



**TRUSTEE'S & DIRECTOR'S REPORT  
& FINANCIAL STATEMENTS**

**POST POLIO SUPPORT GROUP LIMITED**  
(A Company Limited by Guarantee)

**FOR THE PERIOD 1 January – 31 December 2007**

# POST POLIO SUPPORT GROUP

## Charity & Company Information

### Charity Name

Post Polio Support Group

### Registered Charity Number

CHY 11356

### Company Number

354283

### Trustees

The members of the Board of Trustees & Directors are listed on page 4

### Registered Office

The Carmichael Centre, North Brunswick Street  
DUBLIN 7

### Administrative Office

Unit 319, Capel Building, Mary's Abbey,  
DUBLIN 7

### Chief Executive

Eamonn Farrell

### Bankers

Allied Irish Bank, 126 – 128 Capel Street,  
DUBLIN 1

### Solicitors

Lacy Walsh Solicitors, 77 Strand Road,  
Sandymount, DUBLIN 4

### Auditors

BMOL Partners,  
19 Herbert Street,  
DUBLIN 2

# POST POLIO SUPPORT GROUP

## List of Trustees & Directors

1. The following were Trustees & Directors of the Group on the 31<sup>st</sup> December 2007

**Officers:**

Hugh Hamilton	Chairman
Joan Bradley	Deputy-Chair
Paula Lahiff	Company Secretary
John R. McFarlane	Treasurer

Ann Burns  
Hugh Conlon  
Jim Costello  
Seamus Ó Cinnéide  
Evelyn Wainwright  
Hugh Weir

**The following also acted as Trustee & Director during the period:**

Philo Mullaney (resigned in May 2007)

2. In accordance with the Company's Memorandum and Articles of Association one third of the Board of Directors are due to retire at the AGM in 200~~7~~<sup>8</sup> but may be eligible for re-election. They are:

Hugh Hamilton  
Paula Lahiff  
Seamus Ó Cinnéide  
Hugh Weir

# **POST POLIO SUPPORT GROUP**

## **Report of the Trustees & Directors**

For the period 1 January – 31 December 2007

The Trustees & Directors of the Post Polio Support Group, Charity & Company limited by guarantee, present their report for the period ended 31 December 2007.

### **Mission Statement:**

Our Mission is to create awareness and to provide information regarding the late effects of polio among Polio Survivors, statutory agencies and the wider medical profession, and to ensure that the needs of Polio Survivors relating to their condition are met to enable them to live with dignity.

The Post Polio Support Group is committed to supporting its members and other Polio Survivors and developing its Board, staff and volunteers to achieve the most efficient use of its resources.

### **Structure, Governance and Management:**

As a consequence of the Group's incorporation as a company limited by guarantee in 2002, the Trustees act as Directors of the charitable company. The Board meets at least six times per year.

Directors are elected by national ballot of members and serve for a period of 3 (three) years, and then may be eligible for re-election. Officers may not serve for more than 4 (four) consecutive years in any given position.

Any member of the Group may be nominated for election as director.

The Directors act at all times within the law and, in particular, the constraints of the legislative provisions for companies laid down by the Oireachtas and are aware of their duties, responsibilities and liabilities arising.

The Board appoints Committees to assist with particular aspects of its work, at least one Director sitting on each Committee. The purpose of the Committees is to assist the Board by carrying out certain of its functions and maintain oversight in relevant areas and report regularly to the Board. These Committees may be attended by a member of staff to provide executive support or on request.

The Committees in existence at 31<sup>st</sup> December were;

**Allocation**

**Governance and Nominations**

**Social Support**

**Fundraising**

Ad Hoc Sub-Committees may be established from time to time for specific projects or purposes.

The day-to-day management of the Group business is delegated to the Chief Executive, with other staff members reporting through that position to the Board.

## **Objectives and Activities – 2007:**

The Group continues to experience rapid change and growth in the support and assistance work it undertakes for all Polio Survivors.

The Group undertook the following major developments:-

### **Group Development**

The Board completed its group development activities and launched a Strategic Plan, PLAN2010, for the Group effective from 1<sup>st</sup> September 2007 to run to 31<sup>st</sup> August 2010. This plan clarifies the Group's aspirations for Polio Survivors, builds a shared vision for the Group and plans the implementation of the work of the Group over the coming years. The plan is included as 'Appendix A' to this report.

### **Membership:**

The Group experienced a net increase in its membership from 653 to 747 during the year. All enquiries and applications met with a prompt response.

### **Assistance to members**

The Group was able to meet the needs of members for Aids, Appliances and Services to a significant extent. It has also provided advice and other telephone and written support to members.

Peer support continues to be developed on an individual and group basis and it is an area of activity that continues to be well received by Polio Survivors.

In October an outreach worker started work with the Group to work with Polio Survivors in North City and county to address their needs, particularly as they transition through retirement.

### **Research:**

Research concluded on "An Investigation of Subjective and Motor Fatigue in Prior Polio Patients and the Relationship with the Energy Cost of Walking " yielding interesting findings. Funding was provided for a continuation study "The impact of Cardiovascular and Inspiratory Muscle Training on Energy Cost of Walking and Fatigue in Prior Polio" by the same research team.

### **Publications:**

A book 'Post Polio Syndrome, Management and Treatment in Primary Care' was published by the Group. Each of the voluntary group of expert writers contributed in her or his specialism. Mr Jimmy Devins TD, . Minister of State at the Department of Health and Children launched the book at the Group's office in Dublin and it was distributed to the membership, to those providing primary health care and to academic and professional bodies and appropriate libraries in the State. A limited number were provided to EU and other overseas organisations with a particular interest in Post Polio Syndrome.

A member of the group undertook on a voluntary basis to edit a book of Polio stories written by members and prepare it for publication. The book, entitled 'Polio and Us', was launched by the writer and journalist Ms Terry Prone and distributed to the membership and to public and other libraries. Sharing these polio stories has helped to increase awareness of the condition, encourage enquiries and membership and promote creativity within the Polio Survivor community.

Three issues of THE SURVIVOR: Irish Polio News, were published during the year. THE SURVIVOR, serves as an information point for Polio survivors and health care professionals, and includes articles of interest to all, updates on research into Post Polio Syndrome and the encouragement of a social support network.

### **Advocacy:**

The Group will continued to advocate for all the identified needs of Polio Survivors to be met by Statutory Bodies and Agencies, as appropriate.

### **Website:**

The Group's website was completely redesigned and redeveloped during the year. The new website was commissioned in late 2007 and all Polio Survivors throughout the world are being encouraged to make full use of it. A moderated members' discussion forum has been incorporated into the site.

### **Fundraising:**

Fundraising activities continued throughout 2007 recognising the important role of all donations, of whatever size, in assisting the maintenance and development of the independence and quality of life for Polio Survivors, their families and carers. The Group values in particular the generous sponsorship received from participants in the Dublin, Cork and Limerick mini marathons, as well as the many individual fundraising activities undertaken on behalf of the Group. Corporate donations were significant in assisting to meet members' needs for mobility devices and minor building works to assist in maintaining their independence and quality of life. A heating grant was awarded to some members.

### **AGM and Conference**

The AGM and Conference was held in Dublin. This was characterised by the work done by the members in bringing forward the key issues for attention in the development and launch of PLAN2010.

### **European Polio Union**

The European Polio Union was reactivated during the year to co-ordinate research on the diagnosis and treatment of Post Polio Syndrome within the Union, to work with others to gather data on its prevalence and ultimately to better the lives of those with the condition. The Group was represented at formal gatherings in Brussels in the autumn including a visit to the European Parliament

### **Office Systems**

During the year a further enhancement of the Group's arrangements for servicing member information needs took place. The format of the Annual Questionnaire for members' needs was improved and the document circulated to members in October to ensure seamless delivery of services and aids and appliances.

### **Funding:**

The Board of Directors is committed to maintaining sufficient income to meet the needs of Polio Survivors in real terms. Close liaison with the various Statutory Authorities, principally the Health Service Executive (HSE), is maintained and the Group works in partnership with all its funding

bodies to accomplish its objectives. The Group fully acknowledges all funding bodies and thanks the HSE, in particular for all the help and co-operation received in the continuance of its work.

**Charities Bill:**

The Group has studied with interest the discussion around the contents of the proposed Charities Bill. The Group will continue it's study in this area to ensure that it will be able to meet the requirements of any forthcoming legislation.

**Staff Welfare:**

The staff complement increased to four full time equivalents. The Directors, and the members, of the Group are extremely grateful for the professionalism, dedication and commitment of the staff at all levels. The Group complies with the provisions of the Safety, Health and Welfare at Work Acts, 1989 and 2005 and other personnel related legislation.