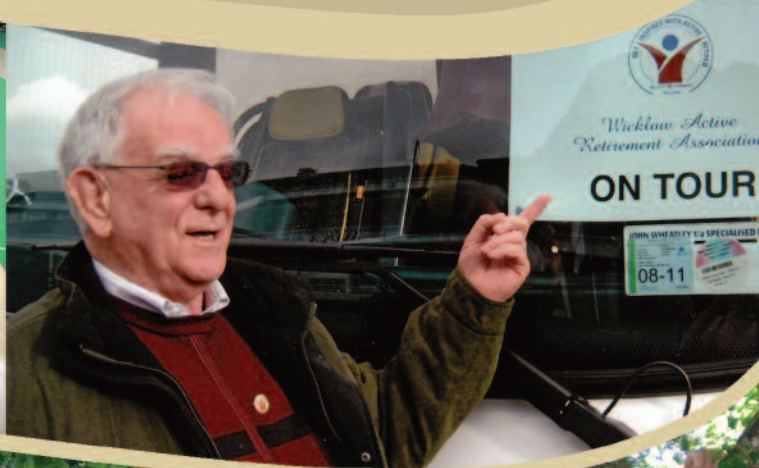


Active Retirement Network Ireland

# ANNUAL REPORT 2010



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## PRESIDENT'S ADDRESS

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From Moville to Cape Clear and from Mulranny to back to where it all started in Dún Laoghaire, Active Retirement Associations are breaking down old stereotypes of what older people 'should' be doing. Each week over 23,000 people in the nation meet to chat, exercise, dance, swim, learn new skills, and much more under the auspices of an organisation that enables retired people to do things by themselves, for themselves.

In spite of the economic downturn and the uncertainty of future funding by Government we saw continued growth in the organisation and the holding of a number of national events for the first time in the history of our organisation.

Such was the success of the first National Bowls Competition and activity break in Breaffy House in March and the essay competition that we will be running them again in 2011. It has been decided to add poetry to the competition as means of attracting a wide range of talent. A national raffle was held which proved to be very successful, especially for participating ARAs.

The Autumn Regional Council Meetings were very productive and were deemed a success by the delegates and regional committees. Using a more inclusive format by placing people at round tables facilitated greater discussion. The feedback from delegates was that they felt they had greater input to the meeting and the committees now have a clearer picture regarding the issues that matter to their members.

The work of ARI in combating loneliness and isolation is more and more recognised leading to joint work being explored with ARI and the GAA through the GAA Social Initiative. Our work in representing the issues identified by the members continued throughout 2010 with us making a presentation to the Oireachtas Joint Committee on Social Protection during the year in our own right. We continued to lobby on issues relevant to our members with the other key organisations and agencies in the older people's sector.

When elected President, I committed my work to consolidate and build on what had gone before so that we can be a recognised voice for older people in Ireland; to maintain the volunteer ethos of Active Retirement Ireland while at the same time delivering a first class support service to our members. This work is ongoing and I will continue to carry out those tasks. I am satisfied that we are achieving those targets.

Financial stability is a very real problem for us at present. Our funding comes from the affiliation fees of our members, the Department of Community, Equality & Rural Affairs and the H.S.E. At the present moment the members' affiliation fees is the most reliable source of income for the organisation. Therefore it is imperative that as part on our on-going planning and development, we examine alternative sources of funding to ensure the continuity of the work of our organisation.



### **Tom O'Mahony**

President 2010

# REPORT FOR 2010 FROM THE NATIONAL EXECUTIVE COMMITTEE OF ACTIVE NETWORK RETIREMENT IRELAND

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## Active Retirement Ireland (ARI)

Active Retirement Ireland is a national network of over 505 local Active Retirement Associations (ARAs). These local ARAs aim to enable older people lead a full, happy and healthy life by offering organised opportunities to take part in wide range of activities. Each local ARA plans and delivers a range of social, cultural, learning and physical activities based on what members like to do and their ability to participate.

Activities include:

- Physical activities such as bowls, swimming and exercise
- Social activities such as tea dances, evenings out, holidays and short leisure breaks
- Cultural visits to museums, GAA museum, heritage centers and galleries
- Learning activities such as creative writing, mobile phone training, arts and crafts
- Providing information on issues such as health, welfare rights and pensions

All activities are designed to reduce isolation and are aimed at keeping older people independent, active and healthy. ARI is a voluntary organisation whose voluntary committee members plan, deliver and organise every activity at local and regional levels.

The ethos of volunteering is vital to ARI and this report is a tribute to their hard work and commitment.

## Active Retirement Network Ireland

Active Retirement Network Ireland (ARNI) was incorporated in 2008 as a company limited by guarantee.

The objects as stated in the Memorandum of Association of the company are: -

- To encourage retired men and women to maintain their independence and to participate through the active retirement movement in social contacts and self help activities of a cultural, educational and sporting nature aimed at enhancing their quality of life
- To promote a more positive attitude to ageing and the retirement process
- To enable retired people enjoy a full and active life and advocate for them
- To be a recognised voice for retired people on social, health, learning and economic issues in collaboration with other organisations

ARNI has a board of ten directors who have overall strategic and fiscal responsibilities for the organisation. The Board of ten directors is elected by the membership at the AGM every year. ARNI is the legal name for the company; however the organisation continues to be known as Active Retirement Ireland.

## Active Retirement Network Ireland Strategic Plan 2009-2013

The plan outlines the purpose of Active Retirement Network Ireland – *to enable retired people enjoy a full and active life and advocate for them*

There are three clear strategic outcomes that need to be achieved

The strategic outcomes for 2009-2013 are;

1. Be an organisation that people would be proud to be part of locally, regionally and nationally
2. Be a recognised voice for retired people on social, health, learning and economic issues in collaboration with other organisations
3. Develop the database, structures, skills, funding sources and activities of the organisation in a professional manner.

Over the next 4 years the organisation must consolidate the work to-date and fix our communications with local ARAs and at regional level.

Atlantic Philanthropies provided a grant to ARI in 2009 for a period of 30 months to:

Purpose of grant: The grant focussed on two key areas to be strengthened

1. Organisation capacity for Strategic plan phase 1
2. Development of detailed plans to implement Strategic plan phase 2

The activities, outputs, short-term and long-term outcomes for the duration of the grant are outlined as follows; Activities funded are:

## Strategic Plan — Phase I:

### Strengthen Organisational Capacity by:

- Recruit 3 new key Staff, an Officer Manager, Information & Networking Officer and National Development Officer
- Source & secure new premises
- Purchase new equipment for the premises
- Develop long-term external communication strategy - *working in collaboration with other organisations, publications*
- Improve internal communications mechanisms *through clusters, regional meetings, letters, newsletters*
- Develop & deliver 2-Year Volunteer Training Programme *training provided by National Development Officer & Information & Networking Officer*
- Develop & maintain website - *Information and Networking Officer*
- Provide support to volunteers – *done through support and training*
- Identify & build capacity of local Leaders – *done through regional training and Older & Bolder*

### External Consultants will:

- Assist in development of long-term Sustainability Plan -Fundraising, Develop external communications strategy through DHR Communications.
- The work carried out by the grant is being evaluated in 2010 and in 2011.

## New Office for ARI

In February, ARI moved from Shamrock Chambers to new offices in the Capel Building in Dublin 7. With support from the Atlantic Philanthropies grant ARI was able to source safer and accessible premises and equip the premises with modern equipment and furniture. With the new premises came a better phone system and IT systems. The Office Manager Maria McMullen also put in place administrative and HR systems to ensure smoother running of ARI.



## Working groups for the Strategic Plan

In order to maintain the ethos of consultation and engagement with members three working groups made up of members from the organisation will implement the strategic plan. In 2010 the working groups covered the following areas:

### Strategic Outcome 1.

Be an organisation that people would be proud to be part of locally, regionally and nationally.

Working Group 1 Nancy Tynan, Eamon Byrne, Bridget Fitzgibbon, Nancy White, Eileen Murray

- Membership
- Cafe meeting
- Badge
- Bowling Competition
- Pride Survey
- Future training for committees
- Cluster meetings
- Future Media training

### Strategic Outcome 2.

Be a recognised voice for retired people on social, health, learning and economic issues in collaboration with other organisations.

Working group 2 Betty O'Flynn, Ita McTeigue, Jimmy Crehan, Gabriel Rohan, Mary Daly

- Essay Competition
- National poster for new members
- Inspirational Award
- Log on and Learn connection for improved IT
- Gender balance & GAA alliance - current gender balance 22% male 78% Female – increase of 4%
- Collaboration work with other organisations
- Encouragement to retired members of other associations to promote ARI - Retired teachers and nurses associations

### Strategic Outcome 3.

Develop the database, structures, skills, funding sources and activities of the organisation in a professional manner.

Working Group 3 Christy O'Carroll, Phyllis O'Halloran, Mary Dunne, Jim Behan

- Input on premises
- Organisation structure template
- Fundraising strategy
- Working on manual for committees
- Working on Application form for new ARAs
- Grant information
- Work on national discount campaign

## Information and Publicity

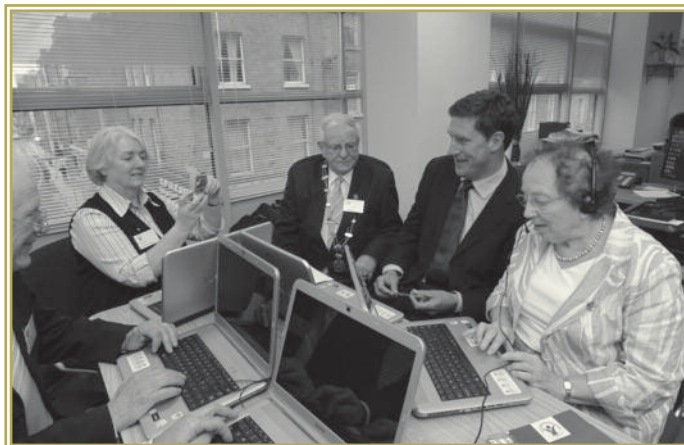
The promotion theme for 2010 was – Healthy Lifestyles for Older people while promoting the organisation as a means of keeping well and active.

Peter Kavanagh was appointed Information and Networking Officer in November 2009.

2010 saw a number of initiatives in which Peter was involved. Foremost among these was the long-running redevelopment of the Active Retirement Ireland website [www.activeirl.ie](http://www.activeirl.ie)

## Website for ARI

The website was originally designed in 2005 in consultation with Active Retirement members and represented the cutting edge in technological achievement for the organisation when it was initially launched as [www.fara.ie](http://www.fara.ie). It was decided, however, that the advent of new technologies and more user-friendly applications would necessitate a wide-scale redevelopment of the site. During the “Train the Trainers (IT Skills)” programme, an informal consultation process took place with ARI members who were interested in technology.



This information, in conjunction with input from the Board, NEC, Development Officers and Staff of ARI, was collated and – through a series of meetings with NiceOne Web Design – an entirely new website was designed. Among the new features included were: adjustable font sizes for those who found the old website too difficult to read, a gallery for groups’ pictures, a connection to brand new Active Retirement Ireland Facebook and Twitter pages, categorised news items and a new and more accessible group site template. The group sites were completely overhauled to make uploading by ARAs possible, as opposed to the previous process of one administrator being responsible for all 500+ ARAs’ sites. Work began in late 2010 on a template and training process for ARA members to run their own group pages. This work continues in 2011.

The website was launched by then-Minister for Communications, Energy and Natural Resources Eamon Ryan in August 2010 in the Capel Building. The launch was featured on the main evening news on both RTÉ and TV3.

## Support Work

Prior to the National Development Officer being employed; support was provided by the Information and Networking Officer to the Regional Development Officers and Committees in several projects during 2010. These included the foundation of ARAs in Vicarstown, Co. Laois and Clondalkin, Co. Dublin. Assistance with the development and delivery of “ARA Committee Skills” in the North-East and South-East Regions was provided. This programme of training was also delivered in the Western Region by the Development Officer.

One of primary duties of the Information & Networking Officer is to edit and produce the *ARI News* newsletter. Thanks to greater participation from ARAs, the Newsletter was produced four times in 2010, rather than the established three issues. More copies were provided to each ARA as a direct result of the fund-raising survey carried out in late 2009, in which many ARAs requested more copies. The Newsletter now issues once per quarter in spring, summer, autumn and winter and contains more news and photographs from members than ever before.

## Media and Promotion Work

Other work with external organisations in 2010 included sitting on the Social Protection Expert Group for AGE-Platform Europe. This led to Active Retirement Ireland having a vital say in the “European White Paper on Pensions” and other strategic documents. The Information & Networking Officer also provided inputs to seminars and meetings held by the HSE, the Civil Service, An Garda Síochána and St. John of God’s Hospital.

As Information and Networking Officer, involvement in all of Active Retirement Ireland’s media campaigns from ARI’s call for a one-off hardship payment in January 2010 to the National Raffle formed a main part of the work in 2010. Letters have been published in the Irish Times twice in 2010. Liaising with DHR

Communications on press releases carried by The Star, The Irish Examiner, The Irish Independent, The Herald Metro and various news websites has been vital to the promotion of ARI in national and local media. The Information and Networking Officer has been interviewed by Raidió na Gaeltachta, Raidió na Life and many local stations from South Dublin to Connemara.

ARI organised information stands at the Sports & Leisure Promotion (S&L) managed Over 50's Shows in Galway, Cork and the RDS in Dublin. These shows attract a large number of participants and are ideal for promoting the work of ARI and the local ARAs.

Press coverage during 2010 also included the launch of the Health & Lifestyle Guide, single supplement issue, carbon tax issue, the national activity break in Mayo and our AGM in Donegal. DHR Communications supported ARI in all publicity work.

ARI continued to promote the value of a good, active and healthy retirement with the Therapeutic Activity Programme, the regular retirement planning courses run by the Civil Service Training and Development Centre.

## National Bowls Competition and Activity Break

The inaugural Active Retirement Ireland National Bowls Competition took place in Breaffy House Resort in Co. Mayo in March. A superb attendance of 450 Active Retirement members took advantage of a great deal from Lynch Hotels that gave them a week's holiday along with some top class bowling.

In all, over forty teams competed, with representatives from all eight regions for the Breaffy Perpetual Cup and the Active Retirement Ireland Plate. The field was split into two competitions based on the size of bowls used. Big bowls are more common in the North, South and West of the country, while the East usually use a smaller size.

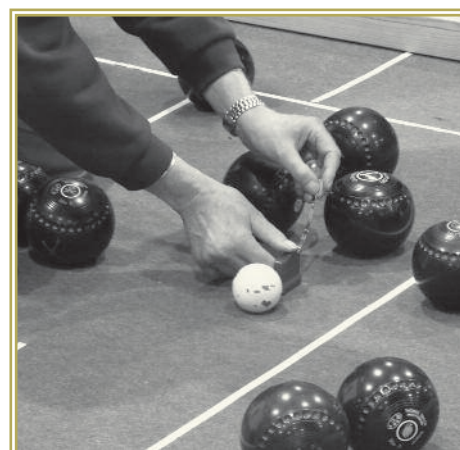
The Plates were taken home by Grange Woodbine ARA of Dublin, who saw off considerable challenges along the way; and Ballina, who ran out as clear winners in the large bowls tournament.

The Breaffy Perpetual Cup went to Gorey in the small bowls section. They were tested at times against some strong opposition from their neighbours in Wicklow, Tullow, Avoca and Leighlinbridge.

In the large bowls competition, it was the ladies of Kingscourt, Cavan, who demonstrated supreme class and skill on the mats to see off their opponents from all corners of the land to bring the Breaffy Cup up to East Bréifne country.

While over 140 people faced off over multiple ends each day, casual onlookers were treated to daily excursions to Mayo's more beautiful locations and fabulous entertainment each evening.

The tournament was a huge success and saw members from all over the country make new friends and connect with staff, volunteers and fellow members. Many people have already contacted the office to say how much they are looking forward to the next Active Retirement Ireland National Bowls Competition and Activity Break. The sub group responsible for the event comprised of John Brodie, Gerry Browne, Bridget Fitzgibbons and Kevin Molloy. Helene Boran, Financial Administrator supported the sub group.



## Development and Support Work

Susan Shaw was appointed National Development Officer (NDO) in April 2010 and her work to-date includes:

### Team support & training

Over the last 9 months, the National Development Officer has provided support and training to the Regional Development Officers as they continue with their voluntary work of setting up new ARAs; supporting Regional events and responding to invitations from the ARAs within their region. In the last year, Regional Development Officers' work involved bringing ARAs together for Cluster meetings, providing information & support about the responsibilities of the local ARA committees and providing information and articles to the regional papers about Active Retirement events. Some of the Regional Officers also responded to invitations from the Business community to talk to their employees who are about to retire, about Active Retirement Ireland.

### Local ARA Committee Support – Promote Your ARA

The National Development Officer along with the Information & Networking Officer provided a series of workshops in each region to support the local ARAs to build a higher profile for their members, to let the local community know about their activities and to attract new members. This involved designing Posters; creating a Press release and doing Radio interviews. The 8 Workshops were well received by the participants. To accompany this training a Booklet 'Promoting your ARA' was produced which will also be useful as a reference guide for ARAs.



The National Development Officer also visited a range of ARAs as part of her induction in her new post and to create awareness of the work of the National Development Officer and the Regional Development Officers.

### Regional Committee Support

A key element of the NDO role is to work closely with the Regional Committees to ensure that they are enabled to meet the needs of the ARAs in their region. To this end all of the Regional Committees met with the NDO to inform her of their support needs and to plan future training events for their region. A Support Booklet was completed in December which will be used in future Committee Skills training. Support work was also provided to Working groups 1 & 2 as they completed their work plan for this year.

## Financial template development and training funded by POBAL

Following consultation work and training with the NEC and regional committees on development of financial templates in 2009, a training day was run for the regional committee officers and Development Officers in filling in the financial templates and why regulation is needed on 23<sup>rd</sup> March. Evelyn Fitzpatrick provided the training and each region was then provided with a more focussed training day for the regional treasurer and officers on their own accounts. This training was designed to give the regional officers support in completing the financial reports and to assist the Development Officers with the expenses templates. The outcome has been a more streamlined reporting system for the regions and a better understanding of the regulations of accounting and the Charities Legislation.

## AGM 2010

The AGM 2010 held in the Abbey Hotel in Donegal Town was well attended by over 300 members and discussions were lively. The President Tom O'Mahony opened the meeting. An overview of the work was given by Maureen Kavanagh CEO.

Jim Behan, Chair of the Southern Region gave an update on the work of the 3 working groups; areas covered were the membership badge, setting up of informal cluster meetings with ARAs, a future national discount scheme, the banners that are available for local ARAs, essay competition and posters for advertising for new members.

There was an election for the post of National Secretary only, with the other NEC positions going to the nominated candidates. In the election, Mary Daly was a narrow winner over Pat Stanley. Pat, however, will still serve as an ordinary member of the Board and NEC.

Following the presentation of motions an open forum was chaired and lots of discussion was had. There was agreement that for the autumn eight Regional Information Meetings will be held in the same format as the General Council meeting. This will facilitate more members to attend as they will not have to travel to Dublin for a half-day meeting but rather the meeting will come to them in their own region.



The AGM closed with a sing-along by country singer Mary Duff, who praised the organisation as her mother is a member of an ARA in County Meath.

The National Art Exhibition was held in conjunction with the AGM and the winners for 2010 were

- 1<sup>st</sup> Frances Commins, Ardee ARA
- 2<sup>nd</sup> Leonie Boland, Dún Laoghaire ARA
- 3<sup>rd</sup> June Roe, Ardee ARA
- People's Prize - Elsie Jackson, Charlestown ARA
- Highly Commended - Lilian Enright, Co Limerick Civil Defence ARA

### Pride Survey

A pride survey was carried out at the AGM in April to ascertain the benefits members got from being part of the organisation. The following is a summary of what members said: Friendship 90%; Prevents loneliness 75%; Being healthy and Happy 67%; Meeting people 90%; Being part of a group same ages 69%; Full and active life 89%; Support and networking 50%; Improved mental and physical health 68%; Builds confidence 69%; Being able to find hidden talents and reach my potential 48%; Learning new things such as IT 57%; Volunteering and helping out 65%

Quotes:

*"I have friends all over Ireland; I have travelled and learned to enjoy life; I am the envy of my children; I look forward to old age with confidence; Belonging socially and being mentally and physically fulfilled"*

2010 was the first year to hold the National Essay Competition. A project from Working Group 2, the essay was titled – Why I am a member of Active Retirement. Over 150 entries were received and the winner was Brid O'Reilly, Ballyconnell ARA.

## Funding Strategy

Deirdre Patel, who was commissioned under funding from Atlantic Philanthropies to develop a sustainable funding strategy for the organisation presented her findings. The strategy was produced based on feedback from the membership through a postal questionnaire and consultation with working group three. 11 areas including a review of the membership fee were identified as having potential for attracting funds at local and national levels. As a result of the strategy and thanks to the generosity of JMG Travel, ARI

held its first national raffle during 2010. The raffle had five prizes worth over €9,000. The first and second prizes were trips for 4 people on the ARI cruise in 2011. Other prizes came from the Lynch Hotel Group, Euronics Ireland and the Ashling Hotel. Raffle income after costs was €28,000 for the national organisation and €41,000 between the ARAs who sold tickets. Feedback from members strongly recommended ARI to hold another raffle in 2011. The winning tickets were drawn by Marty Whelan of Winning Streak and Lyric FM on 15<sup>th</sup> December 2010.



## National Positive Ageing Strategy (NPAS)

ARI has worked on a number of levels to raise awareness of and promote the need for Ireland to have a National Positive Ageing Strategy. Consultations were held around the country by the Office for Older People and ARI encouraged members to attend by providing information on the meetings and liaising with the Office for Older people on invitations to ARAs. As part of ARI's work with the Older & Bolder Alliance, members also attended a series of consultation meetings around the country organised by the Older & Bolder alliance. Participants expressed a concern that access to services was sporadic and dependent on geographic location. In general it was felt at the meeting that poor access to information acted as a barrier to people receiving the entitlements and services that are available to older people. Participants stressed that both transport and healthcare needs were the most important services to them and that every effort should be made to provide quality transport and healthcare services for older people. Participants detailed their contribution to society and the role they played in providing services in their community and felt they had a lot to contribute to society but would like fair treatment and more respect and recognition for their role in society in return.

ARI also made a submission to the Office for Older people on the main issues concerning members and many local ARA members attended and helped organise the consultation meetings.

ARI through our work on the Older & Bolder Alliance recommends the inclusion of a limited number of higher level goals in the National Positive Ageing Strategy based on the areas outlined below.

- Quality services and supports to be provided to older people across the continuum of care
- Develop meaningful, consultative structures so that older people are involved in the development, delivery and implementation of policies and services
- Ensure access to an adequate and secure State Pension as a basic, universal income for everyone.
- Recognise older people's participation in society as "a medicine" in terms of the health, quality of life and wellbeing of older people;
- Have proper implementation of the strategy and apply age-proofing to policies across all sectors relevant to older people.

## Fuel Poverty and the Carbon Tax

In January 2010 ARI called for a once-off payment of €100 be made to older people to alleviate the hardship many older people were facing from high fuel consumption during the cold weather.

Following the AGM in April ARI wrote to Minister Ó Cuív, Department of Social Protection, expressing the members concerns on the proposed Carbon tax. As a response to this letter, ARI was invited by Roisin Shortall, Labour TD, to make a presentation to the Joint Committee on Social Protection on the impact of the carbon tax on the fuel costs of older people.

At the presentation ARI recommended the following be explored:

The National Fuel Scheme is for social welfare dependents and those on state pensions –it is means tested and paid for 32 weeks

**ARI Proposal 1** Put in an extra allowance of €4 per week for the 32 weeks over which the Fuel Scheme is paid out for those in receipt of state pension. (ERSI proposed raising the income threshold level)

**ARI Proposal 2** Add home heating oil to the categories covered under the **Household Benefit Package**.

ARI called for an extension of the Warmer Homes Scheme countywide and the need for better public awareness on energy efficiency especially for older people.

More research by the Sustainable Energy Authority of Ireland is needed on the needs of older people in relation to energy use and efficiency.

The benefits from the above recommendations would see the Government off set a small proportion of the income from the Carbon Tax as a positive action to benefit older people whose heating needs are greater than the general population. There would be more awareness among older people about energy efficiency. The Government would only use a small proportion of the carbon tax income for education, research and awareness. ARI welcomed the reaction from the committee on the proposals and the committee recommended sending them with a letter to Minister O'Cuiv for his attention.



The full presentation made to the Joint Committee can be viewed on <http://www.activeirl.ie/3/news-and-events.html?news=38>

## Single Supplement Issue

Based on the concerns being raised by its membership about single supplement charges, ARI undertook a survey of 25 hotels – comprising a mix of three, four and five-star hotels – to establish a general picture of the levels of single supplements being charged to single people.

The findings from this survey were sent to Joint Committee on Tourism, Minister for Tourism, Fáilte Ireland, Irish Tourist Industry Confederation and the Irish Hotels Federation.

The abolition of the single supplement for retired people – particularly during off-peak periods – would help the hospitality industry to sustain itself through the current economic crisis. While abolishing the single supplement for older people might seem like a poor financial decision for hotels during lean times, the reality is that its abolition would result in greater take-up of golden years' packages and organised Active Retirement breaks for single people who want to have their own room. Furthermore, increased numbers of guests would also benefit other services located within the accommodation outlets, such as cafes, restaurants and bars. ARI will continue to monitor the responses from hotels on this issue over the next year.

## Submission to the consultation on the White Paper on Crime

ARI drafted a brief paper in 2009 on members' views on how Community Gardaí could relate to older people in communities and this paper was submitted to the White Paper on Crime consultation. The issues raised included:

The importance of the Gardaí calling regularly to older people and for Gardaí to improve their familiarity with older people in rural areas was voiced. Also having an identified Older People's Liaison Garda would be a positive step towards developing an ongoing, supportive relationship with their local Gardaí. Individual fears included concerns about busy road junctions, speeding cars in rural areas and older people being "pushed around on the streets".

ARI members would like to see Gardaí providing advice on security in the home. Another popular response was the call for a visible physical presence in towns and villages, as well as a visible presence at local Post Offices on pension days.

A major concern for ARI members was the situation in rural villages and small towns, where Garda Stations are often left unmanned and no answer is forthcoming when incidents are reported.

Using parish newsletters to provide advice, an increased familiarity with Active Retirement Associations and more publicity as to when Gardaí will be available at local stations to fill out forms and take reports was also called for.

Members also indicated they would like advice on how to deal with cold-callers on their doorsteps and on home protection. They also stated that they would like to see an improvement in the follow-up to break-ins at members' homes.

Information evenings or open days proved a popular idea among respondents, with members asking for Gardaí to hold such events to better "understand the community and work with the community".

## Being a recognised voice in collaboration with other organisations

### • Older & Bolder

Older & Bolder is an alliance of eight organisations in the older peoples' sector that are committed to promoting a positive ageing attitude. The work in 2010 focused on developing a plan of work for implementation of the NPAS and campaigning on protecting the income of older people. Outreach meetings were held and well attended by ARA members to ensure a good debate on the main issues affecting older people. A large public campaign that included local activity was held prior to the 2011 budget on protecting the state pension levels, the Household Benefits Package and the free transport scheme. The members of the alliance are as follows; Active Retirement Ireland; Age & Opportunity; Older Womens' Network; Alzheimer Society of Ireland; Carers Association; Irish Hospice Foundation; Irish Senior Citizens Parliament and the Senior Help Line.

Publications produced in 2010 included; A Baseline Paper on the National Pensions Framework; Ageing, the Demographic Divident and Work; Measured or Missed-Poverty and Deprivation among Older people in a Changing Ireland; Feeling the Pinch One Year On. [www.olderandbolder.ie](http://www.olderandbolder.ie)

### • Age & Opportunity

Age & Opportunity continues to be a strategic ally for ARI. The Go-For-Life programme and the Physical Activity Leader training are essential supports for the physical activities of the local ARAs. Many members of ARI are involved in the Get Vocal Programme.

The Bealtaine Festival in 2010 provided an opportunity for many ARAs to showcase their creative work and organise fun activities. ARAs also took part in the Dawn Chorus initiative. An evaluation of the Bealtaine Festival highlighted the involvement of ARAs in the many activities. [www.ageandopportunity.ie](http://www.ageandopportunity.ie)

- **AONTAS –The National Adult Organisation**

ARI members participated in the Senior Learners Network during 2010. Members were facilitated to create a logo as a symbol that would flag age friendly courses. The network also developed a manifesto for Senior Learners which was based on the views of older people. The manifesto is the first step for increasing momentum and support for senior learners. Further information is available from AONTAS. [www.aontas.com](http://www.aontas.com)

- **Non Government Liaison Group**

The purpose of the group is to support the Office for Older People in developing the NPAS. Membership is Active Retirement Ireland, Age Action, Older & Bolder, Vincent De Paul, Carers Association, Disability Federation of Ireland, Age & Opportunity, Third Age Foundation, and Alzheimer Society of Ireland, The Older Women's Network, and Irish Senior Citizens Parliament.

This group met a number of times to discuss what is happening to the (NPAS) - National Positive Ageing Strategy. In September the group met with the Cross Departmental Group which is made up of 10 departments who are tasked with developing the NPAS. The timeframe for the final document on the NPAS is expected in early 2011.

- **Irish Senior Parliament**

ARI continues to work through the ISCP on many of the political issues voiced by older people.

- **Ageing Well Network**

This network brings together organisations, agencies, Government Departments and academics working in the older peoples' sector for information sharing and networking.

- **GAA Social Initiative**

The CEO and Gabriel Rohan from Working Group 2 were invited to speak at a conference in Croke Park in October on the inclusion of isolated men in local activities. Gabriel was a great ambassador for ARI and spoke of the benefits of being part of an ARA. This social initiative is aimed at local GAA clubs who want to encourage activities for men. The main outcome for ARI is to strengthen the links to this project and how we can work together for mutual benefit.

- **Atlantic Philanthropies Collaborative Initiative**

During 2010 the organisations involved explored many areas for joint working. One outcome was to develop a further proposal to AP for support to address areas such as sustainability, communications, leadership and partnership.

The organisations involved in this collaborative initiative are: Active Retirement Ireland, The Carers' Association, Third Age Foundation, Age & Opportunity and Irish Senior Citizens Parliament.

- **The National Centre for the Protection of Older People**

The National Centre for the Protection of Older People (NCPOP) aims to develop a knowledge base of Irish and International research, and education and training resources on the occurrence, prevalence, detection and response to the abuse of older people. Nancy Tynan from ARI is a member of their user group.

In 2010, various studies were undertaken, the latest of which was launched on 8<sup>th</sup> November 2010 by the then Minister for Older People, Áine Brady. This study was undertaken to measure the prevalence of abuse and mistreatment of older people in Ireland and was conducted by Dr. Corina Naughton and her team. In its findings, it found that the prevalence of mistreatment was 2.2% of the community which translates into 10,201 people over age 65 mistreated in the previous 12 months but this is only the tip of the iceberg.

This study dealt only with people living in the community - in their own homes or in sheltered accommodation and it is hoped to embark on a study of those in residential accommodation sometime in the future.

The Centre also provides web-based access to all its resources for those working with, or having contact with, older people in areas of health and social care, law or financial services. It also produces a Newsletter twice yearly.

The NCPOP promotes World Elder Abuse Awareness Day (WEAAD) which takes place on 15<sup>th</sup> June each year. This was established by the United Nations 5 years ago in an effort to raise public awareness about elder abuse in its many forms.

### ● HSE Regional Elder Abuse Steering Committees

ARI represents the interests of our members on these HSE committees ensuring that the issue of elder abuse is made public. An information booklet – *Open Your Eyes* and DVD was produced to promote awareness on the issue.

HSE Information Line 1850 241850. Senior Help Line Lo-call 1850 440444.

Members also represent ARI on SHINE - a research group on strategies to help older people with mental health difficulties - and NUIG Centre for Gerontology.

ARI is committed to working with organisations, Government Departments, agencies and individuals who have a role to play in promoting a positive ageing attitude in Ireland.

## Regional Council Meetings

In 2010 at the Active Retirement Ireland AGM it was proposed that instead of having one General Council meeting in October that 8 regional General Council meetings would be held. This change would facilitate greater membership attendance and participation resulting in improved communications within the organisation.

With support from the Atlantic Philanthropies grant for building the capacity of ARI, 8 regional General Council meetings were planned in conjunction with each regional committee. The format for each meeting was the same with each regional Chair chairing the meetings. These meetings were planned and delivered in October and November 2010.



Each Active Retirement Association (ARA) was invited to send three representatives as a means of ensuring effective feedback of information to each ARA.

Each meeting was opened by the regional chair, and followed with an address by the President Tom O'Mahony.

Following a presentation on progress to-date, the participants were asked to consider if all the actions named were actually achieving the stated outcomes of the strategic plan. To ensure a lively and interactive response participants were seated at round tables of between 8-10 people, (in the case of one region participants were split into small groups). The purpose of this format was to enable all participants to have a say and obtain direction on future actions from the members. A report on the feedback from each meeting - *Having your Say* - will be distributed in 2011.

# THE REGIONAL COUNCILS OF ACTIVE RETIREMENT NETWORK IRELAND

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There are eight regional councils in Active Retirement Network Ireland. Each region elects a committee with a chairperson, secretary, treasurer, PRO and committee members.

## Regional Activities for 2010

All the 8 regions were busy organising activities and events to bring members together.

**North West Region** – Activities included the national AGM which was planned and delivered in Donegal Town. Many other activities were organised including Tea Dances, Hands Across the Border initiative, Promotion of the Go For Life grants. Ballinacorney ARA was busy working to achieve runner up in the All Ireland Pride of Place Competition.

**Southern Region** – Press coverage and TV appearances were high on the agenda for this region. Ballyduff and Ballyunion ARAs appeared on the Nationwide programme in March promoting the activities of these ARAs. The Winter Activity break with over 250 members attending was a success and all enjoyed the 3 days in the Gleneagle Hotel Killarney.

This region continued to develop its website thanks to Bob Scott with many ARAs showcasing their work. A group from Slovenia came to visit bringing their experience to Kerry. Tea dances were run bringing many ARAs together. The Over 50s Show was well attended in Cork.

**South East Region** – Along with running the usual information meetings such as the regional AGM, this region was very active with a regional bowls competition run by Tullow ARA in September attended by not just ARAs in the region but from other regions also. The first regional quiz night was run in November with a table quiz happening in four centres on the same night. This was followed by the final of the quiz held in Waterford; overall attendance was close to 280 members. Tea dances continued and the annual Golden Years Festival, a festival run over 3 days of talent and fun was organised by the Sacred Heart ARA in November and attended by over 300 members.

**Midland Region** – Activities included organising cluster meetings to improve communications with ARAs, Tea dances and a fancy dress dance all promoting the concept of keeping well and active. Happy Hearts ARA in Portlinton ran an open day to showcase their activities, centre and crafts which was well attended.

**Western Region** – Following a lively regional AGM many events were planned and acted on for this region. The large events included the very popular ARA-GO-ON festival attended by 360 members and run over 3 days, launch of a book by Castlebar ARA celebrating the last 10 years and a regional fashion show for fundraising. Other events included regional social clustering meetings with song and dance. Regional training was delivered on the roles of committee across the region. The committee also manned the ARI stand at the Galway Over 50 Show.

**Mid West Region** – 2010 was busy for this region with activities such as involvement in the Art for Older People exhibition. The annual Health Day in Limerick was a great success with members being able to try out different treatments and energising activities and enjoy themselves. A talk on Senior Care was provided also. A regional tea dance was held in November with over 175 in attendance. The final function run was the Christmas lunch which went ahead despite the snow and was attended by over 250 members. Other work included highlighting issues such as cuts to income and social welfare benefits on local radio.

**North East Region** – This region worked on projects for the inclusion of men in activities. The committee worked with the GAA to look at how men could be encouraged to get more involved in communities. Moynalty and Summerhill launched the concept of the Mens’ Sheds where men could get involved in practical activities thus reducing their isolation. Moynalty also held an open day showcasing their centre which was attended by ARAs from all over the region. The annual day out for the region included a visit to Blooms Garden Festival followed by evening dinner in Navan with over 300 attending.

**Eastern Region** – Being the region with the largest number of ARAs co-ordinating activities is hard work. However many events were run including tea dances and a Valentine dance in Wicklow. Cluster meetings along with a Cafe style meeting were delivered to improve communications. Wicklow ARA members were stars of Winning Streak Dream Maker in January. Seamus Walsh Development Officer retired from his voluntary post but not before setting up the 500th ARA Ballyna Area ARA in Kildare.

Each region is run by a voluntary committee who dedicate their time to planning and organising a range of membership activities and must be congratulated for their hard work.

## ARAs per Region

The Eastern Region – Dublin, Wicklow & Kildare	103 ARAs
The Mid Western Region – Limerick, Clare & North Tipperary	50 ARAs
The Midland Region – Westmeath, Laois, Offaly & Longford	52 ARAs
The Southern Region – Cork & Kerry	71 ARAs
The South East Region – Wexford, Waterford, Kilkenny, Carlow & Tipperary South	63 ARAs
The North East Region – Cavan, Monaghan, Louth & Meath	45 ARAs
The North West Region – Leitrim, Sligo & Donegal	47 ARAs
The Western Region – Galway, Mayo & Roscommon	74 ARAs

A Voluntary Development Officer supports the development work in each region by organising training, supporting the existing ARAs and assisting communities to set up new ARAs. The Development Officers are as follows:

Development Officers	Region
John McNamara	North West Region
Christy O’Carroll	Western Region
Mary Tyrell	Midland Region
Seamus O’Shea	Mid Western Region
Seamus Walsh retired August 2010	Eastern Region
Kathleen Kumnig	South Eastern Region
Anne O’Brien	Southern Region
Pat Cussen	North East Region

# THE NATIONAL EXECUTIVE COMMITTEE AND BOARD OF ARNI FOR 2010

The 18 members of the national executive committee are as follows;

**President:** Tom O'Mahony Wicklow ARA, **Vice President:** Kevin Molloy Gorey ARA

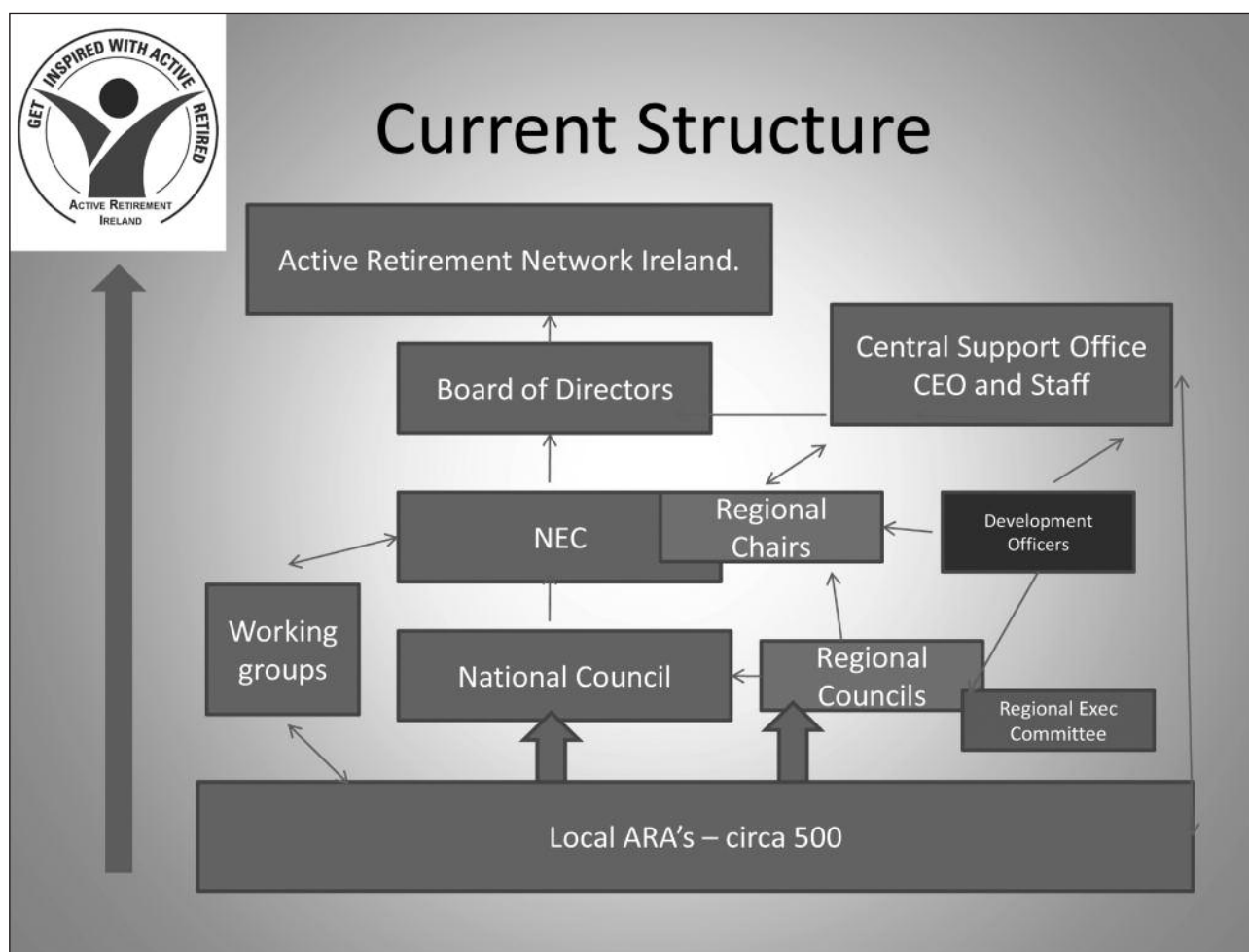
**Secretary:** Mary Daly Bunbrosna/Multyfarnham/Ballinafid ARA, **Treasurer:** Nancy Tynan Thurles ARA

**Committee members:** Betty O'Flynn Salthill ARA; Pat Stanley Dun Laoghaire ARA; Nell Foley Blackrock/Monkstown ARA; Phyllis O'Halloran, Co Limerick Civil Defence ARA; Eithne Carey Renmore ARA; Michael Cogan Baltinglass ARA

The above are also the directors of Active Retirement Network Ireland.

**Chairs of the Regional Councils:** Jean Cole Eastern Region; Mollie Hyland Mid West Region; Jim Behan Southern Region; Susan O'Connor South East Region; Jean De Cleir Western Region; Maureen Finlay Midland Region; John Brodie North East region; Austin Mulhearn North West Region.

The NEC met 10 times during 2010 and the board met 8 times.



# ACTIVE RETIREMENT NETWORK IRELAND

## 124 THE CAPEL BUILDING, ST MARY'S ABBEY, DUBLIN 7

### Detailed Income and Expenditure account for the year ended 31st December 2010

	Note	Y/E 31/12/2010 €	6 Months 31/12/2009 €
<b>Income</b>			
Grant - HSE Mid Leinster South Western Area Health Authority		78,848	83,437
Grant - Dept. Community Equality & Gaeltacht Affairs		80,352	89,280
Grant - Pobal	2	6,877	5,713
Grant - Dept. Communications, Energy & Natural Resources		—	88,303
Grant - The Atlantic Philanthropies	2	425,759	177,548
Grant - Western Regional Council		4,560	5,582
Affiliation Fees		108,920	105,425
Mail Shot Income		9,700	12,195
Bank Deposit Interest		3,037	939
Raffle Ticket Sales		30,964	
Sundry Grants & Income		9,873	4,274
		<u>758,890</u>	<u>572,696</u>
<b>Expenditure</b>			
Staff Salaries & Wages	3	245,703	160,219
Recruitment Costs		3,978	3,400
Staff Pension Costs		7,643	5,337
Rent & Rates		41,986	13,291
Light & Heat		2,360	1,448
Telephone & Communications		10,438	2,437
Executive Committee & Org. Development		15,433	13,757
Strategic Working Group		6,182	15,614
Regional Funding		53,230	13,410
Printing & Stationery		7,661	10,250
Conference & Council Meetings		36,715	13,548
Affiliation Fees		817	602
Information & Networking		39,196	20,188
AGM Expenses & Annual Report		19,221	19,148
General Insurance Costs		26,117	2,772
Fundraising, Promotion & Evaluation Costs		54,589	18,115
Exhibition Costs		4,640	4,642
Bank Charges		708	523
Audit Fees		4,835	4,215
Postage		11,120	7,096
Equipment Disposal		3,746	—
Regional Training Costs		7,376	87,004
Training & Development Programme		39,977	66,456
Legal & Professional Fees		1,487	4,227
Depreciation		7,263	1,482
I.T. & Computer Expenses		1,517	314
Office Maintenance & Sundry Expenses		2,423	2,576
		<u>656,361</u>	<u>492,071</u>
<b>Net Surplus/(Deficit) on Ordinary Activities</b>		<u>102,529</u>	<u>80,625</u>

# ACTIVE RETIREMENT NETWORK IRELAND

## 124 THE CAPEL BUILDING, ST MARY'S ABBEY, DUBLIN 7

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### Income and Expenditure account for the year ended 31st December 2010

	Note	Y/E 31/12/2010 €	Y/E 31/12/2009 €
<b>Income</b>		758,890	572,696
Less Administration Overheads		656,361	492,071
Net Surplus on Ordinary Activities		<u>102,529</u>	<u>80,625</u>
Accumulated Funds Brought Forward		141,902	61,277
Accumulated Funds Carried Forward		<u>244,431</u>	<u>141,902</u>

The Company had no recognised gains or losses in the financial period other than those dealt with in the Income & Expenditure Account for the financial period.

#### Directors:

Tom O'Mahony

Nancy Tynan

Date: 8th March 2011

# ACTIVE RETIREMENT NETWORK IRELAND

## 124 THE CAPEL BUILDING, ST MARY'S ABBEY, DUBLIN 7

### Receipts & Payments Account - The Atlantic Philanthropies for the year ended 31st December 2010

	Y/E 31/12/2010 €	Y/E 31/12/2009 €
<b>Income</b>		
Grants Unspent Brought Forward	42,452	—
Grant Received - The Atlantic Philanthropies	400,000	220,000
	<u>442,452</u>	<u>220,000</u>
<b>Expenditure</b>		
Staff Salaries & Related Costs	145,017	30,614
Capacity Building, Development & Communications	280,742	146,934
	<u>425,759</u>	<u>177,548</u>
Grants Unspent Carried Forward	<u>16,693</u>	<u>42,452</u>

The Grant Unspent is deferred and matched against related expenditure in future years.

#### Directors:

Tom O'Mahony  
Nancy Tynan

Date: 8th March 2011

# ACTIVE RETIREMENT NETWORK IRELAND

## 124 THE CAPEL BUILDING, ST MARY'S ABBEY, DUBLIN 7

### Balance Sheet as at 31st December 2010

	Note	31/12/2010 €	31/12/2009 €
<b>Fixed Assets</b>			
Tangible Fixed Assets	1	45,594	6,385
<b>Current Assets</b>			
Stocks on Hand		8,268	9,864
Cash on Hand & in Bank		797	71,014
Bank Deposit Account		219,012	135,981
Prize Bonds		1,270	1,270
Prepayments		8,928	7,208
		<u>238,275</u>	<u>225,337</u>
<b>Current Liabilities</b>			
Bank Current Account		7,401	—
Accrued Expenses		13,044	12,547
Taxation & Social Welfare		—	12,939
Deferred Income	2	18,993	64,334
		<u>39,438</u>	<u>89,820</u>
Net Current Assets		198,837	135,517
Total Net Assets		<u>244,431</u>	<u>141,902</u>
<b>Represented By:</b>			
Retained Surplus		244,431	141,902
Accumulated Funds		<u>244,431</u>	<u>141,902</u>

The financial statements were approved by the board on the 8th March 2011 and signed on its behalf by:-

#### On Behalf of the Board:-

Tom O'Mahony  
Nancy Tynan

Date: 8th March 2011

# ACTIVE RETIREMENT NETWORK IRELAND

## 124 THE CAPEL BUILDING, ST MARY'S ABBEY, DUBLIN 7

### Notes to and forming part of the accounts for the year ended 31st December 2010

#### Note 1. Tangible Fixed Assets

	Office Equipment €	Computer Equipment €	Total €
<b>Cost</b>			
Balance 1st January 2010	6,415	3,539	9,954
Additions	25,926	24,292	50,218
Disposals	(5,662)	(801)	(6,463)
Balance 31st December 2010	<u>26,679</u>	<u>27,030</u>	<u>53,709</u>
<b>Depreciation</b>			
Balance 1st January 2010	2,584	985	3,569
Charge for Period	2,300	4,963	7,263
Disposals	(2,537)	(180)	(2,717)
Balance 31st December 2010	<u>2,347</u>	<u>5,768</u>	<u>8,115</u>
Balance 1st January 2010	<u>3,831</u>	<u>2,554</u>	<u>6,385</u>
Balance 31st December 2010	<u>24,332</u>	<u>21,262</u>	<u>45,594</u>

#### Note 2. Deferred Income

		2010 €	2009 €
Grant - Pobal		2,300	21,722
Grant - The Atlantic Philanthropies	Schedule 1	16,693	42,452
Sundry Income		—	160
		<u>18,993</u>	<u>64,334</u>

The above grants were received in 2010 and will be matched against costs in 2011.

Deferred Income represents grants & income received but unspent at year end.

These will be carried forward and matched to related expenditure in 2011.

### Note 3. Employees and Remuneration

The average number of persons employed by the company in the financial period was 6 (2009 - 4) and is analysed into the following categories.

Information & Development	2	1
Administrative	3	2
CEO	1	1
	<u>6</u>	<u>4</u>

The staff costs are comprised of:

	<b>2010</b>	<b>2009</b>
	€	€
Wages & Salaries	223,488	145,879
Social Welfare Costs	22,215	14,340
Staff Pension Costs	7,643	5,337
	<u>253,346</u>	<u>165,556</u>

### Note 4. Statutory & Other Information

	<b>2010</b>	<b>2009</b>
	€	€
The result is stated after charging the following:-		
Auditors Remuneration	4,835	4,215
Depreciation: Owned Tangible Fixed Assets	<u>7,263</u>	<u>1,482</u>

### Note 5. Analysis of Changes in Cash & Cash Equivalents

	<b>Total 01/01/2010</b>	<b>Cash Flow</b>	<b>Total 31/12/2010</b>
	€	€	€
Cash on Hand & In Bank	208,265	5,413	213,678
	<u>208,265</u>	<u>5,413</u>	<u>213,678</u>

### Note 6. Approval of Financial Statements

The financial statements were approved by the Board on the 8th March 2011.

# ACTIVE RETIREMENT NETWORK IRELAND

## A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

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### Financial Statements year ended 31st December 2010

#### Directors and other information

<b>Directors</b>	Tom O' Mahony Nancy Tynan Nell Foley Kevin Molloy Michael Cogan Eithne Carey Elizabeth O Flynn Mary Daly Pat Stanley Phyllis O' Halloran	Chairperson Company Secretary
<b>Bankers</b>	Bank of Ireland College Green Dublin 2	
<b>Company Secretary</b>	Nancy Tynan	
<b>Registered Office</b>	124 The Capel Building St Marys Abbey Dublin 7	
<b>Auditors</b>	CDK & Associates Mounttown House 62/63 Mounttown Road Lower Dun Laoghaire Co. Dublin	
<b>Charitable Status No</b>	CHY 15090	
<b>Companies Registration No</b>	458391	

# ACTIVE RETIREMENT NETWORK IRELAND

## A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

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### Financial Statements year ended 31st December 2010

#### Statement of Directors' Responsibilities

The directors are responsible for preparing the Directors' Report and 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 directors have elected to prepare the company financial statements in accordance with Generally Accepted Accounting Practice in Ireland, comprising applicable law and the accounting standards issued by the Accounting Standards Board and promulgated by the Institute of Certified Public Accountants in Ireland.

The company's financial statements are required by law to give a true and fair view of the state of affairs of the company and of its result for that period.

In preparing each of the 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: and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper account records, which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Acts, 1963 to 2009 and are prepared with reference to the recommendations of the Statement of Recommended Practice (SORP) Accounting for Charities. They are also responsible for safeguarding the assets of the company and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

The directors are also responsible for preparing a Directors' Report that complies with the requirements of the Companies Acts 1963 to 2009.

#### Risks & Uncertainties

The directors confirm that there is a process for identifying and evaluating and managing the significant risks faced by the company and that they have been in place for the year under review. Active Retirement Network Ireland continues to be dependent on the funding made available from the Health Service Executive, Department of Community Equality & Gaeltacht Affairs, other sponsors and support of membership through affiliation fees.

# ACTIVE RETIREMENT NETWORK IRELAND

## A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

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### Financial Statements year ended 31st December 2010

#### Directors' Report

##### Future Developments

The charity plans to continue and develop the activities outlined below in the forthcoming years subject to satisfactory funding arrangements.

##### Events after the Balance Sheet Date

There have been no significant events affecting the company since the year end.

##### Auditors

The auditors, CDK & Associates, will be re-appointed in accordance with Section 160(2) of the Companies Act 1963.

##### Principle Activities and Review of the Business

The purpose of Active Retirement Network Ireland is to enable retired people enjoy a full and active life and to advocate for them.

The object of the company :-

- Encourage retired men and women to maintain their independence and to participate through the active retirement movement in social contacts and in self help activities of a cultural, educational and sporting nature aimed at enhancing their quality of life.
- To promote a more positive attitude to ageing and retirement process.
- To enable retired people enjoy a full and active life and advocate for them.
- To be a recognized voice for retired people on social, health, learning and economic issues in collaboration with other organisations.

The activities of the above objects are carried out through over 505 local organisations and eight regional committees including a national membership of over 22,000 people. The board of directors is responsible for the financial and legal decisions of the company.

Core funding of Active Retirement Network Ireland is mainly through affiliation fees and grants from the Health Service Executive and the Department of Community Equality and Gaeltacht Affairs.

The Atlantic Philanthropies provided Active Retirement Network Ireland with a grant of €400,000 in 2010 as part of a thirty month capacity building grant. The purpose of this grant is to support ARNI to build the capacity of the Central Support Office by;

- Securing new premises and new equipment
- Recruiting 2 new key staff in 2009, an office management position and information and networking officer and recruitment of a National Development Officer in 2010
- Develop both internal and external communication strategy
- Improve communications
- Deliver regional training opportunities for the voluntary committees
- Build the capacity of the local ARAs through information and training
- Support to the working groups

The grant application was based on the strategic plan 2009-2013 and the success of the strategic plan will depend on the continued support of our members and funders. This work will be continued into 2011 and 2012.

A once-off grant of €27,435 was received from POBAL for development of and training on financial templates for regional treasurers. This work began in November 2009 and continued in 2010 to support the regional treasurers in their financial reporting. Conferences were held in April and October and were attended by delegates with the aim of updating and informing our members of current topical and social issues and to ensure communication of our members needs. The conferences were very well received with large attendances at both national and regional conferences.

Active Retirement Network Ireland has been granted charitable status by the revenue commissioners (CHY 15090). All income is applied solely towards the promotion of the charitable objectives of the company.

Our website [www.activeirl.ie](http://www.activeirl.ie) offers further information on Active Retirement Network Ireland including news and events and useful links for our members.

**Directors:**

Tom O'Mahony  
Nancy Tynan

Date: 8th March 2011

# INDEPENDENT AUDITORS REPORT TO THE MEMBERS OF ACTIVE RETIREMENT NETWORK IRELAND

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We have audited the financial statements of Active Retirement Network Ireland for the year ended 31<sup>st</sup> December 2010, which comprise the Income & Expenditure Account, Balance Sheet and related notes. These financial statements have been prepared under the historical cost convention and the accounting policies set out therein.

This report is made solely to the company's members, as a body, in accordance with Section 193 of the Companies Act 1990. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.

## Respective Responsibilities of Directors and Auditors

As described in the Statement of Directors' Responsibilities the company's directors are responsible for the preparation of the financial statements in accordance with applicable law and the Accounting Standards issued by the Accounting Standards Board.

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with the Companies Acts, 1963 to 2009. We also report to you whether in our opinion: proper books of account have been kept by the company; and whether the information given in the Directors' Report is consistent with the financial statements. In addition, we state whether we have obtained all the information and explanations necessary for the purposes of our audit and whether the company's Balance Sheet and its Income & Expenditure Account are in agreement with the books of account.

We also report to you if, in our opinion, any information specified by law regarding directors' remuneration and directors' transactions is not disclosed and, where practicable, include such information in our report.

We read the Directors' Report and consider the implications for our report if we become aware of any apparent misstatement within it.

## Basis of audit opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgments made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

## Opinion

In our opinion the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of the company's affairs as at 31<sup>st</sup> December 2010 and of its result for the period then ended; and have been properly prepared in accordance with the requirements of the Companies Acts 1963 to 2009.

We have obtained all the information and explanations we consider necessary for the purpose of our audit. In our opinion, proper books of account have been kept by the company. The company's financial statements are in agreement with the books of account.

In our opinion, the information given in the Directors' Report is consistent with the financial statements.

## CDK & ASSOCIATES

Registered Auditors & Accountants

Mounttown House  
62/63 Mounttown Road Lower  
Dun Laoghaire  
Co. Dublin

Date: 9th March 2011

# ACTIVE RETIREMENT NETWORK IRELAND

## AFFILIATED ASSOCIATIONS

County/Area	Association
Co. Laois	50 + Active Age Group Portlaoise
Co. Leitrim	99 Club Active Age Group A.R.A.
Co. Galway	Abbey Friendship A.R.A.
Co. Longford	Abbey/Carra A.R.A.
Co. Kerry	Abbeydorne-Kilflynn A.R.A.
Co. Westmeath	Active Friends 08 (Rochfordbridge) A.R.A.
Co. Cavan	Active Virginians A.R.A.
Co. Limerick	Adare A.R.A.
Co. Westmeath	An Grianan (Mount Temple) A.R.A.
Co. Tipperary	Anacarthy Donohill A.R.A.
Co. Galway	Annaghdown Corrandulla A.R.A.
Co. Limerick	ARA na Féile (Abbeyfeale) A.R.A.
Co. Louth	Ardee A.R.A.
Co. Cork	Ardfield/Rathbarry A.R.A.
Dublin 05	Ardlea A.R.A.
Co. Wicklow	Arklow A.R.A.
Co. Limerick	ARRA Friends Newcastle West A.R.A.
Dublin 05	Artane A.R.A.
Co. Limerick	Askeaton /Ballysteen A.R.A.
Co. Meath	Athboy A.R.A.
Co. Galway	Athenry A.R.A.
Co. Roscommon	Athlone Drum A.R.A.
Co. Cork	Aughadown A.R.A.
Co. Leitrim	Aughnasheelin A.R.A.
Co. Galway	Aughrim A.R.A.
Co. Wicklow	Aughrim Co. Wicklow A.R.A.
Dublin 07	Aughrim Street A.R.A.
Co. Roscommon	Aughrim/Kilmore A.R.A.
Co. Wicklow	Avoca A.R.A.
Co. Westmeath	B.C.D.L. Friendship Club A.R.A.
Co. Carlow	Bagenalstown & District A.R.A.
Co. Dublin	Balbriggan Bowling Club A.R.A.
Dublin 13	Baldoyle A.R.A.

County/Area	Association
Co. Mayo	Balla A.R.A.
Co. Roscommon	Ballaghaderreen A.R.A.
Co. Mayo	Ballina A.R.A.
Co. Sligo	Ballinafad A.R.A.
Co. Leitrim	Ballinamore Active Age A.R.A.
Co. Galway	Ballinasloe A.R.A.
Co. Mayo	Ballindine/Irishtown A.R.A.
Co. Roscommon	Ballinlough/Granlahan A.R.A.
Co. Mayo	Ballinrobe A.R.A.
Co. Kerry	Ballinskelligs Group A.R.A.
Dublin 16	Ballinteer A.R.A.
Co. Sligo	Ballintogher A.R.A.
Co. Mayo	Ballintubber Over 55 Club
Co. Meath	Ballivor A.R.A.
Co. Carlow	Ballon Rathoe District A.R.A.
Co. Limerick	Ballyagran/Castletown/Colmanswell A.R.A.
Co. Galway	Ballybane A.R.A.
Co. Roscommon	Ballybay Kiltoom A.R.A.
Dublin 16	Ballyboden/St. Endas A.R.A.
Co. Donegal	Ballybofey & Stranorlor Womans Group
Co. Offaly	Ballyboy High Milage Club A.R.A.
Co. Kerry	Ballybunion A.R.A.
Co. Kilkenny	Ballycallan (B.K.K.) A.R.A.
Co. Offaly	Ballycommon A.R.A.
Co. Cavan	Ballyconnell Over 50s A.R.A.
Co. Kerry	Ballyduff A.R.A.
Dublin 10	Ballyfermot A.R.A.
Co. Roscommon	Ballyforan & Dysart A.R.A.
Co. Kilkenny	Ballyfoyle and District A.R.A.
Dublin 11	Ballygall A.R.A.
Co. Mayo	Ballyhaunis A.R.A.
Co. Mayo	Ballyheane "55" Club A.R.A.
Co. Kerry	Ballyheigue Over 55's A.R.A.
Co. Longford	Ballyleague / Lanesboro A.R.A.
Co. Kerry	Ballylongford Go For Life A.R.A.
Co. Kerry	Ballymacelligot A.R.A.

County/Area	Association
Co. Westmeath	Ballymore Thursday Club A.R.A.
Co. Sligo	Ballymote A.R.A.
Co. Kilkenny	Ballyragget A.R.A.
Co. Donegal	Ballyshannon and District A.R.A.
Co. Cork	Baltimore Over 55's Social Club
Co. Wicklow	Baltinglass and District A.R.A.
Co. Offaly	Banagher A.R.A.
Co. Wexford	Bannow and Ballymitty A.R.A.
Co. Offaly	Barna A.R.A.
Co. Galway	Barna/Furbo A.R.A.
Co. Cork	Barryroe Friendship Club A.R.A.
Co. Kerry	Beaufort A.R.A.
Dublin 09	Beaumont A.R.A.
Dublin 09	Beaumont Hospital A.R.A.
Co. Meath	Beauparc A.R.A.
Co. Cork	Bere Island A.R.A.
Co. Offaly	Birr A.R.A.
Co. Cavan	Blacklion and Belcoo A.R.A.
Co. Dublin	Blackrock & Monkstown A.R.A.
Co. Cork	Blackrock Community Association A.R.A.
Dublin 15	Blanchardstown A.R.A.
Co. Cork	Blarney A.R.A.
Co. Kerry	Blennerville A.R.A.
Co. Wicklow	Blessington A.R.A.
Co. Meath	Bohermeen A.R.A.
Co. Leitrim	Bornacoola Active Age A.R.A.
Co. Carlow	Borris & District A.R.A.
Co. Roscommon	Boyle A.R.A.
Co. Wicklow	Bray A.R.A.
Co. Wexford	Bree A.R.A.
Co. Roscommon	Breedogue A.R.A.
Co. Limerick	Broadford & District A.R.A.
Co. Westmeath	Bun Brosna/Multyfarnham/ Ballinafid A.R.A.
Co. Wexford	Bunclody A.R.A.
Co. Cork	Buttevant/Liscarroll/Churchtown A.R.A.
Co. Dublin	Cabinteely A.R.A.
Dublin 07	Cabra A.R.A.
Co. Limerick	Caherdavin & District A.R.A.
Co. Tipperary	Cahir A.R.A.
Co. Kerry	Cahirciveen A.R.A.

County/Area	Association
Co. Westmeath	Cairde Killucan A.R.A.
Co. Kilkenny	Callan and District A.R.A.
Co. Sligo	Calry A.R.A.
Co. Cork	Canovee Circle of Friends Group A.R.A.
Co. Cork	Cape Clear A.R.A.
Co. Tipperary	Cappawhite A.R.A.
Co. Waterford	Cappoquin Group A.R.A.
Co. Donegal	Cardonagh A.R.A.
Co. Carlow	Carlow A.R.A.
Co. Meath	Carnaross A.R.A.
Co. Donegal	Carrick Active Age Group A.R.A.
Co. Offaly	Carrick Riverstown Kileen A.R.A.
Co. Monaghan	Carrickmacross A.R.A.
Co. Tipperary	Carrick-on-Suir A.R.A.
Co. Cork	Carrigaline A.R.A.
Co. Leitrim	Carrigallen Drumeela A.R.A.
Co. Tipperary	Cashel and District A.R.A.
Dublin 12	Castle A.R.A.
Co. Westmeath	Castle Writers A.R.A.
Co. Mayo	Castlebar A.R.A.
Co. Kilkenny	Castlecomer A.R.A.
Co. Roscommon	Castlecoote Companions A.R.A.
Co. Galway	Castlegar A.R.A.
Co. Kerry	Castleisland A.R.A.
Dublin 15	Castleknock A.R.A.
Co. Roscommon	Castlerea A.R.A.
Co. Meath	Castletown K.P. A.R.A.
Co. Cork	Castletownbere A.R.A.
Dublin 20	Chapelizod A.R.A.
Co. Mayo	Charlestown A.R.A.
Dublin 14	Churchtown A.R.A.
Co. Limerick	Civil Defence 2003 Club A.R.A.
Co. Galway	Claddagh A.R.A.
Co. Kerry	Clar Seanoiai Na Dromoda A.R.A.
Co. Offaly	Clara Leading A.R.A.
Co. Galway	Claregalway/Carnmore A.R.A.
Co. Mayo	Claremorris A.R.A.
Co. Galway	Clarínbridge A.R.A.
Co. Galway	Clifden A.R.A.
Co. Sligo	Cliffoney A.R.A. (Young at Hearts Club) A.R.A.
Co. Offaly	Cloghan A.R.A.

County/Area	Association
Co. Offaly	Cloghan Coffee Morning A.R.A.
Co. Mayo	Clogher
Co. Offaly	Clombullogue A.R.A.
Co. Cork	Clonakilty Friendship Club A.R.A.
Co. Meath	Clonard A.R.A.
Dublin 22	Clondalkin Active A.R.A.
Co. Offaly	Cloneygowan A.R.A.
Co. Tipperary	Clonmel A.R.A.
Co. Meath	Clonmellon / Killallon A.R.A.
Dublin 03	Clontarf A.R.A.
Co. Tipperary	Cloughjordan, Senior Citizens A.R.A.
Co. Kerry	Club 55 Asdee A.R.A.
Co. Longford	Club 89 A.R.A.
Co. Leitrim	Club Cluainin Active Age Group Manorhamilton A.R.A.
Co. Kerry	Club Ide A.R.A.
Co. Cork	Coachford A.R.A.
Co. Sligo	Collooney & Ballinacarrow A.R.A.
Co. Waterford	Comeragh A.R.A.
Co. Louth	Cooley A.R.A.
Dublin 05	Coolock Kilmore West A.R.A.
Dublin 05	Coolock St. Lukes A.R.A.
Co. Kerry	Corca Dhuibhne Ladies A.R.A.
Co. Monaghan	Corduff/Raferagh A.R.A.
Co. Cork	Cork Get-Together Group
Co. Wexford	Craanford A.R.A.
Co. Galway	Craughwell/Ballymana A.R.A.
Co. Offaly	Croghan Hill A.R.A.
Co. Kerry	Cromane A.R.A.
Co. Meath	Crossakiel (Young at Heart) A.R.A.
Co. Mayo	Crossmolina A.R.A.
Dublin 12	Crumlin, St. Agnes A.R.A.
Dublin 12	Crumlin, St. Bernadettes A.R.A.
Co. Galway	Cumann Iar Oibrithe Lufara, An Spideal A.R.A.
Co. Kerry	Currow-Currans A.R.A.
Co. Offaly	Daingean A.R.A.
Co. Waterford	Deise A.R.A.
Co. Waterford	Dolmen A.R.A.
Dublin 05	Donaghmede A.R.A.

County/Area	Association
Co. Donegal	Donegal Town A.R.A.
Co. Cork	Doneraile A.R.A.
Dublin 04	Donnybrook A.R.A.
Dublin 05	Donnycarney A.R.A.
Co. Cork	Donoughmore A.R.A.
Co. Sligo	Douglas Active Age Art Group A.R.A.
Co. Cavan	Dowra Active Age A.R.A.
Co. Tipperary	Drangan & Cloneen A.R.A.
Co. Cork	Drimoleague A.R.A.
Co. Cork	Drinagh A.R.A.
Co. Louth	Drogheda A.R.A.
Co. Leitrim	Dromahair Wednesday Club A.R.A.
Co. Limerick	Dromin Athlacca A.R.A.
Co. Cork	Dromtariffe Active Club A.R.A.
Dublin 09	Drumcondra Bowling Club A.R.A.
Co. Meath	Drumconrath A.R.A.
Co. Cavan	Drumcor A.R.A.
Dublin 06	Dublin Institute of Technology A.R.A.
Co. Meath	Duleek - Bellewstown A.R.A.
Co. Dublin	Dun Laoghaire A.R.A.
Co. Meath	Dunboyne A.R.A.
Co. Louth	Dundalk A.R.A.
Dublin 14	Dundrum A.R.A.
Co. Waterford	Dungarvan & District Branch A.R.A.
Co. Galway	Duniry & District
Co. Donegal	Dunkineely Active Age Group A.R.A.
Co. Cork	Dunmanway A.R.A.
Co. Offaly	Durrow A.R.A.
Co. Sligo	Easkey Active Age Group A.R.A.
Co. Clare	East Clare A.R.A.
Co. Meath	East Meath A.R.A.
Co. Meath	Enfield A.R.A.
Co. Clare	Ennis A.R.A.
Co. Wexford	Enniscorthy A.R.A.
Co. Cork	Enniskeane A.R.A.
Co. Galway	Eyrecourt Meelick Clonfert A.R.A.
Dublin 03	Fairview A.R.A.
Co. Louth	Faughart Social Group A.R.A.

County/Area	Association
Co. Leitrim	Fenagh Active Age A.R.A.
Co. Offaly	Ferbane (West Offaly) A.R.A.
Co. Cork	Fermoy and District A.R.A.
Co. Wexford	Ferns and District A.R.A.
Co. Kilkenny	Ferrybank and District A.R.A.
Co. Kilkenny	Ferrybank Ladies A.R.A.
Co. Roscommon	Four Mile House A.R.A.
Co. Mayo	Foxford A.R.A.
Dublin 18	Foxrock A.R.A.
Co. Kilkenny	Freshford A.R.A.
Co. Waterford	Friends of Assisi House A.R.A.
Co. Tipperary	Galbally A.R.A.
Co. Galway	Galway - Westside A.R.A.
Co. Galway	Galway City Centre A.R.A.
Co. Kerry	Garda Siochana Retired Members Tralee A.R.A.
Dublin 09	Glasnevin Village A.R.A.
Co. Galway	Glenamaddy A.R.A.
Co. Leitrim	Glencar Active Age Group
Dublin 18	Glencullen A.R.A.
Co. Leitrim	Glenfarne Active Age Group A.R.A.
Co. Leitrim	Glenfarne Community Care A.R.A.
Co. Cork	Glengarrif A.R.A.
Co. Donegal	Golden Oldies Lifford A.R.A.
Co. Offaly	Golden Years (Edenderry/Carbury) A.R.A.
Co. Kildare	Golden Years Leixlip A.R.A.
Co. Cork	Goleen A.R.A.
Co. Wexford	Gorey A.R.A.
Co. Galway	Gort A.R.A.
Co. Roscommon	Gorthaganny Active Age Group A.R.A.
Co. Leitrim	Gortletteragh Autumn Club A.R.A.
Co. Kilkenny	Gowran A.R.A.
Co. Kilkenny	Graignamanagh A.R.A.
Dublin 05	Grange Woodbine A.R.A.
Co. Meath	Grúpa Gníomhach Scortha Bhaile Ghib A.R.A.
Co. Sligo	Gurteen Active Age Group
Dublin 04	Haddington Road Keep Fit A.R.A.

County/Area	Association
Co. Laois	Happy Hearts Portarlinton A.R.A.
Co. Offaly	High Street Belmont A.R.A.
Co. Dublin	Howth/ Sutton A.R.A.
Co. Monaghan	Inniskeen Young at Heart A.R.A.
Co. Limerick	Janesboro ( Lady Queen of Peace) A.R.A.
Co. Kilkenny	Johnstown and District A.R.A.
Co. Kildare	Johnstown Bridge A.R.A.
Co. Dublin	Johnstown/Killiney A.R.A.
Co. Kilkenny	Johnswell and District A.R.A.
Co. Meath	Kells A.R.A.
Co. Longford	Kenagh Community Social Group A.R.A.
Co. Kerry	Kenmare A.R.A.
Dublin 05	Kilbarrack A.R.A.
Dublin 05	Kilbarrack Over 60's Club A.R.A.
Co. Offaly	Kilclonfert Seniors Group A.R.A.
Co. Tipperary	Kilcommon A.R.A.
Co. Meath	Kildalkey A.R.A.
Co. Kildare	Kildare A.R.A.
Co. Limerick	Kilfinane A.R.A.
Co. Clare	Kilkee A.R.A.
Co. Kilkenny	Kilkenny A.R.A.
Co. Galway	Kilkerrin/ Clonberne A.R.A.
Co. Dublin	Kill O' the Grange A.R.A.
Co. Monaghan	Killanny Active A.R.A.
Co. Kerry	Killarney A.R.A.
Co. Laois	Killenard A.R.A.
Co. Tipperary	Killenaule A.R.A.
Dublin 05	Killester A.R.A.
Co. Mayo	Kilmaine A.R.A.
Co. Limerick	Kilmallock A.R.A.
Co. Meath	Kilmessan Co. Meath A.R.A.
Co. Clare	Kilmihil A.R.A.
Co. Wexford	Kilmuckridge (Women Together) A.R.A.
Co. Clare	Kilnamona & Inagh A.R.A.
Co. Wexford	Kilrane/Rosslare Harbour A.R.A.
Co. Clare	Kilrush A.R.A.
Co. Mayo	Kiltimagh Tuesday Club A.R.A.
Co. Leitrim	Kiltyclogher Active Age
Dublin 12	Kimmage Manor A.R.A.

County/Area	Association
Dublin 03	Kincora/Clontarf A.R.A.
Co. Cavan	Kingscourt A.R.A.
Dublin 24	Kingswood Active Age Club (Men) A.R.A.
Co. Westmeath	Kinnegad Womans Group A.R.A.
Co. Cork	Kinsale A.R.A.
Co. Galway	Kinvara A.R.A.
Co. Tipperary	Knockavilla - Donaskeigh A.R.A.
Dublin 16	Knocklyon A.R.A.
Co. Galway	Knocknacarra A.R.A.
Co. Donegal	Kurling Club Raphoe A.R.A.
Co. Louth	Lann-Leire & District A.R.A.
Co. Wicklow	Laragh/Glendalough & District A.R.A.
Co. Cavan	Lavey Senior Social Club A.R.A.
Co. Cork	Leap A.R.A.
Co. Carlow	Leighlinbridge A.R.A.
Co. Dublin	Leopardstown & District A.R.A.
Co. Donegal	Letterkenny A.R.A.
Co. Limerick	Limerick Central A.R.A.
Co. Limerick	Limerick City A.R.A.
Co. Limerick	Limerick Holy Rosary A.R.A.
Co. Limerick	Limerick North A.R.A.
Co. Clare	Lisdoonvarna-Burren District A.R.A.
Co. Kerry	Listowel and District A.R.A.
Co. Kerry	Lixnaw A.R.A.
Co. Longford	Longford A.R.A.
Co. Roscommon	Loughglynn Castlereagh (Woodlands Evergreen) A.R.A.
Co. Galway	Loughrea A.R.A.
Co. Tipperary	Lower Ormond A.R.A.
Co. Dublin	Lucan A.R.A.
Co. Dublin	Lusk A.R.A.
Co. Cork	Macroom A.R.A.
Co. Dublin	Malahide A.R.A.
Co. Cork	Mallow A.R.A.
Dublin 03	Marino A.R.A.
Co. Sligo	Maugherow Active Age A.R.A.
Co. Mayo	Mayo Abbey A.R.A.
Co. Clare	Meelick A.R.A.
Co. Offaly	Men's Over 50's Club (Offaly) A.R.A.

County/Area	Association
Co. Galway	Mervue A.R.A.
Co. Kerry	Mid Kerry (Killorglin) A.R.A.
Co. Cork	Midleton & District A.R.A.
Co. Cork	Millstreet Over 50's A.R.A.
Dublin 06	Milltown A.R.A.
Co. Clare	Milltown Malbay A.R.A.
Co. Westmeath	Moate A.R.A.
Co. Longford	Moatsiders A.R.A.
Co. Wexford	Monageer A.R.A.
Co. Limerick	Monaleen/Milford A.R.A.
Co. Sligo	Monday Club - Gleann A.R.A.
Co. Roscommon	Moore A.R.A.
Dublin 06	Mount Argus A.R.A.
Dublin 07	Mount Carmel A.R.A.
Co. Dublin	Mount Merrion A.R.A.
Co. Galway	Mountbellew A.R.A.
Co. Laois	Mountmellick A.R.A.
Co. Tipperary	Moycarkey-Littleton-Two Mile Borris
Co. Meath	Moynalty A.R.A.
Co. Donegal	Muff "Time on Your Hands" A.R.A.
Co. Cavan	Mullagh/Cross Friendship Club A.R.A.
Co. Mayo	Mulranny A.R.A.
Co. Limerick	Murroe A.R.A.
Co. Kildare	Naas A.R.A.
Co. Meath	Navan A.R.A.
Co. Tipperary	Nenagh A.R.A.
Co. Clare	New Market on Fergus(Going Strong Club) A.R.A.
Co. Wexford	New Ross A.R.A.
Co. Kildare	Newbridge A.R.A.
Co. Galway	Newcastle A.R.A.
Co. Dublin	Newcastle Ladies Badminton A.R.A.
Co. Cork	Newcestown Friendship Group A.R.A.
Co. Tipperary	Newport Co Tipp A.R.A.
Co. Mayo	Newport A.R.A.
Co. Kildare	Newtown - Donadea Senior Citizens
Co. Meath	Nobber Friendship Club A.R.A.
Co. Meath	Oldcastle A.R.A.
Co. Louth	Omeath and District A.R.A.

County/Area	Association
Co. Wexford	Oulart and District A.R.A.
Co. Kilkenny	Pal Club Kilmanagh A.R.A.
Co. Limerick	Pallasgreen Limerick A.R.A.
Co. Limerick	Patrickswell A.R.A.
Dublin 12	Perrystown Manor Estate A.R.A.
Co. Cork	Pfizer A.R.A.
Dublin 07	Phibsboro A.R.A.
Co. Wexford	Piercestown/Murrintown A.R.A.
Co. Kerry	Portmagee A.R.A.
Co. Galway	Portumna Over 55 A.R.A.
Co. Wexford	Poulpeasty & District
Co. Offaly	Pullough A.R.A.
Co. Clare	Quin A.R.A.
Co. Dublin	R.A.M.S. A.R.A.
Co. Wexford	Raheen A.R.A.
Dublin 05	Raheny A.R.A.
Co. Wexford	Ramsgrange A.R.A.
Dublin 06	Ranelagh A.R.A.
Co. Donegal	Raphoe Seniors Friday Club A.R.A.
Co. Dublin	Rathcoole A.R.A.
Co. Laois	Rathdowney A.R.A.
Dublin 14	Rathfarnham A.R.A.
Dublin 06	Rathgar A.R.A.
Co. Meath	Rathkenny A.R.A.
Dublin 06	Rathmines A.R.A.
Co. Galway	Renmore A.R.A.
Co. Cork	Retired Peoples Network Cork A.R.A.
Dublin 08	Rialto A.R.A.
Co. Cork	Ringaskiddy A.R.A.
Dublin 04	Ringsend A.R.A.
Co. Dublin	River Valley Swords A.R.A.
Co. Roscommon	Rooskey A.R.A.
Co. Roscommon	Roscommon Town A.R.A.
Co. Tipperary	Roscrea A.R.A.
Co. Wexford	Rosslare Strand A.R.A.
Co. Mayo	Roundfort A.R.A.
Co. Wicklow	Roundwood A.R.A.
Co. Cork	S.W.E.L.S. Cobh A.R.A.
Co. Waterford	Sacred Heart A.R.A.
Co. Galway	Salthill Galway A.R.A.
Dublin 16	Sandyford A.R.A.

County/Area	Association
Dublin 09	Santry A.R.A.
Dublin 09	Santry Lorcan A.R.A.
Co. Offaly	Seir Kieran (Clareen) A.R.A.
Co. Donegal	Serenity A.R.A.
Co. Dublin	Shankill A.R.A.
Co. Westmeath	Shannonbridge A.R.A.
Co. Offaly	Shinrone A.R.A.
Co. Dublin	Skerries A.R.A.
Co. Cork	Skibbereen Active & Social Club A.R.A.
Co. Sligo	Skreen A.R.A.
Co. Sligo	Skreen/Dromard Community Care A.R.A.
Co. Meath	Slane A.R.A.
Co. Kilkenny	Slieverue A.R.A.
Co. Sligo	Sligo A.R.A.
Co. Sligo	St. Attractas Society Banada A.R.A.
Dublin 05	St. Brendans Coolock A.R.A.
Co. Limerick	St. Brigids & St. Patricks A.R.A.
Dublin 11	St. Fergal's (Finglas West) A.R.A.
Dublin 03	St. Gabriel's Parish Seniors Club A.R.A.
Co. Cork	St. Joseph's A.R.A.
Co. Wicklow	St. Josephs Newtownmountkenedy A.R.A.
Dublin 08	St. Kevins (Harrington Street A.R.A. )
Co. Westmeath	St. Mary's A.R.A.
Dublin 05	St. Monica's A.R.A.
Co. Kilkenny	St. Mullins & District A.R.A.
Co. Westmeath	St. Peters A.R.A.
Co. Tipperary	St. Ruadhan's A.R.A.
Dublin 02	St. Teresa's Clarendon St. A.R.A.
Co. Sligo	Star of the Sea Strandhill A.R.A.
Co. Dublin	Stillorgan A.R.A.
Co. Limerick	Stonehall A.R.A.
Co. Kilkenny	Stonyford A.R.A.
Co. Waterford	Suir A.R.A.
Co. Meath	Summerhill A.R.A.
Co. Mayo	Swinford A.R.A.
Co. Wexford	Taghmon Camross A.R.A.
Co. Waterford	Tallow and District A.R.A.
Co. Longford	Tang Golden Years Club A.R.A.

County/Area	Association
Co. Kerry	Tarbert Bridewell A.R.A.
Co. Tipperary	Templemore A.R.A.
Co. Wexford	The Ballagh and District A.R.A.
Co. Offaly	The Clodagh A.R.A.
Co. Kilkenny	Thomastown and District A.R.A.
Co. Tipperary	Thurles A.R.A.
Co. Limerick	Thursday Club (Clarina) A.R.A.
Co. Leitrim	Thursday Club Rossinver A.R.A.
Co. Wicklow	Tinahely A.R.A.
Co. Tipperary	Tipperary A.R.A.
Co. Offaly	Tir na nOg A.R.A.
Co. Galway	Tirellan A.R.A.
Co. Roscommon	Tisara (Four Roads) A.R.A.
Co. Mayo	Tooreen A.R.A.
Co. Cork	Tracton A.R.A.
Co. Kerry	Tralee A.R.A.
Co. Waterford	Tramore A.R.A.
Dublin 02	Trinity College A.R.A.
Co. Galway	Tuam A.R.A.
Co. Sligo	Tubbercurry A.R.A.
Co. Clare	Tulla S/C A.R.A.
Co. Cavan	Tullacmongan Golden Oldies A.R.A.
Co. Leitrim	Tullaghan Active Age Group A.R.A.
Co. Offaly	Tullamore A.R.A.
Co. Kilkenny	Tullaroan A.R.A.
Co. Carlow	Tullow A.R.A.

County/Area	Association
Co. Cork	Turner's Cross A.R.A.
Co. Donegal	Twin Town Friday Club Ballybofey/Stranorlar A.R.A.
Co. Donegal	Twin Towns Go for Life A.R.A.
Co. Westmeath	Tyrrellspass (Forever Friends) A.R.A.
Co. Kilkenny	Urlingford Thursday A.R.A.
Co. Kerry	Valentia A.R.A.
Co. Wicklow	Vevay (Bray) A.R.A.
Co. Laois	Vicarstown Recreational Group A.R.A.
Co. Kerry	Waterville A.R.A.
Co. Mayo	Westport A.R.A.
Co. Wexford	Wexford A.R.A.
Co. Clare	Whitegate A.R.A.
Dublin 09	Whitehall A.R.A.
Co. Wicklow	Wicklow A.R.A.
Co. Meath	Wilkinstown A.R.A.
Co. Galway	Williamstown A.R.A.
Dublin 06W	Willington Templeogue A.R.A.
Co. Cork	Young at Heart Club Caheragh A.R.A.
Co. Cork	Young at Heart Douglas Senior Citizens A.R.A.
Co. Westmeath	Young at Heart Kilbeggan A.R.A.
Co. Cork	Young At Heart Kilbrittain A.R.A.
Co. Mayo	Young at Heart Parke Castlebar A.R.A.
Co. Mayo	Young at Heart Taugheen Claremorris A.R.A.

## Active Retirement Network Ireland

Active Retirement Network Ireland was founded in 1978 and our philosophy is based on older people doing things for themselves. Active Retirement Network Ireland is a national network of over 500 local active retirement associations. These local associations aim to help older people lead a full, happy and healthy life by offering organised opportunities for a wide range of activities that enable older people in local communities to get involved in something that they like.

The purpose of Active Retirement Network Ireland is to enable retired people enjoy a full and active life and advocate for them.

### Strategic Outcomes 2009-2013

1. Be an organisation that people would be proud to be part of locally, regionally and nationally
2. Be a recognised voice for retired people on social, health, learning and economic issues in collaboration with other organisations
3. Develop the database, structures, skills, funding sources and activities of the organisation in a professional manner.

