

Ways you can make a donation

There are five easy ways to donate to ILFA.

1. Cheque, postal order or money order

Send a cheque, postal order or money order (made out to ILFA) to: ILFA, PO Box 10456, Blackrock, Co Dublin.

2. ILFA donation cards

Contact us if you would like donation cards with full details of the different ways to make a donation.

3. Bank transfer

Account: Irish Lung Fibrosis Association
Bank: Bank of Ireland, Montrose, Dublin 4
Sort Code: 90-13-51
Account number: 89466930

Please include your **full name and address** on the lodgement slip when you transfer money into the ILFA bank account. This will tell us who made the payment so we can write to thank you for your donation.

4. Online donation

You can donate securely to ILFA using your debit or credit card at:

www.everydayhero.ie

All donations made online go directly into ILFA's bank account.

5. Standing order

You can make a regular donation to ILFA using a bank standing order.

- Decide how often and how much you want to donate.
- Please fill in the Standing Order Notice for ILFA (on the next page) and return it to: ILFA, PO Box 10456, Blackrock, Co Dublin.
- Complete the Standing Order Request Form on the back of the leaflet and give it to your bank.

Standing Order Notice for ILFA

Please return this part of the form to:
ILFA, PO Box 10456, Blackrock, Co Dublin.

I would like to donate € _____

weekly / monthly / yearly

to the Irish Lung Fibrosis Association.

Name (block letters please): _____

Date: _____

Address: _____

Signature: _____

Start date: _____

Thank you for supporting ILFA



Irish Lung Fibrosis Association

Registered charity number: 20053437

Company registration number: 367940



Approved by NALA

Standing Order Request Form

Please give this page to your bank.

To: The Manager

Bank address: _____

You are authorised to set up a Standing Order on my/our account as specified below.

My/our account will at all times contain sufficient funds to enable each payment to be paid on the due date.

Name: _____

Signature: _____

Address: _____

Date: _____

Account name: _____

Account number: _____

Bank sort code: _____

Please pay:

The Irish Lung Fibrosis Association (ILFA)

Bank sort code: 90-13-51

Account number: 89466930

Amount: € _____

How often: weekly / monthly / yearly

Starting on (date): _____

Expiry date (if needed): _____



Irish Lung Fibrosis Association

ILFA
Join us!
Get involved!

PO Box 10456, Blackrock, Co Dublin.
Tel: 086 871 5264
Website: www.ilfa.ie Email: info@ilfa.ie

About this leaflet

This leaflet tells you about the work of the Irish Lung Fibrosis Association (ILFA) in supporting patients and families affected by pulmonary fibrosis. It explains how the ILFA – a charity – is funded and how it uses this funding. It also tells you how you can help ILFA and patients with pulmonary fibrosis. The ILFA hopes you find this leaflet useful.

What is pulmonary fibrosis?

Pulmonary fibrosis is the name for a group of diseases in which scar tissue (fibrosis) develops in the lungs. Pulmonary fibrosis is also known as lung fibrosis. There are more than 200 types of pulmonary fibrosis diseases. Idiopathic pulmonary fibrosis (IPF) is the most common type of lung fibrosis. The word 'idiopathic' means that the cause of the pulmonary fibrosis is unknown.

What is the Irish Lung Fibrosis Association (ILFA)?

The ILFA was set up in 2002 as a 'not-for-profit' charity to promote education and research into IPF and to support people affected by this condition.

We have a chairman, treasurer, secretary, directors and committee members. Our committee members and directors are volunteers who all have personal experience of IPF, and healthcare professionals with a special interest in IPF. The committee meets every 4 to 6 weeks in Dublin.

ILFA is registered with the Companies Office and the Charities Regulatory Authority. Our financial accounts are audited every year and submitted to the Companies Office following our annual general meeting.

How ILFA works on behalf of patients

ILFA campaigns for better access to healthcare, medicine, oxygen and support services. ILFA is registered under the Registration of Lobbying Act of 2015.

ILFA works with other patient groups and organisations including:

- the **Irish Lung Health Alliance** – a group of lung health charities;
- the **European Idiopathic Pulmonary Fibrosis and Related Diseases Federation (EU-IPFF)**; and
- the **European Lung Foundation**.

How is ILFA funded?

Our money comes from donations, sponsorship and grants from our supporters, fundraisers, and pharmaceutical and commercial businesses. We do not get money from the Government. We are very grateful to those who financially support our work.

How ILFA spends its money

We monitor our costs carefully. We spend money on:

- **Administration:** We employ an administrative assistant to help us carry out our day-to-day work and support patients and families who contact us.
Telephone: 086 871 5264 (Monday to Friday, from 9am to 5pm)
Email: info@ilfa.ie
- **Patient information days:** Each year, we hold two patient information days in different locations around Ireland. We invite expert speakers and patients to talk about the medical, social and practical aspects of living with IPF.

- **Newsletters and patient materials:** We produce regular newsletters with information on new developments, research, our activities and fundraising news. Our patient information packs include a wide range of useful patient information leaflets, the National Patient Charter for IPF, and we have exercise packs and DVDs for patients with lung fibrosis. All our materials are provided free to patients, carers and healthcare professionals.

- **Videos and DVDs:** We have produced a home-exercise DVD and online videos that are available to watch on the ILFA website, www.ilfa.ie. We hope to produce more information videos in the future.

- **Fundraising and ILFA goods:** We give sponsorship cards, t-shirts and ILFA-branded merchandise to people who fundraise for us. We also advertise their events on our website and on social media. We supply ILFA goods as wedding favours to couples getting married who want to make a donation to ILFA.

- **Educational activities:** Every two years, we hold 'The Fergus Goodbody Lecture' where we invite an international medical expert to give a talk on recent developments in IPF. This talk is for doctors, nurses and healthcare professionals working in IPF.

Join us!

Register with ILFA. Patients, carers, fundraisers and healthcare professionals can join ILFA for free. Call us on **086 871 5264** or email info@ilfa.ie to register your name, address, phone number and email address. Once you join our mailing list, you will receive our newsletters in the post.

Attend a patient information day and join a local support group. The patient information days are a great opportunity for patients and carers to learn more about IPF, get advice from the experts and meet other patients and families living with the condition.

Support groups meet once a month in Cork, Dublin, Kerry, the Midlands and Wexford. You will find details of these groups in our newsletters and on our website, www.ilfa.ie

If you are interested in setting up a new support group for patients and families in your area, we will be happy to help you.

Get involved!

Here are ways you can help support ILFA.

- Volunteer to help out at a patient information day or a local fundraising event.
- Encourage your family and friends to take part in a fundraising event for ILFA such as the Women's Mini-Marathons in Dublin and Cork.
- Organise your own fundraising event, for example a table quiz, coffee morning, golf-classic, sky-dive, cycle, swim, and so on.
Call us on 086 871 5264 or 086 057 0310 for a fundraising pack.
- Ask your employer to support ILFA through a corporate donation or sponsorship.
- Buy ILFA Christmas cards.
- Donate to ILFA instead of giving 'wedding favours' if you are getting married.
- Make a donation.