

Active Retirement Network Ireland

ANNUAL REPORT 2009



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PRESIDENT'S MESSAGE

I have now completed my first year as President of Active Retirement Ireland. During this year we began work on the very first strategic plan for the organisation.

The plan passed by the delegates at the AGM in April 09 sets out the direction of the organisation for the next five years. It outlines the purpose – to enable retired people enjoy a full and active life and advocate for them. During 2009 work on the plan included setting up three working groups from our membership to develop a number of actions. This has proved to be successful as it has provided the members with a more in-depth knowledge of the workings of the organisation.

The plan for 2009 included consolidating the great work being done by the volunteers and building on ideas that come from the membership.

Actions that have come from the working groups include the membership badge, the regional and ARA banner, the essay competition, clustering of ARAs for informal meetings and advice on suitable premises for head office.

We have worked hard on developing the profile of the organisation during 2009, the open day run by the National Art Gallery and ARI in March was so successful as a national event that it resulted in requests for more national events.

ARI is now working on the national cruise in May 2011 with JMG Travel and the National Bowls Competition for March 2010.

The ethos of ARI is older people doing things for themselves and this is what ARI is all about, it is a voluntary organisation and all activities are organised and planned by the members.

I would like to thank the National Executive Committee and the Board for their hard work during 2009; they are a credit to their ARAs and their regions. Thanks must also be given to every voluntary committee member at local and regional levels, without them this organisation would not be the active, vibrant organisation it is today.

I would also like to thank the staff at head office and the development officers at regional level who work hard to ensure the organisation works well.

I am very proud to be President of an organisation like this.

Tom O'Mahony

President



REPORT FOR 2009 FROM THE NATIONAL EXECUTIVE COMMITTEE OF ACTIVE NETWORK RETIREMENT IRELAND

Active Retirement Network Ireland (ARNI)

Active Retirement Network Ireland is a national network of over 480 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 a 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 and short leisure breaks
- Cultural visits to museums, interpretive centres and galleries
- Learning activities such as computer and 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. ARNI 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 ARNI 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 to continue the work of Active Retirement Ireland as a company limited by guarantee.

The objects as stated in the Articles 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.

Information and Publicity

In 2009 Active Retirement Network Ireland (ARNI) promoted arts and culture through the organisation of an Art for the Active Retired day in the National Art Gallery on March 5th. This was attended by over 700 members from all over the country.



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

During the year ARNI highlighted with the press various issues on behalf of the membership, in particular the campaign for not cutting the Old Age pension in the 2009 Budget. Press coverage included many of our members speaking on the Pat Kenny radio show in October. DHR Communications supported ARNI in all publicity work.

The regional councils of ARNI continued to run a variety of activities including information seminars on health and economic issues and activity events such as the festivals, gardening competitions and fun days.

Two national events were born in 2009 – The National Bowling Competition to be held in March 2010 in Breaffy House Hotel, and The National Cruise being organised by JMG Travel in Donegal departing in May 2011.

ARNI continued to promote the value of a good, active and healthy retirement with the Therapeutic Activity Programme in St. John of God Hospital in Dublin, the regular retirement planning courses run by the Civil Service Training and Development Centre.

The CEO Maureen Kavanagh spoke at the NUIG Centre for Gerontology on the role of Active Retirement Associations in community development, as well as attending the functions organised by ARAs and Regional Councils.

Membership Support

ARI News – a colourful newsletter was published in three times in 2009. It covered information from local ARAs along with useful health tips and dates to be remembered. The newsletter also gave members an update on what is happening at national level.

www.activeirl - the ARNI website has continued to promote the work of ARNI and its member local associations. ARAs contributed their own news and information on the website making it a useful source for publicity and news.

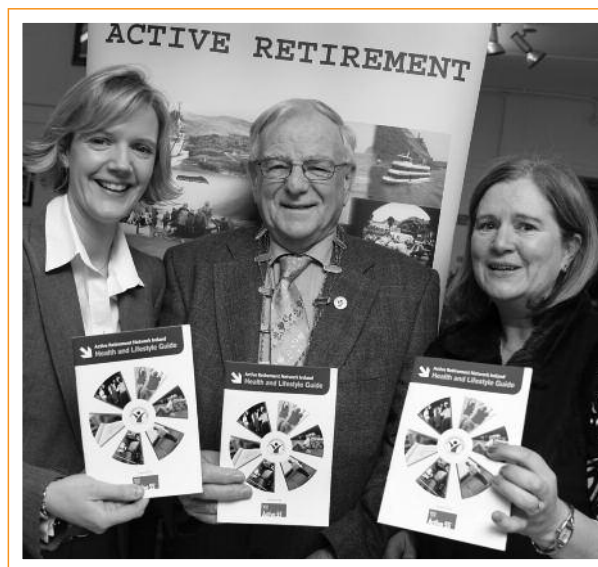
Seven Seas provided funding for the publication of the **Health & Lifestyle booklet** which includes areas such as

- Diet and exercise
- Common ailments and prevention
- Mobility
- Mental health
- Heart health
- Financial information
- Contacts, etc.

30,000 booklets were published and widely distributed to membership. Clontarf ARA members were the models for the photographs.

Telephone queries in 2009 increased by 50% with many of the queries focusing on internal matters such as membership and insurance. Other queries looked for general information on Active Retirement Ireland.

Under the Atlantic Philanthropies grant Peter Kavanagh was employed in November 2009 as Information and Networking officer.



The Membership Badge

A new membership badge was developed by Working Group 1 as a means of ensuring members are proud of the organisation. The badge is easy to recognise and costs €1 per badge. All members are encouraged to purchase the badge as it is a means of promoting the organisation.

Annual General Meeting April 2009

The AGM for 2009 was held in the Lynch Clare Inn in April and was attended by over 320 delegates. This event ran over two days and provided an opportunity for delegates to network and meet new people. The President and the CEO met with the regional chairs, secretaries, development officers and treasurers to listen to their work and any issues they may have as volunteers. The strategic plan for the organisation was presented by the CEO – Maureen Kavanagh and voted on by the delegates. The plan was accepted by all.



Older & Bolder Director, Patricia Conboy gave an input on the work of Older & Bolder in the role of combating ageism and promoting older people's issues at national level.

Artist Harry Feeney gave a demonstration on water colours which was well attended.

The National Art exhibition was held during the AGM with art coming from ARA members. The winner was Phil Dowling from Bray.

General Council 2009

The General Council Meeting 2009 was held in October in the Brennan's Green Isle Hotel in Dublin. The attendance for this meeting was in the region of 300 delegates, which was a huge increase in comparison to previous years. The old age pension issue was very much on members' minds as they questioned Minister for Older People, Áine Brady on whether the Government would cut the pension in the budget. Other issues such as concerns on Rural Transport were debated. Age and Opportunity gave a presentation on their work to the delegates.



Regional Training

Regional training is a very important part of the support that is provided to members. Training comprised of workshops in the regions on Effective Committee Roles, this assists current and potential committee members to run the committees well.

IT training was delivered in the eight regions during 2009 funded by a grant from the Department of Communications, Energy and Natural Resources. The Train the Trainers (IT Skills) course was run over a seven week period and 16 laptops were purchased as part of the grant for the members to use during the training. The training was provided by Computer Gym in a mobile training centre. The second IT training delivered was through the Johnstown Community College and Co Kilkenny VEC where 18 members completed a six week course.

Other training delivered at regional level included a one day workshop on media skills run in 6 regions and delivered by DHR Communications. This workshop aimed at increasing the members skills in dealing with media and how to deliver a clear message.

In 2009 support was provided to the three working groups to assist them in planning by Partnership Solutions.

ARNI is run mainly by volunteers and it is important that the voluntary effort of the organisation is supported.



The 1st Strategic Plan for ARNI 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 5 years the organisation must consolidate the work to-date and fix our communications with local ARAs and at regional level.

The plan was communicated to ARAs during a series of regional meetings in February and March and these regional meetings were an opportunity for members to ask questions and seek clarity on the plan.

The plan was accepted at the AGM in April. Each strategic outcome has a working group of members supporting it.

Collaboration Work

Active Retirement Network Ireland continued to strengthen our relationships with key organisations and agencies to ensure the message that older people are active, independent and healthy contributors to their communities is heard.

Older & Bolder

Older & Bolder is an alliance of seven organisations in the older peoples' sector that are committed to promoting a positive ageing attitude. The work in 2009 focused on developing a plan of work for informing the National Positive Ageing Strategy. Consultations were held around the country in May and June to document the main issues. Two publications were printed in 2009 - *What does Positive Ageing mean to older people?* and *A Bounty not a Burden*. A major awareness-raising campaign was run in the Autumn on protecting the old age pension.

The members of the alliance are as follows; *Active Retirement Ireland; Age & Opportunity; Alzheimer Society of Ireland; Carers Association; Irish Hospice Foundation; Irish Senior Citizens Parliament and the Senior Help Line.*

www.olderandbolder.ie

AONTAS -The National Adult Learning Organisation

ARNI continues to promote learning for older people through its work with AONTAS. Kevin Molloy represented the organisation on working groups within AONTAS and ARNI maintains communication with AONTAS on learners' needs. AONTAS set up an Older Learners' Network and ARNI members regularly attend these meetings to voice their needs and concerns.

www.aontas.com

Irish Senior Citizens' Parliament (ISCP)

ARNI believes that the ICSP is the ideal place to raise the broader issues that affect the members. Paddy Stanley represented ARNI on the ICSP executive committee in 2009 and brought many issues such as pensions to this table.

Age & Opportunity

Age & Opportunity continues to be a strategic ally for ARNI. The Go-For-Life programme and the Physical Activity Leader training are essential supports for the physical activities of the local ARAs.

The Bealtaine Festival in 2009 provided an opportunity for many ARAs to showcase their creative work and organise fun activities. An evaluation of Bealtaine done in 2009 showed that ARAs were key local organisations in running activities during Bealtaine.



Ageing Well Network

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

AGE Platform Europe

The AGE Platform is a European network of around 150 organisations across Europe for people aged 50+. The purpose of AGE's work is to voice and promote the interests of the over 50+ in Europe. ARNI joined AGE in 2009 so as to raise Irish issues at this forum.

Health Service Executive (HSE) Regional Elder Abuse Steering Committees

ARNI represents the interests of our members on these HSE committees ensuring that the issue of elder abuse is made public. The Development Officers were provided with training on recognising elder abuse in September.

Collaboration Initiative

In 2009 five organisations funded under Atlantic Philanthropies were facilitated to work together on a number of operational issues. In the next 2-3 years, the following outcomes are anticipated from the strategic partnership:



There will be greater cohesion among the five participating organisations, with regular communication and cooperation with other NGOs becoming a core part of each organisation's 'way of working'.

There will be shared premises in a number of towns around Ireland with increased visibility of the NGO ageing sector across the country.

There will be more professional and formalised organisational supports across all the participating NGOs (including HR, IT, operational policies).

There will be demonstrated cost savings across a range of goods and services.

There will be some joint approaches in seeking greater core funding for the NGO ageing sector in Ireland

Under this work the CEOs and Chairs of each organisation are committed to working together.

ARNI 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.

ARNI on behalf of the membership presented submissions to the National Positive Ageing Strategy and to the Garda Strategy on Community Gardaí. The organisation also challenged the McCarthy report through a briefing paper on cuts affecting older people which was sent to all politicians.

Tribute to Anna Manahan

The first patron of Active Retirement Ireland, Actor Anna Manahan, passed away in March 2009. Straight-talking and feisty, 84-year old Anna was very proud of her connections to Active Retirement and the role of Patron was one she relished. Anna was also very involved with the Sacred Heart ARA in her native Waterford City and supported the ARA to set up the now popular Golden Years festival held every year in November. May Anna rest in peace.



THE REGIONAL COUNCILS OF ACTIVE RETIREMENT NETWORK IRELAND

There are eight regional councils in Active Retirement Network Ireland. Each region elects a committee with a chairperson, secretary, treasurer, PRO and committee members. The work of the regions in 2009 varied from region to region but the activities organised were designed to bring the ARAs in each region together.

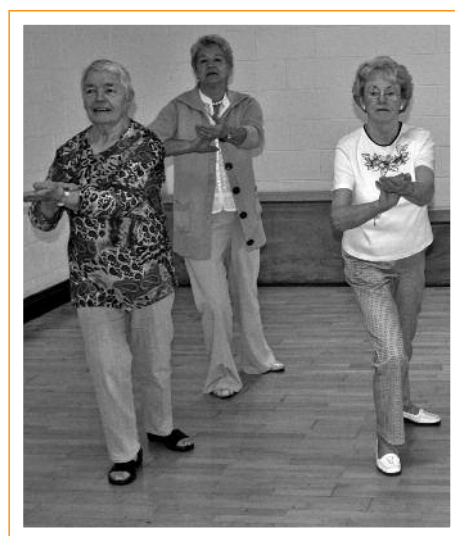
Activities included;

Training and information workshops; health seminars; social events such as short breaks and regional festivals, gardening competitions, and sporting events.

The Eastern Region – Dublin, Wicklow & Kildare	98 ARAs
The Mid Western Region – Limerick, Clare & North Tipperary	51 ARAs
The Midland Region – Westmeath, Laois, Offaly & Longford	53 ARAs
The Southern Region – Cork & Kerry	65 ARAs
The South East Region – Wexford, Waterford, Kilkenny, Carlow & Tipperary South	59 ARAs
The North East Region – Cavan, Monaghan, Louth & Meath	47 ARAs
The North West Region – Leitrim, Sligo & Donegal	42 ARAs
The Western Region – Galway, Mayo & Roscommon	73 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
Not yet appointed	North West Region
Christy O'Carroll	Western Region
Mary Tyrrell	Midland Region
Seamus O'Shea	Mid Western Region
Seamus Walsh	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 2009

The national executive committee is comprised of the 10 elected members and the 8 regional chairs.

President: Tom O'Mahony Wicklow ARA,

Vice President: Kevin Molloy Gorey ARA

Secretary: Pat Stanley Dun Laoghaire ARA,

Treasurer: Nancy Tynan Thurles ARA

Committee members:

Betty O'Flynn Salthill ARA;

Nell Foley Blackrock/Monkstown ARA;

Sean Treacy Ballycallan ARA;

Mary Daly Bunbrosna/Multyfarnham/Ballinafid ARA;

Eithne Carey Renmore ARA,

Michael Cogan Baltinglass & District ARA

The above are also the directors of the limited company.

Chairs of the Regional Councils:

May Colbert Eastern Region; Phyllis O'Halloran Mid West Region; Oliver Lynch Southern Region; Maureen O'Connor South East Region; Jean De Cléir Western Region; Maureen Finlay Midland Region; John Brodie North East Region; John McNamara North West Region.

Staff of ARNI

CEO - Maureen Kavanagh

Office Manager - Maria McMullen

Financial Administrator - Helene Boran

Information & Networking Officer - Peter Kavanagh

Part-Time Office Assistant - Máire Sexton

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 2009

	Note	Y/E 31/12/2009 €	6 Months 31/12/2008 €
Income			
Grant - HSE Mid Leinster South Western Area Health Authority		83,437	42,570
Grant - Dept. Community Rural & Gaeltacht Affairs		89,280	46,500
Grant - Pobal	3	5,713	—
Grant - Dept. Communications, Energy & Natural Resources		88,303	—
Grant - The Atlantic Philanthropies	3	177,548	82,000
Grant - Western Regional Council		5,582	—
Affiliation Fees		105,425	52,739
Mail Shot Income		12,195	5,900
Bank Deposit Interest		939	1,580
Sundry Grants & Income		4,274	497
		<u>572,696</u>	<u>231,786</u>
Expenditure			
Staff Salaries & Wages		160,219	75,023
Recruitment Costs		3,400	—
Staff Pension Costs		5,337	285
Tsunami Donations Paid		—	2,504
Rent & Rates		13,291	7,791
Light & Heat		1,448	744
Telephone		2,437	1,575
Executive Committee & Events		13,757	10,529
Strategic Working Group		15,614	—
Regional Funding		13,410	16,912
Printing & Stationery		21,791	3,604
Conference & Council Expenses		13,548	11,489
Affiliation Fees		602	559
Promotion, Fundraising & Communications		12,742	9,755
AGM Expenses		15,053	150
General Insurance Costs		2,772	336
Consultancy Fees & Related Costs		18,115	83,851
Exhibition Costs		4,642	2,057
Bank Charges		523	123
Audit Fees		4,215	2,430
Postage		7,096	2,135
Regional & Training Development		87,004	—
Training & Research Expenses		66,456	15,491
Legal & Professional Fees		4,227	2,788
Depreciation		1,482	599
I.T. & Computer Expenses		314	1,758
Office Maintenance & Sundry Expenses		2,576	1,897
		<u>492,071</u>	<u>254,385</u>
Net Surplus/(Deficit) on Ordinary Activities		<u>80,625</u>	<u>(22,599)</u>

ACTIVE RETIREMENT NETWORK IRELAND

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

Income and Expenditure account for the year ended 31st December 2009

	Note	Y/E 31/12/2009 €	6 Months 31/12/2008 €
Income		572,696	231,786
Less Administration Overheads		492,071	254,385
Net Surplus/(Deficit) on Ordinary Activities		<u>80,625</u>	<u>(22,599)</u>
Add: Undistributed Surplus Transfer from Active Retirement Ireland 1st July 2008	2	—	83,876
Accumulated Fund Brought Forward		61,277	—
Accumulated Fund Carried Forward		<u>141,902</u>	<u>—</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: 18th March 2010

ACTIVE RETIREMENT NETWORK IRELAND

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

Balance Sheet as at 31st December 2009

	Note	31/12/2009 €	31/12/2008 €
Fixed Assets			
Tangible Fixed Assets		6,385	7,114
Current Assets			
Stocks on Hand		9,864	—
Cash on Hand & in Bank		71,014	69,214
Bank Deposit Account		135,981	94,216
Prize Bonds		1,270	1,270
Prepayments		7,208	1,047
		<u>225,337</u>	<u>165,747</u>
Current Liabilities			
Accrued Expenses		12,547	29,724
Taxation & Social Welfare		12,939	9,956
Deferred Income	3	64,334	71,904
		<u>89,820</u>	<u>111,584</u>
Net Current Assets		135,517	54,163
Total Net Assets		<u>141,902</u>	<u>61,277</u>
Represented By:			
Retained Surplus		141,902	61,277
Accumulated Fund		<u>141,902</u>	<u>61,277</u>

The financial statements were approved by the board on the 18th March 2010 and signed on its behalf by:-

On Behalf of the Board:-

Tom O'Mahony
Nancy Tynan

Date: 18th March 2010

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 2009

2009

€

Note 1 Tangible Fixed Assets

Equipment, Fixtures & Fittings

Cost

Balance 1st January 2009	9,201
Transfer	—
Additions	753
Balance 31st December 2009	<u>9,954</u>

Depreciation

Balance 1st January 2009	2,087
Transfer	—
Charge for Period	1,482
Balance 31st December 2009	<u>3,569</u>
Balance 1st January 2009	<u>7,114</u>
Balance 31st December 2009	<u>6,385</u>

Note 2 Active Retirement Ireland - Transfer of Engagements

Active Retirement Ireland ceased trading in June 2008 and all Assets & Liabilities were transferred on the 1st July 2008 to Active Retirement Network Ireland as follows:-

	€
Fixed Assets (Net Book Value)	6,260
Cash on Hand & in Bank	(3,091)
Deposits & Investments	116,135
Debtors & Prepayments	19,470
Total Assets	<u>138,774</u>
Creditors & Accruals	3,111
Deferred Income	51,787
Undistributed Surplus	83,876
Total Liabilities	<u>138,774</u>

	2009 €	2008 €
Note 3. Deferred Income		
Grant - Pobal	21,722	—
Grant - The Atlantic Philanthropies	42,452	—
Grant - Dept. Communications, Energy & Natural Resources	—	71,904
Sundry Income	160	—
	<u>64,334</u>	<u>71,904</u>

The above grants were received in 2009 and will be matched against costs in 2010.

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

These will be carried forward and matched to related expenditure in 2010

Note 4. Employees and Remuneration

The average number of persons employed by the company in the financial period was 4 (2008 - 6) and is analysed into the following categories.

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

The staff costs are comprised of:

	2009 €	2008 €
Wages & Salaries	145,879	68,332
Social Welfare Costs	14,340	6,691
Staff Pension Costs	5,337	285
	<u>165,556</u>	<u>75,308</u>

Note 5. Statutory & Other Information

The result is stated after charging the following:-

	€	€
Auditors Remuneration	4,215	2,430
Depreciation: Owned Tangible Fixed Assets	<u>1,482</u>	<u>599</u>

Note 6. Analysis of Changes in Cash & Cash Equivalents

	Total 01/01/2009 €	Cash Flow €	Total 31/12/2009 €
Cash on Hand & In Bank	164,700	43,565	208,265
	<u>164,700</u>	<u>43,565</u>	<u>208,265</u>

ACTIVE RETIREMENT NETWORK IRELAND

A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

Financial Statements year ended 31st December 2009

Directors and other information

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

ACTIVE RETIREMENT NETWORK IRELAND

A COMPANY LIMITED BY GUARANTEE NOT HAVING A SHARE CAPITAL

Financial Statements year ended 31st December 2009

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. 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 Rural & 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

Financial Statements year ended 31st December 2009

Directors Report

Events Since Year End

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 recognised 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 480 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 grants from the Health Service Executive and the Department of Community Rural and Gaeltacht Affairs. In December 2008 the Department of Communications, Energy and Natural Resources granted a once-off grant of €71,904 to develop the computer skills of the organisation and its members. This money was spent in 2009 on IT training at regional level for the members.

Principle Activities and Review of the Business (Continued)

Atlantic Philanthropies provided Active Retirement Network Ireland with a grant of €220,000 in 2009 as part of a thirty month capacity building grant. The purpose of this grant is to support ARNI to build the capacity of the National head office by;

- Sourcing new premises and new equipment
- Recruiting 2 new key staff in 2009, an office management position and information and networking officer.
- 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 and the success of the strategic plan will depend on the continued support of our members and funders. This work will be continued into 2010 and 2011.

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 will be continued in 2010. 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 conferences.

Active Retirement Network Ireland has charitable status by the revenue commissioners (CHY 15090).

Our website www.activeirl.ie offers further information on Active Retirement including news and events and useful links for our members.

Directors:

Tom O'Mahony
Nancy Tynan

Date: 18th March 2010

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

We have audited the financial statements of Active Retirement Network Ireland for the year ended 31st December 2009, 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; whether, at the balance sheet date, there exists a financial situation requiring the convening of an extraordinary general meeting of 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 31st December 2009 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: 19th March 2010

AFFILIATED ASSOCIATIONS

County/Area	Association	County/Area	Association
Co. Laois	50+ Active Age Group A.R.A.	Dublin 16	Ballinteer A.R.A.
Co. Leitrim	99 Club Active Age Group A.R.A.	Co. Sligo	Ballintogher A.R.A.
Co. Galway	Abbey Friendship A.R.A.	Co. Meath	Ballivor A.R.A.
Co. Longford	Abbey/Carra A.R.A.	Co. Carlow	Ballon Rathoe District A.R.A.
Co. Limerick	Abbot Close Askeaton A.R.A.	Co. Limerick	Ballyagran/Castletown/Colmanswell A.R.A.
Co. Cavan	Active Virginians A.R.A.	Co. Galway	Ballybane A.R.A.
Co. Limerick	Adare A.R.A.	Co. Roscommon	Ballybay Kiltoom A.R.A.
Co. Westmeath	An Grianán (Mount Temple) A.R.A.	Dublin 16	Ballyboden/St. Endas A.R.A.
Co. Tipperary	Annacarthy A.R.A.	Co. Donegal	Ballybofey & Stranorlor Womans Group
Co. Limerick	ARA na Féile (Abbeyfeale) A.R.A.	Co. Offaly	Ballyboy High Milage Club A.R.A.
Co. Louth	Ardee A.R.A.	Co. Kerry	Ballybunion A.R.A.
Co. Cork	Ardfield/Rathbarry A.R.A.	Co. Kilkenny	Ballycallan (B.K.K.) A.R.A.
Dublin 05	Ardlea A.R.A.	Co. Offaly	Ballycommon A.R.A.
Co. Wicklow	Arklow A.R.A.	Co. Cavan	Ballyconnell A.R.A.
Co. Limerick	ARRA Friends Newcastle West A.R.A.	Co. Kerry	Ballyduff A.R.A.
Dublin 05	Artane A.R.A.	Dublin 10	Ballyfermot A.R.A.
Co. Limerick	Askeaton A.R.A.	Co. Roscommon	Ballyforan & Dysart A.R.A.
Co. Meath	Athboy A.R.A.	Co. Kilkenny	Ballyfoyle and District A.R.A.
Co. Galway	Athenry A.R.A.	Dublin 11	Ballygall A.R.A.
Co. Roscommon	Athlone Drum A.R.A.	Co. Mayo	Ballyhaunis A.R.A.
Co. Cork	Aughadown A.R.A.	Co. Mayo	Ballyheane "55" Club A.R.A.
Co. Leitrim	Aughnasheelin A.R.A.	Co. Kerry	Ballyheigue Over 55's A.R.A.
Co. Galway	Aughrim A.R.A.	Co. Longford	Ballyleague / Lanesboro A.R.A.
Co. Wicklow	Aughrim Co. Wicklow A.R.A.	Co. Kerry	Ballylongford Go For Life A.R.A.
Dublin 07	Aughrim Street A.R.A.	Co. Kerry	Ballymacelligot A.R.A.
Co. Roscommon	Aughrim/Kilmore A.R.A.	Co. Westmeath	Ballymore Thursday Club A.R.A.
Co. Wicklow	Avoca A.R.A.	Co. Sligo	Ballymote A.R.A.
Co. Westmeath	B.C.D.L. Friendship Club A.R.A.	Co. Kilkenny	Ballyragget A.R.A.
Co. Carlow	Bagenalstown & District A.R.A.	Co. Donegal	Ballyshannon and District A.R.A.
Co. Dublin	Balbriggan Bowling Club A.R.A.	Co. Cork	Baltimore Over 55's Social Club
Dublin 13	Baldoyle A.R.A.	Co. Wicklow	Baltinglass and District A.R.A.
Co. Mayo	Balla A.R.A.	Co. Offaly	Banagher A.R.A.
Co. Roscommon	Ballaghaderreen A.R.A.	Co. Wexford	Bannow and Ballymitty A.R.A.
Co. Mayo	Ballina A.R.A.	Co. Offaly	Barna A.R.A.
Co. Sligo	Ballinafad A.R.A.	Co. Galway	Barna/Furbo A.R.A.
Co. Leitrim	Ballinamore Active Age A.R.A.	Co. Cork	Barryroe Friendship Club A.R.A.
Co. Galway	Ballinasloe A.R.A.	Co. Kerry	Beaufort A.R.A.
Co. Mayo	Ballindine/Irishtown A.R.A.	Dublin 09	Beaumont A.R.A.
Co. Roscommon	Ballinlough/Granlahan A.R.A.	Dublin 09	Beaumont Hospital A.R.A.
Co. Mayo	Ballinrobe A.R.A.	Co. Meath	Beauparc A.R.A.
Co. Kerry	Ballinskelligs Group A.R.A.		

County/Area	Association	County/Area	Association
Co. Cork	Bere Island A.R.A.	Co. Kilkenny	Castlecomer A.R.A.
Co. Offaly	Birr A.R.A.	Co. Roscommon	Castlecoote and Fuerty
Co. Cavan	Blacklion and Belcoo A.R.A.	Co. Roscommon	Castlecoote Companions A.R.A.
Co. Dublin	Blackrock & Monkstown A.R.A.	Co. Galway	Castlegar A.R.A.
Co. Cork	Blackrock Community Association A.R.A.	Co. Kerry	Castleisland A.R.A.
Dublin 15	Blanchardstown A.R.A.	Dublin 15	Castleknock A.R.A.
Co. Kerry	Blennerville A.R.A.	Co. Roscommon	Castlerea A.R.A.
Co. Wicklow	Blessington A.R.A.	Co. Meath	Castletown K.P. A.R.A.
Co. Meath	Bohermeen A.R.A.	Co. Cork	Castletownbere A.R.A.
Co. Leitrim	Bornacoola Active Age A.R.A.	Dublin 20	Chapelizod A.R.A.
Co. Carlow	Borris & District A.R.A.	Co. Mayo	Charlestown A.R.A.
Co. Roscommon	Boyle A.R.A.	Dublin 14	Churchtown A.R.A.
Co. Wicklow	Bray A.R.A.	Co. Limerick	Civil Defence 2003 Club A.R.A.
Co. Wexford	Bree A.R.A.	Co. Galway	Claddagh A.R.A.
Co. Roscommon	Breedogue A.R.A.	Co. Kerry	Clár Seanóirí Na Dromoda A.R.A.
Co. Limerick	Broadford & District A.R.A.	Co. Offaly	Clara Leading A.R.A.
Co. Westmeath	Bun Brosna/Multyfarnham/ Ballinafid A.R.A.	Co. Galway	Claregalway/Carnmore A.R.A.
Co. Wexford	Bunclody A.R.A.	Co. Mayo	Claremorris A.R.A.
Co. Cork	Buttevant/Liscarroll/Churchtown A.R.A.	Co. Galway	Clarinbridge A.R.A.
Co. Dublin	Cabinteely A.R.A.	Co. Galway	Clifden A.R.A.
Dublin 07	Cabra A.R.A.	Co. Sligo	Cliffoney A.R.A. (Young at Hearts Club) A.R.A.
Co. Limerick	Caherdavin & District A.R.A.	Co. Offaly	Cloghan A.R.A.
Co. Tipperary	Cahir A.R.A.	Co. Offaly	Cloghan Coffee Morning A.R.A.
Co. Kerry	Cahirciveen A.R.A.	Co. Mayo	Clogher
Co. Westmeath	Cairde Killucan A.R.A.	Co. Offaly	Clombullogue A.R.A.
Co. Kilkenny	Callan and District A.R.A.	Co. Cork	Clonakilty Friendship Club A.R.A.
Co. Sligo	Calry A.R.A.	Co. Meath	Clonard A.R.A.
Co. Cork	Canovee Circle of Friends Group A.R.A.	Co. Monaghan	Clones A.R.A.
Co. Cork	Cape Clear A.R.A.	Co. Offaly	Cloneygowan A.R.A.
Co. Tipperary	Cappawhite A.R.A.	Co. Tipperary	Clonmel A.R.A.
Co. Waterford	Cappoquin Group A.R.A.	Co. Meath	Clonmellon / Killallon A.R.A.
Co. Donegal	Cardonagh A.R.A.	Dublin 03	Clontarf A.R.A.
Co. Carlow	Carlow A.R.A.	Co. Tipperary	Cloughjordan, Senior Citizens A.R.A.
Co. Meath	Carnaross A.R.A.	Co. Longford	Club 89 A.R.A.
Co. Donegal	Carrick Active Age Group A.R.A.	Co. Longford	Club '91 A.R.A.
Co. Offaly	Carrick Riverstown Kileen A.R.A.	Co. Leitrim	Club Cluainin Active Age Group Manorhamilton A.R.A.
Co. Monaghan	Carrickmacross A.R.A.	Co. Kerry	Club Íde A.R.A.
Co. Tipperary	Carrick-on-Suir A.R.A.	Co. Sligo	Collooney & Ballinacarrow A.R.A.
Co. Cork	Carrigaline A.R.A.	Co. Waterford	Comeragh A.R.A.
Co. Leitrim	Carrigallen Drumeela A.R.A.	Dublin 05	Coolock Kilmore West A.R.A.
Co. Tipperary	Cashel and District A.R.A.	Dublin 05	Coolock St. Lukes A.R.A.
Dublin 12	Castle A.R.A.	Co. Kerry	Corca Dhuibhne Ladies A.R.A.
Co. Westmeath	Castle Writers A.R.A.	Co. Monaghan	Corduff/Raferagh A.R.A.
Co. Mayo	Castlebar A.R.A.	Co. Cork	Cork Get-Together Group

County/Area	Association	County/Area	Association
Co. Wexford	Craanford A.R.A.	Co. Clare	East Clare A.R.A.
Co. Galway	Craughwell/Ballymana A.R.A.	Co. Meath	East Meath A.R.A.
Co. Offaly	Croghan Hill A.R.A.	Co. Meath	Enfield A.R.A.
Co. Kerry	Cromane A.R.A.	Co. Clare	Ennis A.R.A.
Co. Meath	Crossakiel (Young at Heart) A.R.A.	Co. Wexford	Enniscorthy A.R.A.
Co. Mayo	Crossmolina A.R.A.	Co. Cork	Enniskeane
Dublin 12	Crumlin, St. Agnes A.R.A.	Co. Galway	Eyrecourt Mellick Clonfert A.R.A.
Dublin 12	Crumlin, St. Bernadettes A.R.A.	Dublin 03	Fairview A.R.A.
Co. Galway	Cumann Iar Oibrithe Lúfara, An Spidéal A.R.A.	Co. Louth	Faughart Social Group A.R.A.
Co. Roscommon	Curraghboy Brideswell A.R.A.	Co. Leitrim	Fenagh Active Age A.R.A.
Co. Kerry	Currow-Currans A.R.A.	Co. Offaly	Ferbane (West Offaly) A.R.A.
Co. Offaly	Daingean A.R.A.	Co. Cork	Fermoy and District A.R.A.
Co. Waterford	Deise A.R.A.	Co. Wexford	Ferns and District A.R.A.
Co. Waterford	Dolmen A.R.A.	Co. Kilkenny	Ferrybank and District A.R.A.
Dublin 05	Donaghmede A.R.A.	Co. Kilkenny	Ferrybank Ladies A.R.A.
Co. Donegal	Donegal Town A.R.A.	Dublin 11	Finglas West (St.Fergal's) A.R.A.
Co. Cork	Doneraile A.R.A.	Co. Roscommon	Four Mile House A.R.A.
Dublin 04	Donnybrook A.R.A.	Co. Mayo	Foxford A.R.A.
Dublin 05	Donnycarney A.R.A.	Dublin 18	Foxrock A.R.A.
Co. Sligo	Douglas Active Age Art Group A.R.A.	Co. Kilkenny	Freshford A.R.A.
Co. Cavan	Dowra Active Age A.R.A.	Co. Waterford	Friends of Assisi House A.R.A.
Co. Tipperary	Drangan & Cloneen A.R.A.	Co. Tipperary	Galbally A.R.A.
Co. Cork	Drimoleague A.R.A.	Co. Galway	Galway - Westside A.R.A.
Co. Cork	Drinagh A.R.A.	Co. Galway	Galway City Centre A.R.A.
Co. Louth	Drogheda A.R.A.	Co. Kerry	Garda Síochána Retired Members Tralee A.R.A.
Co. Leitrim	Dromahair Wednesday Club A.R.A.	Dublin 09	Glasnevin Village A.R.A.
Co. Limerick	Dromin Athlacca A.R.A.	Co. Galway	Glenamaddy A.R.A.
Co. Cork	Dromtariffe Active Club A.R.A.	Co. Kerry	Glenbeigh A.R.A.
Dublin 09	Drumcondra Bowling Club A.R.A.	Co. Leitrim	Glencar Active Age Group
Co. Meath	Drumconrath A.R.A.	Co. Leitrim	Glenfarne Active Age Group A.R.A.
Co. Cavan	Drumcor A.R.A.	Co. Leitrim	Glenfarne Community Care A.R.A.
Dublin 06	Dublin Institute of Technology A.R.A.	Co. Cork	Glengarriff A.R.A.
Co. Meath	Duleek - Bellewstown A.R.A.	Co. Offaly	Golden Years (Edenderry/Carbury) A.R.A.
Co. Dublin	Dun Laoghaire A.R.A.	Co. Kildare	Golden Years Leixlip A.R.A.
Co. Meath	Dunboyne A.R.A.	Co. Cork	Goleen A.R.A.
Co. Louth	Dundalk A.R.A.	Co. Wexford	Gorey A.R.A.
Dublin 14	Dundrum A.R.A.	Co. Galway	Gort A.R.A.
Co. Waterford	Dungarvan & District Branch A.R.A.	Co. Roscommon	Gorthaganny Active Age Group A.R.A.
Co. Donegal	Dunkineely Active Age Group A.R.A.	Co. Kilkenny	Graiguenamanagh A.R.A.
Co. Cork	Dunmanway A.R.A.	Dublin 05	Grange Woodbine A.R.A.
Co. Offaly	Durrow A.R.A.	Co. Meath	Grúpa Gníomhach Scortha Bhaile Ghib
Co. Sligo	Easkey Active Age Group A.R.A.	Co. Sligo	Gurteen Active Age Group
		Dublin 04	Haddington Road Keep Fit A.R.A.
		Co. Laois	Happy Hearts Portarlinton A.R.A.

County/Area	Association	County/Area	Association
Co. Offaly	High Street Belmont A.R.A.	Co. Galway	Knocknacarra A.R.A.
Co. Dublin	Howth/ Sutton A.R.A.	Co. Donegal	Kurling Club Raphoe A.R.A.
Dublin 08	Inchicore Oblate A.R.A.	Co. Louth	Lann-Léire & District A.R.A.
Co. Limerick	Janesboro (Lady Queen of Peace) A.R.A.	Co. Wicklow	Laragh/Glendalough & District A.R.A.
Co. Kilkenny	Johnstown and District A.R.A.	Co. Cavan	Lavey Senior Social Club A.R.A.
Co. Dublin	Johnstown/Killiney A.R.A.	Co. Cork	Leap A.R.A.
Co. Kilkenny	Johnswell and District A.R.A.	Co. Carlow	Leighlinbridge A.R.A.
Co. Meath	Kells A.R.A.	Co. Dublin	Leopardstown & District A.R.A.
Co. Longford	Kenagh Community Social Group A.R.A.	Co. Donegal	Letterkenny A.R.A.
Co. Kerry	Kenmare A.R.A.	Co. Limerick	Limerick Central A.R.A.
Dublin 05	Kilbarrack A.R.A.	Co. Limerick	Limerick City A.R.A.
Dublin 05	Kilbarrack Over 60's Club A.R.A.	Co. Limerick	Limerick Holy Rosary A.R.A.
Co. Offaly	Kilclonfert Seniors Group A.R.A.	Co. Limerick	Limerick North A.R.A.
Co. Tipperary	Kilcommon A.R.A.	Co. Clare	Lisdoonvarna-Burren District A.R.A.
Co. Meath	Kildalkey A.R.A.	Co. Kerry	Listowel and District A.R.A.
Co. Kildare	Kildare A.R.A.	Co. Kerry	Lixnaw A.R.A.
Co. Limerick	Kilfinane A.R.A.	Co. Longford	Longford A.R.A.
Co. Clare	Kilkee A.R.A.	Co. Roscommon	Loughglynn Castlereagh (Woodlands Evergreen) A.R.A.
Co. Kilkenny	Kilkenny A.R.A.	Co. Galway	Loughrea A.R.A.
Co. Galway	Kilkerrin/ Clonberne A.R.A.	Co. Tipperary	Lower Ormond A.R.A.
Co. Dublin	Kill O' the Grange A.R.A.	Co. Dublin	Lucan A.R.A.
Co. Monaghan	Killanny Active A.R.A.	Co. Dublin	Lusk A.R.A.
Co. Kerry	Killarney A.R.A.	Co. Cork	Macroom A.R.A.
Co. Laois	Killenard A.R.A.	Co. Cork	Mallow A.R.A.
Co. Tipperary	Killenaule A.R.A.	Dublin 03	Marino A.R.A.
Dublin 05	Killester A.R.A.	Co. Sligo	Maughew Active Age A.R.A.
Co. Mayo	Kilmaine A.R.A.	Co. Mayo	Mayo Abbey A.R.A.
Co. Limerick	Kilmallock A.R.A.	Co. Clare	Meelick A.R.A.
Co. Meath	Kilmessan Co. Meath A.R.A.	Co. Galway	Mervue A.R.A.
Co. Clare	Kilmihil A.R.A.	Co. Kerry	Mid Kerry (Killorglin) A.R.A.
Co. Wexford	Kilmuckridge (Women Together) A.R.A.	Co. Cork	Midleton & District A.R.A.
Co. Clare	Kilnamona & Inagh A.R.A.	Co. Westmeath	Millennium Group A.R.A.
Co. Wexford	Kilrane/Rosslare Harbour A.R.A.	Co. Cork	Millstreet Over 50's A.R.A.
Co. Clare	Kilrush A.R.A.	Dublin 06	Milltown A.R.A.
Co. Mayo	Kiltimagh Tuesday Club A.R.A.	Co. Clare	Miltown Malbay A.R.A.
Co. Leitrim	Kiltyclogher Active Age	Co. Westmeath	Moate A.R.A.
Dublin 12	Kimmage Manor A.R.A.	Co. Longford	Moatsiders A.R.A.
Dublin 03	Kincora/Clontarf A.R.A.	Co. Wexford	Monageer A.R.A.
Co. Cavan	Kingscourt A.R.A.	Co. Limerick	Monaleen/Milford A.R.A.
Co. Westmeath	Kinnegad Womans Group A.R.A.	Co. Sligo	Monday Club - Gleann A.R.A.
Co. Cork	Kinsale A.R.A.	Co. Roscommon	Moore A.R.A.
Co. Galway	Kinvara A.R.A.	Dublin 06	Mount Argus A.R.A.
Co. Tipperary	Knockavilla - Donaskeigh A.R.A.	Dublin 07	Mount Carmel A.R.A.
Dublin 16	Knocklyon A.R.A.	Co. Dublin	Mount Merrion A.R.A.

County/Area	Association
Co. Galway	Mountbellew A.R.A.
Co. Laois	Mountmellick A.R.A.
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. 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. Kildare	Newbridge Family Resource Centre
Co. Galway	Newcastle 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.
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. 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.

County/Area	Association
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. Westmeath	Rochfordbridge A.R.A.
Co. Roscommon	Roosky 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. Waterford	Sacred Heart A.R.A.
Co. Galway	Salthill Galway A.R.A.
Dublin 16	Sandyford A.R.A.
Dublin 09	Santry A.R.A.
Dublin 09	Santry Lorcan A.R.A.
Co. Cork	Schull 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. Mayo	St. Attractas Society Banda A.R.A.
Dublin 05	St. Brendans Coolock A.R.A.
Co. Limerick	St. Brigids & St. Patricks A.R.A.
Co. Offaly	St. Brigids 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 Newtownmountkennedy 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.

County/Area	Association	County/Area	Association
Co. Tipperary	St. Ruadhan's A.R.A.	Co. Cavan	Tullacmongan Golden Oldies A.R.A.
Dublin 02	St. Teresa's Clarendon St. A.R.A.	Co. Leitrim	Tullaghan Active Age Group A.R.A.
Co. Sligo	Star of the Sea Strandhill A.R.A.	Co. Offaly	Tullamore A.R.A.
Co. Dublin	Stillorgan A.R.A.	Co. Kilkenny	Tullaroan A.R.A.
Co. Limerick	Stonehall A.R.A.	Co. Carlow	Tulow A.R.A.
Co. Kilkenny	Stonyford A.R.A.	Co. Cork	Turness Cross A.R.A.
Co. Meath	Summerhill A.R.A.	Co. Donegal	Twin Town Friday Club Ballybofey/Stranorlar A.R.A.
Co. Mayo	Swinford A.R.A.	Co. Donegal	Twin Towns Go for Life A.R.A.
Co. Wexford	Taghmon Camross A.R.A.	Co. Westmeath	Tyrrellspass (Forever Friends) A.R.A.
Co. Waterford	Tallow and District A.R.A.	Co. Tipperary	Upper Church & Drombane A.R.A.
Co. Longford	Tang Golden Years Club A.R.A.	Co. Kerry	Valentia A.R.A.
Co. Kerry	Tarbert Bridewell A.R.A.	Co. Wicklow	Vevay (Bray) A.R.A.
Co. Tipperary	Templemore A.R.A.	Co. Kerry	Waterville A.R.A.
Co. Wexford	The Ballagh and District A.R.A.	Co. Mayo	Westport A.R.A.
Co. Offaly	The Clodagh A.R.A.	Co. Wexford	Wexford A.R.A.
Co. Kilkenny	Thomastown and District A.R.A.	Co. Clare	Whitegate A.R.A.
Co. Tipperary	Thurles A.R.A.	Dublin 09	Whitehall A.R.A.
Co. Limerick	Thursday Club (Clarina) A.R.A.	Co. Wicklow	Wicklow A.R.A.
Co. Wicklow	Tinahely A.R.A.	Co. Meath	Wilkinstown A.R.A.
Co. Tipperary	Tipperary A.R.A.	Co. Galway	Williamstown A.R.A.
Co. Offaly	Tir na nOg A.R.A.	Dublin 06W	Willington Templeogue A.R.A.
Co. Galway	Tirellan A.R.A.	Co. Cork	Young at Heart Club Caheragh A.R.A.
Co. Roscommon	Tisara (Four Roads) A.R.A.	Co. Cork	Young at Heart Douglas A.R.A.
Co. Mayo	Tooreen A.R.A.	Co. Westmeath	Young at Heart Kilbeggan A.R.A.
Co. Kerry	Tralee A.R.A.	Co. Cork	Young At Heart Kilbrittain A.R.A.
Co. Waterford	Tramore A.R.A.	Co. Mayo	Young at Heart Parke Castlebar A.R.A.
Dublin 02	Trinity College A.R.A.	Co. Mayo	Young at Heart Taugheen Claremorris A.R.A.
Co. Galway	Tuam A.R.A.		
Co. Sligo	Tubbercurry A.R.A.		
Co. Clare	Tulla S/C 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 480 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.