



Chronic Pain
Ireland

32

CELEBRATING
YEARS

Your pain is our priority.

CHRONIC PAIN IRELAND

ANNUAL REPORT

2024



2024 TRIPLE LOCK MEMBER
Promoting Trust



Rialtas na hÉireann
Government of Ireland



Partnerships & Collaborations

Partnership Services:

PAIN ASSOCIATION
SCOTLAND



Research Partnership:



UCD School of Public Health,
Physiotherapy and Sports Science



UNIVERSITY OF
LIMERICK
OLLSCOIL LUMINIGH
School of
Allied Health



OLLSCOIL NA
GAILLIMHE
UNIVERSITY
OF GALWAY



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Campaign Partners:



Members of:



Supported by:



Riailtas na hÉireann
Government of Ireland



The Hospital
Saturday Fund

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Legal & Administrative Information

Board of Trustees

- Martina Phelan (Chair)
- Michelle Wallace (Vice Chairperson & National Treasurer)
- John Kenny (resigned 31/5/24)
- Paul Tuhill (National Secretary)
- Louise Riordan
- Niamh Walsh
- Julia O'Connor
- Charlie Weijer (resigned 13/9/24)

Company Registration Number

238967

Charity Number

20028022

Registered Office

Carmichael Centre
North Brunswick Street
Dublin 7
D07 RHA8

Company Secretary

Michelle Wallace

National Coordinator

Christina Donnelly

Committees

Risk and Governance

- John Kenny (Chair)
- Paul Tuhill
- Michelle Wallace
- Martina Phelan

Marketing, Communications & Funding

- Louise Riordan (Chair)
- Niamh Walsh
- Julia O'Connor
- Charlie Weijer

Legal & Administrative Information

Principal Bankers

Allied Irish Bank
Georges Street
Dun Laoghaire
Co Dublin

Independent Auditors

Murtagh & Co Chartered Accountants
The Plaza Office Suite
Headford Road
Galway

Solicitors

Cormac O'Ceallaigh & Co Solicitors
388 North Circular Road
Phibsborough
Dublin 7

Directors' Report

for the financial year ended 31 December 2024

The directors present their Directors' Annual Report, combining the Directors' Report and Trustees' Report, and the audited financial statements for the financial year ended 31 December 2024.

The financial statements are prepared in accordance with the Companies Act 2014, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Directors' Report contains the information required to be provided in the Directors' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The directors of the company are also charity trustees for the purpose of charity law and under the company's constitution are known as members of the board of trustees.

In this report the directors of Chronic Pain Ireland CLG (CPI) present a summary of its purpose, governance, activities, achievements and finances for the financial year 2024.

The charity is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2014 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the organisation has implemented its recommendations where relevant in these financial statements.

The charity is limited by guarantee not having a share capital.



1. Chair's Statement



This past year, Chronic Pain Ireland has made meaningful progress despite the continued resource challenges in respect of staffing and funding. We have expanded our partnerships offering a wider range of services to better meet the needs of the chronic pain community.

By remaining true to our mission and embracing strategic opportunities for collaboration, we've ensured that 2024 was not only a year of consolidation but also one of growth and innovation.

Key Highlights:



2024 Research Updates

As a network partner in the PainDiff network, we played an active role in developing consensus recommendations and a research roadmap to guide methodological best practice in the study of sex and gender as variables in pain research. This groundbreaking initiative strengthens our commitment to evidence-based advocacy and ensures that lived experience continues to inform academic study.

We also continued collaborations with universities across Ireland, supporting both ongoing and emerging research initiatives. Importantly, we provided input and lived experience perspectives, while reinforcing our position as a trusted community partner in shaping the future of pain research.



2024 Advocacy, Education & Awareness

The National Clinical Programme for Anaesthesia in collaboration with the Faculty of Pain invited Chronic Pain Ireland to be part of the working group to develop a Model of Care for Acute and Chronic Pain Services. The development of a national Model of Care for Acute and Chronic Pain Services is vital to ensure equitable, timely, and person-centred access to multidisciplinary pain management across Ireland, and by including the lived experience and peer-led insights of organisations like Chronic Pain Ireland, it promotes a more empathetic, integrated, and effective approach that addresses not only the physical but also the psychological and social impacts of chronic pain.

Throughout 2024, we continued to communicate these key messages through various channels including key presentations at several major healthcare and public patient involvement (PPI) events where we continued to highlight the vital importance of the patient voice. We held a range of public webinars with prominent researchers, Consultants and healthcare professionals. This along with our ongoing campaign work are aimed at empowering people to become active partners in their own care and take ownership of their recovery journey. These engagements not only enhance awareness of chronic pain but also position Chronic Pain Ireland as a credible, valued partner in multidisciplinary dialogue.



2024 Expansion of Services

Thanks to the SSNO funding and the ongoing support of Pobal and the Department of Rural and Community Development under the Programme and Scheme to Support National Organisations (SSNO) 2022-2025, this funds our staff and partial overheads. With the support of the Hospital Saturday Fund, individual donors and fundraisers we expanded the range of services and events we offer to include Booster and Implementation Workshops and monthly Guided Meditation and Mindfulness for chronic pain. Feedback has been overwhelmingly positive, and the uptake has exceeded expectations, confirming the real demand for ongoing, tiered support options for those living with chronic pain.



Looking Ahead

As we move forward, future funding stability and resource development remains a strategic priority. We're actively pursuing new funding sources, launching fresh fundraising initiatives, and are currently recruiting new Board members with expertise in fundraising, governance, and communications to help us deliver on our ambitions.

Our focus remains on retaining and expanding our services, deepening our advocacy work, and strengthening our visibility and impact across Ireland and Europe.

On behalf of the Board and the team, I extend my heartfelt thanks to our funders, donors, members, volunteers, research collaborators, and, of course, those who trust us with their stories and engagement every day. Your support makes everything we do possible.

Together, we continue to move from pain to power.

Warm regards,

Chairperson

1.2 National Coordinator's Note

A very warm welcome. For those of you I haven't met yet, my role as National Coordinator continues to centre on supporting our members and implementing the strategic objectives set by our Board. This includes overseeing all operational aspects of the organisation—from managing our financial and grant reporting responsibilities to driving service delivery, stakeholder engagement, and organisational development. I also act as the main point of contact for our members, and it remains a privilege to connect with so many of you through our helpline, workshops, and events.



Over the past year, we've worked hard to expand our reach and impact. From the successful rollout of new services, events and contributions to national research initiatives, 2024 has been a year of significant momentum and milestones.

Sincere thanks to all our members who actively engage with us. To our Pain Ambassadors, volunteers, donors and fundraisers, your input, stories, and support keep Chronic Pain Ireland grounded in lived experience and focused on what matters. I also want to acknowledge our growing team, dedicated partners, and healthcare professionals who make our progress possible. As we look ahead, I'm excited by the opportunities emerging through new strategic partnerships and research-led service development. Together, we're building a stronger, more informed, and more connected community for those living with chronic pain.

National Coordinator

2. Who We Are

Chronic Pain Ireland offers support and advocacy for those navigating the intricate challenges of chronic pain in Ireland. We are a community-driven organisation dedicated to empowering individuals living with persistent pain, providing understanding, guidance, and resources to enhance their quality of life.

For far too long people living with chronic pain have faced significant healthcare and societal challenges. Chronic Pain Ireland offers a strategically significant contribution to the problem of chronic pain in Ireland. Chronic pain is not just a medical condition there are significant secondary suffering and impacts on physical, psychological and family health. Chronic pain impacts all aspects of life, relationships, self-esteem along with the struggle to remain in employment, loss of income and reliance on state support. People living with chronic pain need far more than clinical help. Medication can assist but is rarely a complete solution. Many live with chronic pain despite the best medical service and even where implants, surgeries are completed, it rarely means that pain resolves and therefore ongoing self-management is required.

Through education, awareness campaigns, and peer support networks, we strive to destigmatise chronic pain and foster a culture of empathy and support within society. Our multidisciplinary approach incorporates a range of supports and holistic wellness strategies to address the multifaceted nature of chronic pain.



We advocate for improved access to healthcare services, pain management options, and social support systems, actively supporting the rights and needs of individuals affected by chronic pain at local, national, and international levels.

2.1 Our History

Chronic Pain Ireland has been a steadfast advocate and supporter for people living with chronic pain since its inception in 1992. Initially established as the Irish Chronic Pain Association by a Consultant in Pain Medicine and a dedicated group of patients, we evolved into Chronic Pain Ireland in 2009. Our journey has been marked by a relentless commitment to raising awareness, providing education, and advocating for the recognition of chronic pain, both nationally and internationally.

As a registered charity, Chronic Pain Ireland operates under the guidance of a Board of Trustees and adheres to good governance reporting annually to the Charity Regulatory Authority. Our dedication to transparency and accountability was recognised in 2024 when we received the Carmichael Good Governance Award in Category 1 (for organisations with an annual turnover of less than €100,000) for our high standard of annual reporting.

Our core mission revolves around offering vital information and unwavering support to individuals grappling with chronic pain, as well as their families, caregivers, and friends. We campaign for heightened awareness and understanding of chronic pain within the medical community and society at large.

Throughout our history, Chronic Pain Ireland has forged meaningful relationships, collaborations and partnerships with a multitude of organisations, including the Irish Pain Society, Faculty of Pain Medicine, College of Anaesthesiologists, Societal Impact of Pain (SIP), Pain Alliance Europe, and the Neurological Alliance of Ireland, among others. These collaborations have significantly amplified our impact and outreach, facilitating engagement opportunities for patients and professionals alike via advocacy, educational campaigns, and ongoing research initiatives.



Funding has been instrumental in driving our growth and success. Securing three-year funding from the Department of the Environment, Community, and Local Government in 2008 was pivotal in enabling the expansion of our operations, including the hiring of a part-time National Coordinator. We gratefully acknowledge the ongoing support of Pobal and the Department of Rural and Community Development under the Programme and Scheme to Support National Organisations 2022-2025 funded by the Government of Ireland. This crucial core funding is indispensable to our existence and continued endeavours.

One of our most impactful initiatives has been the development of online workshops on self-management, which now annually reach between 250-400 individuals living with chronic pain. With increased funding and support from the Hospital Saturday Fund, we've successfully expanded these workshops nationwide, providing essential resources and support through virtual platforms.

In 2023, we further broadened our services by introducing 5-week courses tailored for individuals living with chronic pain. In 2024 we added another unique service to Chronic Pain Ireland's range of educational support by way of our Booster and Maintenance Workshops. These provide a crucial platform for individuals to maintain the skills and habits developed during our foundational courses and workshops.

Internationally, Chronic Pain Ireland has played a pivotal role in advocacy efforts, notably in the establishment of Pain Alliance Europe and active participation in the Societal Impact of Pain Symposium since 2010. Our engagements with policymakers have been extensive, advocating for the recognition of Pain Medicine as a specialty and the classification of chronic pain as a disease. The culmination of our advocacy efforts in 2014 resulted in the recognition of Pain Medicine as a medical specialty in Ireland, marking a significant milestone in our journey.



With the official classification of chronic pain as a disease in the International Classification of Diseases (ICD-11) in June 2018, looking ahead, our focus via the Societal Impact of Pain, Irish Platform will centre on advocating for the rollout of ICD-11 and the integration of digital health solutions in Ireland. In 2024 the National Clinical Programme for Anaesthesia in collaboration with the Faculty of Pain established a working group who are developing a Model of Care for Acute and Chronic Pain Services and invited Chronic Pain Ireland to represent the patient's voice.

Throughout our history, Chronic Pain Ireland has garnered recognition through various awards for our impactful campaigns and research proposals. These accolades underscore our commitment to excellence and innovation in addressing the challenges posed by chronic pain.

In addition to these achievements, Chronic Pain Ireland has formed strategic partnerships with leading research bodies in Ireland, some more recent examples include University College Dublin, School of Public Health, Physiotherapy and Sports Science for a PPI Ignite funded study, Recommendations for Advancing Patient Engagement and Inclusivity in Pain Research, the School of Applied Psychology at University College Cork (UCC) for the ASpida project and the School of Allied Health at the University of Limerick (UL) for the CBT-I World Café sleep initiative, ComEx Pain among others. Partnerships and collaborations have been instrumental in expanding our reach, advancing our advocacy efforts, and enhancing the support we provide to individuals living with chronic pain.

As we reflect on our journey, Chronic Pain Ireland remains steadfast in our commitment to advocacy, support, and education. We continue to empower individuals affected by chronic pain while advocating for greater recognition, understanding, and access to care for all those impacted by this challenging condition.



3. Purpose, Mission Vision, Values & Objectives



3.1 Purpose

Chronic Pain Ireland was founded in 1992 and creates a greater awareness of chronic pain, providing relevant information and support for those living with the condition, for their families, friends, caregivers and other interested parties. We advocate, provide support and educational services while participating and driving research concerning all aspects of life with chronic pain.



3.2 Mission

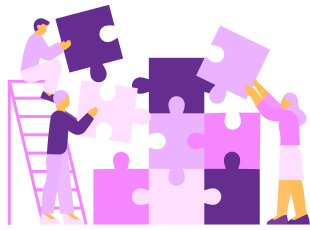
Our mission is to create a greater understanding of those living with chronic pain in Ireland. We aim to support our members and nurture those living with the condition and their families through guidance and information provision and to advocate within the wider community.



3.3 Vision

Chronic Pain Ireland (CPI) is a national charity providing information, education and support services to people living with chronic pain, their families, friends, caregivers and other interested parties. We advocate on their behalf and work closely with all stakeholders. Our vision is an inclusive society where people living with chronic pain are believed, understood and supported.

3.4 Values



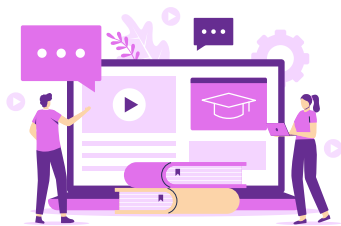
Collaboration

We work in collaboration and partnership with our members, their families, healthcare professionals, researchers and policymakers to ensure people living with chronic pain get the information, support and care they need to live meaningful, purposeful lives.



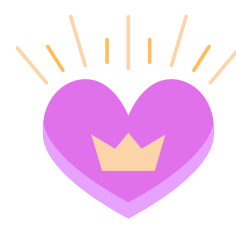
Empathy

We foster a culture of empathy and show compassion towards each other and ourselves. We value diversity, respect difference, and strive to listen to the experiences of our staff, volunteers, our members and the broader community with open hearts and minds.



Learning

We believe in the power of learning to bring about individual, organisational, and societal change. We embrace a holistic, multidisciplinary approach to finding solutions that empower people living with chronic pain to meet their full potential in their personal and work lives.



Trust

We are committed to integrity and transparency and operate to the highest standards of governance in the service of our members, our funders, our community, and the wider public.

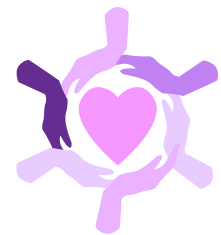
3.5 Objectives

Chronic Pain Ireland is a registered charity and our charitable objectives as set out in our Constitution are as follows:



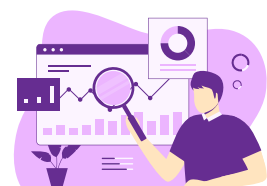
To create a greater awareness of chronic pain and to provide relevant information and support for those living with the condition, for their families, friends, caregivers and other interested parties.

Advocacy - CPI will act as a voice for people living with chronic pain. Our advocacy agenda will emerge from members' concerns.

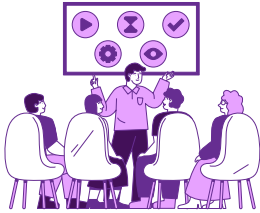


Support and Education - support services nationally to those living with chronic pain, their families, friends, caregivers and other interested parties.

Research - To drive and participate in research concerning all aspects of life with chronic pain.



3.6. Chronic Pain Services at a glance




Chronic Pain Monthly Workshops

NO HELD	ATTENDEES
✓ 18	👤 246



Chronic Pain '5-week' Self Management Courses

NO HELD	REGISTERED
✓ 4	👤 60



Guided Meditation

NO HELD	ATTENDEES
✓ 12	👤 139



Telephone Support Line

NO OF CALLS
👤 686




Chronic Pain & Mental Health Support Group

NO HELD	REGISTERED
✓ 12	👤 140



Peer to Peer Members Meetings

NO HELD	REGISTERED
✓ 12	👤 126



Ezine Publications

NO PUBLISHED	AUDIENCE
✓ 12	👤 2K



Webinars/Public Awareness

NO HELD	ATTENDEES
✓ 4	👤 359

Year-on-Year Service Comparison: 2023 vs 2024

Service/Activity	2023 Actual	2024 Actual	% Change
Self-Management Workshops	12	18	50.00%
Workshop Attendance	160	246	53.80%
Guided Meditation Sessions	–	12	–
Guided Meditation Attendance	–	139	–
Self-Management 5-week Courses	4	4	0.00%
Helpline Calls	716	686	-4.20%
Peer-to-Peer Meetings	12	12	0.00%
Peer-to-Peer Meetings Attendance	121	126	4.10%
Monthly Ezine Issues	12	12	0.00%
Monthly Ezine Audience	1800	2000	11.10%
Webinars / Public Awareness Events	3	4	33.30%
Webinars / Public Awareness Attendees	95	359	277.90%
Mental Health Group Sessions (Turn2Me)	8	12	50.00%
Mental Health Group Attendance	71	140	97.20%

This table highlights substantial growth in CPI’s reach and engagement across several key service areas in 2024:

- Workshop delivery and attendance both increased by over 50%, reflecting strong demand and successful promotion.

- Mental health services (Turn2Me) nearly doubled in participation, showcasing a growing need for integrated support.
- Webinar attendees rose dramatically by nearly 280%, indicating the relevance of educational topics and improved outreach.
- Monthly ezine audience grew by over 11%, suggesting improved digital engagement.
- While helpline calls saw a slight decrease which was due to increased online resources and reduction in repeat calls, the overall service delivery footprint expanded, with new services like guided meditation being introduced and well attended.

These metrics support a strong year-on-year performance trajectory, especially in light of ongoing staffing and funding challenges.

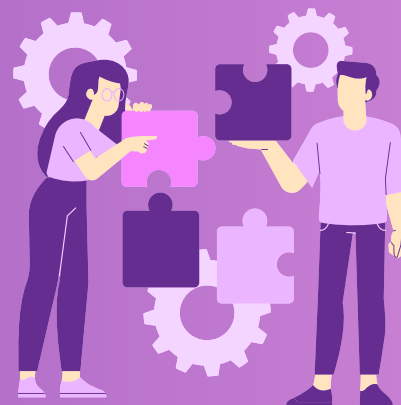
Performance Against Plan and Future Goals

Activity	2024 Target	2024 Outcome	2025 Target
Self-Management Workshops	12	Delivered 12	12
5-Week Self-Management Courses	3	4	4
Guided Meditation Sessions	Launch pilot	12 delivered	12
Booster Workshops	6	Delivered 6	12
Helpline Calls	700	686	700
Webinars & Educational Events	3	4	4
Accessible Chair Yoga	-	-	1 Pilot launch

We met or exceeded our 2024 targets across most service areas, notably in educational events, workshops, and new initiatives such as guided meditation and booster sessions. While helpline call volumes decreased slightly (due to increased online resources and reduction in repeat calls), demand remained strong, and this service continues to be a vital support. Despite the limitations of staffing and increasing competitive nature of funding bids, we introduced new services like guided meditation and booster workshops. Our 2025 targets are set conservatively to reflect resource constraints, but with continued strategic partnerships and new funding, we aim to expand service quality and reach further.

3.7 Activities

Chronic Pain Ireland continued to significantly expand our online services throughout 2024, effectively bridging the gap between individuals in rural and urban communities.



These technological advancements have played a pivotal role in ensuring that support for chronic pain is accessible and inclusive irrespective of geographical location.

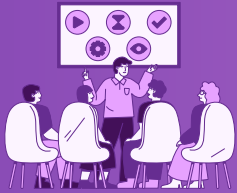
Throughout early 2024 we continued to implement changes by way of our new website to ensure we delivered on 2023 comprehensive needs survey which identified 77% of respondents expressing a desire for information on living with chronic pain and 71% seeking pain management education. These findings guided the ongoing development of our website, upcoming webinars and digital communication strategies, ensuring that our online platforms cater appropriately to the diverse needs of our community, thereby fostering empowerment and resilience in the face of chronic pain.

CPI is part of the alliance between the Irish Pain Society, to establish a Societal Impact of Pain (SIP) platform in Ireland, one of twelve SIP national platforms in Europe. The aim of the alliance is to raise awareness of the relevance and the impact that pain has on our societies, health and economic systems; to exchange information and share best practices across all member states of the European Union in developing and fostering European-wide policy strategies and activities for an improved pain care in Europe (Pain Policy). This is an ongoing initiative.

In 2024, Chronic Pain Ireland was invited by the National Clinical Programme for Anaesthesia, in collaboration with the Faculty of Pain Medicine, to join the working group tasked with developing a national Model of Care for Acute and Chronic Pain Services. This initiative is critical to ensuring equitable, timely, and person-centred access to multidisciplinary pain management throughout Ireland. Our involvement brings the voice of lived experience to the forefront, helping to shape a model that addresses not only the physical aspects of chronic pain but also its psychological and social impacts. By integrating peer-led insights, the process is more inclusive and aligned with the real needs of those affected.

Chronic Pain Ireland diligently pursued its mission to support, educate, and advocate for those living with chronic pain. Our multi-faceted approach, combining a broad spectrum of comprehensive support services and our targeted 'pain to power' awareness campaign, research and advocacy initiatives, has helped advance our goal of fostering an inclusive society where individuals with chronic pain are understood, believed, and supported.

We are committed to offering a supportive community, reflected in the variety of services we provide and activities outlined below:



Self-Management Workshops

Throughout 2024, Chronic Pain Ireland ran 12 nationwide online workshops taking place thanks to the partial funding by the Hospital Saturday Fund and the fundraising activities held throughout the year. Each of these intensive interactive educational sessions focused on 1 or 2 specific self management challenges covering essential topics such as flare-up management, pacing, sleep and

stress etc. These offer tailored guidance and practical tools. Interactive formats encourage active participation, empowering attendees to set personal goals and take positive steps forward. Feedback is extremely positive, with many reporting increased confidence and motivation to implement changes in their lives.

Offered to 179 participants, with 156 attending. Workshops are evaluated with 91% of respondents expressing full confidence in applying the learning from these workshops.

Participants left with personalised strategies and ideas of how they can use self-management in their lives to better manage their chronic pain.

★★★★★ Feedback:

"I have found Chronic Pain Ireland workshops to be extremely helpful in my journey with Chronic Pain. They have given me the confidence to manage my pain more effectively as well as the complex emotions that come with it. These are not only informative, but friendly and interactive also. It's brilliant that they are available online, as it's not always possible, with this condition, to attend in person. Long may they continue, as I, for one, would be lost without them."

"Thanks so much for running these workshops. I feel as though I have been offered a life line."



Booster & Maintenance Workshops

Chronic Pain Ireland piloted 6 Booster and Implementation workshops which provide a crucial platform for individuals to maintain the skills and habits developed during our foundational courses and workshops.

Participants revisit and deepen their understanding of critical tools and techniques while exploring new strategies to address their evolving needs. Delivered to 67 participants throughout 2024. Evaluations show that 78% significantly reduced the number of visits to GP during flare ups with 89% reporting they felt better equipped to manage flare ups and setbacks.

★★★★★ Feedback:

"This pilot series of workshops was a success. One of the topics that came up was 'Resilience', which opened up a discussion that flowed so easily, and we and the facilitator delved quite deep into how we respond during flare-ups. I fully support the introduction of this format of workshop, as it gives the members a chance to touch on areas that they may need more help with."

"I found the pilot workshops are one of the best. I felt I was with like-minded people. I felt the workshop flowed & was very natural. I found it a lovely way of reinforcing everything I've learned in previous workshops. It was excellent, many thanks for the opportunity."



Self-Management Courses

Thanks in part to the funding provided by the Hospital Saturday Fund, we successfully delivered four nationwide online self-management courses. These five-week courses, a collaboration between Chronic Pain Ireland and the Pain Association of Scotland, were conducted once a week, with each session lasting 2.5 hours. Throughout the five weeks all key ideas of self-management are explored including: understanding pain, relationship between pain and stress, pacing and boom-bust cycle;

improving sleep; dealing with change, understanding emotions, relaxation skills, goal setting, communication and confidence etc. Each week builds on the topics from the previous week with participants receiving recordings, handouts and strategies and the feedback was overwhelmingly positive. Of the 83 participants 66% completed the entire course with very positive feedback and confidence in applying learnings. Of those who did not complete it, factors included medical procedures 19% and work/family commitments 15% and these cohorts will be offered the opportunity to complete the course at a later date.

★★★★★ Feedback:

"Having completed this course, I see things more clearly, it was important to meet other people dealing with the same issues as me. It was the first time in my life that I was with so many different people feeling their support and not being judged. We are not alone but sometimes, we forget that. Thank you Chronic Pain Ireland."

"I loved how this course is run, creating such a safe space. Facilitator expertly guided us through these sessions in a friendly, gentle, calm manner, balancing the course content while acknowledging the needs of the group that day. By utilising lots of different types of content and varied the pace, this kept the interest of the group. We received a plethora of resources and the facilitator used really well thought-out perspectives and analogies when communicating his points. He didn't force anyone to contribute or have their camera on and was comfortable adapting to others needs e.g. Rephrasing or clarifying for neurodivergent participants. He was an extremely good listener and again, maintained direction while allowing people to have their say and feel heard and validate their concerns. I would recommend this Chronic Pain Ireland course to anyone suffering with chronic pain and it's management without a second's hesitation."



Guided Meditation & Mindfulness for chronic pain

Chronic Pain Ireland offers a monthly online Guided Meditation and Mindfulness support service, led by a qualified instructor. This initiative is grounded in evidence-based practices demonstrating that mindfulness and meditation can effectively alleviate chronic pain symptoms by enhancing emotional well-being and resilience.

Each session includes guided meditation, followed by a reflection period and a Q&A segment, providing participants with tools to better manage their pain. In 2024, we conducted 12 monthly sessions, reaching a total of 139 participants. Feedback indicates that these sessions have significantly improved participants' coping mechanisms and overall quality of life. This service complements our broader suite of self-management workshops, reinforcing our commitment to holistic support for individuals living with chronic pain.

★★★★★ Feedback:

"I used to struggle to understand how meditation and mindfulness could help my pain management when I had severe pain, but came to realise it's an important piece in the complex jigsaw of chronic pain management. I feel less overwhelmed and more relaxed after doing mindfulness exercises which is important, as stress makes my pain worse."

"I can with all honesty say that meditation and mindfulness is my best tool in dealing with my chronic pain. Through online workshops like the recent ones provided by Chronic Pain Ireland. I have accessed a tool incomparable with any other interventions."



Support Telephone Line

Chronic Pain Ireland provides an empathetic telephone support line which can be vital support when people are struggling and don't know where to turn to.

The support phone line operates three days a week from 9.00-5.00 p.m. The helpline is operated by our National Coordinator who had completed training provided by AWARE helpline services. Throughout 2024, there were 686 support calls to Chronic Pain Ireland support line.

★★★★★ Feedback:

"Just want to thank you so much, I got the last place on that evening course and I only found out about it because of you. I am so appreciative."

"Thanks so much for all the help and information today. Am on hold now with the doctors for an appointment now. Thank you for listening, your direction and your kindness."

"I came off the call with a list of practical steps I could take. This is priceless after months of going around in circles".

"I was so upset yesterday, I haven't cried like that in years, thank you, it meant so much and you were so kind. I'm looking through the materials you've sent me today and feeling less overwhelmed, I've a better idea of what's available and I'll be taking out membership for the year."



Mental Health and Chronic Pain Support

CPI delivered 12 interactive support chats to 140 participants facilitated by our partners Turn2Me, a leading mental health charity. This gave participants the opportunity to be open about their mental health, life with chronic pain and to gain perspective and support

within a facilitated environment with a trained counsellor and peer support within the group. Our goal is to provide attendees with the tools they need, in addition to what their health care provider offers, so that they can improve their skills in the self management of their chronic pain. We focus on helping the person with pain become an active partner on the health care team.



Peer to Peer Members Network Meetings

CPI delivered 12 nationwide peer-to-peer network meetings facilitated by the National Coordinator to 126 members during 2024. It's a safe, inclusive space to meet others on an equal footing, to chat, share and support

each other. It's a safe, inclusive space to meet others on an equal footing, to chat, share and support each other. With a focus on collaboration and shared wisdom, these gatherings exemplify the transformative power of peer support in navigating the complexities of chronic pain. Our membership feedback regularly mentions the importance of speaking with others where they can chat openly without judgement and connect with others.



Monthly E-zine

Our monthly e-zine serves as a vital tool for Chronic Pain Ireland in keeping our community engaged and informed about various facets of chronic pain management. Each edition covers a wide spectrum of topics, including the latest research findings, upcoming events, updates on partnerships and collaborations, networking and PPI

opportunities, mental health resources, advocacy initiatives, ongoing campaigns, and actionable calls to support our cause. By delivering relevant and timely content directly to our subscribers' inboxes, we foster a sense of unity and empowerment within our community while providing valuable insights and resources to help individuals navigate their chronic pain journey with resilience and support.



Educational Webinars & Talks

Enhancing understanding of chronic pain and its management, throughout 2024 we held 4 webinars and online talks with 359 attendees. All webinars are recorded and available on the CPI website. Our Educational Webinars & Talks series, designed to deepen understanding of chronic pain and its effective

management strategies. Despite facing a lack of funding, we hosted three enlightening events. These included "Transform Pain into Power - Finding your voice in pain management" how emotions and trauma affect the brain, the connection between pain and emotional wellbeing. Cannabis and Pain: Myth and Fact," how the chemicals from the cannabis plant works in the body, looking at the benefits and disadvantages of cannabis for the management of chronic pain.

Exploring Sex and Gender in chronic pain

Exploring Sex and Gender in chronic pain was partially funded through the PPI Ignite Network in University of Galway as part of the PPI Festival. Thanks to the collaboration of all stakeholders this hybrid panel event attracted over 300 registrations, with over 105 researchers, healthcare professionals and patients in attendance on the day. All registrants received a link to the video recording. The event shed a light on the critical role sex and gender play in the diagnosis, treatment, and management of chronic pain.



The future of our webinar series. Our 2024 application for lottery funding was not successful and without funding it is not possible to resource or expand this service. We will continue our efforts in securing additional funding to fortify and expand this invaluable service, ensuring continued access to empowering knowledge and support for our community.

Partnerships Support Services

Forming and strengthening partnerships remains a key strategic objective for Chronic Pain Ireland. In 2024, we expanded our educational support services through the expert delivery of new Booster Workshops. Our ongoing collaboration with Turn2Me continued to provide vital mental health support for individuals living with chronic pain, while our partnership offering monthly Guided Meditation and Mindfulness sessions further extended the reach and impact of our community network.



HSE Partnership with Chronic Pain Ireland "Living Well with Chronic Pain" 7 week programme



Throughout 2024's Pain Awareness Month, the HSE CH09 area 9 partnered with Chronic Pain Ireland in support of this campaign and offered Living Well with Chronic Pain programmes that ran during the day and evening. These 6-week programmes based on the Stanford Model of self care encourages attendees to develop skills to live better with chronic pain. This partnership will continue throughout 2025.

Strategic Advocacy & Awareness Campaigns



In 2024, Chronic Pain Ireland spearheaded impactful campaigns to raise awareness and advocate for individuals affected by chronic pain.

Pain Awareness Month

In 2024, Chronic Pain Ireland successfully delivered its Pain Awareness Month campaign under the theme “Pain to Power”, aiming to raise public awareness, support people living with chronic pain, and engage key stakeholders. The theme “Pain to Power” communicates the importance for people with chronic pain to take control of their recovery journey, despite the stigma and lack of understanding they may face.





The campaign featured 10 events, including expert-led webinars and a flagship hybrid event in October, which focused on Sex and Gender in Pain Management. This event featured a distinguished panel including the President of the Irish Pain Society, outlining the key findings of the PainDiff clinical research, Pain Consultant, Psychologists and representative from Chronic Pain Ireland with lived experience. It successfully raised our profile among key stakeholders.

Throughout the campaign, **over 200 individuals participated in events, with an additional 206 engaging directly with CPI services and helpline support. Our digital outreach achieved nearly 98,000 impressions,** supported by a new digital toolkit that enabled wide sharing across community networks and organisations.



6.12k

MEDIA VIEWS



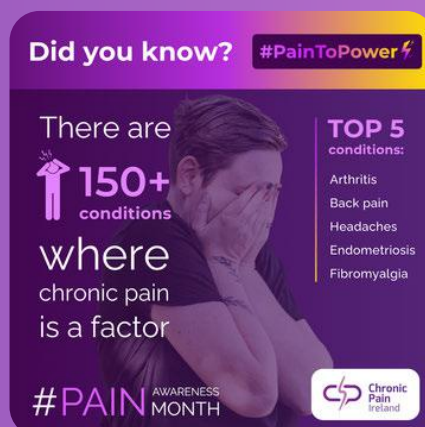
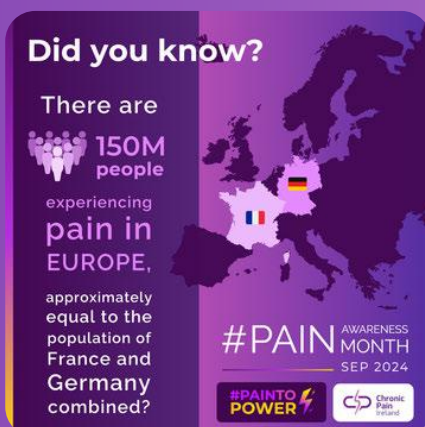
7.3k

WEBSITE ENG



97.6k

SOCIAL MEDIA IMPRESSIONS



Strategically, the campaign opened new opportunities for collaboration. CPI was invited to join the working group of the National Clinical Programme for Anaesthesia to co-develop a Model of Care for Acute and Chronic Pain Services, and UCD's Centre for Translational Pain Research invited CPI to nominate a public and patient involvement (PPI) Ambassador, for ongoing research initiatives. These developments further solidified CPI's role as a key voice in shaping Ireland's national approach to pain management.

We are profoundly grateful to our Pain Ambassadors who courageously shared their stories and gave interviews to the press, magazines, and radio. Their invaluable contributions helped to amplify our message and significantly broaden our reach, bringing much-needed attention to the challenges faced by those living with chronic pain.

Irish Independent  News Opinion Business Sport Life Style Entertainment

Home / Irish News

'My pain is now worse than ever,' says mum of four who has lived with invisible illness for 22 years



Christine Donaldson runs two childcare businesses despite her struggles with chronic pain. Photo: Paul Sharp





Shingles Awareness Campaign

Building on the success of our previous campaign, Chronic Pain Ireland continued its national Shingles Awareness Campaign into early 2024 in partnership with GSK. The campaign focused on raising awareness of post-herpetic neuralgia (PHN)—a debilitating complication of shingles that can cause prolonged nerve pain. Affecting approximately 20% of shingles cases, PHN poses a particular risk for those over 50 years of age.

Through a sustained public awareness effort, we aimed to inform individuals about the risks of PHN and the importance of seeking early medical advice. This phase of the campaign once again utilised TV and both national and regional radio stations to maximise outreach. The campaign achieved a reach of over 5 million, with over 50% of adults in Ireland exposed to the message on TV at least once—reinforcing the importance of prevention and timely intervention.



Brain Awareness Week Campaign

Chronic Pain Ireland (CPI) was proud to be a partner of Brain Awareness Week 2024, held from March 11th to 17th. Organised by the Neurological Alliance of Ireland (NAI), this national campaign aimed to raise awareness of neurological conditions and advocate for increased investment in services, research, and prevention. As one of over 30 participating organisations, CPI contributed to the collective effort to highlight the challenges faced by individuals living with neurological conditions.

We focused on the intersection of chronic pain and neurological health, emphasising the importance of early intervention, multidisciplinary care, and patient empowerment. We also highlighted resources and support services available to those affected by chronic pain, aligning with the campaign's overarching goals.



By participating in Brain Awareness Week 2024, we reaffirmed our commitment to supporting individuals living with chronic pain and neurological conditions, advocating for improved services, and fostering greater public understanding of these complex health issues.



Patients Deserve Better Campaign

In 2024, Chronic Pain Ireland (CPI) continued its active partnership in the Neurological Alliance of Ireland's (NAI) "Patients Deserve Better" campaign, advocating for equitable access to neurology services across Ireland.

This year's focus was on five regional hospitals—Bantry General Hospital, Mayo University Hospital, Midland Regional Hospital Portlaoise, Wexford General Hospital, and Letterkenny University Hospital—none of which had a Consultant Neurologist. The campaign highlighted that individuals with chronic neurological conditions, including chronic pain, often travel between 60 and 112 km to access specialist care, leading to delayed diagnoses and poorer health outcomes.

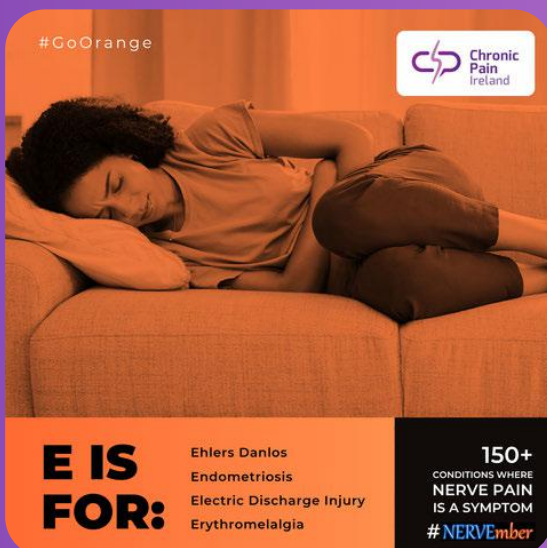
CPI supported the campaign through various initiatives, including encouraging members to contact their local Oireachtas representatives to advocate for the appointment of Consultant Neurologists in these underserved regions. Additionally, CPI amplified the campaign's message by sharing informative content across social media platforms, emphasising the importance of accessible neurology services. The campaign succeeded in securing multi-annual investment announced in October 2024, aimed at establishing neurology services in the targeted hospitals.

Through our continued involvement in the "Patients Deserve Better" campaign, in line with our strategic objectives demonstrates our commitment to advocating for comprehensive, accessible, and person-centered care for individuals living with chronic pain and neurological conditions.



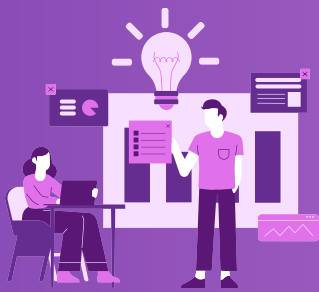
Social Media #NERVEember Campaign

During November, Chronic Pain Ireland aims to raise awareness of neuropathic pain which is in support of the International Pain Foundation campaign NERVEember™. The campaign uses NERVEember™ to create awareness for over 150 conditions that have nerve pain as a symptom. During the month using the colour orange which is the international colour for chronic pain awareness we share facts, links, news and events highlighting the over 150 conditions that have nerve pain as a symptom.



	REACH	IMPRESSIONS
	18.5k	20k
	7.1k	7.9k
	-	12k





Strategic Partnerships & Collaborations

Chronic Pain Ireland are actively engaged and are members of World Patients Alliance, Pain Alliance Europe, Societal Impact of Pain platform (SIP), The Irish Platform for Patient Organisations, Science and Industry (IPPOSI) and Neurological Alliance of Ireland (NAI).



World
Patients
Alliance



Pain Alliance
Europe



IPPOSI



NEUROLOGICAL ALLIANCE
OF IRELAND

We collaborate and work with all stakeholders to further our mission, vision and aims.

CPI is part of the alliance with the Irish Pain Society to establish a Societal Impact of Pain (SIP) platform in Ireland, one of twelve SIP national platforms in Europe. The aim of the alliance is to raise awareness of the relevance of and the impact that pain has on our societies, health, and economic systems;

to exchange information and share best practices across all member states of the European Union in developing and fostering European-wide policy strategies & activities for an improved pain care in Europe (Pain Policy). This is an ongoing initiative.



Throughout 2024 Chronic Pain Ireland identified potential partners as well as entering into partnership agreements as part of our strategic objectives to enhance and expand the range of services. We also sat on a number of panels, executive committees and working groups.

Health Literacy Initiative for Ireland

In 2024, Chronic Pain Ireland proudly joined the National Health Literacy Initiative, spearheaded by Patients for Patient Safety Ireland (PfPSI). Launched in January, this collaborative effort unites Ireland's leading patient advocacy groups with the mission to empower individuals with the knowledge, skills, and confidence to actively participate in their healthcare decisions. The initiative calls for a cohesive national framework that integrates health literacy into healthcare, education, and community programs, aiming to make health literacy a fundamental life skill taught from an early age. By participating in this initiative, this reinforces our commitment to enhancing patient safety and ensuring that individuals living with chronic pain are equipped to advocate for their health needs effectively.

Bridging The Gap In Healthcare Communication

A pivotal part of our mission is to improve and facilitate communication within the healthcare system, ensuring patients are well informed about their care pathways and the support services available to them. Our efforts are designed to simplify the journey for those navigating the complexities of chronic pain management for the first time.



Examples outlined per the activities above include circulation of information leaflets in pain clinics, healthcare clinics, and through social prescribers networks, ensuring patients have access to essential resources. Workshops and courses provide opportunities for patients to learn and connect with peers.

Our new website serves as a hub for up-to-date information and virtual support. Collaborating with healthcare providers, on campaigns and advocacy efforts to improve communication and access to pain services. Advocacy initiatives raise awareness and address systemic barriers.



Research - Expanding Knowledge and Engagement Through Research

In alignment with our strategic objectives, we've intensified our commitment to research and community engagement. Chronic Pain Ireland's partnerships and collaborations with prominent Irish universities spanned various initiatives, from impact of sex and gender on pain, digital health interventions to combating poor sleep and addressing specific pain

conditions like musculoskeletal issues and lower back pain. Through interdisciplinary research, we contribute to the advancement of evidence-based strategies to enhance care and support for individuals living with chronic pain, embodying our commitment to driving positive change in pain management and advocacy.



University of Galway PainDiff Steering Group

In 2024, Chronic Pain Ireland (CPI) was proud to actively contribute to the Steering Group of PAINDIFF, an interdisciplinary network led by the University of Galway. This initiative brought together 30 international experts, early career researchers, and patient advocates from 22 institutions across 8 countries to examine the role of sex and gender in chronic pain research. CPI's involvement ensured that the lived experience of individuals managing chronic pain informed discussions on research methodologies and recommendations for best practice.



The network culminated in a high-profile hybrid event, Exploring Sex and Gender in Chronic Pain, which featured expert-led discussions on clinical realities, research translation, and health policy impact. Chronic Pain Ireland represented the patient voice, highlighting the vital role of public and patient involvement (PPI) in shaping meaningful research. Our participation reflects our ongoing commitment to advancing evidence-based, inclusive approaches to chronic pain care and ensuring that research outcomes translate into improved diagnosis, treatment, and policy for all.



Partnership University of Limerick Poor Sleep and Chronic Pain



In 2024, Chronic Pain Ireland and the University of Limerick continued their collaborative research following the award of the 2022–2023 Brain Mind Pain (BMP) Research Grant. The project, which explores non-medication approaches to improving sleep in individuals with chronic pain, progressed to its next phase through qualitative research. This involved conducting focus groups and “World Café”

style workshops with both patients and clinicians to delve into their experiences and perspectives on managing sleep disturbances related to persistent musculoskeletal pain. The initiative underscores our strategic commitment to advancing person-centred, evidence-based approaches in pain management and promoting innovative solutions to improve quality of life for those affected by chronic pain.



ComExPain



This research project ComExPain was awarded funding via the Health Research Board and the aim is to design a programme to support older adults with chronic musculoskeletal pain to undertake community-based exercise. This project is a collaborative partnership between

University of Limerick, Chronic Pain Ireland and Limerick Sports Partnership. During 2024 the feasibility study was undertaken by way of running three types of community exercise classes alongside a control group who are exercising at home. If this study shows that the programme is acceptable and feasible to deliver, it can then be tested in a larger scale trial in the future. The implications of classes targeted for people with chronic pain could have long-term impacts in terms of health, well-being and health care requirements. This will continue into 2025.



In addition to the above, Chronic Pain Ireland continues to support University-led PhD research by disseminating across our network and contributing to PPI collaborations along with other national research initiatives at a number of Universities.

Support of UL Health Research in application for PhD funding to examine adolescent low back pain.

Support of Relevium Medical groundbreaking new treatment for knee osteoarthritis (KOA) pain, which aims to significantly reduce the need for oral medications.

Chronic Pain Ireland PPI (patient and public) collaborations



UCD School of Public Health, Physiotherapy and Health Science collaboration

Research: design & conduct of future clinical trials in CRPS to produce a methodological framework for informing the design and conduct of future clinical trials in CRPS (chronic regional pain syndrome), based on the best available approaches for investigating the effectiveness of interventions for rare disorders.

Researchers aim is to publish the methodological framework and accompanying research design algorithm in the International Association for the Study of Pain's peer-reviewed academic journal 'Pain'. Chronic Pain Ireland's PPI Volunteer contributed in both online and in-person meetings throughout 2023/2024 and co-presented at the October 2024 PPI in UCD event.

UCD School of Public Health, Physiotherapy and Health Science partnership



Research: Theme: Innovative approaches and methodology related to equality, diversity and inclusion in PPI in research.

In late 2024 Chronic Pain Ireland (CPI), in partnership with University College Dublin (UCD), was awarded funding by the PPI Ignite Network @ UCD Seed Funding Scheme 2024 in respect of a new research project. The project explores innovative methods to enhance equality, diversity and inclusion (EDI) in patient and public involvement (PPI) in research. Focusing on the new IMMPACT recommendations for patient engagement in pain research, the study will gather CPI members' views through a survey and focus group in 2025. CPI members will play an active role in shaping the research, from sitting on focus groups and taking part in a study. Aligned with CPI's core value of inclusivity and accessibility, the project aims to ensure the recommendations are relevant and effective within the Irish context.

UCD Centre for Translational Pain Research Group - PPI representative



The aim of the Centre for Translational Pain Research is to enhance the scientific understanding of pain from the basic sciences through to the population level. This group reached out to Chronic Pain Ireland recognising the value of public and patient involvement in pain research. The working group meets a number of times throughout the year and as of 2024 Chronic Pain Ireland members are represented by one of our PPI Volunteers.



Promoting Public Patient Involvement (PPI)

We've championed community engagement and interaction, encouraging public involvement in trials and studies some of which is outlined in our research partnerships. This initiative is crucial in empowering our community and advancing research.

HIQA Expert Advisory Group



Continuing into 2024, Chronic Pain Ireland (CPI) actively participated in the Health Information and Quality Authority (HIQA) Health Technology Assessment (HTA) on incorporating the herpes zoster (shingles) vaccine into Ireland's adult immunisation programme. As a member of the Expert Advisory Group, CPI contributed patient-centred insights, aligning with our strategic objective to advocate for equitable access to preventive healthcare for individuals living with chronic pain.



Supported UCC Study and PPI

Supported UCC Study and PPI request calling for focus group participants to provide feedback and preferences regarding proposed features of an eHealth intervention for management of musculoskeletal conditions. Interviews relating to a proposed website and mobile phone application which aims to help adults manage their musculoskeletal condition. This information will then be used to inform the development of the future technological intervention.

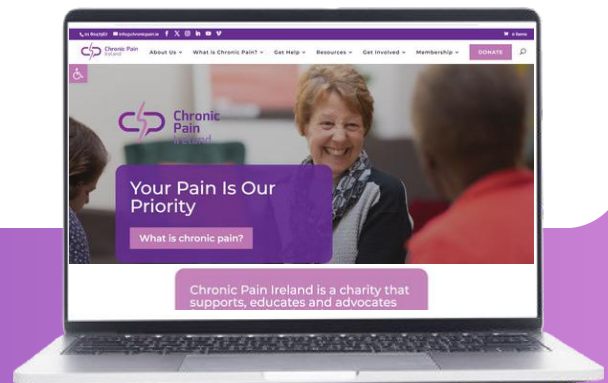
LAB CLINT, School of Psychology Trinity College Dublin



LAB CLINT from School of Psychology Trinity College Dublin support of study on Chronic Pain and Allostatic Load: An Auditory Oddball Paradigm. To help develop a deeper understanding of how different clinical approaches (yoga, pilates, breathing, etc) modulate chronic pain. The main goal of this study is to compare brain activity in between two groups: chronic pain and general population. A chronic pain stress study was conducted in October 2024 and a clinical group of men. Findings once published will be shared with Chronic Pain Ireland and participants.

Leveraging Digital Innovation to Extend Our Reach

Following the successful launch of our newly redesigned website in late 2023, Chronic Pain Ireland has continued to build on this digital foundation to expand our reach and impact. The enhanced website has enabled us to connect more effectively with individuals across both rural and urban communities, ensuring accessible, inclusive support for those living with chronic pain, efforts to elevate our profile, improve user experience, and make vital information easier to find. This ongoing digital development supports our commitment to innovation and inclusivity, providing a solid base for future outreach and engagement.



Social Media



7k

Facebook
Followers



540

Instagram
Followers



2k

LinkedIn
Followers



5.2k

Twitter
Followers

Since joining Chronic Pain Ireland in October 2023, Paula Madej has played a pivotal role in transforming our social media strategy. Over the past year, Paula has significantly enhanced our branding, developed a consistent and engaging content calendar, and broadened our reach across platforms. Her creative and strategic approach has led to increased engagement, with more individuals reaching out for support and learning about our services. This strengthened digital presence has helped CPI connect more effectively with our community and stakeholders, amplifying our message of support, advocacy, and inclusion. A small sample is included below and throughout this report. Looking ahead, we will continue to build on this momentum in 2025 to further grow our impact online.





The card is a specific **Hidden Disabilities Sunflower** for 'Chronic Pain' and it is issued to all members of Chronic Pain Ireland.

The **Sunflower** is a globally recognised symbol for **non-visible disabilities, hidden disabilities or invisible disabilities**.

The **Sunflower lanyard** discreetly **identifies the need for support, help**, or just a little more time in shops, transport, or public spaces.



12 MAY

FIBROMYALGIA
AWARENESS DAY



UP TO **1 in 3**
IN IRELAND
LIVE WITH
CHRONIC PAIN

Chronic Pain Ireland

Support Services:

- Mental Health Workshops
- Telephone Support Line
- Educational Events
- Self Management Workshops

Help us reach more people by **donating today**: chronicpain.ie/make-a-donation

42%
of people with chronic pain in Ireland feel their pain is doubted by others.

Chronic Pain Ireland

You don't have to do this alone

Chronic Pain Ireland

Consider joining Chronic Pain Ireland today

IN PARTNERSHIP WITH
PAIN ASSOCIATION
SUPPORTED BY
The Hospital Saturday Fund

★★★★★

"I really thank you so much from the bottom of my heart for so much care and support. It has changed my life, taught me not to feel so alone, and I have learned so much after suffering 24 years without support."

Mary

5 WEEKS
**CHRONIC PAIN
SELF-MANAGEMENT
COURSE**

NOV 5
10:30 AM

www.chronicpain.ie/events-meetings

Chronic Pain Ireland

Networking, Events and Publicity

Throughout 2024, Chronic Pain Ireland (CPI) attended and participated in numerous events, raising awareness and advocating for those living with chronic pain. Our engagement in these events has significantly enhanced our visibility and strengthened our community connections. Here are some highlights from the year:



The Annual Congress of Anaesthesiology 2024

was held at University College Dublin, chronic pain management was a key focus, with dedicated sessions from the Faculty of Pain Medicine. Topics included emerging research on the gut-brain axis and its potential for new pain therapies, as well as innovations in spinal cord stimulation technology. These developments reflect a growing emphasis on patient-centred, technology-driven approaches to chronic pain care. Chronic Pain Ireland's Chair attended the event, ensuring that the patient voice was represented and that insights from the congress could inform our ongoing advocacy and support efforts.

Irish Pain Society Annual Scientific Meeting 2024

On 19 October 2024, Chronic Pain Ireland's Chair and National Coordinator attended the Joint Annual Scientific Meeting of the Irish Pain Society and Northern Ireland Pain Society at University College Dublin. Themed "Sex and Gender Disparities in Pain," the event aligned with the International Association for the Study of Pain's Global Year initiative. Sessions covered topics such as chronic postsurgical pain, physical activity in chronic pain management, and future models of care in Ireland. The meeting emphasised a multidisciplinary approach, featuring workshops for nurses, physiotherapists, psychologists, and sessions on pain medicine procedures like neuromodulation and radio-frequency lesioning. Insights gained from this conference will inform CPI's advocacy and support strategies, ensuring they remain aligned with the latest research and best practices in pain management.





University of Limerick Faculty event

In 2024, the Chair of Chronic Pain Ireland (CPI) delivered a presentation to faculty staff at the University of Limerick, highlighting the benefits of PPI for the charity and the patient in respect of the collaborative ComExPain research initiative between UL, CPI, and Limerick Sports Partnership.

This project focuses on evaluating the feasibility of community-based exercise programmes tailored for older adults living with chronic musculoskeletal pain. The initiative addresses common barriers to physical activity, such as safety concerns and limited access to specialised support, by training local exercise instructors to deliver accessible classes like aqua aerobics and Pilates. For CPI, involvement in this research underscores the value of integrating patient perspectives into study design and implementation, ensuring that interventions are both practical and aligned with the lived experiences of those managing chronic pain. By participating in such research, CPI not only advocates for its members but also contributes to the development of scalable, evidence-based solutions aimed at improving quality of life for individuals affected by chronic pain across Ireland.

University of Galway partnered event

In October 2024, Chronic Pain Ireland's Chair partnered with the University of Galway to deliver a hybrid event Exploring Sex and Gender in Chronic Pain, hosted online and on campus in collaboration with the Centre for Pain Research and supported by the PPI Ignite Network as part of the PPI Festival. This event attracted a diverse audience—including healthcare professionals, researchers, and patient advocates—to examine how sex and gender influence chronic pain experiences and treatment outcomes. The distinguished panel featured experts discussing topics such as the PAINDIFF Network's efforts to develop guidelines for studying sex and gender differences in pain research, real-world clinical experiences, and the integration of research findings into health policy. The CPI Chair contributed by emphasising the importance of incorporating patient perspectives into research, highlighting how lived experiences can inform more effective and inclusive pain management strategies. This engagement underscores CPI's commitment to ensuring that patient voices are central to advancing understanding and treatment of chronic pain.





The Hospital Professional Honours

In September 2024, the Chair of Chronic Pain Ireland delivered a keynote address at the Hospital Professional Honours, held at the Dublin Royal Convention Centre. This prestigious event celebrated excellence and innovation in healthcare across Ireland, with over 550 hospital professionals and industry leaders in attendance. The Chair's address highlighted CPI's ongoing efforts to support individuals living with chronic pain, emphasising the importance of patient-centered care and the integration of patient experiences into healthcare practices. By sharing firsthand insights into the challenges faced by those with chronic pain, the address underscored the necessity of multidisciplinary approaches and the value of patient advocacy in shaping effective pain management strategies. This engagement not only reinforced CPI's commitment to empowering patients but also fostered greater awareness among healthcare professionals about the lived realities of chronic pain, promoting more empathetic and informed care delivery.



The Wheel's National Summit for Charities, Community Groups, and Social Enterprises

This took place in May 2024. Both Chronic Pain Ireland's Chair and National Coordinator attended this significant event which brought together over 500 delegates from across Ireland's non-profit sector to explore themes of social change, sustainability, and community impact. The summit featured over 40 speakers, including government representatives and sector leaders, and offered 12 member-led sessions on topics such as sustainable funding, volunteering, and policy development. CPI's participation provided valuable opportunities to network with peers, share insights, and advocate for the needs of individuals living with chronic pain. Engaging in such events reinforces CPI's commitment to collaborative approaches and ensures that the voices of those affected by chronic pain are represented in broader discussions about social and health policy in Ireland.



Funding / Grants



Scheme to Support National Organisations in the Community & Voluntary Sector (SSNO)

Chronic Pain Ireland was awarded €43,876 over the 2023 period from a grant under the Scheme to Support National Organisations in the Community & Voluntary Sector (SSNO) administered by POBAL on behalf of the Department of Rural and Community Development. The term, spanning from 1st July 2022 to 30th June 2025, provides core grant funding for the National Coordinator post, covering direct staffing costs and indirect costs at 20% of the direct costs.



We are very grateful to receive this vital funding which ensures we can maintain consistency in our activities, deliver quality and trusted services to our community and partners, whilst enhancing the support we provide.

The SSNO's support is a lifeline and a strategic enabler, allowing us to thrive and make a positive impact on the lives of those within the chronic pain community. It ensures we meet our charitable and governance requirements and enables us to operate a national helpline, offering direct support to individuals when they need it most. Without this funding, the delivery and maintenance of our essential services and supports would not be possible.



The Hospital Saturday Fund (HSF)

We are very grateful to the Hospital Saturday Fund for their support by way of a grant totalling €3,000 towards the cost of Chronic Pain Ireland's workshops and 5-week courses.

This funding contributes to our educational support services designed to empower individuals living with chronic pain. These workshops offer invaluable resources, including pain management techniques, mental health support, and guidance on navigating the healthcare system. The Hospital Saturday Fund's support will help us to continue to support people living with chronic pain, helping them to improve their quality of life and manage their conditions more effectively.

AVANOS

Avanos Medical non restricted educational grant

Chronic Pain Ireland successfully applied for a grant in late 2024 to Avanos Medical and received €10,000 in early 2025. This support will enable Chronic Pain Ireland to invest in key initiatives that will be rolled out in 2025.

These include website improvement and maintenance to ensure up-to-date, accessible resources for patients, families, and healthcare professionals; strengthening member outreach programmes; producing and distributing educational materials; and delivering awareness activities such as events, seminars, and workshops to foster broader understanding of chronic pain across society.



Funding updates

As part of our ongoing commitment to advancing Chronic Pain Ireland's mission and strategic goals, we actively pursued a number of funding opportunities in 2024. While we were successful in securing the above key grants, it is important to acknowledge that some applications—particularly due to highly competitive schemes—were not successful. Each submission requires a significant

investment of time, research, and collaboration, and even where funding was not awarded, the process strengthened our strategic focus, improved future applications, and helped build valuable relationships. These efforts reflect our proactive approach to sustainability and growth, ensuring we remain responsive to funding landscapes while striving to deliver impactful support for those living with chronic pain.

Donations and Fundraising



In 2024, Chronic Pain Ireland received a total of €19,161 in donations — of which €6,611 was restricted for a specific research initiative.



We are especially grateful to the Corcoran family, their friends and community who held fundraisers in memory of their beloved son Darren, and to everyone who came together in support.



Special recognition goes to Dave Nolan for his remarkable achievement in a 12-hour ultramarathon, **the Mullin family** for funeral donations in memory of their mother Florrie, and **Nikki Bray** for organising the annual Youghal Beach Walk. **Your commitment and generosity are deeply valued.**





We also extend sincere thanks to Hospital Professional News for selecting CPI as their chosen charity at the Hospital Honours Awards. This support not only raised vital funds but also shone a light on our work and the community we serve. Further appreciation goes to Charities Trust, Google Benevity, and to the many individuals who chose to support us—your donations, whether large or small, are vital to our charity and our ongoing work.



To our members, their families, and all who contributed throughout the year, thank you. While many donors wish to remain anonymous, and personal donations are too numerous to name individually, we acknowledge and deeply appreciate every gesture of support.

As we head into 2025, the landscape for sponsorship and funding is becoming increasingly challenging. Our ability to keep the doors open, sustain vital services, and be a voice for people living with chronic pain depends on continued support. We urge all who value our work to consider making a donation—whether a one-off gift or a regular contribution. Every euro makes a real impact, helping us to advocate, educate, and support people across Ireland who are navigating life with chronic pain.



**Now more than ever, your support matters.
Thank you for standing with us.**



★★★★★ Member's Testimonials

We thank our members for their feedback and testimonials, which we have placed under the relevant support service sections in this report. This personal feedback helps highlight the impact of Chronic Pain Ireland's services and support on the lives of individuals living with chronic pain. They provide a heartfelt glimpse into the challenges our members face and the difference our organisation makes in their daily lives. These testimonials and stories underscore the importance of our mission and motivate us to continue striving for excellence in all that we do. Below is another small selection of members' testimonials, whose names have been changed to ensure their anonymity. We are deeply grateful to our members for sharing their experiences and helping to raise awareness about the realities of living with chronic pain.



4. Delivering on our Strategy 2022-2025

There are five strategic objectives outlined in our Strategic Plan as follows:



Advocacy - CPI will advocate as a voice for people living with chronic pain in Ireland. We aim to support our members and nurture those living with the condition and their families through empathy, listening, guidance and information provision and to advocate within the wider community.



Member Engagement & Education -To continue to uphold proper governance and regulation of CPI ensuring compliance with relevant regulatory and statutory bodies.



Research -To drive and participate in research concerning all aspects of life with chronic pain.



Funding -To continue to secure grant and donor funding and explore other options for the benefit of our members and the services we provide.



Governance and Compliance - To continue to uphold proper governance and regulation of CPI ensuring compliance with relevant regulatory and statutory bodies.

A strategic objective has been set for each of the above pillars and within each there are specific goals to be achieved.

Commentary on implementation of 2022-2025 Strategic Plan

In Q4 of 2022, the Board initiated a review of Chronic Pain Ireland's strategic aims in light of initial implementation being contingent on securing adequate core staffing resources. Following confirmation that the grant received could not fully support these staffing requirements—and considering the ongoing impact of the cost-of-living crisis—it was agreed that the strategic plan would need to be revised for 2023 to align with our more limited resources. Throughout 2024, our focus has shifted from review to refinement and phased implementation, prioritising actions that are both realistic and impactful. This work is ongoing, and the Board remains committed to continually reassessing and adapting the strategy to ensure it reflects our evolving capacity while staying true to our mission and long-term goals.



4.1 Strategic Objective 1 – **Advocacy & Awareness**



CPI will advocate as a voice for people living with chronic pain in Ireland. We aim to support our members and nurture those living with the condition and their families through empathy, listening, guidance and information provision and to advocate within the wider community.

Specific Aims:

4.1.1 Raise awareness of CPI, its vision, mission and aims, for those living with Chronic Pain, amongst their families, employers, healthcare providers and our wider communities in general.

Update

- This aim was realigned under Membership Engagement as part of the revised strategic implementation plan.

4.1.2 Continue to develop CPI's desired advocacy impacts in line with the wants, needs and requirements of our members.

Update

- Presented at conferences and seminars to advocate for policies aligned with the needs of our members.
- Engaged in various research projects to gather data and insights into the experiences and challenges faced by individuals living with chronic pain.
- Collaborated with stakeholders and policymakers to ensure that advocacy efforts are informed by the wants, needs, and requirements of our members.
- Continued to gather feedback from members through surveys, focus groups, and direct communication to guide advocacy priorities and strategies.

4.1.3 Work both independently and in partnership with decision makers and organisations to positively influence policy and attitudes in all areas impacting the lives of people with chronic pain.

Update

- Engaged in advocacy campaigns (as outlined earlier in this report under our Strategic Advocacy and Awareness Campaigns). These are aimed at raising awareness and changing public perceptions about chronic pain, promoting empathy, understanding and support.
- Fostered partnerships with healthcare providers, academic institutions, and industry stakeholders to develop and implement initiatives addressing the multifaceted needs of individuals living with chronic pain.

4.1.4 Research and identify international best practice in advocacy generally and advocating for the implications of living with chronic pain specifically.

Update

With current resources limitations, this is a long term aim and may not be possible for this strategic plan lifecycle.

4.2 Strategic Objective 2 – **Member Engagement & Education**



Overall Aim: To continue to engage members and expand support and education services nationally to those living with chronic pain, their families, friends, caregivers and other interested parties.

Specific Aims:

4.2.1 Continue to provide and develop further essential support services (phone line, website, member events).

Update

- Actively pursued partnerships with various organizations, exploring shared services and tailored support options. Identified and capitalized on partnership opportunities to expand our service offerings e.g. the partnership with mental health support group Turn2Me, guided meditation, which enriched our support network. These partnerships have helped to broaden our range of support and education services.
- Funding secured via donations along with a small grant from the Hospital Saturday Fund ensured we were able to continue provision of our previously expanded services, and introduce a Booster & Maintenance workshop along with a guided meditation monthly support group.
- Implementation of the new CPI website has increased membership engagement, extended our reach, and showcased our latest developments and services. Setting a firm foundation for further growth and impact.

4.2.2 Explore alternative methods of membership engagement to support member empowerment and self-management.

Update

- Expansion of services offered greater variety and choice of services and members actively participated in online self-management workshops and newly rolled out services, providing them with valuable tools and resources for managing their chronic pain effectively.

- Our collaboration with leading universities on research and educational initiatives has empowered members to contribute to specific chronic pain research (sleep, community exercise programme, various PPI research studies etc).
- A number of members have also undertaken facilitator training, equipping them with the skills to lead conversations, challenge stigma, and help shape more inclusive and responsive care. This places our members at the heart of ongoing efforts to improve understanding and future support for people living with chronic pain.
- In 2023, we launched our new website with a strong focus on user-centred design, ensuring improved accessibility and clearer, more informative resources. Throughout 2024, we have continued to refine and enhance the site based on member feedback and evolving needs. Our new team member has significantly strengthened our social media presence, driving increased engagement and visibility of our work.
- In alignment with this goal, we undertook a review of alternative membership models. In 2024, we conducted a competitive business analysis to inform this work. The insights gained will guide the development of a more responsive and inclusive membership structure, aimed at better serving our existing members and supporting sustainable community growth.

4.2.3 Diversify current education services in a variety of settings including in community, healthcare provider and other settings.

Update

In 2024, we continued to expand the reach of our educational services beyond traditional formats by engaging with healthcare professionals, community groups, and academic partners. Through talks, collaborative events, and participation in research dissemination, we've brought the patient voice into diverse settings. Plans are underway to further our reach across community, clinical, and online platforms to ensure greater accessibility and impact.

4.2.4 Raise awareness of Chronic Pain Ireland, its vision, mission and aims, for those living with Chronic Pain, amongst their families, employers, healthcare providers and our wider communities in general.

Update

- Realigned under the strategic implementation plan to Membership Engagement.
- Achieved via targeted advocacy Pain Awareness Month campaign with the theme 'From Pain to Power', targeting national press, radio and healthcare publications targeting general public, healthcare providers. Additional campaigns included Brain Awareness Week, Patients Deserve Better and NERVEmer, which also increased awareness.
- Speaker engagements both nationally and internationally.
- Advocacy via educational webinars, various events, workshops and formation of partnerships to raise awareness and reach.
- Utilised various outreach channels, including social media to raise awareness among the general public.
- 2024/25 PR Plan and implementation highlighting activities, reviewing audiences and improving messaging.

4.3 Strategic Objective 3 – Research



Overall Aim: To drive and participate in research concerning all aspects of life with chronic pain.

Specific Aims:

4.3.1 Develop and maintain open relationships with the research community.

Updates

- Registered on the Access Europe Portal which is a support and capacity-building programme for Irish civil society organisations to better access EU funds and engage in EU policy.
- Actively engaged with a number of researchers across Ireland on a variety of research initiatives mentioned earlier in this report which includes the following Universities: UCD, UL, UCG on a range of research projects.
- Engage in the national and international arena with all stakeholders and collaborate on funding.

4.3.2 Harness the involvement of patient voice at all stages of research.

Updates

- Central to all research engagement, we actively encourage members to get involved in research and Patient and Public Involvement (PPI) process e.g. ComExPain (community exercise programme), and the World iCafé (addressing sleep) along with input on the design & conduct of future clinical trials in CRPS and a number of other initiatives mentioned in the activities section.
- Engage in research that will have a positive impact on members' lives and for all living with chronic pain. We conduct surveys and obtain annual feedback within the membership to better identify the needs of those living with chronic pain and their families/friends/caregivers and other interested parties. We disseminate the results and outcomes to our members via our e-zine and the wider general public via our website and social media.

4.3.3 Maximise use of research findings to achieve other strategic goals.

- This aim aligns with Strategic Objective 1, 2 and 4. The ASpida research initiative will be completed during 2024 which will then see this added to the suite of CPI workshops and educational services offered, with the empowerment of trained CPI volunteers as facilitators. We will seek additional grant funding once the clinical evaluation is completed.
- The ComExPain research initiative continued throughout 2024. Once completed it will be rolled out by UL, CPI and Sports Partnership of Ireland as a community exercise programme.
- The World iCafé research initiative aims to improve sleep for those living with chronic pain and this too will form part of our educational suite.
- As part of the PAINDIFF research steering committee the initial findings highlight five core recommendations to improve how sex and gender are considered in both preclinical and clinical pain research. There is growing evidence of unique pain experiences in gender-diverse individuals, linked to gender-affirming care and minority stress. CPI supports increased scientific focus on sex and gender in pain research, to strengthen outcomes, reduce bias, and inform more inclusive approaches to care.

4.4 Strategic Objective 4 – Funding



Overall Aim: To continue to secure grant and donor funding and explore other options for the benefit of our members and the services we provide.

Specific Aims:

4.4.1 Successfully reapply for current funding sources

Updates

- This was achieved in 2022 with a core funding application via the Scheme to Support National Organisations (SSNO) administered by Pobal on behalf of the Department of Rural and Community Development and covers the core costs of the charity over a three year funding programme. While the three year application succeeded in refinancing of current staffing, it was unsuccessful in obtaining finance for our expansion plans.
- In 2024, we reapplied to the Hospital Saturday Fund to support our expanded self-management workshops and courses. While we were unsuccessful in securing the full grant requested, we gratefully received €3,000, which contributed to the continuation of this important work.

4.4.2 Explore & diversity other funding options.

Updates

- Additional grant funding applications being sought throughout 2024 and beyond. In 2024 identified key target grant applications that we have capacity to submit. Resources need to be sourced to support this strategic aim in addition to recruiting two further Board / Committee members.

4.4.3 Review membership income, donations and options

Updates

- Over the past year, we have made several improvements to how we manage and engage with our members and donors. We automated membership tracking through a website plugin, enabling better oversight of membership status and duration. In addition, we circulated our annual membership survey to gather valuable feedback on satisfaction and preferences, helping shape future engagement strategies.
- We explored the potential of a charity-wide donor and sponsorship platform, CharityApp, though ultimately it was not viable.
- We focused our efforts on targeted donor engagement through themed campaigns, including a Christmas appeal, and developed a digital toolkit to support sponsorship and fundraising activities. These actions reflect our continued commitment to strengthening our income streams and creating a more engaging and responsive experience for our community.

4.4.4 Transparent financial planning and records to ensure financial sustainability and Resilience.

- Transparency and accountability in the management of our fiscal responsibilities is at the cornerstone of our mission. We have a duty to serve our members and as such have implemented robust financial controls and policies to ensure that all financial transactions and donations are accurately recorded, with funds being distributed to ensure effective support and resources are in place to serve our members with chronic pain. Our commitment to ensuring the highest standards of accounting practices and governance, is achieved through the provision of information to our members and key stakeholders on how donations and grant funding is allocated. In addition to this our team regularly conducts internal reviews of our budgets and operating expenditure to ensure adequate controls are in place and mitigate any risk. We engage independent auditors to review our accounts and are aligned with SORP accounting practices. We provide our financial information in a clear and accessible manner, we are striving for financial resilience to enable all of our funding to have the greatest possible impact, supporting our efforts in advocacy, patient support and information provision to ensure the longevity and sustainability of our organisation.

4.5 Strategic Objective 5 – **Governance and Compliance**



Overall Aim: To continue to uphold proper governance and regulation of CPI ensuring compliance with relevant regulatory and statutory bodies.

Throughout 2024 CPI continued to comply with all voluntary, statutory and regulatory requirements, showing full transparency in all activities. Each year CPI files an annual report of our compliance with the Charity Regulatory Authority and a review is undertaken by the Risk & Governance Committee, which is then reviewed and signed off by the Board, prior to filing.

In 2024, Chronic Pain Ireland also submitted our annual report into the Carmichael Good Governance Awards, a highly regarded national awards programme that recognises excellence in governance among charities and non-profits. We were honoured to win Category 1 (for smaller organisations) in November 2024 for our 2023 Annual Report.

This achievement reflects our ongoing commitment to excellence in governance and accountability, and is a strong endorsement of our strategic objective to uphold best practice in regulation and compliance across all aspects of our organisation.



Specific Aims:

Goal 4.5.1 Review of internal policies and operating procedures continuously to strive for best practice.

Updates

- The Risk & Governance Committee is responsible for ensuring that this goal is continually reviewed. There is an agreed policy and procedures schedule however where there are changes to legislation or areas to be strengthened, these are brought forward and addressed.

Goal 4.5.2 Staff and board members to complete relevant and up to date training required to ensure due diligence in corporate governance and ongoing compliance regulations.

Updates

- In 2024, Board and staff members continued to engage in ongoing professional development through training provided by their own organisations along with training offered via Carmichael, The Wheel, and Charities Institute Ireland. This commitment to continuous learning supports our compliance with current legislation and best practice in governance.
- An annual Board Evaluation is carried out to identify any knowledge gaps, with targeted training offered to address these areas and strengthen organisational oversight.

Goal 4.5.3 Overview of Strategic Goals 1-5 to ensure they are completed through good governance and comply with other regulatory requirements

Updates

- The Board continues to hold overall responsibility for the strategic plan and its alignment with organisational capacity and regulatory standards. Following the strategic review conducted in late 2022, adjustments were made to reflect limited staffing resources. In 2023, the Terms of Reference for each committee were updated to clearly assign responsibility for relevant strategic priorities. Rather than forming a separate strategy subcommittee, each committee now integrates strategic oversight into its core functions. In 2024, this integrated model has been embedded, with the strategy becoming a standing agenda item and regular reporting from committees ensuring progress, accountability, and compliance across all goals.



5. Board of Directors

Chronic Pain Ireland's Board of Directors (i.e. Trustees) is composed of dedicated and skilled individuals who play a crucial role in the organisation's success and impact. These members bring a wealth of expertise, experience, and perspectives, guiding Chronic Pain Ireland's strategic decisions with a comprehensive and informed approach. Their leadership ensures sound governance, responsible financial management, and effective oversight.

Our Board includes a Chairperson, National Secretary and Treasurer, and our Directors have specialisations in finance, business development, marketing, IT, HR and risk management. To further strengthen our governance and strategic capacity, we are actively seeking to recruit additional skilled individuals to fill key roles on the Board. One of the limitations we have experienced is the delay experienced in obtaining the approval of the Charity Regulator in respect of our revised Constitution which would allow us to increase the number of Board members to twelve. Within our current limitations, our ongoing recruitment efforts aim to enhance our ability to serve the chronic pain community effectively and sustainably.



Martina Phelan - Chair

Lived experience of life with chronic pain over three decades. Currently, a student of UL studying BA with Sociology. 20+ years' experience in payroll accountancy, payroll systems implementation and the policies that underpin them in a variety of industries ranging from pharmaceutical to aviation. Has a wealth of knowledge having engaged in both EU and National Public Patient Involvement (PPI) initiatives and research. Has contributed to many Steering Committees and Committees. Patient Representative with the Faculty of Pain Management and Co-Lead of SIP Ireland.

Michelle Wallace - Vice Chairperson & Treasurer.

Dip IOD, National Secretary & Treasurer. Michelle is currently Workplace Services Manager at CBRE for Google EMEA HQ in Dublin. Michelle holds a Masters in Employment law. With over 25 years experience across professional services, legal, health and industry. Managing finance, operations, HR, Corporate Governance and Communications. An advocate for Chronic Pain and invisible illnesses, in addition to supporting charities and causes linked to children's causes.



Louise Riordan - Board Member & Chair of Marketing, Communications & Funding Committee

holds a MA Gender, Globalisation & Rights (NUIG); Bachelor Commerce and French (UCC). Louise is the Academic Health Centre Project Manager for Ireland South Women & Infants Directorate. She has extensive experience in the not-for-profit and public sector in Ireland with a special interest in education, social innovation, equality and health.



John Kenny - Board Member & outgoing Chair of Risk & Governance Committee

holds an M.Sc. Pharmaceutical Science, M.Sc. Chemistry, Dip. Corporate Governance. John has worked in the Pharmaceutical sector for 20+ years and has served on Boards in both the Pharma and Charity sectors. He is a paraplegic and has suffered bouts of chronic pain since sustaining a life-changing injury 35 years ago.

Paul Tuhill - incoming National Secretary and incoming Chair of Risk & Governance Committee

is a Project Manager working in the IT field for over 25 years, providing technical expertise and guidance to CPI. Paul is also a board member for another Dublin based charity. When not working or supporting charities he studies philosophy, business and politics.



Niamh Walsh - Board Member

has 15+ years' experience in senior roles in marketing, communications, content management & e-learning. Studied Philosophy & Classics, Computer Science, Training and Continuing Education, Management & Marketing, Business & Executive Coaching and is a certified Lean Six-Sigma Green Belt. Niamh is a qualified psychotherapist working with The Mynd Centre in Bray.

Julia O'Connor, Board Member

has 15+ years experience working in the not for profit sector in a variety of roles including marketing, business development, volunteer management and operations. She has worked for charities, education and research organisations and a social enterprise.



Charlie Weijer, Board Member

is an experienced leader and board member with strong business acumen. Specialist in SaaS, pipeline management and sales processes with passion for working with charity organisations and mentoring start-ups.

5.1 Rotation of Trustees

We are committed to nurturing innovation and adhering to best practices. We firmly believe that trustee rotation plays a pivotal role in achieving this objective. Consequently, we have established a policy wherein no Chronic Pain Ireland Trustee can hold their position for more than two consecutive terms on the Board. Furthermore, only Trustees holding an officer role, may be invited to serve a final term of three years however no Trustee can serve for a cumulative duration exceeding nine years.

5.2 Induction & Training of New Trustees

Upon the appointment of a new Trustee, Chronic Pain Ireland provides a comprehensive induction process. This includes a meeting with the Chairperson, and select Trustees to provide essential guidance. As part of this induction, trustees are provided with an induction pack containing policy documents, organisational history, strategic plans and Committee information. Contact details are shared as are previous Board minutes and packs. Training is offered via Carmichael, The Wheel and Charities Institute.

5.3 Conflicts of Interest

Our Conflict of Interests Policy adheres to the guidelines provided by the Charities Regulator. This policy serves as a crucial safeguard and empowers the Board to recognise, document, and navigate any potential conflicts of interest, thereby ensuring that all Trustees consistently act in the best interests of Chronic Pain Ireland and our mission.

5.4 Attendance at Meetings

	Board Meetings	MC&F Meetings	R&G Meetings
Martina Phelan	5/6		2/5
Michelle Wallace	3/6		4/5
Louise Riordan	3/6	2/3	
John Kenny (term completed 05/24)	3/6		2/5
Paul Tuhill	5/6		5/5
Julia O'Connor	1/6	2/3	
Niamh Walsh	6/6	3/3	
Charlie Weijer (resigned 09/24)	3/6	2/3	



5.5 Board Sub Committees

Board subcommittees are established for good governance practice. Chronic Pain Ireland has two subcommittees as follows:

5.5.1 Marketing, Communications and Funding Committee

This Committee has a pivotal role as outlined below.

The role of the Marketing, Communications & Funding (MC&F) Committee is to:

- provide oversight and guidance to the Board, the National Coordinator and/or key staff regarding the development, implementation and evaluation of marketing, communications and funding strategies and activities.
- make recommendations to the Board in relation to adoption of marketing and communications strategies and its assessments of their implementation.

The Committee will review its terms of reference and its effectiveness bi-annually and propose any necessary changes to its terms of reference to the Board.

Committee Structure and Appointments

Comprising at least three CPI Board members and the National Coordinator, the Committee may also invite additional individuals with relevant skills in an advisory capacity. A Board Director is appointed as Chairperson. Meeting minutes and agreed actions are circulated to the Chronic Pain Ireland Board after each meeting. Committee term time is three years, with the possibility of renewal.

Key Responsibilities of the MC&F Committee are to:

- Drafting of Marketing, Communications and funding strategies and implementation plans
- Agree a process, timetable and key review checkpoints with the Board and National Coordinator for ongoing development, implementation and monitoring of above plans.
- Make recommendations to the Board in relation to the adoption of the plans and the Committee's evaluations of their implementation.
- Advise and guide the National Coordinator / Staff on the execution of agreed strategic actions.
- Organise with the National Coordinator / Staff specific board session to evaluate performance and strategic impact of the different plans.
- In the event where proposed new major strategic initiatives (not included in the current plans) are required, ensure these are properly assessed and supported by realistic implementation plans.
- Applications for funding are approved by the MC&F committee in the first instance followed by approval from the board.

The Committee advise and make recommendations to the Board, without exercising any authority over the Board.

In 2024, five meetings were initially scheduled however due to one member on leave and another resigning there was insufficient cohort number to proceed with official meetings. The remaining Committee members continued to meet with the National Coordinator to progress strategic aims and met key responsibilities.

Key actions included:

Communications Strategy:

Built on the previously approved CPI Communications Strategy Brief by implementing key priorities. Focused efforts included the rollout of targeted digital campaigns, seasonal appeals, and improving e-zine content to boost engagement. The annual Membership Experience Survey and Exit Survey were repeated to monitor satisfaction and identify emerging trends. Survey findings informed both programme planning and Board-level discussions on engagement strategies.

Website Project:

Following the successful launch of the new website in late 2023, the Committee continued to oversee its maintenance and iterative improvements in 2024. Key work included content updates to reflect current and incoming new services. Accessibility and user experience remained central to all revisions.

Pain Awareness 2024 Campaign:

- Agreed on the campaign theme “From Pain to Power” and operational priorities.
- Engaged in media outreach and issued press releases to announce the campaign and highlight key events.
- Agreed educational initiatives, including webinars, culminating in a hybrid event with stakeholders from all relevant disciplines, CPI ambassadors and healthcare professionals in respect of PR, healthcare publications and national news, radio coverage.
- Agreed targeted distribution of educational materials to include pain clinic teams, social media prescribers, family resource centres etc to help inform the public about chronic pain and available support services.
- Awareness and keynote presentation at the Hospital Honours Awards to engage with key clinical stakeholders, raise awareness of chronic pain, and elevate our visibility.

Funding Action Plan:

- Continued execution of the 2023–2024 Funding Action Plan. Multiple grant applications were submitted, with a mix of successful and pending outcomes. Developed a plan identifying recurring and new funding sources. Enhanced fundraising toolkits and donor communication templates were created to support campaigns and sponsorship outreach. Discussions were also initiated with potential partners around health literacy initiatives planned educational / awareness campaigns and educational grants.
- CPI also leveraged its presence at the Hospital Honours Awards, this strategic appearance supported both awareness and fundraising objectives, strengthening CPI’s positioning within the healthcare sector.

Strategic Planning:

Reviewed strategic priorities and the implementation plan for 2024 and beyond.

These actions were instrumental in advancing Chronic Pain Ireland's mission and ensuring the organisation's continued growth and impact.

5.5.2 Risk & Governance Committee

This Committee has a pivotal role as outlined below.

Role of Risk & Governance Committee

The Committee oversees the maintenance of the risk register, annually reviews compliance with the Charities Governance Code and associated policies, assesses risk and business continuity management and develops succession plans for the Board and key staff. It reviews its terms of reference and effectiveness annually, proposing necessary changes to the Board.

Committee Structure and Appointments

Comprising at least three CPI Board members and the National Coordinator, the Committee may also invite additional individuals with relevant skills in an advisory capacity. A Board Director is appointed as Chairperson. Meeting minutes and agreed actions are circulated to the Chronic Pain Ireland Board after each meeting. Committee term time is three years, with the possibility of renewal.

Key Responsibilities

The Committee ensures annual compliance with the Charities Governance Code, oversees risk management policies, and develops a business continuity plan. It schedules annual meetings and reviews operational and governance plans every three years or as needed. Assisting in succession planning, it identifies required skills for the CPI Board and Committees and updates the plan annually. It also reviews compliance with fundraising principles and health & safety every three years, providing advice and guidance to address key risk and governance issues.

In 2024, the Risk and Governance Committee met 5 times. Key actions included:

- Adoption of Charity Regulator Authority (CRA) New Classification Standard.
- Review and approval of CRA annual return
- Review of potential partnerships, mergers for expansion of services.
- Review of Partnership Proposals, agreed Service Level Agreements and review processes.
- Review and approval of new and updating of existing policies and handbooks e.g. Volunteer, Finance and Fundraising.
- Review of Board Evaluation survey, identification of skills gaps and training needs.
- Board succession planning.
- Review of Committee structures and revision of terms of reference.
- Review of strategic priorities, implementation plan, and timelines.

5.6 Risk Management

Chronic Pain Ireland (CPI) prioritises proactive risk management to identify, mitigate, and prevent potential risks. Our comprehensive risk management policy addresses key risk areas, including Governance, Strategic, Compliance (legal & regulatory), Operational, Financial, Environmental or External, and Reputational Risk. This policy delineates the responsibilities of all within Chronic Pain Ireland in our risk mitigation efforts. We document procedures for anticipated risks, including maintaining and regularly updating a risk register.

The risk register is reviewed regularly by the Risk and Governance Committee who in 2023 expanded it to reflect new risks in the current climate such as the risks involved with collaborative working partnerships and to mitigate for the same.

Each risk is scored based on three factors: likelihood, impact, and the effectiveness of existing controls. Likelihood measures the probability of future occurrence, impact assesses the consequences for Chronic Pain Ireland and external stakeholders if the risk materialises, and the effectiveness of existing controls evaluates how well current measures mitigate the risk.

A scale of 1 to 5 is used for Likelihood and Impact assessment, while a scale of 1 to 3 is used for evaluating the effectiveness of existing controls. These are then multiplied to give a risk rating with categorised as follows:

Risk Level	Risk Score	Action / Response
High	25+	Immediate or short term action required
Medium	13 – 24	Monitor on an annual basis and review mitigation
Low	0 – 12	No action required

5.8 Risk Register. Top 3 Risks.

Risk No & Description of Potential Risk	F1 Dependency on a limited number of income/funding sources
Description of Potential Impact	Cash flow and budget impact of loss of income source
Risk Owner	Chair / Board
Steps to Mitigate	<ul style="list-style-type: none">Identify major funding/income source dependenciesImplement adequate reserves policyConsider diversification plans to develop additional income sources
Monitoring Frequency	Annual review of the risk by the board. The review will assess; <ul style="list-style-type: none">Breakdown of the major funding/income sources over the last 3 yearsReview adequacy of reservesAscertain opportunities for income diversification or development of additional income sources.
Risk Rating	30

Risk No & Description of Potential Risk	G2 Loss of key staff member / staff retention
Description of Potential Impact	<ul style="list-style-type: none"> • Loss of skills, expertise and corporate knowledge • Impact on key operations, campaigns, projects etc. • Loss of contact base and relationship with stakeholders
Risk Owner	Board & Line Manager
Steps to Mitigate	<ul style="list-style-type: none"> • Succession planning • Document systems, activities and projects • Implement training programme • Agree notice periods and handovers • Ensure adequate terms and conditions in line with industry norms • Ensure a vibrant and supportive working environment • Put in place effective performance management structures to stimulate and support excellent work performance and motivation
Monitoring Frequency	<ul style="list-style-type: none"> • Annual review of the risk by the Board of adequacy/effectiveness of the mitigation steps to manage/minimise this risk. • The review assess the positions considered to be most at risk and if any additional measures need to be put in place
Risk Rating	20

Risk No & Description of Potential Risk	G2 Too few Board members. Skillset gaps/lack of relevant skills or commitment to meet its responsibilities and duties
Description of Potential Impact	<ul style="list-style-type: none"> • CPI fails to achieve its purpose. • Attendance by board members is poor with difficulties in getting a quorum • Oversight and guidance is inadequate • Key decisions are made that bypass the Board • Non set up of board sub committees due to small board, key area's e.g. finance, risk & strategy etc., do not have the focus and checks required for good governance. • Poor decision making reflected in poor service delivery and dissatisfied clients, members and funders • Resentment or apathy amongst staff
Risk Owner	Chair/Board
Steps to Mitigate	<ul style="list-style-type: none"> • Recruit Board members • Conduct regular board skills audits and agree skills required • Provide induction for new board members • Review board training needs and provide relevant training to board members • Develop and review annually a board succession plan
Monitoring Frequency	<ul style="list-style-type: none"> • Annual review of the risk and assessment of the mitigation steps by the board. The review will assess; • Skill needs/gaps of the board • Actions/updates needed to the succession plan
Risk Rating	16

The Committee will continue to review key risks throughout 2025.

6. Structure & Governance

Organisational Structure

At the balance sheet date there were 6 members whose guarantee is limited to €1.27. This guarantee continues for one year after membership ceases. The company is governed by the Companies Act 2014 and produces its accounts in compliance with that Act.

Governance

CPI is committed to good corporate governance, high ethical standards and the principles of transparency and accountability. CPI have adopted The Charities Governance Code "The Code" which was launched on the 7th November 2018. In addition, CPI identifies and follows a principles-based Code of Ethics and adheres to the Charities Regulator's Guidelines for Charitable Organisations on fundraising from the public.

CPI, is fully compliant with the Charity Regulator's Governance Code which aims to help all trustees to meet legal obligations. Our annual directors' report and financial statements are produced in accordance with the Statement of Recommended Practice (SORP) for Charities.

The Board of Directors have reviewed and updated CPI's constitution in consultation with legal counsel. This has been approved by the Board and is now pending approval and submission with the CRA and CRO.

Members of the Board are elected by the members of CPI at the AGM. They are subject to retirement each year but can be re-elected. The Board ensures that the activities of the organisation are consistent with its charitable aims and objectives. As a small organisation, the Board has responsibilities for day to day activities of the organisation and met 6 times in 2024.

CPI is dependent on fundraising and grant income in order to fund its activities and also depends on volunteers to support its activities. Further information on funding is set out in Note 5 to these financial statements.

7. Financial Review

The results for the financial year are set out on page 68 and additional notes are provided showing income and expenditure in greater detail.

Financial Results

Financial Results

At the end of the financial year the charity had gross assets of €68,260 (2023 - €56,518) and gross liabilities of €12,642 (2023 - €3,789). The net assets of the charity have increased by €2,889).

Reserves Position and Policy

The Charity's available reserves at the year-end were €55,618 (2023: €52,729). The directors recognise the need to hold reserves to ensure the financial stability of the company. In particular, the directors recognise that the company is currently substantially dependent on one source of income to fund its activities. That source is the grant received from the Department of Rural and Community Development. In order to mitigate the risks associated with its income, it is the policy of the company to hold sufficient reserves to fund its activities for the year. As stated therein, we have a policy registered with Pobal whereby the amount of €32,000 unrestricted reserves are held in the event of winding up of the company.

The directors review this policy on an ongoing basis to ensure that it continues to be appropriate for the financial stability of the company. The directors may also determine that a portion of reserves be utilised for particular or designated purposes or projects for the Charity which will be part of our strategic focus for 2025 to enhance and advance our charitable purpose.

Future Developments

CPI are actively continuing to build on existing partnerships and exploring additional opportunities to raise awareness of CPI's work and build alliances and strategic partnerships to facilitate growth in both revenue and service offerings to our members.

In 2024, donations increased. However this remains challenging. We are encouraged by the continued uplift in subscriptions as we review our membership model to ensure we cater for a wider demographic scope. Furthermore, we envisage with enhanced online presence and content we can further expand our reach outside of the communities we currently operate within.

In 2025, a targeted approach in respect of funding from corporate donors is a key focus, also linked to enhancing strategic partnerships that align with our charitable purpose to expand our operational capability and delivery of additional services to support our members. We have completed additional grant applications and implemented strategies to enhance our visibility and profile. We are keen to engage with partners that can financially contribute to enhance our resources and service offering to our members.

The board and operational team continue to review opportunities to ensure robust corporate governance and enhanced opportunities for income growth to expand our services. We are proud of our continued commitment in this regard. Our 2024 Good Governance Award in respect of our annual report along with our Triple Lock Status awarded by the Charities Institute of Ireland are evidence of this commitment.

We will, through our strategic plan, continue to work diligently to fulfil our aims and objectives in the areas of Advocacy & Awareness, Member Engagement & Education, Research and Funding, alongside Governance and Compliance.

The board of directors are continually assessing the impact of additional external factors and our internal capabilities in regard to both short-term and long-term arrangements for the company and its current and future plans.

Reference and Administrative details

The Company is a registered Charity incorporated in 1995 as a company limited by guarantee and not having share capital. The principal office of the Company is 4 Carmichael Centre, Brunswick Street North, Dublin 7. The Company's registered number is 238967 and the Charity registration number is 20028022.

Directors and Secretary

The directors who served throughout the financial year, except as noted, were as follows:

Martina Phelan	Charlie Weijer (Resigned 13 September 2024)
Michelle Wallace	Louise Riordan
Paul Tuhill	Niamh Walsh
John Kenny (Resigned 31 May 2024)	Julia O'Connor

The secretary who served throughout the financial year was Michelle Wallace.

Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. Chronic Pain Ireland CLG subscribes to and is compliant with the following:

- The Charities Governance Code "The Code"
- The Companies Act 2014
- The Charities SORP (FRS 102)

Post-Balance Sheet Events

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

Relevant Audit Information

Each of the persons who are directors at the time when this Directors' report is approved has confirmed that:

- so far as that the director is aware, there is no relevant audit information of which the Company's auditors are unaware, and
- that director has taken all the steps that ought to have been taken as a director in order to be aware of any relevant audit information and to establish that the Company's auditors are aware of that information.

The Auditors

The auditors, Murtagh & Co, (Chartered Accountants) have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

Accounting Records

To ensure that adequate accounting records are kept in accordance with Sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The accounting records are located at the company's office at Carmichael Centre, North Brunswick Street, Dublin 7.

Approved by the Board of Directors on 03rd June 2025 and signed on its behalf by:



Martina Phelan
Director



Michelle Wallace
Director

Chronic Pain Ireland CLG DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2024

The directors are responsible for preparing the Directors' Annual Report and Financial Statements in accordance with the Companies Act 2014 and applicable regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the charity as at the financial year end date and of the net income or expenditure of the charity for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The directors confirm that they have complied with the above requirements in preparing the financial statements.

The directors are responsible for ensuring that the charity keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the charity, enable at any time the assets, liabilities, financial position and net income or expenditure of the charity to be determined with reasonable accuracy, enable them to ensure that the financial statements and the Directors' Annual Report comply with Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

- there is no relevant audit information (information needed by the charity's auditor in connection with preparing the auditor's report) of which the charity's auditor is unaware, and
- the directors have taken all the steps that they ought to have taken as directors in order to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the Republic of Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the Board of Directors on 03rd June 2025 and signed on its behalf by:



Martina Phelan
Director



Michelle Wallace
Director

INDEPENDENT AUDITOR'S REPORT to the Members of Chronic Pain Ireland CLG

Report on the audit of the financial statements

Opinion

We have audited the charity financial statements of Chronic Pain Ireland CLG ('the Charity') for the financial year ended 31 December 2024 which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet, the Statement of Cash Flows and the notes to the financial statements, including the summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the Charity as at 31 December 2024 and of its surplus for the financial year then ended;
- have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described below in the Auditor's responsibilities for the audit of the financial statements section of our report.

We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and the Provisions Available for Audits of Small Entities, in the circumstances set out in note 3 to the financial statements, and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other Information

The directors are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our Auditor's Report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

INDEPENDENT AUDITOR'S REPORT

to the Members of Chronic Pain Ireland CLG

Opinions on other matters prescribed by the Companies Act 2014

In our opinion, based on the work undertaken in the course of the audit, we report that:

- the information given in the Directors' Annual Report is consistent with the financial statements;
- the Directors' Annual Report has been prepared in accordance with the Companies Act 2014; and
- the accounting records of the charity were sufficient to permit the financial statements to be readily and properly audited and the financial statements are in agreement with the accounting records.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

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

Matters on which we are required to report by exception

Based on the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Annual Report. The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not complied with by the charity. We have nothing to report in this regard.

Respective responsibilities

Responsibilities of directors for the financial statements

As explained more fully in the Directors' Responsibilities Statement set out on page 10, the directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless they either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Further information regarding the scope of our responsibilities as auditor

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

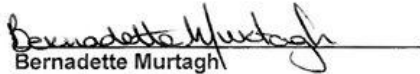
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

INDEPENDENT AUDITOR'S REPORT to the Members of Chronic Pain Ireland CLG

The purpose of our audit work and to whom we owe our responsibilities

Our report is made solely to the charity's members, as a body, in accordance with Section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the charity'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 charity and the charity's members, as a body, for our audit work, for this report, or for the opinions we have formed.



Bernadette Murtagh
for and on behalf of
MURTAGH & CO
Statutory Auditor Firm
The Plaza Office Suite
Headford Road
Galway

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Chronic Pain Ireland CLG

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)
for the financial year ended 31 December 2024

	Notes	Unrestricted Funds 2024 €	Restricted Funds 2024 €	Total Funds 2024 €	Unrestricted Funds 2023 €	Restricted Funds 2023 €	Total Funds 2023 €
Income							
Donations and legacies	5.1	13,819	3,127	16,946	12,410	-	12,410
Charitable activities							
- Grants from governments	5.2	-	53,919	53,919	-	53,249	53,249
and other co-funders							
Other income	5.3	9,463	-	9,463	7,810	-	7,810
Total incoming resources		23,282	57,046	80,328	20,220	53,249	73,469
Expenditure							
Charitable activities	6.1	27,347	47,046	74,393	42,973	53,249	96,222
Other trading activities		3,046	-	3,046	-	-	-
Total Expenditure		30,393	47,046	77,439	42,973	53,249	96,222
Net income/(expenditure)		(7,111)	10,000	2,889	(22,753)	-	(22,753)
Transfers between funds		-	-	-	-	-	-
Net movement in funds for the financial year		(7,111)	10,000	2,889	(22,753)	-	(22,753)
Reconciliation of funds:							
Total funds beginning of the year		52,729	-	52,729	75,482	-	75,482
Total funds at the end of the year		45,618	10,000	55,618	52,729	-	52,729

The Statement of Financial Activities includes all gains and losses recognised in the financial year.
All income and expenditure relate to continuing activities.

Approved by the Board of Directors on 03rd June 2025 and signed on its behalf by:



Martina Phelan
Director



Michelle Wallace
Director

Chronic Pain Ireland CLG

BALANCE SHEET

as at 31 December 2024

		2024	2023
	Notes	€	€
Fixed Assets			
Tangible assets	10	1,193	875
Current Assets			
Debtors	11	11,470	2,284
Cash at bank and in hand	12	55,597	53,359
		67,067	55,643
Creditors: Amounts falling due within one year	13	(12,642)	(3,789)
Net Current Assets		54,425	51,854
Total Assets less Current Liabilities		55,618	52,729
Funds			
Restricted funds		10,000	-
General fund (unrestricted)		45,618	52,729
Total funds		55,618	52,729

Approved by the Board of Directors on 23rd June 2025 and signed on its behalf by:



Martina Phelan
Director



Michelle Wallace
Director

Chronic Pain Ireland CLG
STATEMENT OF CASH FLOWS
for the financial year ended 31 December 2024

	Notes	2024 €	2023 €
Cash flows from operating activities			
Net movement in funds		2,889	(22,753)
Adjustments for:			
Depreciation		209	143
Gains and losses on disposal of fixed assets		-	301
		<u>3,098</u>	<u>(22,309)</u>
Movements in working capital:			
Movement in debtors		(9,186)	(668)
Movement in creditors		8,853	(880)
		<u>2,765</u>	<u>(23,857)</u>
Cash generated from/(used in) operations			
Cash flows from investing activities			
Payments to acquire tangible assets		(527)	(644)
		<u>2,238</u>	<u>(24,501)</u>
Net increase/(decrease) in cash and cash equivalents		2,238	(24,501)
Cash and cash equivalents at the beginning of the year		53,359	77,860
Cash and cash equivalents at the end of the year	12	55,597	53,359

Chronic Pain Ireland CLG

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2024

1. GENERAL INFORMATION

Chronic Pain Ireland CLG is a company limited by guarantee and is a public benefit entity incorporated in Ireland. The Company's registered number is 238967 and the Charity registration number is 20028022. The registered office of the company is Carmichael Centre, North Brunswick Street, Dublin 7 which is also the principal place of business of the charity. The financial statements have been presented in Euro (€) which is also the functional currency of the charity.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements.

Basis of preparation

The financial statements have been prepared on the going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard and Statement of Recommended Practice (SORP) applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council.

The Charity has applied the Charities SORP on a voluntary basis as its application is not a requirement of the current regulations for charities registered in the Republic of Ireland. As permitted by the Companies Act 2014, the charity has varied the standard formats in that act for the Statement of Financial Activities and the Balance Sheet. Departures from the standard formats, as outlined in the Companies Act 2014, are to comply with the requirements of the Charities SORP and are in compliance with section 4.7, 10.6 and 15.2 of that SORP.

Statement of compliance

The financial statements of the charity for the financial year have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)" and FRS 102 "The financial Reporting Standard applicable in the UK and Republic of Ireland".

Fund accounting

The following are the categories of funds maintained:

Restricted funds

Restricted funds represent income received which can only be used for particular purposes, as specified by the donors. Such purposes are within the overall objectives of the charity.

Unrestricted funds

Unrestricted funds consist of General and Designated funds.

- General funds represent amounts which are expendable at the discretion of the board, in furtherance of the objectives of the charity.

- Designated funds comprise unrestricted funds that the board has, at its discretion, set aside for particular purposes. These designations have an administrative purpose only, and do not legally restrict the board's discretion to apply the fund.

Income

Income is recognised by inclusion in the Statement of Financial Activities only when the charity is legally entitled to the income, performance conditions attached to the item(s) of income have been met, the amounts involved can be measured with sufficient reliability and it is probable that the income will be received by the charity.

Income from charitable activities

Income from charitable activities include income earned from the supply of services under contractual arrangements and from performance related grants which have conditions that specify the provision of particular services to be provided by the charity. Income from government and other co-funders is recognised when the charity is legally entitled to the income because it is fulfilling the conditions contained in the related funding agreements. Where a grant is received in advance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, it is accrued in debtors.

Grants from governments and other co-funders typically include one of the following types of conditions:

- Performance based conditions: whereby the charity is contractually entitled to funding only to the extent that the core objectives of the grant agreement are achieved. Where the charity is meeting the core objectives of a

Chronic Pain Ireland CLG

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2024

grant agreement, it recognises the related expenditure, to the extent that it is reimbursable by the donor, as income.

-Time based conditions: whereby the charity is contractually entitled to funding on the condition that it is utilised in a particular period. In these cases the charity recognises the income to the extent it is utilised within the period specified in the agreement.

In the absence of such conditions, assuming that receipt is probable and the amount can be reliably measured, grant income is recognised once the charity is notified of entitlement.

Grants received towards capital expenditure are credited to the Statement of Financial Activities when received or receivable, whichever is earlier.

Expenditure

Expenditure is analysed between costs of charitable activities and raising funds. The costs of each activity are separately accumulated and disclosed, and analysed according to their major components. Expenditure is recognised when a legal or constructive obligation exists as a result of a past event, a transfer of economic benefits is required in settlement and the amount of the obligation can be reliably measured. Support costs are those functions that assist the work of the charity but cannot be attributed to one activity. Such costs are allocated to activities in proportion to staff time spent or other suitable measure for each activity.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. Cost includes prime cost, overheads and interest incurred in financing the construction of tangible fixed assets. Capitalisation of interest ceases when the asset is brought into use. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Fixtures, fittings and equipment	- 33.3% Straight line
Computer equipment	- 12.5% Straight line

Debtors

Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the charity from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

Creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Cash at bank and in hand

Cash at bank and in hand comprises cash on deposit at banks requiring less than three months notice of withdrawal.

Taxation and deferred taxation

No current or deferred taxation arises as the charity has been granted charitable exemption. Irrecoverable valued added tax is expensed as incurred.

3. PROVISIONS AVAILABLE FOR AUDITS OF SMALL ENTITIES

In common with many other charitable companies of our size and nature, we use our auditors to assist with the preparation of the financial statements.

4. CRITICAL ACCOUNTING JUDGEMENT AND ESTIMATES

Estimates and judgements made in the process of preparing the company's financial statements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions

The directors make estimates and assumptions concerning the future in the process of preparing the company's financial statements. The resulting accounting estimates will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are addressed below.

Chronic Pain Ireland CLG

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2024

(i) Useful economic lives of tangible fixed assets

The annual depreciation on tangible fixed assets is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reviewed annually. They are amended when necessary to reflect current estimates, based on technological advancement, future investments, economic utilisation and the physical condition of the assets.

(ii) Going concern

A change in government policy regarding the grant funding provided to the company could have a negative impact on the services the company is able to provide and the ability of Chronic Pain Ireland to continue as a going concern. The directors, after making enquiries and having considered the company's financial position and expected future cash flows, conclude there are no material uncertainties about the company's ability to continue operating for the foreseeable future. For this reason, the going concern basis continues to be adopted in preparing the financial statements.

5. INCOME

5.1	DONATIONS AND LEGACIES	Unrestricted Funds €	Restricted Funds €	2024 €	2023 €
	Donations and legacies	13,819	3,127	16,946	12,410

Donations were received directly from individuals and through fund-raising initiatives on Facebook, iDonate and Like Charity.

5.2	CHARITABLE ACTIVITIES	Unrestricted Funds €	Restricted Funds €	2024 €	2023 €
	Grants from governments and other co-funders:				
	Grant - Pobal	-	43,919	43,919	43,876
	Corporate grants	-	10,000	10,000	9,373
		-	53,919	53,919	53,249

Further information on grants received is contained in Note 14.

5.3	OTHER INCOME	Unrestricted Funds €	Restricted Funds €	2024 €	2023 €
	Other income	9,463	-	9,463	7,810

6. EXPENDITURE

6.1	CHARITABLE ACTIVITIES	Direct Costs €	Other Costs €	Support Costs €	2024 €	2023 €
	Expenditure on charitable activities	69,161	-	5,232	74,393	96,222

6.2	SUPPORT COSTS	Charitable Activities €	2024 €	2023 €
	Support	5,232	5,232	33,808

7. ANALYSIS OF SUPPORT COSTS

	2024 €	2023 €
Support	5,232	33,808

continued

Chronic Pain Ireland CLG
NOTES TO THE FINANCIAL STATEMENTS
for the financial year ended 31 December 2024

8. NET INCOME

2024

2023

€

€

Net Income is stated after charging/(crediting):

Depreciation of tangible assets

209

143

(Surplus)/deficit on disposal of tangible fixed assets

-

301

Auditor's remuneration:

- audit services

2,399

2,399

- other non-audit services

517

443

9. EMPLOYEES AND REMUNERATION

Number of employees

The average number of persons employed (including executive directors) during the financial year was as follows:

2024

2023

Number

Number

Administrator

1

1

The staff costs comprise:

2024

2023

€

€

Wages and salaries

32,714

32,714

Social security costs

3,623

3,615

36,337

36,329

10. TANGIBLE FIXED ASSETS

Fixtures,
fittings and
equipment

Computer
equipment

Total

€

€

€

Cost

At 1 January 2024

1,168

4,142

5,310

Additions

-

527

527

Disposals

-

(3,000)

(3,000)

At 31 December 2024

1,168

1,669

2,837

Depreciation

At 1 January 2024

1,168

3,267

4,435

Charge for the financial year

-

209

209

On disposals

-

(3,000)

(3,000)

At 31 December 2024

1,168

476

1,644

Net book value

At 31 December 2024

-

1,193

1,193

At 31 December 2023

-

875

875

11. DEBTORS

2024

2023

€

€

Prepayments

863

2,162

Accrued Income

10,607

122

11,470

2,284

Chronic Pain Ireland CLG
NOTES TO THE FINANCIAL STATEMENTS
for the financial year ended 31 December 2024

12. CASH AND CASH EQUIVALENTS	2024	2023
	€	€
Cash and bank balances	55,597	53,359
13. CREDITORS	2024	2023
Amounts falling due within one year	€	€
Taxation and social security costs	1,250	636
Other creditors	128	70
Accruals	3,152	2,956
Deferred Income	8,112	127
	12,642	3,789

14. GRANT DETAILS FOR THE YEAR ENDED 31 DECEMBER 2024

Department	Department of Rural & Community Development
Grant Agency	Pobal
Grant	Scheme to Support National Organisations
Purpose of the Grant	To fund the role of National Co-ordinator as well as associated costs.
Amount of Grant	€131,567 for three year period
Term of Grant	2022-2025
Cash received in period	€43,919
Grant taken to income in 2024	€43,919
Is this a Capital Grant?	No
Restriction on use	To fund the role of the National Co-ordinator including administrative costs of 20%.
Employee information	No Employees received in excess of €60,000 for the year ended 31 December 2024.
Tax Clearance Compliance	The agency is compliant with relevant circulars, including Circular 44/2006 'Tax Clearance Procedures, Grants Subsidies and Similar Type Payments'.
Grant Agency	The Hospital Saturday Fund
Amount of Grant	€3,127
Term	2024
Expenditure	€3,127
Capital Grant	No
Purpose	Restricted - Reserved for expenditure on officially partnered workshop and courses delivered by Chronic Pain Ireland and the Pain Association of Scotland
Restriction on use	The funding is restricted to expenditure for workshops and courses.

Chronic Pain Ireland CLG

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2024

Grant Agency	Avanos Medical
Purpose of Grant	To raise awareness, educating patients and healthcare professionals and advocating for improved care
Amount of Grant	€10,000
Term of Grant	2024-2025
Cash received in period	€0
Grant taken to income in 2024	€10,000
Amount Receivable at 31/12/2024	€10,000
Is this a Capital Grant?	No
Restriction on use	Website Improvements and Maintenance; Educational Materials; Outreach Programmes and Awareness Activities

15. RESERVES

	Funds	Designated Reserve	Restricted Funds	Total
	€	€	€	€
At the beginning of the year	52,729	-	-	52,729
Transfer of realised profit	(32,000)	-	-	(32,000)
Surplus/(Deficit) for the financial year	(7,111)	-	10,000	2,889
Other movements	-	32,000	-	32,000
At the end of the year	<u>13,618</u>	<u>32,000</u>	<u>10,000</u>	<u>55,618</u>

CPI has a policy registered with Pobal where the amount of €32,000 unrestricted reserves are held in the event of the winding up of the company.

The directors may determine that a portion of reserves be utilised for particular or designated purposes or projects for the Charity which will be part of the strategic focus for 2025 to enhance and advance the charitable purpose.

16. STATUS

The charity is limited by guarantee not having a share capital.

The liability of the members is limited.

Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members, or within one financial year thereafter, for the payment of the debts and liabilities of the company contracted before they ceased to be members, and the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves, such amount as may be required, not exceeding € 1.27.

17. POST-BALANCE SHEET EVENTS

There have been no significant events affecting the charity since the financial year-end.

18. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Board of Directors on

23rd June 2025



CHRONIC PAIN IRELAND CLG

SUPPLEMENTARY INFORMATION

RELATING TO THE FINANCIAL STATEMENTS

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2024

NOT COVERED BY THE REPORT OF THE AUDITORS

Chronic Pain Ireland CLG**SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS**

Operating Statement

for the financial year ended 31 December 2024

	2024 €	2023 €
Income		
Donations	11,419	12,410
Corporate donations - Hospital Saturday Fund	3,127	9,373
Corporate donations - Avanos Educational Grant	10,000	-
Membership fees	9,278	7,810
Workshop fees	2,400	-
Other income	185	-
Pobal	43,919	43,876
	<u>80,328</u>	<u>73,469</u>
Expenses		
Wages and salaries	32,714	32,714
Social security costs	3,623	3,615
Staff training	1,172	1,030
E-Working expenses	525	470
Conferences & seminars	554	-
Workshops	15,677	9,373
Fundraising expense	602	353
Rent payable	5,808	5,808
Insurance	784	818
Web content officer	-	24,482
Meetings	479	1,513
Stationery, printing & office supplies	1,322	1,260
Advertising	4,109	1,000
Telephone	1,054	711
Website costs	2,345	7,178
Travel	1,049	619
Auditor's remuneration	2,399	2,399
Auditor's remuneration - other non-audit services	517	443
Bank charges	531	550
General expenses	1,120	1,192
Subscriptions	846	250
Surpluses/deficits on disposal of tangibles	-	301
Depreciation	209	143
	<u>77,439</u>	<u>96,222</u>
Net surplus/(deficit)	<u><u>2,889</u></u>	<u><u>(22,753)</u></u>

The supplementary information does not form part of the audited financial statements

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