We are committed to offering individuals and organisations every opportunity to engage with our work and keep them informed on the impact of their generous donations.

As in 2020, 2021 was also overshadowed by the COVID-19 pandemic and its many implications for face-to-face fundraising and in-person events. While we still could not meet our extraordinary donors, both individual and corporate, in person, they continued to surprise and delight us with their innovative and generous ways of supporting our mission.

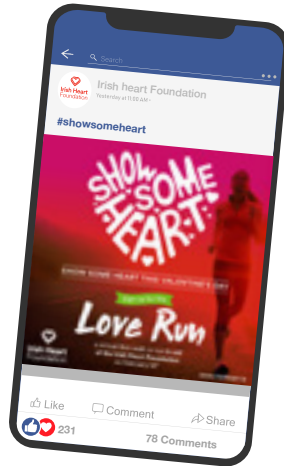
Despite the challenges of 2021 we ran several successful fundraising campaigns and continued our work in the areas of supporter-led fundraising, individual giving corporate partnerships, and fundraising. Without these fundraising activities as a charity, we simply could not continue our life-saving work.



Show Some Heart

In February 2021 we held our annual Show Some Heart fundraising campaign. In the past, this campaign comprised of bag packs and bucket shakes, coffee mornings, and wearing red in the office. Unfortunately, the traditional means of fundraising were no longer possible as a result of the pandemic,

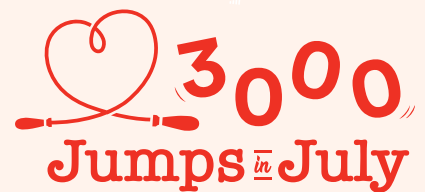
so we had to think differently. In response to the challenges posed by COVID-19, we organised our first virtual fundraising event, the Love Run. Almost 4,000 people around the country signed up to take part in the virtual 5km run/walk, raising an extraordinary €180,000.



Skipathon

Established in 1984, Skipathon is a fun schools-based fundraising and physical activity campaign that has been inspiring Irish children to keep active for 36 years. Thousands of primary school children have taken part in the event over the years. In 2021 we decided to tap into the nostalgia of the 36-year-old event and offer our supporters a chance

to do their own Skipathon. This took the shape of our '3,000 Jumps in July' Facebook Challenge where people were invited to sign up to do 3,000 skips throughout July and raise funds for the Irish Heart Foundation. Not only did the event promote an accessible, fun activity it also helped raise more than €50,000 in fundraising income.





Mini-Marathon

The Dublin Women’s Mini Marathon has been a major social and physical activity for thousands of women over the past four decades. It has also been a major fundraising opportunity for many Irish charities. For a second year, due to the COVID pandemic, the event was held virtually, and we were so grateful to see so many women join our team in their hundreds, many wanting to feel connected even in a virtual sense. We supported our walkers and runners with training and motivation tips and were delighted to raise more than €20,000 for the Irish Heart Foundation.



Supporter Led Fundraising

Despite the pandemic our inspirational supporters managed to turn the challenge of Covid on its head and reinvent how things were done. So many people took on personal challenges in support of the work of the Irish Heart Foundation.

Shifting efforts online allowed our fundraisers to reach larger supporter bases than ever before. In many cases the costs of running their virtual fundraising events were negligible. People were incredibly inventive with their ideas, like students from GMIT who raffled a designer handbag and raised more than €4,000 for the Irish Heart Foundation.

Coupled with raising much-needed funds personal fundraising challenges offer opportunities for people to share their stories, remember a deceased loved one, or celebrate recovery. The shift to collecting money online has removed a layer of responsibility for fundraisers and increased transparency as money is lodged directly to the Irish Heart Foundation.

More than 200 generous individuals set up their own challenges in 2021 and raised more than €200,000. We are incredibly grateful to each and every one.

Individual Giving

In 2021, more than 6,000 donors generously supported our work by making regular monthly donations. Supporting our work with a monthly donation helps us to plan and deliver on our strategic goals and make a lasting impact on the families we serve. People donated in celebration of births, birthdays, and in memory of loved ones.

Our existing donors answered our appeals throughout the year and donated more than €118,000 and also helped us to raise more than €111,000 through our tax campaign where we can claim tax back on individual donations over €250.

Corporate Partnerships and Fundraising

In February 2021, we launched an exciting initiative with Dunnes Stores, which allowed us to adapt our Show Some Heart campaign from collections and bag packs to a Covid safe donation at checkout. During four days over Valentine's weekend, Dunnes Stores nationwide asked every customer if they would like to add a €2 donation to their shopping bill in support of the Irish Heart Foundation. Through the initiative, an amazing €350,000 was raised, which means 175,000 Dunnes Stores customers made a €2 donation. We cannot thank Dunnes Stores staff and customers enough for their generous support.



In addition, 30 companies registered teams to take part in our first virtual 5k Love Run, which took part on Valentine's Day. More than 1,000 individuals, representing their companies hit the streets and parks in their local communities and raised more than €80,000.

We are very grateful to the following companies who continued to support our heart and stroke patient support programmes in 2021: Daiichi Sankyo, Novartis, Pfizer, Roche Diagnostics, and the Vifor Pharma Group.

We also secured sponsorship from Bayer, Ipsen, and Pfizer for our 24th Stroke Professional Conference, which took place on 16th April 2021. A total of 679 healthcare professionals working across stroke care attended the hugely successful online conference.

In September, we launched our Heart of the City initiative with Smart D8 in partnership with Novartis. The initiative aimed to connect people living in Dublin 8 with a range of the Irish Heart Foundation resources to support their cardiovascular health, building on an existing social prescribing initiative in the locality.



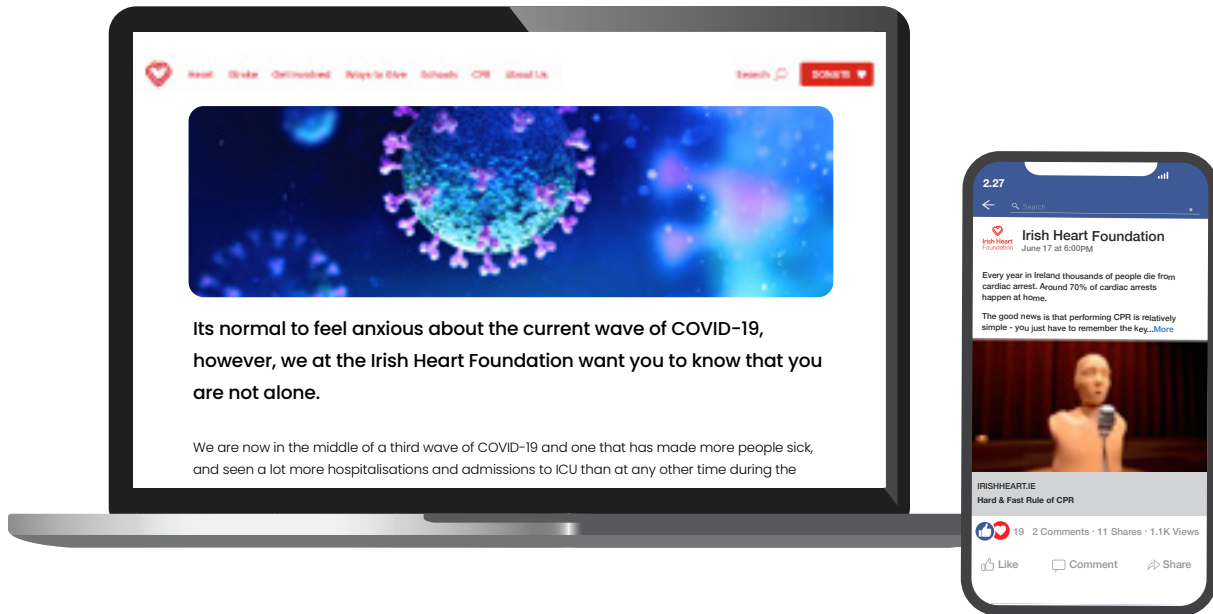
Pfizer has been our biggest supporter in the area of stroke and in November 2021 they sponsored our month-long national Act F.A.S.T stroke awareness campaign.

Grants and Trusts

We were successful in 2021 in a number of grant and trust funding applications. Some of these include:

- **HSE National Lottery Grant Scheme** helped us to provide counselling for heart patients and stroke survivors.
- **HSE Section 39 funding** helped to support the running of our stroke support groups in some locations.
- **HSE funding** part-funded a number of our health promotion programmes and campaigns, as well as our heart failure programme.

Marketing and Communications



 **257,889**
 new visitors to our website
www.irishheart.ie

 **500**
 stroke survivors received support from the **Stroke Connect Service** in 2021

 **1,800**
 members of the **Heart Support Network** Facebook group

 **465**
 members of the **Carers Support Group** on Facebook

 **1,200**
 members of the **Life After Stroke** Facebook group

The marketing and communications team in the Irish Heart Foundation is a key strategic enabler across all sections of the charity.

In 2021, the team worked with colleagues in advocacy; patient support; health promotion, information and training; and fundraising on the key campaigns and initiatives which have been outlined in this report.

Our website, irishheart.ie, is a useful source of information for people affected by heart disease and stroke and, as in 2020, we regularly updated our web content with all the latest relevant information and guidance about the Covid-19 pandemic and measures, with a particular focus on guidelines and implications for heart and stroke patients. Our website, social media channels and online groups allow us to share this information with hundreds of thousands of people on a regular basis.

Through proactive engagements with the media, we also ensured that the issues and concerns of the heart and stroke community amidst an ever-changing pandemic were heard and discussed. Throughout this, we focused on the lived experiences of people affected by heart conditions and stroke; their stories and experiences were central to our communications.






We Innovate

Innovation and Transformation in 2021

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 work is optimised for those who need it most.

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

 <p>User-centric approach</p>	Key Objectives
 <p>Patient support services</p>	<ul style="list-style-type: none"> ✓ Ensure that users of our services 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.
 <p>Accessibility</p>	<ul style="list-style-type: none"> ✓ 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. ✓ Undertake a review of our website and online information to assess the accessibility of our information and identify and implement improvements as appropriate.

Accessibility

Throughout 2021, work continued on these key objective areas with a focus on improving the accessibility of our published information.

The Irish Heart Foundation has a fundamental role in providing information on all aspects of cardiovascular disease, from risk factors and healthy lifestyle behaviours to diagnosis, treatment, and management, both in print and online. It is essential that this information is accessible, of high quality, and up to date.

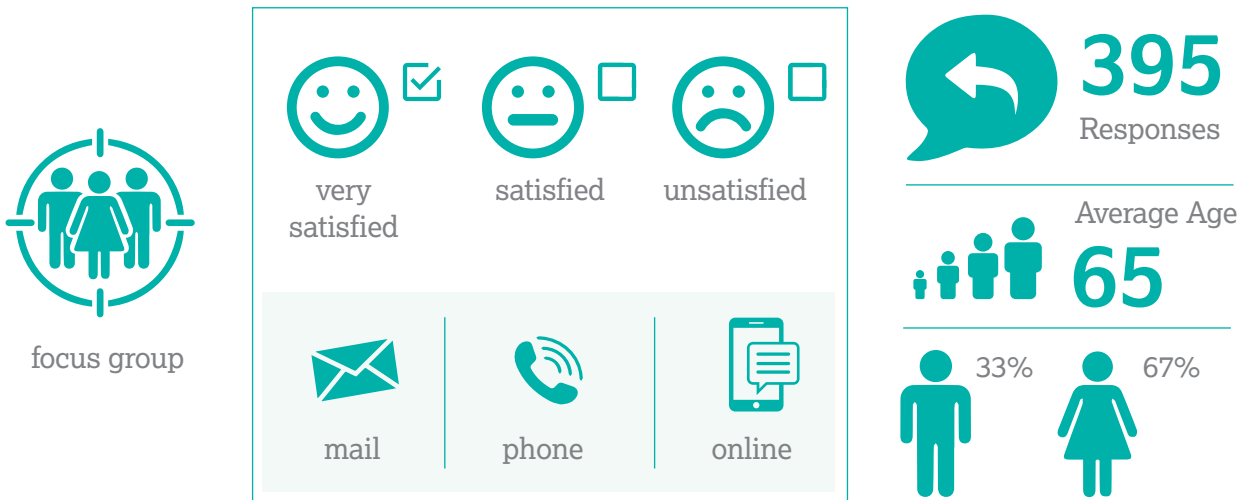
In 2021, it was identified that a review and audit of the Irish Heart Foundation’s existing information resources in print and online was required.

A key element of this project was a collaborative approach with input at all stages from a range of groups. This work included a comprehensive assessment of the information needs of key stakeholders including health professionals, patients, carers, the wider community, and specific groups. A benchmarking exercise against similar organisations was also conducted.

User-centric approach

Irish Heart Foundation stroke and heart support networks were utilised to reach stroke survivors, heart patients, and carers for feedback on information needs. An online survey was created with design input from stroke survivors, heart patients, and carers to ensure the language and questions were user-friendly. A survey link was posted to both the Life after Stroke and Heart Support Network Facebook pages. Information about the project and survey link was given at Heart Support Network and Life After Stroke online support group meetings.

Online survey methodology and results



Approximately 800 Heart Support Network members were also reached via email with information about the project and a link to the survey. Stroke Group Coordinators and the Heart Support team identified older, less digitally active support group members to be contacted for phone interview.

Stroke Group Coordinators also identified older, less digitally active individuals with aphasia who may prefer to complete a postal survey. Postal surveys were also made available for anyone who wished to complete the survey this way and were provided with a stamped addressed envelope for ease of return of same. In addition, two focus groups were held, one with stroke survivors/carers and another with the Heart Failure Patient Forum.

Survey

A survey to reach the wider community around information needs was also created and this was disseminated via HSE, Healthy Ireland and community group contacts.

In total, the surveys resulted in 395 responses, an average age of 65 and with gender split of 67 per cent female vs 33 percent male.

An online survey was also disseminated amongst health professionals. The survey was co-designed with members of the National Council on Stroke working group as well as Irish Heart Foundation patient support and health promotion managers. This survey was distributed to Irish Heart Foundation Councils and various contacts within professional bodies. There were 120 responses with a strong response from the disciplines of speech and language therapy, physiotherapy, and dietetics.

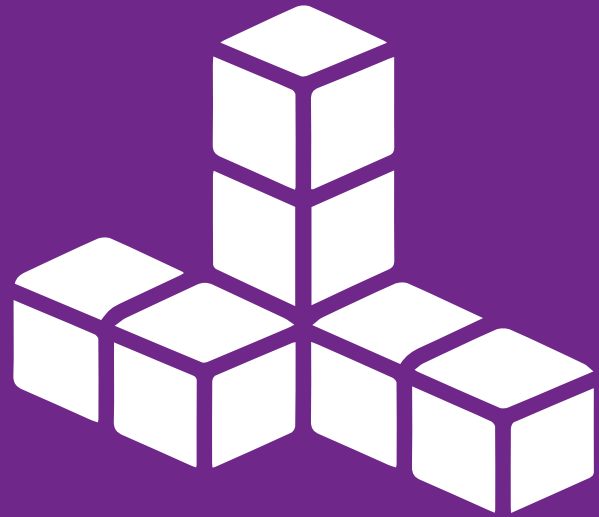
Stakeholders

Additional stakeholder meetings were held with representatives from the Traveller and Roma community, men's health, ethnic minorities, older people, blind, vision impaired, deaf and hard of hearing communities.

A series of recommendations were made based on the audit and review process, covering the following areas: printed materials, online, heart, stroke, accessibility, health professionals, mental health and emotional support, and addressing health inequalities.

Priority actions

Priority actions include developing a blended approach to online content using a variety of formats, an improved navigation process for key heart conditions, the stroke recovery journey and lifestyle and risk factor information. Another priority action is updating existing print materials with particular emphasis on incorporating health literacy practices.



Structure, Governance and Management

The Irish Heart Foundation (the “Foundation”) is constituted under Irish company law as a company limited by guarantee and is a registered charity.

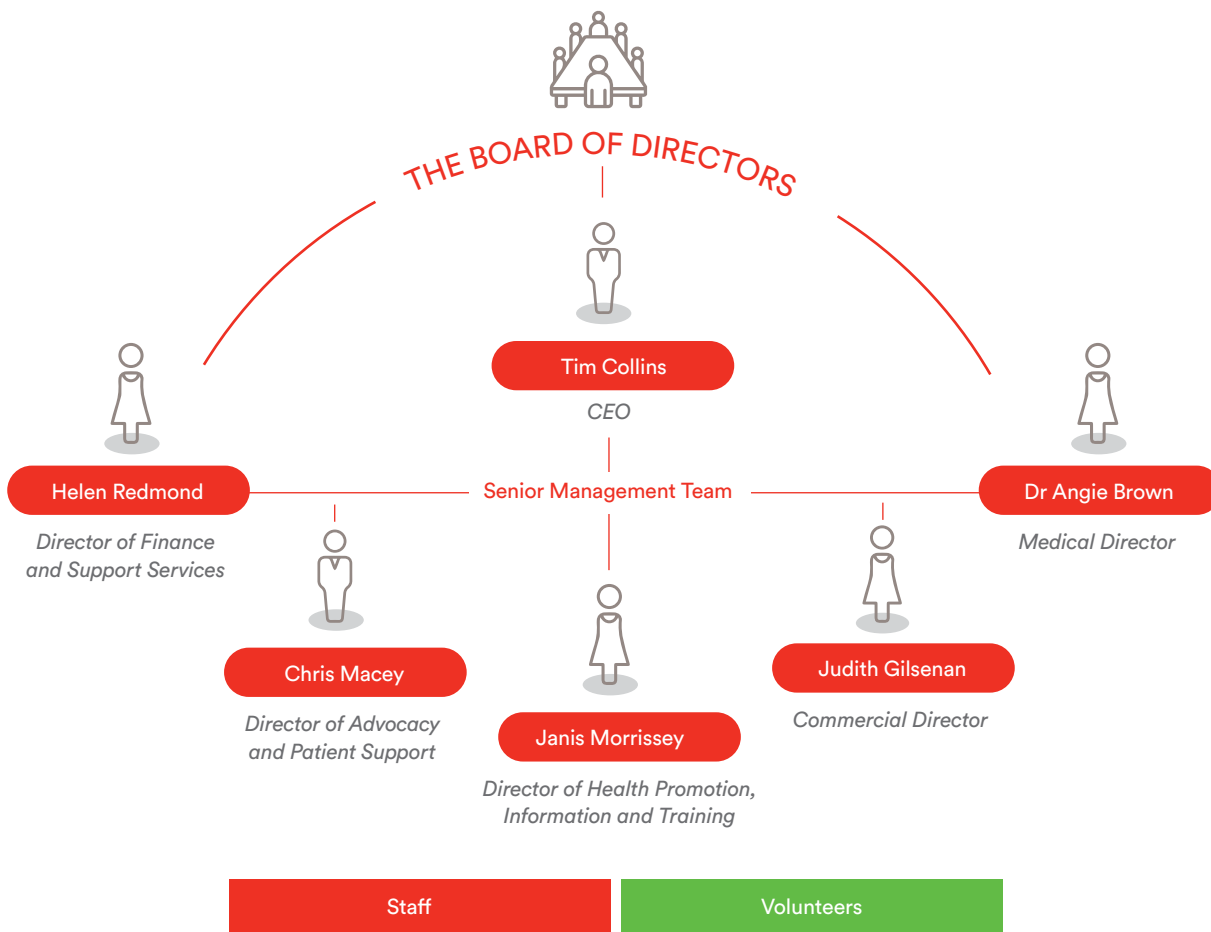
It is incorporated in the Republic of Ireland and the address of its registered office is 17-19 Rathmines Road Lower, Dublin 6, D06 C780. The Foundation is a public benefit entity.

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 2021, 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 2021.



Professor Emer Shelley

Chair

Professor Emer Shelley is the Chair of the Irish Heart Foundation. A public health expert with a special interest in the prevention of cardiovascular disease, Professor Shelley is a Fellow of the Royal College of Physicians of Ireland (RCPI) and in 2021 was Dean of the Faculty of Public Health Medicine at the RCPI.



Aisling Blake

Aisling Blake is a Director in Facebook. 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.



Dr Aidan Buckley

Dr Aidan Buckley is a consultant cardiologist at Wexford General and Waterford University Hospitals. His clinical interests include sports cardiology, transoesophageal echocardiography, and the promotion of public-access defibrillation. Dr Buckley retired from the Board on the 30th of September, 2021.



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. Professor Finucane was elected to the Board on the 24th of June 2021.



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.



Brian Goggin

Brian Goggin spent 40 years at the Bank of Ireland and was Group Chief Executive for five years. He has had a varied career in both retail and wholesale banking and held senior management positions with the Bank of Ireland Group in the US, UK, and Ireland. He is a Chartered Certified Accountant. Brian retired from the Board on the 30th of September, 2021.



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.



Gerry McErlean

Gerry McErlean is a solicitor and managing partner in Maguire McErlean Solicitors established in 1982. He is also a notary public and has acted as mediator in several commercial matters. He is currently an advisor and director of several start-up companies. Gerry retired from the Board on the 30th of September, 2021.



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. Joan was elected to the Board on the 24th of June 2021.



Dr Anne Marie O'Flynn

Dr Anne Marie O'Flynn is a consultant cardiologist at Mallow General Hospital (MGH). 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. Dr O'Flynn was elected to the Board on the 24th of June 2021.



Dr Paul Oslizlok

Dr Paul Oslizlok is a consultant paediatric cardiologist with more than 30 years experience in paediatric cardiology. He is currently Clinical Director at Children's Health Ireland at Crumlin and Clinical Lead for the Republic of Ireland of the All-Ireland Congenital Heart Network. He is one of Ireland's foremost specialists in this area and his research has been widely published. Dr Oslizlok retired from the Board on the 30th of September, 2021.



Wally Young

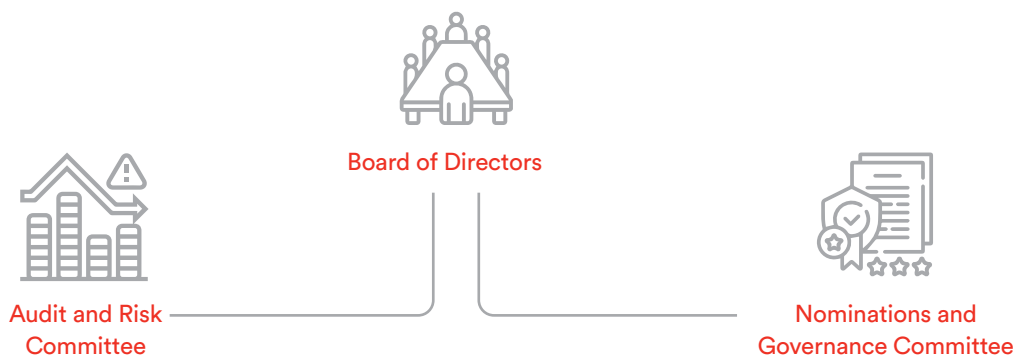
Wally Young is a public relations consultant and media trainer. He is the former Head of Media Relations for the Defence Forces. He retired in 1996 to establish Young Communications. Wally was engaged as communications adviser to the anti-tobacco organisation ASH Ireland for 20 years up to 2017, after which he was appointed to the board of ASH Ireland.

Board Attendance

Name	Meeting Attendance in 2021	Length of Service	Retired from Board
Prof. Emer Shelley (Chair)	4/4	Elected 22 Mar 2018	
Aisling Blake	4/4	Elected 7 Dec 2017	
Dr Aidan Buckley	2/3	Elected 10 Sep 2015	30 September 2021
Dr Walter Cullen	3/4	Elected 27 June 2019	
Prof. Francis Finucane	2/2	Elected 24 June 2021	
Deirdre Flannery	4/4	Elected 21 Mar 2019	
Brian Goggin	3/3	Elected 10 Sep 2015	30 September 2021
Prof. Joe Harbison	4/4	Elected 27 Sep 2018	
Gerry McErlean	2/3	Elected 5 Mar 2015	30 September 2021
Joan O'Brien	2/2	Elected 24 June 2021	
Dr Anne Marie O'Flynn	2/2	Elected 24 June 2021	
Dr Paul Oslizlok	1/3	Elected 5 Mar 2015	30 September 2021
Wally Young	3/4	Elected 27 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 Nominations and Governance 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 10 times in 2021. There were four standard meetings. In addition, in 2021 the committee put the Foundation's investment management mandate out to tender. Over four meetings the Committee agreed on the tender process and received proposals from six companies all of which were interviewed based on certain criteria. A decision was made to transfer the investment management mandate

to Goodbody, and this transfer happened on 11 May 2021.

The final two meetings were spent reviewing the 2020 Annual Report as this was revamped in 2021. The Board is very grateful to the Audit and Risk Committee for the role it performed during a very challenging period.

Below are the members of the Audit and Risk Committee for 2021. The meetings of this Committee are also attended by the CEO, Director of Finance and Support Services, Commercial Director and Medical Director.

Name	Meeting Attendance in 2021	Length of Service	Retired from the Board
Brian Goggin (Chair to 30 September 2021)	9/9	Elected 10 Sep 2015	30 September 2021
Deirdre Flannery (Chair from 1 October 2021)	10/10	Elected 21 Mar 2019	
Joan O'Brien	2/2	Elected 24 June 2021	
Prof. Emer Shelley	10/10	Elected 22 Mar 2018	
Wally Young	10/10	Elected 27 Sep 2018	



Nominations and Governance Committee

The role of the Nominations and Governance 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.

In 2021, four Directors retired as they had served six years on the Board. At the end of 2021, the Committee identified the Board's skills requirements and started the process of recruiting new Board members.

Name	Meeting Attendance in 2021	Length of Service
Prof. Emer Shelley (Chair)	3/3	Elected 22 Mar 2018
Aisling Blake	3/3	Elected 7 Dec 2017
Prof. Joe Harbison	3/3	Elected 27 Sep 2018



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

In 2021, 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 Senior Leadership Team update the Risk Register on a quarterly basis and the Audit and Risk Committee and Board review it on a quarterly basis.

These are the five top risks determined by the Foundation in 2021.

1

COVID-19 pandemic

The potential to cause widespread negative impact to our programme delivery, operations and fundraising capabilities.

Mitigation measures:

- On-going planning by Senior Management to ensure a safe return for staff to the office. (Clear protocols and measures put in place)
- On-going programme and service adaptation in-line with Government guidance
- Agile and responsive actions to meet challenges faced by our stakeholders' needs.
- Increased focus on digital fundraising and development of a donor care strategy.

2

Cyber attack/Information security risk

Risk of disruption to services or loss or compromise of data due to technology failure, a breach or a cyberattack.

Mitigation measures:

- Ongoing GDPR and Cyber Training for all staff
- Penetration testing completed at the end of 2021 on our external and internal infrastructure. Minimal issues were identified and addressed by early 2022
- Two Factor Authentication in place
- Majority of key systems are now cloud based.
- Business Continuity in place and is subject to periodic testing.



3 Financial risk

The risk that the Foundation will not meet its financial targets, suffer from fraud or suffer from poor investment performance.

Mitigation measures:

- Regular Financial planning takes place on a monthly basis and is reviewed by the Audit and Risk Committee and Board on a quarterly basis.
- Strong investment policy and oversight to achieve a balance of capital preservation and growth.
- In 2021 the Foundation put out to tender a request for internal audit services on an outsourced basis. This work commenced in June 2022 by Mazars.

4 Governance and reputational risk

The risk that the Foundation is exposed to legal, regulatory, and reputational damage.

Mitigation measures:

- Screening and selection process for all Board members
- Board and Staff induction and training programmes
- Board Effectiveness reviewed on an annual basis.
- 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.

Mitigation measures:

- 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

In 2021, the
Foundation's income
was

€6.85 million

an increase of



21%

on the previous year, 2020

€5.68 million

EXPENDITURE

The Foundation's
expenditure in 2021
was

€6.16 million

an increase of



16%

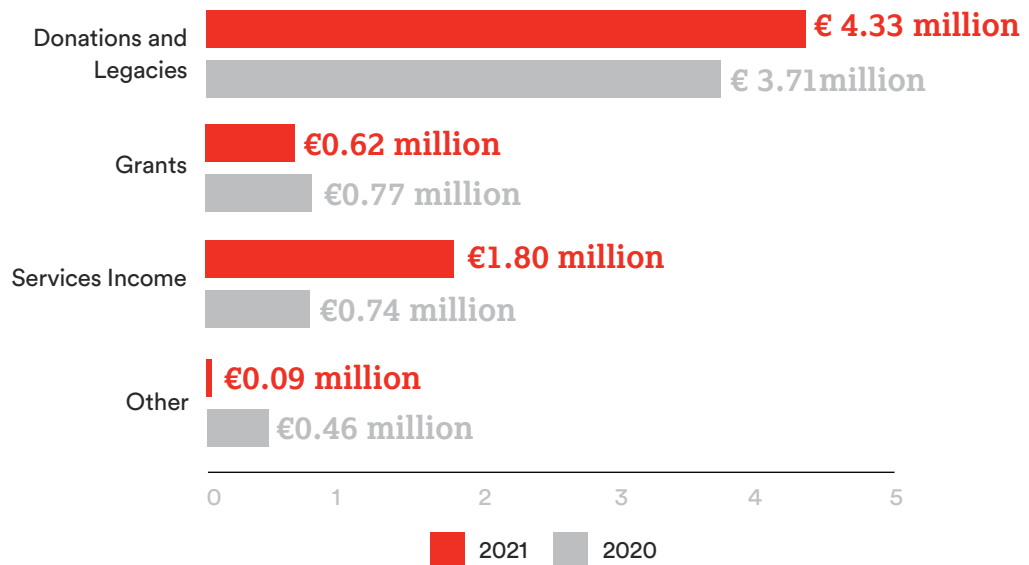
on the previous year, 2020

€5.31 million



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.



Donations and Legacies

Income from donations and legacies includes income from individual donors, corporate donors, trusts, foundations and events. Our donations and legacies increased by 17% (€0.62 million) in 2021 mainly as a result of our fundraising event with Dunnes Stores and increased revenue from legacies.

Income from Charitable Activities

Grants

In 2021, the Foundation received €0.62 million in grants (2020: €0.77 million). The decrease is mainly due to once off grants we received in 2020 for COVID-19 supports.

Services Income

Our service income in 2021 was €1.8 million (2020: €0.74 million). The increase is a direct result of the COVID-19 vaccination programme where CPR training certification is a requirement in order to administer the vaccine.

Other Income

In 2021 the Foundation received €0.05 million (2020: €0.46 million) under the Government Wage Subsidy Scheme. The Foundation withdrew from the scheme at the end of January 2021. Other income in 2021 also included investment income of €0.04 million.

Expenditure

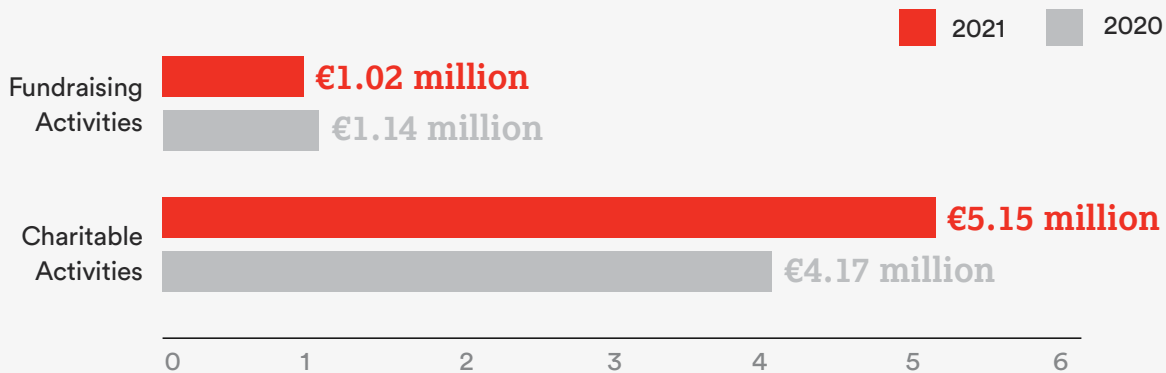
The Foundation's expenditure in 2021 was **€6.16 million**

a increase of **16%** from the previous year, 2020 **€5.31 million**



16%

The breakdown of expenditure in 2021 is set out below.



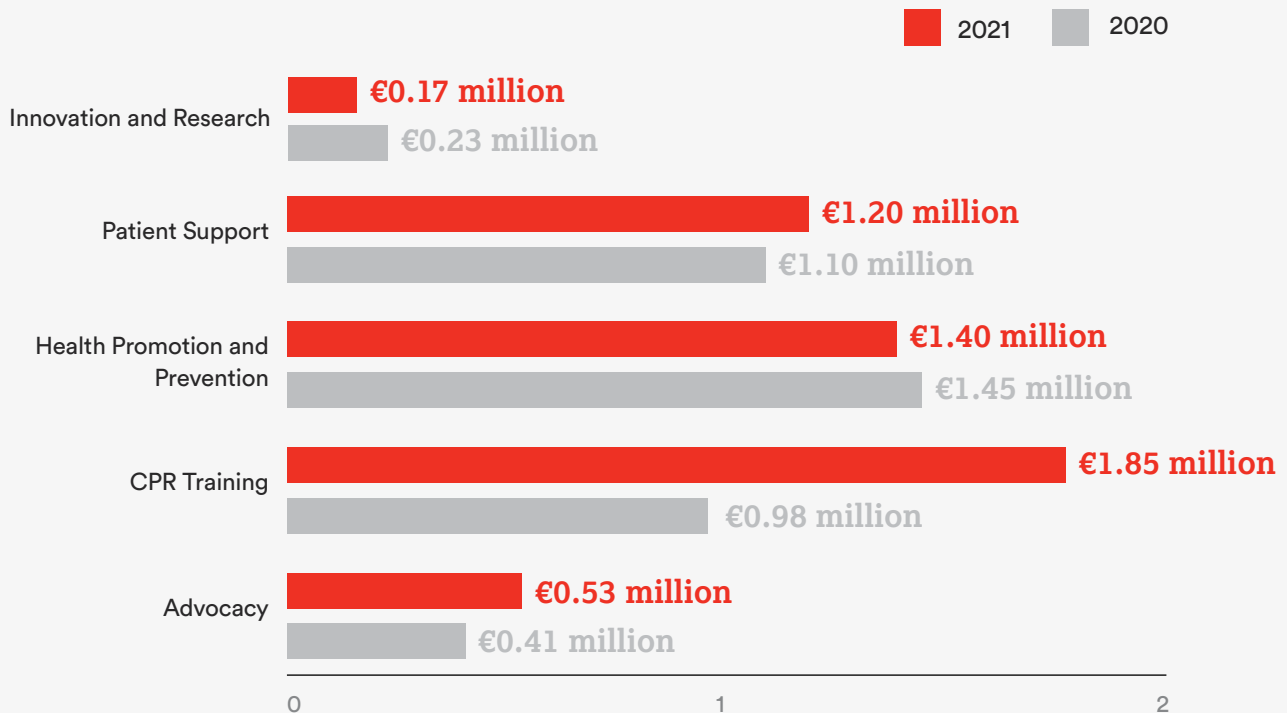
Fundraising Activities

The Foundation is highly dependent on donors, including the general public, as just 9% of our income in 2021 came from grants (2020: 14%). In 2021 we spent €1.02 million compared to €1.14 million in 2020 on fundraising, a reduction of 11%. The main reason for this reduction is that the cost of digital fundraising events is less than face to face events.



Charitable Activities

Expenditure on charitable activities in 2021 was €5.15 million, an increase of 24% on the previous year (2020 €4.17 million)



Patient Support

Patient Support Services expenditure increased from €1.10 million in 2020 to €1.20 million in 2021 (9% increase) due to increased demand for our support services.

Health Promotion and Prevention

Costs in 2021 reduced from €1.45m in 2020 to 1.4m (3% decrease).

CPR Training

CPR Training expenditure increased from €0.98 million in 2020 to €1.80 million in 2021 (84% increase). The cost increase is in line with the revenue increase as a direct result of the increase in CPR training for the vaccination programme.

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 €0.89 million (2020: €0.76 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 2021 Statement of Financial Activities and Balance Sheet, the approved 2022 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

The Foundation's policy is to maintain adequate resources to facilitate the funding of its work.

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 unrestricted, restricted and designated funds.

Given that the majority of our income is fundraised with very little guaranteed income, it is important that the Foundation maintains adequate reserves to ensure continuity of our services.

Restricted Funds

These are funds that are subject to specific conditions imposed by our donors and are within the overall objectives of the Foundation. Restricted reserves at 31 December 2021 are €0.49 million.

Designated Funds

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

Childhood obesity

The Board agreed to set aside €4 million in 2018 for five strategic initiatives focused on tackling childhood obesity. This fund is being utilised to support:

- Action for Life and Y-Path, two schools-based physical activity/fundamental movement skills programmes.
- Schools Health Literacy Project: This World Health Organisation (WHO)-endorsed project based in six DEIS schools aims to design and trial several modules for the new wellbeing curriculum in post-primary schools.
- National Adolescent Health Literacy Baseline Survey: This UCD-based project aims to establish, for the first time, a baseline measurement of adolescent health literacy and is part of the WHO project.
- A public awareness campaign highlighting the impact of junk food marketing on children. This campaign was to launch in early 2020 but has been postponed due to COVID-19.

Designated funds for these projects at 31 December 2021 were €3.26 million.

Reserves

Our reserves exclude restricted funds, designated funds and tangible fixed assets and stood at €8.2 million at the end of 2021.

The Foundation has launched a new ambitious strategy and this level of reserves will support expenditure on new programmes. The Foundation has budgeted for a deficit in 2022, and it expects to incur further deficits over the next two to three years as it invests in new initiatives to improve the lives of those affected by heart disease and stroke. 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 COVID-19 pandemic and the war in the Ukraine.

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 €9.91 million of investments at the year end and also €2.42 million in cash balances. The majority of cash is held in Foundation accounts with the Bank of Ireland. Key Capital acted as investment manager until the investment management mandate was transferred to Goodbody on the 11th May 2021.

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 12.8% for 2021.

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 makes decisions on behalf of the Board on investment policies and reports to the Board on investment performance.

Environmental and Social Reporting

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

- Is a founding member of the Climate and Health Alliance in Ireland and hosts the secretariat for this organisation.
- Established a staff-led Climate Action Committee to identify and implement actions it can take to reduce its carbon footprint.

The Foundation has an ethical investment policy where it prohibits direct holdings in investments that would conflict with its values, e.g., tobacco 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.

The Foundation continues to monitor the ongoing impact of the COVID-19 pandemic and the war in Ukraine on the organisation's finances and outlook.

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

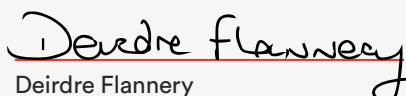
The Directors believe that they have taken all steps necessary to make themselves aware of any relevant audit information and have established that the Foundation's statutory auditors are aware of that information. Insofar as they are aware, there is no relevant audit information of which the Foundation's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

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


Deirdre Flannery
Director

23 June 2022

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:

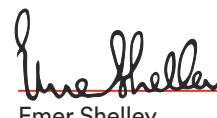
- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;

- 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.

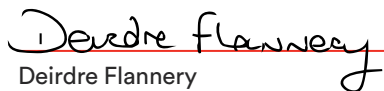
The Directors are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the assets, liabilities, financial position, income and expenditure of the Foundation and enable them to ensure that the financial statements comply with the Companies Act 2014. They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



Deirdre Flannery
Director

23 June 2022



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 2021 set out on pages 80 to 94, 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 2021 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 grants received in 2021. 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;
- in our opinion, the directors' report has been prepared in accordance with the Companies Act 2014.

Opinions on other matters prescribed by the Companies Act 2014

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion the accounting records of the Foundation were sufficient to permit the financial statements to be readily and properly audited and the financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

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

Respective responsibilities and restrictions on use

Responsibilities of directors for the financial statements

As explained more fully in the directors' responsibilities statement set out on page 76, 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.



Independent Auditor's Report

to the members of the Irish Heart Foundation *continued*

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 <http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/Description-of-the-auditor-s-responsibilities-for>.

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.

Richard Hobson

for and on behalf of

KPMG

Chartered Accountants, Statutory Audit Firm

1 Stokes Place

St. Stephen's Green

Dublin 2

23 June 2022

Statement of financial activities

for the year ended 31 December 2021

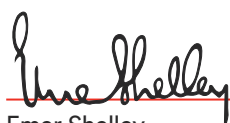
		Restricted funds	Unrestricted funds	Designated funds	Total funds	Total funds
	Note	2021	2021	2021	2021	2020
		€	€	€	€	€
Income						
Donations and legacies	3(a)	353,004	3,979,535	-	4,332,539	3,714,864
Charitable activities	3(b)	622,847	1,802,436	-	2,425,283	1,508,388
Wage subsidy scheme	3(c)	-	53,467	-	53,467	459,685
Investment income	3(d)	-	38,304	-	38,304	-
Total income		975,851	5,873,742	-	6,849,593	5,682,937
Expenditure						
Charitable activities	4	(606,086)	(4,336,268)	(203,114)	(5,145,468)	(4,168,465)
Fundraising activities	5	(349,504)	(669,344)	-	(1,018,848)	(1,140,638)
		(955,590)	(5,005,612)	(203,114)	(6,164,316)	(5,309,103)
Net gains on investments	10	-	963,777	-	963,777	199,970
Net income/(expenditure)		20,261	1,831,907	(203,114)	1,649,054	573,804
Other movements directly through restricted funds	16	17,500	-	-	17,500	(35,000)
Net movement in funds		37,761	1,831,907	(203,114)	1,666,554	538,804
Total funds brought forward		448,238	10,649,857	3,466,956	14,565,051	14,026,247
Total funds carried forward		485,999	12,481,764	3,263,842	16,231,605	14,565,051

Balance sheet

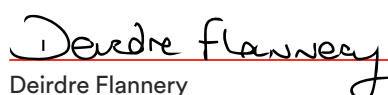
as at 31 December 2021

	Note	2021 €	2020 €
Fixed assets			
Tangible assets	9	4,279,169	4,389,186
Current assets			
Investments	10	9,907,378	6,965,956
Stocks	11	28,856	58,277
Debtors	12	382,424	194,559
Cash at bank and in hand	13	2,418,767	3,484,183
		12,737,425	10,702,975
Creditors: amounts falling due within one year	14	(784,989)	(527,110)
Net current assets		11,952,436	10,175,865
Net assets		16,231,605	14,565,051
Funded by:			
Restricted funds	16	485,999	448,238
Unrestricted funds	16	12,481,764	10,649,857
Designated funds	16	3,263,842	3,466,956
		16,231,605	14,565,051

On behalf of the board



Emer Shelley
Director



Deirdre Flannery
Director

Cash Flow Statement

for the year ended 31 December 2021

	Note	2021 €	2020 €
Reconciliation of net income for the year to net cash inflow from operating activities			
Net income for the year		1,649,054	573,804
<i>Adjustments for:</i>			
Depreciation	9	128,485	137,255
Investment management fee paid out	10	42,238	31,356
Realised gains retained in investments	10	(238,960)	(126,292)
(Increase)/decrease in value of investments	10	(724,817)	(73,678)
Investment income	10	(38,304)	-
		817,696	542,445
(Increase)/decrease in debtors	12	(187,865)	1,029,189
Decrease in stocks	11	29,421	14,351
Increase/ (decrease) in creditors	14	257,879	(93,113)
Net cash from operating activities		917,131	1,492,872
Cash flows from investing activities			
Acquisition of tangible fixed assets	9	(18,468)	(31,376)
Disposal of investments	10	4,674,129	-
Acquisition of investments	10	(6,655,708)	-
Net cash used in investing activities		(2,000,047)	(31,376)
Net (decrease)/increase in cash and cash equivalents		(1,082,916)	1,461,496
Movement on restricted funds	16	17,500	(35,000)
Cash and cash equivalents at beginning of year		3,484,183	2,057,687
Cash and cash equivalents at end of year	13	2,418,767	3,484,183

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 2021 statement of financial activities and balance sheet, the approved 2022 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.

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. The designated fund is comprised of income received without any restriction, and subsequently allocated to a particular area of expenditure by the board.

Notes

forming part of the financial statements

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 provision 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 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 and 2020 under the Covid-19 related wage subsidy schemes.

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.



Notes

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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%

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 1 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

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2 Legal status of the Foundation

The Foundation is a company limited by guarantee and does not have share capital. At 31 December 2021, there were nine directors (2020: 10) whose guarantee is limited to €1.27 each. This guarantee continues for one financial year after directorship ceases.

3 Income

	2021	2020
	€	€
a) Donations and legacies		
Donations	1,704,569	1,750,945
Legacies	1,239,306	912,077
Corporate events and activities	1,388,664	1,051,842
	4,332,539	3,714,864
	2021	2020
	€	€
b) Charitable activities		
Grants HSE/Pobal	622,847	773,010
Services income	1,802,436	735,378
	2,425,283	1,508,388

c) Wage Subsidy Scheme

In 2021 the Foundation availed of the Employment Wage Subsidy Scheme for January 2021 only (€53,467). In 2020 the Foundation availed of Covid-19 related payroll cost support schemes from May to December (€459,685). Income from these schemes has been recognised in the Statement of financial activities.

d) Investment Income

In 2021 the Foundation received €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	2021	2021	2021	2020
	Direct	Support	Total	Total
	€	€		€
Advocacy	442,927	87,800	530,727	410,454
CPR training	1,743,466	106,678	1,850,144	977,817
Health promotion and prevention	1,206,433	191,187	1,397,620	1,449,234
Patient support	907,923	287,329	1,195,252	1,099,873
Innovation and research	149,775	21,950	171,725	231,087
	4,450,524	694,944	5,145,468	4,168,465

Analysis of direct costs:	2021	2020
	Total	Total
	€	€
Advocacy	442,927	351,717
CPR training (i)	1,743,466	902,288
Health promotion and prevention (ii)		
Awareness and information	722,395	556,492
Community programmes	70,611	82,944
Health checks	139,500	179,838
Schools programme	212,736	273,045
Workplace	61,191	182,120
	1,206,433	1,274,439
Patient support	907,923	869,444
Innovation and research	149,775	213,014
	4,450,524	3,610,902

- (i) Due to COVID-19 there was an increase in CPR training expenses as increased CPR training was required under the Government's vaccination rollout.
- (ii) Health promotion and prevention costs declined overall year on year as the Foundation did not provide in-person activities due to required adherence to Government COVID-19 guidelines.

Notes

forming part of the financial statements

5 Fundraising activities

	2021 Direct €	2021 Support €	2021 Total	2020 Total €
Operating costs	825,466	193,382	1,018,848	1,140,638
	825,466	193,382	1,018,848	1,140,638

6 Support costs

	Facilities and IT 2021 €	Other indirect 2021 €	Total 2021 €	Total 2020 €
Charitable activities				
Advocacy	33,378	54,422	87,800	58,737
CPR Training	40,554	66,124	106,678	75,530
Health Promotion and prevention	72,681	118,506	191,187	174,794
Patient Support	109,231	178,098	287,329	230,429
Innovation and research	8,345	13,605	21,950	18,073
Total support costs allocated to charitable activities	264,189	430,755	694,944	557,563
Fundraising	73,516	119,866	193,382	197,672
Total support costs allocated	337,705	550,621	888,326	755,235

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 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.

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7 Statutory and other information

	2021 €	2020 €
Net income for the year	1,649,054	573,804
<i>Stated after charging:</i>		
Directors' remuneration	-	-
Auditors' remuneration – fees (excluding VAT)	22,300	21,250
Depreciation of tangible fixed assets	128,485	137,255
<i>Stated after crediting:</i>		
Realised investment gains (note 10)	238,960	126,292
Dividend and interest income	38,304	-

8 Wages and salaries

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

	2021 Number	2020 Number
Charitable activities	39	40
Fundraising	9	11
Support	9	9
	57	60

The aggregate payroll costs, were as follows:

	2021 €	2020 €
Wages and salaries	2,657,335	2,564,053
Social insurance costs	290,814	232,003
Defined contribution pension scheme costs	160,207	138,143
Redundancy costs	15,641	119,638
	3,123,997	3,053,837

- (i) Redundancy payments made during the year totalled €15,641 (2020: €119,638). There were no obligations outstanding at 31 December 2021.
- (ii) 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:

	2021	2020
	Number	Number
* €60,000 - €70,000	6	-
€70,001 - €80,000	-	1
€80,001 - €90,000	1	1
€90,001 - €100,000	2	2
€100,001 - €110,000	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 2021 was €623,760 (2020: €588,368).

The CEO received a salary of €140,000 for 2021 (2020: €137,895) plus 20% pension contribution and access to an EV (Electric vehicle).

* In 2020 employees entered the Wage Subsidy Scheme. This scheme reduced the Gross pay for employees; net pay was not affected. If the Wage Subsidy Scheme was not in place the number of employees in a salary range of €60,000 - €70,000 would have been 7 for 2020.

9 Tangible fixed assets

	Buildings	Office furniture	Equipment	Computer equipment	Motor vehicles	Total
	€	€	€	€	€	€
At beginning of year	4,474,803	213,058	66,891	31,231	79,865	4,865,848
Additions in year	-	2,756	6,305	9,407	-	18,468
At end of year	4,474,803	215,814	73,196	40,638	79,865	4,884,316
Depreciation						
At beginning of year	265,542	66,837	48,039	23,034	73,210	476,662
Charge for year	89,496	21,375	7,877	3,082	6,655	128,485
At end of year	355,038	88,212	55,916	26,116	79,865	605,147
Net book value						
At 31 December 2021	4,119,765	127,602	17,280	14,522	-	4,279,169
At 31 December 2020	4,209,261	146,221	18,852	8,197	6,655	4,389,186

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

Notes

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10 Investments

	Listed investments €	Bonds €	Cash held for investment €	Total €
Valuation at 1 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/(loss)	238,960	-	-	238,960
Unrealised gain/(loss)	724,817	-	-	724,817
Investment income	38,304	-	-	38,304
Transfers	1,704,138	-	(1,704,138)	-
Valuation at 31 December 2021	9,360,668	250,000	296,710	9,907,378
Valuation at 1 January 2020	5,954,783	250,000	592,559	6,797,342
Additions	-	-	1,408,289	1,408,289
Disposals	(1,408,289)	-	-	(1,408,289)
Investment Management fee paid out	(31,356)	-	-	(31,356)
Realised gain	126,292	-	-	126,292
Unrealised gain	73,678	-	-	73,678
Valuation at 31 December 2020	4,715,108	250,000	2,000,848	6,965,956

During 2021, the Foundation changed its investment portfolio manager. As a result €4.7 million of its investment holdings were disposed of and the proceeds were invested in a portfolio by the new investments manager. An additional €2 million cash was transferred directly to the new investments manager in order to acquire additional investments in the year.

11 Stocks

	2021 €	2020 €
CPR kits	28,856	58,277
	28,856	58,277

Notes

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12 Debtors

	2021 €	2020 €
General debtors	192,231	126,752
Prepayments	79,225	35,829
Other debtors (i)	110,968	31,978
	382,424	194,559

All debtors fall due within one year.

(i) Increase is due mainly to legacy income received in 2022 relating to 2021.

13 Cash at bank and in hand

	2021 €	2020 €
Cash at bank and in hand	2,418,767	3,484,183

Included in cash at bank and in hand is an amount of restricted cash of €302,640 (2020: €285,140) relating to amounts received from the HSE and others, in support of a small number of specific projects, and which are not available to the Foundation for its own activities. The restricted cash funds are operated independently from the Foundation and the Foundation's role is to receive and disburse funds on their behalf. Related income and expenditure on these projects are shown as movements in restricted funds, and the balance of €302,640 represents amounts received but not yet expended at year end.

14 Creditors: amounts falling due within one year

	2021 €	2020 €
Trade creditors	201,064	190,785
Accruals (i)	477,971	239,784
PAYE/PRSI	79,554	63,141
Deferred income (note 15)	26,400	33,400
	784,989	527,110

(i) Accruals for 2021 included cost of CPR service provisions received but not invoiced by year end of €0.44 million. (2020: €0.15 million)

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15 Deferred income

	2021 €	2020 €
Deferred income at 1 January	33,400	198,611
Income deferred in period	-	33,400
Amounts released from previous reporting period	(7,000)	(198,611)
Deferred income at 31 December	26,400	33,400

Income was deferred for certain activities put on hold due to COVID-19.

Deferred income relates to funds received from donors for specific activities with performance-related conditions and are recognised in the Statement of financial activities when the activity has been undertaken.

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 2021 €	Total 2020 €
Total funds of the charity at beginning of year	448,238	10,649,857	3,466,956	14,565,051	14,026,247
Movement in funds					
Net income/(expenditure) for the year	20,261	1,831,907	(203,114)	1,649,054	573,804
Other movements directly through restricted funds	17,500	-	-	17,500	(35,000)
Total funds of the charity at end of year	485,999	12,481,764	3,263,842	16,231,605	14,565,051

At 31 December 2021, the restricted funds balance includes an amount of €302,640 (2020: €285,140) that is represented by a restricted cash balance included in cash at bank and in hand (note 13).

Notes

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b) Analysis of net assets between funds

	Restricted funds €	Unrestricted funds €	Designated funds €	Total €
Tangible fixed assets	-	4,279,169	-	4,279,169
Current assets	512,399	8,961,184	3,263,842	12,737,425
Creditors including deferred income	(26,400)	(758,589)	-	(784,989)
	485,999	12,481,764	3,263,842	16,231,605

17 Commitments

The Foundation had no commitments at 31 December 2021.

18 Related party transactions

The compensation of key management personnel is set out in note 8.

There were no other related party transactions in 2021 or 2020.

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.

The Foundation continues to monitor the ongoing impact of the COVID-19 pandemic and the war in Ukraine on the organisation's finances and outlook.

20 Approval of financial statements

These financial statements were approved by the board of directors on 23 June 2022.



Directors and Other Information

Directors	<p>Professor Emer Shelley (Chair)</p> <p>Aisling Blake</p> <p>Dr Aidan Buckley - Retired 30 September 2021</p> <p>Dr Walter Cullen</p> <p>Professor Francis Finucane - Elected 24 June 2021</p> <p>Deirdre Flannery</p> <p>Brian Goggin - Retired 30 September 2021</p> <p>Professor Joe Harbison</p> <p>Gerry McErlean - Retired 30 September 2021</p> <p>Joan O'Brien - Elected 24 June 2021</p> <p>Dr Anne Marie O'Flynn - Elected 24 June 2021</p> <p>Dr Paul Oslizlok - Retired 30 September 2021</p> <p>Wally Young</p>
Chief Executive Officer	Tim Collins
Secretary	Helen Redmond
Registered Office	<p>17-19 Rathmines Road Lower</p> <p>Dublin 6</p> <p>D06 C780</p>
Auditor	<p>KPMG</p> <p>Chartered Accountants</p> <p>1 Stokes Place</p> <p>St Stephen's Green</p> <p>Dublin 2</p>
Bankers	<p>Bank of Ireland</p> <p>Ballsbridge</p> <p>Dublin 4</p>
Solicitors	<p>Denis McSweeney Solicitors</p> <p>40 Grand Canal Street Upper</p> <p>Dublin 4</p>
Investment advisor	<p>Goodbody</p> <p>Ballsbridge Park</p> <p>Ballsbridge</p> <p>Dublin 4</p>
Company registration number	23434
Revenue charity number	CHY 5507
Charity regulators number	20008376

Appendices

APPENDIX 1

Breakdown of grants received during 2021

Grantor	Grant name/project	Purpose	Term	Grant amount €	Cash receipts in 2021 €
Dublin City Council	Community and Social Development/Community Grants Scheme	Patient Support	Jan - Dec 2021	200	200
Dublin City Council	Community and Social Development/Community Grants Scheme	Patient Support	Jan - Dec 2021	250	250
Healthy Ireland Grant	Healthy Ireland Healthy Minds for living well after stroke	Patient Support	Jan - Dec 2021	4,000	4,000
HSE	Community & Voluntary Grant for Older people	Patient Support	Jan - Dec 2021	417	417
HSE	Health & Welbeing	Health Promotion and Prevention	Jan - Dec 2021	250,000	250,000
HSE	Health & Welbeing	Patient Support	Jan - Dec 2021	37,000	37,000
HSE	Disease Self Management Support Projects	Health Promotion and Prevention	Aug 2020 - Jan 2023	150,000	150,000
HSE	Disease Self Management Support Projects	Patient Support	Aug 2020 - Jan 2023	70,000	70,000
HSE	HSE National Lottery Grant 2020	Patient Support	Jan 2021 - June 2022	3,000	3,000
HSE	HSE National Lottery Grant 2020	Patient Support	Jan 2021 - June 2022	9,000	9,000
HSE	Health & Welbeing	Patient Support	Jan - Dec 2021	6,000	6,000
HSE	HSE National Lottery Grant 2020	Patient Support	Jan - Dec 2021	6,000	6,000
HSE	HSE Transport Grant	Patient Support	Jan - Dec 2021	5,000	5,000
HSE	HSE National Lottery Grant 2020	Patient Support	Jan - Dec 2021	4,400	4,400
HSE	Volunteer Stroke Scheme Project	Patient Support	Jan - Dec 2021	42,000	42,000
HSE	HSE National Lottery Grant 2021	Patient Support	Jan 2021 - June 2022	4,500	4,500
HSE	HSE National Lottery Grant 2021	Patient Support	Jan 2021 - June 2022	4,080	4,080
HSE	Nurseline	Patient Support	Jan - Dec 2021	3,000	3,000
Sligo County Council	Covid19 Emergency Fund	Patient Support	Jan - Dec 2021	2,000	2,000
The Community Foundation for Ireland	Healthy Air on the Island of Ireland	Patient Support	Sept 2021 - Oct 2022	20,000	20,000
Waterford & Wexford Education & Training Board	Mitigating Against Educational Disadvantage Fund	Patient Support	Jan - Dec 2021	1,000	1,000
Waterford & Wexford Education & Training Board	Mitigating Against Educational Disadvantage Fund	Patient Support	Jan - Dec 2021	1,000	1,000
TOTAL					622,847



Irish Heart
Foundation