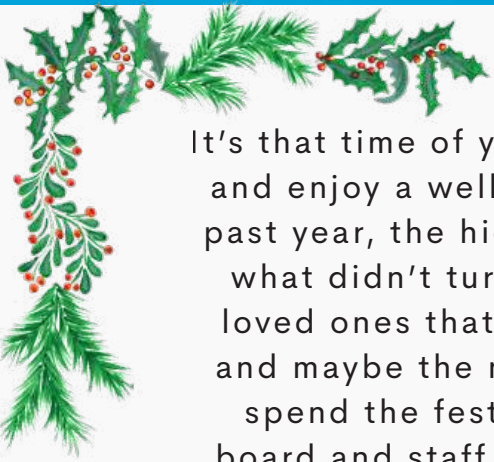




NEWSLETTER

DEC 2025



It's that time of year again members when we all slow down a little and enjoy a well earned end of year rest. We think back over the past year, the highs, the lows, what we have achieved and maybe what didn't turn out quite as we had hoped. We remember the loved ones that aren't here to share Christmas with us this year and maybe the new family or friends that are. Whatever way you spend the festive season or whomever you spend it with, the board and staff of COPD Support Ireland would like to wish you and yours a very happy Christmas and a prosperous new year.



TRENDING THIS ISSUE:

- XMAS PARTIES
- FUNDRAISERS 2025
- WORLD COPD DAY
- NEW GROUPS
- GOODBYE TO JOAN JOHNSTON



MEMBERSHIP OF COPD SUPPORT IRELAND

Before accessing our services, we ask that all participants become members of COPD Support Ireland. Membership is free. Simply complete our online Membership Form [Membership Form – COPD](#) or alternatively request a paper copy of the form 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.



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





NEWSLETTER

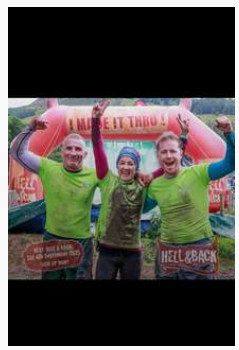
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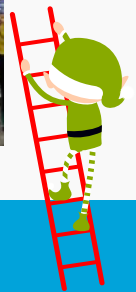
FUNDRAISING ACTIVITIES 2025



2025 was a fantastic year of fundraising for COPD Support Ireland and we would like to take this opportunity to thank all of those who ran, walked, cycled, swam, baked, rode motorbikes and drove cars and tractors all in aid of COPD Support Ireland. Your support is invaluable to us and enables us to continue to grow and improve the service that we provide to our members. Thanks to everyone who participated in or contributed to this variety of events this year.



CHRISTMAS DAY SWIM





NEWSLETTER

DEC 2025

RESEARCH SEMINAR : REGENERATING THE LUNG - A MULTIDISCIPLINARY APPROACH TO COMBAT COPD."



One of our members, Michael Drohan from the Waterford support group was invited to attend a research seminar relating to combating COPD which took place in Prague. He was a guest speaker who started off the seminar with a look at how a COPD patient deals with living their daily lives coping with COPD. There were over 100 guests in attendance, ranging from scientists, researchers, consultants, professors, clinicians, GPs etc and some had little knowledge on what COPD patient go through, so they were delighted to hear Michael's story and the different co-morbidities that patients also have.

Included in the seminar were topics such as; barriers to regeneration, Intrinsic regeneration capacity, Niche/ECM/immune cells, phenotypic variability of unknown origin etc.

All in all Michael found it to be a really positive get together and it was great to hear so many people interested in dealing with ways of curing COPD.

PRESENTATION TO STUDENTS IN THE ROYAL COLLEGE OF SURGEONS



John & Martin from our Ballyfermot Support Group gave a talk to students at the **Royal College of Surgeons** in Ireland on living with COPD. Thank you so much for doing this, it is much appreciated and I'm sure the students gained so much knowledge from you!





NEWSLETTER

DEC 2025

NEW GROUPS



2025 was a year of huge growth for COPD Support Ireland. We have increased our number of groups throughout the country from 47 at the beginning of the year to 60 at the close of the year. We have also hit over 2500 COPD members and have seen a huge jump in the number of referrals to us of people living with COPD. This is good news as it means that the message is being shared that support is out there in the community for people with COPD.

The locations where we opened new groups this year included:



- Clondalkin
- Carraroe
- Coolock
- Sallynoggin
- Mallow
- Ballina
- Edenderry
- Killarney
- New Ross
- Killygordon
- Leitrim
- Listowel
- Ringsend



We have included some images from our newest groups in 2026. Special thanks to Gillian Clarke & John Joe Daly from our Roscommon & Tralee Groups who took the time to visit our new Leitrim & Listowel Groups and offer advice to the new members!



NEWSLETTER

DEC 2025

WORLD COPD DAY 2025

For World COPD Day this year we had a number of information stands set up around the country which were manned by some of our local support group members and also some local healthcare professionals. These stands always attract a lot of interest from the public and are always very well supported. As well as providing information on our local support group's activities and information on COPD, this year we also offered our newest designs of Christmas cards for sale and sales were brisk.

Also on World COPD Day, our Chairperson Prof Stanley Miller, Board secretary Orla Barry Murphy, General Manager Joan Johnston and Patient Representative Joe Claffey from our Cabra Group, attended a luncheon in Leinster House at the invitation of Senator Linda Nelson Murray where they met with a number of Deputies and Senators to discuss several topics relating to COPD. These included the the results of our recent members survey, the integrated care model for COPD and areas of care of COPD that require advocacy. Our chairperson, Prof Stanley Miller commented "Senator Nelson Murray made us feel very welcome and it was great to see how engaged our Senators and TDs were in learning more about COPD and what they can do to help support the HSE to care for people with COPD in the future."





NEWSLETTER

DEC 2025



THANK YOU TO JOAN JOHNSTON

Joan Johnston, General Manager of COPD Support Ireland will be leaving us at the end of December to move to newer pastures. We would like to take this opportunity to thank Joan for all that she has done and achieved with COPD Support Ireland over the 6 years that she has been with us as General Manager. Over that time we have seen the organisation grow from a few hundred members with less than 30 groups to now reaching over 2500 members and 60 groups. There is now a group in each of the 26 counties!

Joan has been important in driving that growth and in ensuring that strong relationships have been forged with other institutions, the HSE, the Pharmaceutical sector, the political arena and with the media which has in turn helped us to become a much more recognisable name within the healthcare and charitable sectors.

Joan has supported the growth of the organisation in terms of staffing over the last number of years and has supported the board in securing HSE funding for the organisation.

We hope that we can continue to grow and further improve on the great work that she has done and we wish her well in her new post.



NEWSLETTER

CHRISTMAS DAYS OUT !





NEWSLETTER

DEC 2025

WISHING ALL OUR MEMBERS, SUPPORTERS, FUNDRAISERS & DONORS A VERY MERRY CHRISTMAS AND A HAPPY & HEALTHY NEW YEAR.

Our offices close on Friday 19th December 2025 and will reopen at 9am on Monday 5th January 2026



WE NEED YOUR HELP - WILL YOU FUNDRAISE FOR US?



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

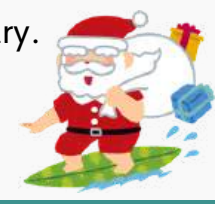
Would you consider using this event to fundraise for COPD Support Ireland?



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



If you would like to speak to a member of staff, or require more information on COPD, then please contact us Mon - Friday, 9am - 2pm on:

Email info@copd.ie Phone: 01-5392181 Website: www.copd.ie

The COPD Support Ireland Team

