

NEWSLETTER



COPD
Support Ireland
www.copd.ie

MARCH 2025 - Q1

WELCOME TO 2025

Welcome to the first COPD Support Ireland newsletter of 2025.

After our 10th anniversary celebrations last year with our bus tour to several locations around the country, this year's plans are a little quieter but no less exciting.

This year we plan to start additional new support groups to bring us to a total of 60 Support & Exercise groups across Ireland. We are planning a coffee morning in all of the support groups for World Health Day in April and we have plans for an awareness campaign for World COPD Day in November. Alongside that we will be attending a number of conferences around the country to promote COPD Support Ireland and we will be engaging with other agencies, charities and fundraisers to continue to grow and improve the services which we offer. We welcome our members' input in all of these ventures and look forward to meeting as many of you as possible this year.

MEET THE STAFF



Though many of our members speak with our staff regularly, you may not have met them in person yet so here is a quick introduction.

Our General Manager is Joan Johnston. Joan has been with the organisation since 2020 and she has overall responsibility for the smooth running of COPDSI.



Our two Support Coordinators are Katie Macintyre and Paula Meehan. These two ladies look after every aspect of the day to day running of our 47 support & exercise groups, establishing new groups, educational talks and basically everything that happens in or around each group every day. They are very busy ladies!



Our office manager is Karen Halligan and she looks after everything from our website, to our database, all of our events, our newsletter and all of the other odds and ends that make this such a great organisation to work for. We are all available to speak with our members and should you have any queries please don't hesitate to call or e-mail us.

We look forward to hearing from you.



The COPD Support Team

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MEMBERSHIP OF COPD SUPPORT IRELAND

To access our services, we ask that all participants become members of COPD Support Ireland. Membership can be obtained through our online Membership Form [Membership Form – COPD](#) or by requesting a paper copy from us directly. Each member may join only one group, but you can select your preferred group during your conversation with one of our staff members.



INTRODUCTION OF MEMBERSHIP FEES

Following a suggestion by the membership at a recent National Group Representative Forum meeting, COPD Support Ireland have taken the decision to introduce a small annual membership fee in 2025. Up until now membership and attendance at exercise classes has been free. The funding that we receive from the HSE now covers attendance at the exercise classes and will continue to do so, however due to the rise in costs to run the organisation we must now seek your support in the form of a membership fee so we can continue to deliver these services. With the support of the Board, we will be introducing a small fee of €20 per year for each member. Members will receive a payment notification by the end of April and instructions on how to make this online payment. If any member cannot afford to make this payment then please contact us as it is not our intention to exclude anyone from membership and we want to ensure everyone remains part of our community.

2025 PLANS AND EVENTS

We are in the process of planning what activities COPD Support Ireland will undertake in 2025. We will once again celebrate World Health day on April 7th and World COPD Day on Nov 19th.

As always we welcome our members suggestions for any activities which they would like to see us undertake in 2025 so please send in any ideas you may have. We will also advertise any local events on our social media pages and on our website.

2025 will also see an increase to 60 COPD Support & Exercise Groups in our network of support groups around the country. This is in response to demand for our services and the fact that we have waiting lists of people in several areas. It is of course only due to the support of the Respiratory National Clinical Programme and financial support from the HSE Enhanced Community Care programme that we are able to do this and we would like to acknowledge their support in making this happen. We do of course recognise that more groups are required in several areas and we will continue to work with the Health care professionals in those areas to advocate for further funding.

WORLD HEALTH DAY - COFFEE MORNING

For World Health Day this year on April 7th we are asking our support groups to hold a coffee morning in their local areas to raise awareness about COPD and to inform people of the supports available in their local area.

Group Information packs are available so please contact us and we will be happy to send you out a pack for use at your event.



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WE NEED YOUR HELP - WILL YOU FUNDRAISE FOR COPDSI?

Are you or someone you know planning a challenge event such as a marathon, cycling, swimming or motorcycle event?



We rely heavily on fundraising and donations to run the organisation, support our members and continually improve our services for people living with COPD.

If you, a family member, friend or colleague are taking part in such a challenge, please consider choosing COPD Support Ireland as the beneficiary.

To find out how more visit www.copd.ie/fundraising

OUR CURRENT FUNDRAISING CAMPAIGNS

Alan Cusack is taking on the HYROX challenge to raise funds for a family member battling COPD. HYROX is a test of endurance and resilience. To support Alan visit: <https://copd.enthuse.com/pf/coach-cusack>



Sinéad Neenan is fundraising for The Alzheimer Society of Ireland and COPD Support Ireland in Regeneron Great Limerick Run 2025 on Sunday May 4th 2025 from Pery Square Limerick.

To support Sinead visit:

<https://eventmaster.ie/fundraising/pages/SN10691886>



The **Galway Fellas** are running the Madrid marathon in April in memory of the father of one of their members.

To support them please visit:

https://www.idonate.ie/pwffundraiser/11561255_preview.html?iscause=ZHJ1aWpTUUmMxYWpwVHIGN3RCN0hQZz09



OUR CURRENT FUNDRAISING CAMPAIGNS

VHI Women's Mini Marathon June 1st Dublin

The following ladies have very kindly offered to fundraise for COPD Support Ireland when they compete in the VHI Women's Mini Marathon on June 1st. If you wish to support them the please visit their fundraising pages:

Anna Daly - <https://www.idonate.ie/fundraiser/AnnaDaly437>

Tara Cullen - <https://www.idonate.ie/fundraiser/TaraCullen401>

Aisling Timmons - <https://www.idonate.ie/fundraiser/AislingTimmons2>

Aoife Byrne - <https://www.idonate.ie/fundraiser/AoifeByrne687>

Elaine Green - <https://www.idonate.ie/fundraiser/ElaineGreene12>



Louis Hoffman is taking part in Paris2Nice 2025 cycle race and is fundraising for COPD. To support Louis please visit:
<https://www.idonate.ie/fundraiser/LouisHoffman>



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SURVEY REQUESTS

If you are interested in participating in COPD research studies such as completing surveys, then visit our website link here: <https://copd.ie/surveys/> where you will see the most recent survey requests. Please note that by sharing these requests, COPD Support Ireland are not endorsing these research studies, we just make them available to our members to decide if they wish to participate.

NEW SUPPORT GROUPS 2025

This year will see the introduction of additional support groups around the country. We are in the planning stages of setting up new groups in Killarney, Mallow, Dun Laoghaire & Carrick on Shannon with more to come as the year goes along. Please keep an eye on our website or social media to find out more!



For more information on COPD Support Ireland or to learn more about your nearest COPD Support & Exercise Group

Visit www.COPD.ie - Phone 01-5392181 - Email info@copd.ie