



*Irish Countrywomen's Association*

**ANNUAL REPORT**

**Bantracht na Tuaithe Tuairisc Bliantiúil**

**2019—2020**



*ICA – for all Women*

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## COMPANY INFORMATION Irish Countrywomen's Association

**Business address:** 58 Merrion Road, Dublin 4

**Auditors:** N Carrick Auditors Limited  
1st Floor, Unit 14 Block C  
Athy Business Campus  
Kilkenny Road  
Athy Co. Kildare

**Accountants:** CDM Accountants  
1st floor Unit 14 Block C  
Athy Business Campus  
Kilkenny road  
Athy Co. Kildare

**Bankers:** AIB Bank  
Dyer Street, Drogheda Co. Louth

Bank of Ireland  
14 College Green  
Dublin 2

**Solicitors:** Paul A. Moore & Co. Solicitors  
4 Dyer Street  
Drogheda Co. Louth

O'Rourke Reid  
Pepper Canister House  
Mount Street Crescent ,Dublin 2

**Registered Number:** 16219

**Charity Number (Revenue):** CHY4947

**Charity Registration NO:** 20006730

**Company Secretary:** Eleanor Calnan



## JOSEPHINE HELLY

### National President

### A Year in Review

Dear friends,

**2019 was a year** of change, challenge and recovery for the Irish Countrywomen's Association. Since receiving the warmest of welcomes on taking on the role of National President in November 2018, I have continued to be impressed by the relentless commitment of ICA members at individual, Guild, Federation and National levels in their drive to bring women together in fellowship and friendship, for theirs and their communities benefit.

**During the year** I witnessed first hand the great work our ICA members undertake towards improving the general quality of life in Ireland, and in promoting the development of women in Ireland, and internationally through ACWW the Associated Countrywomen of the World and COFACE The Confederation of Family organisations of the European Union. Many individuals and Guilds fundraised and contributed to initiatives that directly contributed to the development of women and communities in the developing world.

**ICA made important strides** this year in improving our governance processes and moving towards full compliance with the Charities Governance Code. This work continues into 2020 and the National Executive Board agreed a Board Governance Calendar to structure our progress to achieve full compliance with the Code before year end 2020.

**This Annual Report** provides a wealth of information about ICA at National, Federation and Guild level which gives an insight into the breadth of activity undertaken by ICA members to enrich and contribute to their communities, their country and to those in other countries. It provides a glimpse of our achievement and activities and deeds which I hope you enjoy reading.

**ICA was founded** as the Society of United Irishwomen 110 years ago under the inspiration of the cooperative movement. Their hope for the future was to create a world where women, through co-operative effort, could contribute towards their own, and their community's development.

**This spirit has served us well** in the past and will be of continued value to us in facing the uncertain future now before us. As I write this, our country is in the grip of the coronavirus pandemic. As the country moves towards recovery, ICA activities will continue to be critical to our members and their local communities as we maintain our bonds of communication, fellowship and friendship. In the meantime, ICA members all over Ireland are busy making protective clothing for frontline staff in their local communities, providing and undertaking on-line classes. You make us all proud to be part of ICA.

**The inspirational motto of the United Irishwomen 'Deeds not Words'**, so cherished by Muriel Gahan, continues to provide relevant guidance to the ICA. Through our deeds we must contribute to ourselves, our families and our communities. The active involvement of ICA members is essential to who we are and what we do. I urge you all to stay safe and in communication with each other until our ICA activities recommence in full, with a renewed vigour and energy.

Yours in fellowship and friendship,

Josephine Helly National President

# The Irish Countrywomen's Association (ICA)

ICA is a national organisation of women founded in 1910. Today almost 8,000 members in 477 Guilds across the country come together in friendship and fellowship to enhance their wellbeing and develop new skills. A hallmark of the ICA's work for over a century has been its contribution to community life, in leading the advancement of women's role, their rights and opportunities, and improving the quality of family life.

Our charitable objectives are to advance education and benefit the community through:

- Bringing women together in fellowship and friendship, developing and improving the well-being, knowledge and skills of women and improving the general quality of life in Ireland through co-operative effort
- Supporting and promoting Irish language and culture
- Promoting the development of women in Ireland, nationally and internationally.

## Our organisation

ICA members can be found in communities across Ireland. In 2019 there were 477 Guilds organised in 27 county Federations. Members meet regularly and plan a programme of events for the year, which generally runs from September to June. Across all Guilds there are common features – meetings, social events, campaigning activity, cooperative work in communities, fundraising, and participation in Federation and national ICA activities. Each Guild is different and responds to the interests of its members. Guilds come together in County Federations to work on their county and national issues and campaigns, led by the National Executive Board and the National Advisory Committee.

ICA Central Office provides support to the whole organisation, facilitating, training and conferences, events and competitions. It manages the national resources of the Association. An Grianán, our Adult Education College in Co Louth, provides education, training and specialist programmes which ICA members can attend as individuals or in Guild and Federation groups. It also welcomes guests who are not members of the ICA to a wide range of courses.

*Did you know:*

*"Knitivity" – in 2019 The ICA supported the Beaumont Hospital foundation to raise funds for improvements in patient care.*

## ICA ACTIONS AND IMPACT 2019-2020

Wherever ICA members gather we come together in fellowship and friendship and to make a difference through educational, co-operative, national and international work. ICA activities are at the centre of communities, making a huge contribution to community life, supporting voluntary activity, and raising funds for many local charities. Through friendship and fellowship, members' work demonstrates the creativity, co-operative work, and continuing commitment of ICA members everywhere to the quality of life, well-being and rights of women, girls and families, here and elsewhere. Across these ICA objectives thousands of ICA members come together and volunteer their time to make a difference as the examples over the next few pages of this report show.

- Enhancing women's well-being, knowledge and skills
- Improving quality of life through co-operative effort
- Supporting and promoting Irish language and culture
- Promoting the development of women in Ireland and internationally

## STRATEGIC PRIORITIES 2019 –2020

The ICA Strategic Plan 2018/20 provides the framework against which the national work is organised and overseen. The Strategy sets three priorities for the National Executive Board to take action on:

- 1. Support the Membership Organisation:** Support/nurture current ICA membership; promote ICA to potential members through a targeted approach; influence through advocacy.
- 2. Sustain and develop An Grianán as a centre for learning and leisure:** Sustain and develop ICA member's usage; develop the external business; develop and upgrade the facilities available.
- 3. Deliver good governance:** Achieve and maintain excellence in governance & compliance; manage assets effectively; ensure decision-making is effective; plan and develop staff.

*(Full Strategic plan available to download from [www.ica.ie](http://www.ica.ie))*

## ACHIEVEMENTS 2019-2020

- Regular activity programme in 477 Guilds
- ICA members fundraising provided a donation of € 39,706 for Breast Cancer Research
- ICA members donated € 21,000 for Education & Capacity Building in developing countries
- ICA members made protective clothing and scrubs for nursing home and healthcare staff during the Covid 19 pandemic lockdown
- Upgrading and renovation of residential accommodation at An Grianán
- Every ICA Guild provided a leaf for the Tree of Unity presentation at AGM November 2019
- Publication of the ICA Book of Bread and Baking

*Did you know:*

*ICA is non-denominational and non-party political.*

## ICA at Work and Play

Presentation of 50th Anniversary Cert to Broadford Guild Clare Federation



Laois Federation International Women's day 14 Guilds participated



Yarnbombing by Delgany Guild Wicklow



Madame President and Kay Devine Prize giving AGM 2019



Scotshouse Guild visit McNear's restaurant with Neven Maguire Monaghan Federation



ICA women nationally supported Breast Cancer Research.



Drumcliffe Guild Sligo Federation fundraises for the Oncology Unit.



## SELECTION OF FEDERATION ACTIVITIES

ICA is divided into 27 different County Federations (Tipperary having two). Here is a sample of the good work done at Federation level from 2019 to mid 2020.

**Laois Federation:** In 2019 the Laois Federation celebrated the 20th anniversary of the Laois Federation Choir - made up of Guild members within the Federation. In 2019, a new conductor took up the baton and the choir sang for National President Josephine Helly, in the Arles Guild hall during her Federation visit. The positive health benefits of singing in a choir are widely recognised and members from all Guilds in the Federation are encouraged to join.

**Donegal Federation:** **Killybegs Guild** members joined forces with others around the country for a Guinness Book of Records attempt to make the largest knitted quilt. ICA members from all over Donegal contributed 100 squares for the project. **Muff Guild** were delighted to hold a combined Federation meeting and an intergenerational Craft day where mothers, daughters and granddaughters came together to learn new crafting skills and brush up on old ones. Keeping heritage crafts alive in a fun and creative way with good company in a friendly atmosphere is how we can best pass on the love of our native and heritage crafts to future generations.

**Wicklow Federation:** The Wicklow Drama Festival is a firm fixture in the Irish Amateur Dramatic scene. This year's One Act Drama Festival was extended to four days rather than the usual three. The festival is now in its 65th year and featured 14 sketches and one-acts at Glenealy Village Hall from January 22 to 26, 2020. It is organised by Wicklow Federation and many Guilds participate.

**Kildare Federation:** Kildare Federation held a very successful Craft Day in the GAA hall in Clane. Over 150 people were involved in demonstrations and classes in a very wide variety of crafts which appealed to women and girls of all ages in the community.

**Louth Federation:** The Guilds in Louth fundraised for the Lourdes Hospital in Drogheda. Guilds held Open Days, Bring and Buy sales, Arts and Craft fairs and Cake sales. All the money raised went to the Neo Natal unit at the hospital

**Offaly Federation:** The committee raised awareness about domestic violence in their county holding a Federation lecture providing information on the facilities and supports available to anyone in the community experiencing this form of violence.

**Sligo Federation:** A Fashion Show was one of the highlights in Sligo in 2019. A local boutique provided the clothes, Guild members were the models, the catwalk was provided by a local company and goodie bags and refreshments were made available to everyone.

**Limerick Federation:** For the 7th year the Federation focused on the preservation of Limerick Lace. Every Wednesday classes are held and all Guilds in the county are invited to practise this particular much prized heritage craft in order to pass on the skills and help in its preservation.

*Did you know: The ICA was a founder member of the National Women's Council, the Credit Union, the National Council of the Blind, the Country Markets and the Associated Countrywomen of the World.*

# A year in Photos 2019-2020

Le Scoil Aonghusa ar TG4 in An Grianán.



What we miss: Blue summer sky at An Grianán. Come and visit us!



Emma Jane donated her communion money to the Sock Appeal. Thank You!



ICA Garden Party An Grianán 2019



Sevenhouses Guild Kilkenny 70th anniversary celebration



On-line Art class with Mary Fergus April 2020



ICA Garden Party An Grianán 2019

On-line parchment craft with Breda Bohan



## ENHANCING WOMEN'S WELL BEING, KNOWLEDGE AND SKILLS

### Snapshot from Guilds

The main objectives are to advance education and benefit the community through bringing women together in fellowship and friendship thus developing and improving the well-being, knowledge and skills of women and improving the general quality of life in Ireland through co-operative effort of women.

These snapshots show examples of ways in which ICA Guild activities enhance women's well being across the country:

**Fitness in Ballyloughan Guild** Carlow Federation secured a substantial grant from Carlow Sports Leadership in order to start up a 6 week fitness programme and in conjunction with Operation Transformation organised a 5K Community walk which was attended by more than 100 members of the local community.

**Outdoor Gym in Caherciveen Guild** Kerry Federation wanted to get involved in a project to raise the profile of the Guild in the local community. Through fundraising and securing a Sports capital grant from Kerry County Council they were able to install an outdoor exercise gym at the local park. The whole community benefits, ranging from local parents, rowing club members, the actively retired as well as ICA members themselves.

**Fit Chicks in Camross Guild** Wexford Federation set up a walking group for their members called "Sunday Morning Fit Chicks". They meet every Sunday morning for a 4K walk to improve their balance and overall health as well as being a great way to socialise. The group walks in memory of a fellow Guild member whose passion was walking.

**Flower Arranging in Lough An Lea Guild and Bruskey Guild** Cavan Federation organised a six week Flower arranging class where members learned to make an over mantle and stairway swag for Christmas, a wreath for a grave, a table arrangement and a candle arrangement. As well as being a social event all members took home their beautiful creations.

**Singing in Renmore Guild** Galway Federation have always known of the benefits that singing has on mental well being and decided to try singing classes to further their well being. All the members who participated in the classes spoke of their joy in learning to sing together as a group and hope to engage in more vocal events.

**Drama in Killabban Guild** Laois Federation took part in the "Greatest story ever told" the story of Christ's Passion which is staged in Ballylinan once every 5 years with a cast and crew of over 180 people. This story of Holy Week transports the audience to the city of Jerusalem in a three hour long performance made up of many members of the community. A great opportunity for Guild members to enjoy Amateur Dramatics.

**Style and Image in Ballingarry Guild** Tipperary North Federation held classes in 'style and image' for members and other local women as a way to involve non-members in their Guild and as a fun way to socialise, learn about which styles and colours suit them best and a great way to boost their confidence.

**Art Classes in Ballivor Guild** Meath Federation have taken part in Art classes for the last three years. These painting and art classes are lead by different tutors and the members started with a 6 week introduction for beginners using acrylics and as their confidence developed they moved on to watercolours. They described the classes as being a wonderful outlet for creativity and an opportunity to express their individuality and undiscovered talents. Some of their work is now on display in the Louth Meath Education Training Board (LMETB) offices in Navan.

**Pottery in Ballon Guild** Carlow Federation had a busy year as the members played their part in the National Ploughing Championships but one of the most enjoyable courses of the year was the introduction to Pottery, requested by Guild members. This class proved very popular with those who participated. Members of the local community were also invited to join in.

**Aqua Aerobics in Goleen Guild** Cork Federation proved a great way to take part in a low impact fitness regime which is gentle on the joints. Held in a local hotel swimming pool, the members of Goleen Guild enjoyed great fun in the pool as well as the sociable cup of tea together with members from near and far.

## IMPROVING QUALITY OF LIFE THROUGH CO-OPERATIVE EFFORT

**Improving the quality of life for women and the community** is a core objective of ICA. With the co-operative effort of Guild members giving their time and fundraising, the lives of ICA members and non ICA members have been greatly enhanced as we will see in the following examples of work undertaken in 2019 –2020.

**Food Parcels: Aughavas Guild** Leitrim Federation prepared and distributed food parcels in a deprived area with an ageing population in this county. Working with the Food Cloud programme 34 young families and older people living under extreme financial pressure benefited from this initiative.

**Teaching knitting to children: Minaun Guild** Waterford Federation provided knitting classes to children in 4th and 5th classes of the local national school in Minaun. They enjoyed 15 weeks of Knitting classes taught by members of Minaun Guild. Teachers and students alike enjoyed and benefited from this initiative.

**Easter crafts fundraiser: Knockraha Guild** Cork Federation combined their love of making crafts with a great fundraising initiative. They made up 15 Easter hampers to raise money for the Marymount Hospice and spent their craft sessions making Easter egg cosies, also donating Easter eggs, chocolates, groceries and drinks to make up the hampers. More than €1,400 was raised.

**Grow Your Own: Ballydehob Schull Guild** Cork Federation have, for more than 20 years, encouraged the local population to grow their own produce including vegetables, cakes, fruit, plants, flowers, honey and jam. This is sold at a Home Produce Sale weekly from June until September. A large community of holiday homes in the area means that holidaymakers can enjoy this fresh produce and locals benefit from the growing and sales.

**Highlight Global Warming through Art: Barna Guild** Galway Federation highlighted the damage of global warming on the environment and urged their community to fight for a better future. The members used recycled newspapers and magazines to create a stunning decoupage artwork which took 18 months to complete. They also celebrated the Golden Anniversary of the Guild.

**Handbags for the homeless: Lanesboro Guild** Longford Federation donated handbags filled with toiletries, clothing and essential items for homeless women in local shelters.

**Action against Fly Tipping: Bennekerry Guild** Carlow Federation joined in their local Litter-Pick, cleaning lots of rubbish from the local area. They also advised members and neighbours how to reduce, reuse and recycle waste.

**“Fork to Fork”:** Longford Town Guild Longford Federation encouraged members to grow their own food for use in their cooking. The project ‘Fork to Fork’ emphasised growing your own vegetables and flowers. They entered “Bloom Festival” in Dublin to highlight how much fruit and vegetables can be grown in a small area at little cost.

**Hands for Life CPR course: Santry Guild** Dublin Federation were inspired to teach CPR to their members after a local bus driver collapsed and whose life was saved by the intervention of a nurse. Two training modules were given by the Irish Heart Foundation to 80 ICA members who are now a skilled CPR resource in the community.

**Senior Citizens Party: Rockcorry Guild** Monaghan Federation held a summer tea party for senior citizens in their area. They provided food, music, entertainment and spot prizes, bringing older people together socially.

**Jewellery making for all: Ballyouskill Guild** Kilkenny Federation put on jewellery making classes for members and non-members alike, to socialise through learning new and interesting Jewellery making skills.

**Line Dancing to keep fit: Longford Town Guild** Longford Federation promoted line dancing to both members and non-members alike. It was a great hit with all members of the community both for keeping fit and socialising.

*Did you know: ICA was the first organisation to focus on nutrition in Irish homes. Tuberculosis was rampant in the country until the 1950s. ICA encouraged women to keep goats and set up goat milk depots and a co-operative goat farm as goats milk is free of Tuberculosis.*

## SUPPORTING AND PROMOTING IRISH LANGUAGE AND CULTURE

Tacaíocht agus cur chun cinn don ghaeilge agus cultúr gaelach

*Bantracht na Tuaithe*



**Forás Éireann:** is a permanent conference of voluntary organisations working together to assist and promote social, cultural and economic development in Ireland by distribution of funds arising from the Charlotte Francis Shaw Trust. It has assisted ICA Guilds to fulfil their remit to promote Irish Culture. The ICA representative to Forás Éireann is Marion Lyon of Cavan Federation .



**The 65th Wicklow Drama Festival:** is open to ICA and local drama groups, entirely organised by ICA members. A conscious effort to use Gaeilge involves signage in Irish, the use of Irish in the Festival activities and also during the raffle that takes place to support the organisation of the event. These are simple steps to promote day to day use of Irish taken by Wicklow Federation.



**The Roscommon Lamb Festival:** involved Guilds from all over the county joining the Federation stand in Roscommon town for the three day festival. To preserve heritage crafts in the area there was a wide variety of demonstrations including boxty making and tasting, heritage fine needle craft classes, knitting for children with free needles to take home. Home baking samples and recipes were also given as an encouragement to “try this at home.”



**Nollaig na mBan:** Longford and Laois Federations were among many Federations across Ireland who took the opportunity to celebrate Women’s Christmas or Nollaig na mBan. All the Guilds in the county were invited to celebrate by taking part in dinner and dancing, story telling, music on original Irish instruments, socialising and fundraising.



**Seachtain na Gaeilge:** Carlow’s Askea Guild held an Irish Night in Bagenalstown. Carlow has a rich oral heritage which is resurgent in recent years due in part to the Rambling Houses that have sprung up around the country. In days before television, long nights in Ireland were passed by ceilidhing (or airneal/scoraíocht) in a ‘rambling house’. This was where people congregated for gossip, storytelling - and perhaps the odd song and dance late into the night. Members made their own contributions on the night with lots of chat and memories of bygone times including a cupla focal as Gaeilge. A tradition kept alive.



**Festival of Finn:** Corofin Guild in Clare Federation participate in the Festival of Finn by their custom of running the Myths and Legends Bus Tour around the village. The tour follows the trail of ‘The Brock Shigh’ monster in Rath Lake, the tale of Fionn McCuail at Lough Bran, the Seven Streams of Teascadh ending at Dysart Castle, first home of the notorious Maire Rua.



**Oiche Ghaelach:** Blanchardstown Guild in Dublin Federation celebrated Oiche Ghaelach with traditional Irish Music and Singing. Organised by a specific committee set up for the purpose the event encourages members to enjoy traditional songs and to join in too.

## PROMOTING THE DEVELOPMENT OF WOMEN IN IRELAND AND INTERNATIONALLY

*ICA at National level is a member of the Confederation of Family Organisations of the European Union (COFACE– Families Europe) and the Associated Countrywomen of the World (ACWW). Membership of these associations links the ICA to a international and global network of likeminded associations.*



ICA is affiliated to **COFACE** (The Confederation of Family Organisations in the European Community) since 1977. COFACE lobbies all EU institutions for better policy in relation to family issues through its Brussels representation. Anne Payne represents ICA on the Administrative Council and has attended conferences and meetings about Rethinking Work Life Balance policies, and the DigiGen Horizon 2020 project on the digital generation.



In 1933, ICA became a Founder Friend of ACWW—the Associated Countrywomen of the World - a worldwide women’s organisation. As an International Non-Governmental Organisation, ACWW pursues its charitable objectives through its member societies, individual members and networks of NGOs. Together, we represent more than 9 million women in more than 80 countries around the world. Members of ICA also contribute to an ACWW fundraising initiative (Pennies for Friendship) which provides seed funding for community projects and developments.



ICA develops the role of women in Ireland at the National Ploughing Championships. In 2019, with Carlow Federation hosting the ICA presence in Fenagh, classes in heritage crafts, cooking demonstrations, style and image consultations, Speakers and entertainment all formed part of a varied programme of events over the 3 days. “The Ploughing” is Ireland’s largest festival.



Federations and Guilds host events to mark International Women’s Day. In 2019, South Tipperary invited Guilds to select a country and showcase its food, clothing, customs, industries and the life of women. **Powerstown/Lisronagh Guild** researched Brazil and made a colourful presentation at the meeting. **Mullingar Guild** in Westmeath Federation held a conference on the Role of Women in Irish Society including new Irish citizens. In celebrating international Women’s Day, the Guild promoted the work of ACWW as well as welcoming the integration of new members into their local community.

Women’s refuges are also supported by many Guilds around the country including Carlow’s **Leighlinbridge Guild** and South Tipperary’s **Rathkeevan Guild**.



Many Guilds actively support projects both in Ireland and abroad. **Castleknock Guild**, Dublin Federation, donated clothes, toiletries and toys to a local women’s refuge and sponsored the education of a girl in Africa. **Moyvane Guild**, Kerry Federation, held craft classes to make blankets for families in Kazakhstan. **Marlay Guild**, Dublin Federation, have a craft group that make blankets and teddies for “Touch Ireland” which helps women with educational and food programmes in Zambia, India, Nepal, Sri-Lanka and Cambodia.

**Crannagh Guild**, Kilkenny Federation took part in the Iverk Show in Piltown, arranging craft demonstrations and events which promotes the work of their members and ICA as a whole. **Rockcorry Guild**, Monaghan Federation, are involved in a shoe box appeal for the children in Transnistria Moldova affected by war and poverty. **Derryquay Guild**, Kerry Federation, raised funds to build an extension to the Community Room, used by the whole community, and hosted their first Federation meeting in 35 years. **Ballyconnell Guild** Carlow Federation held a National School Art Project to raise environmental awareness among the children about quality of life, waste disposal, recycling and climate change issues fostering an appreciation of their environment. **Delgany Guild** Wicklow Federation organised a Yarn Bombing event in the Harbour at Greystones to raise the profile of the Guild, raise money for Temple Street Hospital and brighten up the community spaces.



# AN GRIANÁN



**Overview:** An Grianán is ICA’s residential Adult Education College, providing courses in crafts, life-skills and rural development – all delivered in a beautiful setting surrounded by gardens and walks. An Grianán is an important part of life for many ICA members and for the many other groups and individuals who visit. In 2019 we welcomed over 4,000 guests, some on one day visits, others on midweek and weekend courses. Events like the Fleadh Cheoil brought guests from the US and Europe. A group from Norway came for the Special Christmas Weekend. An Grianán hosted a range of private events/conferences such as Harp Festival, Dublin Chamber of Music, Young Doctors Choir Weekend, Viola and Recorder weekend, and the Lay Marists Worldwide Conference. Active Retirement groups and ethnic groups enjoyed our one day courses also. Apart from the range of courses provided, An Grianán is a haven of peace for all who attend – individually, or with their Guilds or Federations.

Attendance an Grianán:				
	ICA	Non ICA	One Day	Total
January		83		83
February	49	36	25	110
March	321	149	87	557
April	198	33		231
May	77	36	35	148
June	324	14	208	546
July	66	297	86	449
August	51	211		262
September	380	51	36	467
October	135	158		293
November	103	265	239	607
December	160		354	514
	<b>1864</b>	<b>1333</b>	<b>1070</b>	<b>4267</b>

For sample cookery school videos  
[www.facebook.com/angrianancookeryschool](https://www.facebook.com/angrianancookeryschool)

Course:	Participants:
3D Decoupage	29
Beaded Jewellery	75
Ribbon Embroidery	45
Button Pictures	21
Cookery Hands On	89
Cookery demonstration	172
Fabric Sculpture	55
Needle Feltwork	56
Flower arranging	38
Fun Fit Active	87
Line Dancing	40
Yoga	49
Tai Chi	45
Painting (Oil Acrylic)	55
Encaustic Art	38

**The An Grianán Cookery School** had a busy year. Hands-on courses in Gluten Free Cookery, One Pot Dinners and Easy Entertaining have proved very popular with ICA and non-ICA members alike. Plans for classes for children, teens and team building courses are being incorporated into the cookery schedule.

**Craft courses** were also very popular including Beadwork, Needle Felting, Painting (on Silk etc), and Embroidery. Demand for Bobbin Lace courses was very high with many participants returning year on year.

**Handcraft week, the Garden Party, Arts Weekend and Federation weekends** are the highlights for many members.

**Covid 19** An Grianán closed it’s doors in early March thereby abandoning a whole programme of courses and events which would have made 2020 the most successful year yet. We have used the closure to renovate, paint and upgrade the facilities. 2019 was a very successful year resulting in a surplus of €107,901 for An Grianán so let us book our place in An Grianán for 2021 and make 2021 as successful as 2019 if not better.

**Upgrades to An Grianán:** While closed, structural works are being undertaken. Some small rooms have been knocked together to create en-suite Double/Twin rooms. 6 rooms were upgraded, that can still accommodate up to 12 persons. Some new Super King Beds were purchased and many bedrooms were painted. The kitchen was rewired and the equipment upgraded.

**Greening An Grianán:** A new composter in the walled garden will enable home grown microgreens and salads to be on the menu next year.

**Future Plans:** At time of writing, An Grianán plans to re-open on 20th July 2020. Social distancing measures have been installed, with sanitary stations, screens, floor marking, infection control and staff training undertaken to ensure that we can safely welcome you back to An Grianán when you are ready to visit.

**COMMUNITY USE OF BUILDINGS ON THE AN GRIANÁN CAMPUS:**

**Tennis Club:** Termonfeckin Tennis Club now has a long term lease. So they can seek funding for improvements to their facilities through lottery grants, etc. They plan to add a third Courts so they can be part of Dublin Competition circuit.

**Boxing Club:** ICA has approved a long term lease for Tredagh Boxing Club and relocated them to a more suitable premises at An Grianán. This will make them eligible to seek grant funding for improvements.

**Hort College:** A major renovation rescued the Hort building in late 2019 and the building is now in use, leased to provide accommodation for agricultural workers working in fruit picking / production and planting. Tasteful screening fences have been erected, retaining the privacy at An Grianán and Tennis Club.



*We look forward to welcoming you back later in the year and let's make 2021 the best year to come to An Grianán!*

**Message from Niamh Donegan, Manager An Grianán.**

**For up to date information on all courses and visits to An Grianán. visit [www.an-grianan.ie](http://www.an-grianan.ie) or call 041-9822119**



## *Spotlight on: go for Life*

Go For Life is a National programme for sport and physical activity for older people in Ireland. It is organised by Age and Opportunity and funded by Sports Ireland. Age and Opportunity have a great network of volunteer Physical Activity Leaders or PALs and there are over 1,200 of these around the country. ICA Guilds are encouraged to apply for funding from the Go For Life programme each year. Guilds receive funding to hold classes and bring teachers to Guild meetings and learn new sports or activity which will benefit member's general level of fitness and their overall physical and mental health. Patricia Dawson gave a one day training session to Sports Officers in Central Office in September 2019. See below for a flavour of some of the activities that were funded throughout the year.

**FITNESS: Ballymartyle Guild** in Cork Federation focused on Social Exercise and organised for a trainer who specialises in fitness for the Over 50s. Some members had recently been fitted with knee and hip replacements, using weights and kettle drums among increased their mobility, strengthened the upper bodies and improved their balance.

**YOGA: Marlay Guild** in Dublin Federation has offered a very popular weekly Yoga class for the last 20 years. The benefits of yoga on both mind and body are well received in this Guild at an affordable cost in the comfort of their own parish centre convenient to all members. Yoga was also popular in **Castlebar Guild** in Mayo Federation, **Legan Guild** in Longford Federation and **Murroe Boher** in Limerick Federation.

**BOWLS: Ballina Guild** in Mayo Federation enjoyed playing Bowls and Boccia. Similar to Bowls, Boccia is a Paralympic target sport that can be played sitting down. All who participated in this initiative enjoyed the social aspect and stayed active and motivated.

**DANCE: Kiltale Guild** in Meath Federation enjoyed a 14 week programme of Aerobic Dance Exercise. This great group activity is not only great fun but is suitable for all age groups to participate. Those who took part said they enjoyed fitter bodies and minds.

**AQUA AEROBICS: Drum Guild** in Roscommon Federation enjoyed Aqua Aerobics in the local swimming pool. It was a great way to improve member health and fitness while having lots of fun. Everyone reported feeling much better after the session.

**CHAIR YOGA: Golden-Kilfeacle Guild** in South Tipperary Federation did a four week course in chair yoga. All the activities produced a "feel good" element and all participants said they noticed increased mobility and flexibility. They also learned some muscle stretching and relaxation techniques. **Abbeyknockmoy Guild** Galway Federation and **Scotshouse Guild** Monaghan Federation also enjoyed Chair Yoga and Chair Aerobics.

**TAI-CHI: Scurlogstown Guild** in Meath Federation enjoyed the physical and mental health benefits of this martial art noted for improving flexibility, mobility and mental awareness.

*Did you know: The 1st Summer school in Ireland was held by ICA in 1929 on the slopes of Sliabh na mBan, Co. Tipperary.*

## REPORT FROM THE NATIONAL ADVISORY COMMITTEE (NAC)

Dia Daoibh, As I write this report in these very strange and challenging times, my biggest concern and hope is that all our members and their families stay safe and well. We are all missing our ICA Guild and Federation meetings and events. We are missing our friends and our chats.



I know that Guilds have been keeping in touch with their members by WhatsApp and phone and other social media, but nothing compares to being together. Le cúnamh Dé we will get through this and we look forward to celebrating together as soon as we can safely do so.

Since March 2019 the NAC have met on 6 occasions, see matrix on page 26. The meeting scheduled for April was cancelled due to Covid 19.

The NAC discussed the structure of ICA and how NAC and NEB work, the recommendations of the Governance sub-committee on changes to the constitution and completed the Child Protection Policy. The NAC has taken a lead role with regard to membership in 2020. It was agreed that during the week leading up to International Women's Day in March, there would be a nationwide recruitment drive, all Federations would hold an events designed to showcase the best of ICA and a major event was planned to be held in the Autumn. Unfortunately our best laid plans were disrupted by Covid. Many Federations had events planned and ready to go. We will get back on track with this major recruitment and publicity drive, when it is possible to run such events. Membership and the age profile of members continues to be a big concern.

From the feedback given by Federation presidents at NAC meetings it is clear that there is a lot very good work happening throughout the country with many, varied events, projects and initiatives. We need to continue to look after our members and see how we can set up new Guilds and make ICA attractive for younger women.

Tabhair aire daoibh féin. [Hilda Roche \(Chair NAC\)](#)

**facebook**

What were the top 5 posts of the year?

Hardly a surprise, but two of the top five posts on the ICA Facebook page this year were about the Sew Scrubs for Ireland initiative. The top post was an article we shared from the Farmer's Journal Country Living Magazine featuring National President Josephine Helly and her plans for her Presidency. The next most popular were the Embossing Tutorial (Breda Bohan) an Embroidery Tutorial (Eleanor Hewitt) Stained Glass Appliqué (Bronwyn Murray). Janice Casey-Bracken in An Grianán also provided popular tutorials. ICA thanks each tutor for their selfless provision of on-line tutorials during Lockdown.

The total page likes for the ICA facebook page from June 2019 to June 2020 was 6,344.

### ICA WEBSITE STATISTICS:

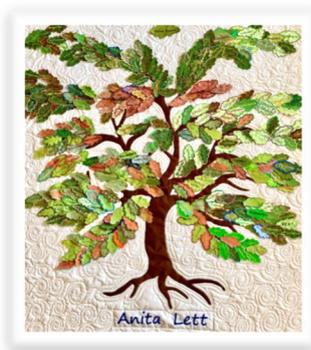
76,641 individuals viewed 117,655 pages on the ICA website from 1st June 2019 to 8th June 2020.

33,000 individuals views 48,577 pages on the ICA website (41%) from 18th March 2020 to 8th June 2020

## What Happened in....

### Handcrafts:

**Handcraft week 2019 at An Grianán:** 23 different handcraft workshop were held during the week. Seven Handcraft proficiency tests were submitted. Teachers Memorial Trophy won by **Margaret Brosnan** Oylegate Guild Wexford Federation. Breda McDonald trophy won by **Eileen Kiely-Dwyer** Aughadown Guild Cork Federation. A fully booked handcraft week 2020 was postponed, and is rescheduled for 2021.



**Knitting and Stitching Show** November 2019. Full programme of demonstrations. Craft display, heritage crafts promoted. **G.A.N.S** (Guilds, Associations, Networks and Societies) Meeting Dublin Castle 7th March 2019 .

**Taster Classes** Central Office hosted a variety of taster classes in different crafts.

**Tree of Unity:** The Tree of Unity was initiated by the National President Josephine Helly using fabric donated by the handcraft committee. Guilds completed an Oak leaf for the tree. The name of ICA founder Anita Lett was beautifully stitched at the base of the tree.

**Handcraft on-line:** Bronwyn Murray, Eleanor Hewitt and Breda Bohan provided a series of on-line handcraft workshops which provided handcraft continuity during Covid lockdown. Visit facebook to view videos. [www.facebook.com/irishcountrywomensassociation](https://www.facebook.com/irishcountrywomensassociation)

### Arts:

**Arts Weekend:** The first Arts weekend in a number of years took place in August 2019 and immediately proved to be very popular. 76 members enjoyed the six arts courses which were held in An Grianán over the weekend: in oil painting, silk painting, calligraphy, drama, story telling and photography.



**Training** for Federation Arts promoters also took place over the weekend.

**The Arts Award book** is currently under review and the committee are hopeful to reintroduce Arts Awards starting in September 2020.

**Art on-line:** Mary Fergus provided a very popular on-line series of Art courses for ICA members during Covid lockdown. Visit facebook to view videos. [www.facebook.com/irishcountrywomensassociation](https://www.facebook.com/irishcountrywomensassociation)

### Produce:

The lockdown gave ICA members an excellent opportunity to fulfil the wishes of the Produce Committee who had sung the praises of the process of food and flower growing and gardening. The ICA book of Bread and Baking provided a great base for the increase in bread and cake baking which took place during Covid 19.



#### Pre-Covid Prophecy

*Your exercise everyday will be most enjoyable when you are getting your hands dirty, planting bulbs, your window boxes and pots, or just raking up the leaves to make compost while planning your vegetable garden for next year.*

*(Nuala Stack at ICA AGM November 2019)*

## Competitions 2019-2020:

The 2019- 2020 competition schedule was cut short by Covid 19. The winners of the completed competitions were:



### Sugarcraft Open National Competition: List of ICA winners

Class A <b>Lemon Drizzle</b>	1st place: Patricia Lavelle - Castlebar Guild Mayo Federation 2nd place: Sara Lee Cratloe - Guild Clare Federation 3rd place: Martina Conlon - Rockcorry Guild Monaghan Federation
Class B <b>Layered Coffee</b>	2nd place: Teresa Dooner - Longford town Guild Longford Federation
Class C <b>Oxford Lunch</b>	2nd place: Susan Clarke - Rockcorry Guild Monaghan Federation 3rd place: Eilish McDonnell - Horseleap / Streamstown Guild Westmeath Federation
Class D <b>Round White Soda</b>	2nd place: Eilish McDonnell - Horseleap Streamstown Guild Westmeath Federation
Class E <b>Fruit Tart</b>	2nd place: Margaret O'Hara Bonniconlon Guild Mayo Federation

### ICA Trophy for Reporting : Write a report on "A Medical Emergency"

1st place:	Mary Plunkett Ballingearry Guild Tipperary South Federation
2nd place:	Mary Devereux Cushinstown Guild Wexford Federation
3rd place:	Ann Newton Ashford Guild Wicklow Federation

### Comórtas Gael Linn : Scéal (Story)

#### Uair amháin ar feadh an tsaol (Once in a Lifetime)

1st place:	Mairead Ni Dhomhnaill Legan Guild Longford Federation
2nd place:	Deirdre Connery Duncannon Guild Wexford Federation
3rd place:	Bróna Uí Loing Newbridge Guild Kildare Federation

### Creative Writing competition: A short story entitled " A Secret"

1st place:	Susanna Braswell Wicklow Town Wicklow Federation
2nd Place:	Kathleen Leahy Mainistir na Féile Guild Limerick Federation
3rd place:	Marie Smyth Dollymount Guild Dublin Federation
Highly commended:	Esther Feeney Barna Guild, Galway Federation
Highly commended:	Mary Skehill, Abbeyknockmoy Guild Galway Federation
Highly commended:	Kay Smyth, Lanesboro Guild Longford Federation

### Photography Competition: Historical Landmark

1st place:	Margaret Smith Crosserlough Guild Cavan Federation (Sydney Harbour)
2nd place:	Susanna Braswell Wicklow Town Guild Wicklow Federation (Dolmen)
3rd place:	Yvonne Gill Barna Guild Galway Federation (Kylemore Abbey)

### Photography Competition: Black and White Streetscape

1st place	Tina Kavanagh Bray Guild Wicklow Federation (boy looking at street sculpture)
2nd place:	Tina Kavanagh Bray Guild Wicklow Federation (Girl walking in street under Wall Art)
3rd place:	Lillie Byrne Horace Plunkett Guild Meath Federation (Buskers with their audience)

**Overall Winner: Tina Kavanagh Bray Guild Wicklow Federation**

### The Santa outfit competition Christmas 2019:

1st place:	Caroline Flynn Castleknock Guild Dublin Federation
2nd place:	Mary Neary Ballisodare Guild Sligo Federation



# “We helped in a Crisis” (ICA member)

In shock, Ireland went into Covid lockdown in March 2020. Many ICA members were cocooned and all Guild activities ceased. Not to be bested, the ICA spirit came through in the member’s wish to help their communities. “Sew Scrubs for Ireland”, an initiative of Madame President Josephine Helly and Sinead Lawlor, former Head of Costumes at the Gate Theatre provided just the ticket. Many hundreds of ICA members used their dressmaking skills to sew medical scrubs for frontline healthcare workers in nursing homes, care homes, residential homes and hospices. “Scrubs are really difficult to make, you need to be a highly proficient sewer which a large number of ICA members are” said Sinead Lawlor. Over 500 members signed up and many non-members too. The cloth was cut by hand and by 3D cutting machines around the country. Packs were made up by Sinead and her team of costume designers and distributed around to each sewing volunteer. An instruction booklet and video were available on the ICA website and with their packs members got down to business. Almost 5,000 metres of material in 700 packs were sent to over 500 ICA sewing volunteers representing 27 Federations, who made over 1,500 sets of high quality scrubs for over 1,000 healthcare workers. This large scale logistical project involved ICA women who cut, sewed, ironed and delivered much needed protective clothing to grateful healthcare recipients. In different Federations Gardaí , Civil Defence and County Development companies and various volunteers played their part in distributing finished scrubs. Many ICA members were also involved in making masks and other protective clothing in addition to “Sew Scrubs for Ireland”. *“We helped in a crisis and I’m proud of ICA”* ICA member.



Health Homework in Meath



Serious work in Wexford



Cork Contributes



Careful in Kilkenny



Limerick keeps nurse in the pink



From Carlow with Care



Kerry lends a hand



Cavan craft keeps health workers safe



Laois ICA & Civil Defence deliver safety to frontline workers.

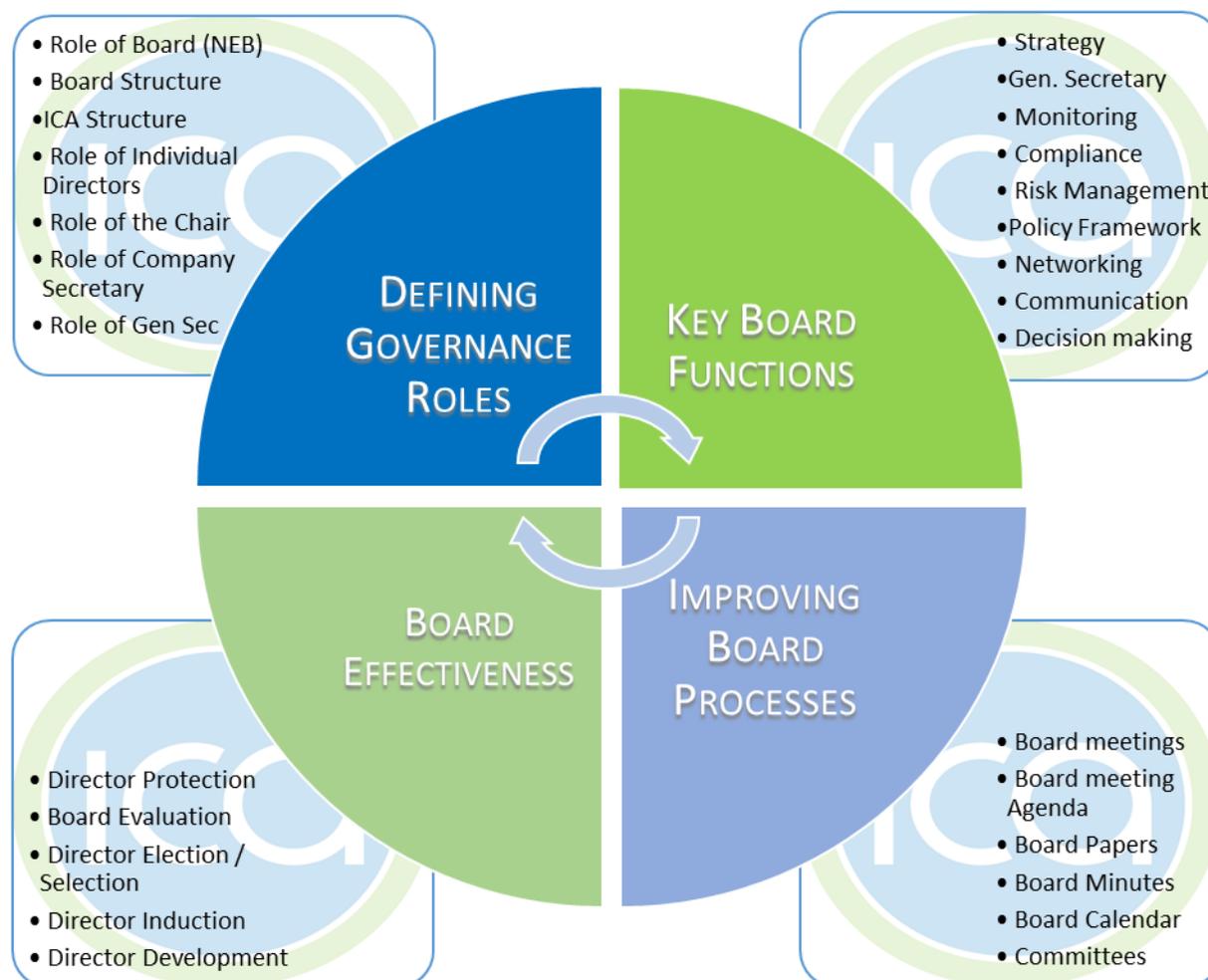


South Tipp gets involved



Social distance delivery at St Senan’s in Clare

## ICA Corporate Governance Practice Framework



### ACTIONS TAKEN:

**Board Governance Handbook:** A Board Governance Handbook is being compiled to assist the Board (NEB) to operate in compliance with the ICA Constitution and relevant Company and Charity Laws. Four written documents (ICA Constitution, Memorandum & Articles, Board Governance Handbook and Member's Handbook) will together provide a framework to support best practice and good governance in ICA.

**Charities Governance Code – Current Situation:** It is mandatory to comply with the Governance Code in 2020 and to report on compliance in 2021. The NEB is following a structured plan to bring ICA into full compliance in 2020. ICA will be able to report full compliance to the Charities Regulator in 2020 and show evidence of compliance. Good Corporate Governance practices as documented in the Board Governance Handbook will support ongoing compliance as required by law.

**Board Governance Calendar:** This was adopted by the Board on 18<sup>th</sup> January 2020 to structure achieving compliance with the 6 principles (& 49 sub-principles) of the Charities Governance Code. By adopting formal Budgets & Finance Reports, an Operational Plan and having a formal Governance Review, the NEB adhered to best practice in bringing ICA closer to signing off on full compliance with the Charities Governance Code in Autumn 2020.

*Further information can be found on [www.ica.ie](http://www.ica.ie)*

## Members of the National Executive Board and National Advisory Committee 2019—2020

**Membership Organisation:** ICA is a membership organisation with an emphasis on member centred governance underpinned by a constitution. ICA is a ground-up organisation with a membership of circa 8,000 women organised in the following structure:

**Guilds:** A Guild is the primary organisational decision making and activity unit of the association. 477 Guilds nationally, each with a high degree of autonomy.

**Federations:** A Federation consists of all the Guilds in a particular county, represented by the Guild Presidents. There are 27 Federations (Tipperary having two)

**The National Executive Board (NEB):** The NEB is the body legally responsible for governance of the ICA. It consists of up to 17 members (4 National Officers, Chair of NAC, 4 Regional Presidents; 9 Federation Presidents in rotation).

**National Advisory Committee (NAC)** is an advisory body to the NEB between AGMs, and a conduit for representation from, and communication to, Federations. It is the key support body in delivery of ICA national activities.

### Members of the NEB 2019-2020

Josephine Helly (Chair)	National President
Eleanor Calnan	National Secretary
Helen Rutter	National Treasurer
Hilda Roche*	Chair NAC
May Campbell	Regional President
Ena Howell	Regional President
Margot Hennessy	Regional President
Sharon Kelly	Regional President
Eilish McDonnell	Westmeath Federation
Carmel Garrett	Galway Federation
Nellie Dillon Forde	Kildare Federation
Anne Payne	Laois Federation
Annette Long	Limerick Federation
Kitty Harrington	Roscommon Federation
Geraldine Mc Nally**	Meath Federation
Maureen Mc Laughlin**	Donegal Federation
Michelle Early**	Leitrim Federation

\* Joined NEB \*\* Retired from NEB

### Members of the NAC 2019-2020

Hilda Roche	Chair of the NAC Wicklow
Josephine Helly	National President
Eleanor Calnan	National Secretary Cork
Helen Rutter	National Treasurer
May Campbell	Regional President
Ena Howell	Regional President
Margot Hennessy	Regional President
Sharon Kelly	Regional President
Annette Reddy	Carlow Federation
Mary Duffy	Cavan Federation
Mary O'Halloran	Clare Federation
Maureen McLaughlin	Donegal Federation
Joan Canning	Dublin Federation
Carmel Garrett	Galway Federation
Collette Dalton	Kerry Federation
Nellie Dillon Forde	Kildare Federation
Ann Kelly	Kilkenny Federation
Anne Payne	Laois Federation
Michelle Early	Leitrim Federation
Annette Long	Limerick Federation
Olive Quinn	Longford Federation
Susan Reynolds	Louth Federation
Kay Devine	Mayo Federation
Geraldine McNally	Meath Federation
Susan Clarke	Monaghan Federation
Sandra O'Connor	Offaly Federation
Kitty Harrington	Roscommon Federation
Mary Fergus	Sligo Federation
Kathleen Corcoran	Tipperary North Fed
June O' Dwyer	Tipperary South Fed
Noeline Power	Waterford Federation
Eilish McDonnell	Westmeath Federation
Mary D'Arcy	Wexford Federation

## NEB meetings matrix April 2019—March 2020

	2019	2019	2019	2019	2019	2019	2019	2019	2019	2019	2020	2020	2020	2020
Name:	13th April	11th May	25th May	15th June	13th July	7th Sept	24th Sept	15th Oct	26th Oct	16th Nov	6th Dec	18th Jan	1st Feb	20th Mar

Josephine	Attended													
Helen Rutter	Attended													
Eleanor Calnan	Absent	Attended												
Hilda Roche	Not in office	Not in office	Not in office	Not in office	Attended	Absent	Attended	Attended						
May Campbell	Attended	Attended	Attended	Absent	Attended	Attended	Absent	Absent	Attended	Attended	Absent	Attended	Attended	Attended
Sharon Kelly	Attended	Attended	Attended	Attended	Attended	Attended	Absent	Attended	Absent	Attended	Absent	Attended	Absent	Attended
Margot	Attended													
Ena Howell	Absent	Absent	Attended	Attended	Attended	Attended	Attended	Absent	Attended	Attended	Absent	Absent	Attended	Attended
Maureen	Attended	Attended	Attended	Absent	Attended	Absent	Absent	Absent	Absent	Not in office				
Carmel Garrett	Absent	Attended	Attended	Attended	Attended	Attended	Absent	Absent	Attended	Attended	Absent	Absent	Attended	Attended
Nellie Dillon	Absent	Attended	Attended	Absent	Attended	Attended	Attended	Absent	Attended	Attended	Attended	Attended	Attended	Attended
Anne Payne	Attended	Absent												
Michelle Early	Absent	Attended	Absent	Absent	Not in office									
Annette Long	Attended	Attended	Absent	Attended	Absent	Attended								
Geraldine	Attended	Absent	Absent	Not in office										
Kitty	Absent	Absent	Attended	Attended	Absent	Attended								
Eilish	Attended	Absent	Attended	Attended	Attended	Attended	Attended	Absent	Attended	Absent	Absent	Attended	Absent	Attended
Marie O'Toole	Attended	Attended	Not in office											

	Attended meeting
	Absent for meeting
	Not in office

## NAC Meetings Matrix April 2019—March 2020

	2019	2019	2019	2019	2019	2020
Name:	11th May	6th July	7th Sept	19th Oct	7th Dec	1st Feb
Hilda Roche - Chair						
Josephine Helly						
Helen Rutter						
Eleanor Calnan						
Michelle Early						
May Campbell						
Margot Hennessy						
Ena Howell						
Sharon Kelly						
Annette Reddy						
Mary Duffy						
Mary O'Halloran						
Maureen McLaughlin						
Joan Canning						
Carmel Garrett				Cathy Curlette		
Collette Dalton						
Nellie Dillon						
Ann Kelly						
Anne Payne						
Annette Long						
Olive Quinn						
Susan Reynolds						
Kay Devine						
Geraldine McNally				Mary Harrahill		
Susan Clarke						
Sandra O'Connor						
Maura Allen						
Kitty Harrington	Catherine Gukian					
Mary Fergus						
Kathleen Corcoran						
June O'Dwyer						
Noeline Power						
Eilish McDonnell						
Mary D'Arcy						

**Finance Committee 2019—2020**

**Helen Rutter** (Chair)

**Margot Hennessy** (Secretary)

**May Campbell**

**Nellie Dillon Forde**

**Maureen McLaughlin** (resigned from NEB and Finance committee Oct 2019)

**Anna Sinnott**—Finance Manager, Staff

**Niall Keane**—Interim Chief Executive

	Attended meeting
	Did not attend
	Not in office

Meeting date	Helen Rutter	Margot Hennessy	May Campbell	Nellie Dillon Forde	Maureen McLaughlin	Anna Sinnott	Niall Keane
1/3/19							
22/3/19							
10/5/19							
8/6/19							
6/7/19							
17/8/19							
6/9/19							
16/11/19							
6/12/19							
18/1/20							
29/2/20							

**Governance Committee 2019-2020**

**Hilda Roche** (Chair) NEB

**Mary D’Arcy** NAC

**Mary O’Halloran** NAC

**Carmel Garrett** NEB

**Niall Keane** Interim Chief Executive

Meeting date:	Hilda Roche	Mary D’Arcy	Mary O’Halloran	Carmel Garret	Niall Keane
27th Sep 2019					
30th Nov 2019					
13th Jan 2020					
2nd Feb 2020					

*Did you know: The ICA was the first organisation to introduce Adult Education into Ireland.*

# ICA Strategic Priorities and Achievements 2019-2020

## Governance and Management

Actions and Key Goals	Key Indicators
Company, Charity and Revenue law	In compliance
ICA Constitution	In compliance
Charities Governance Code	On the journey
Upgrade and refurbish	An Grianán and Central Office
Effective decision making	NEB decision template
Have clear objectives	Operational plan 2020
Staff planning and development	Recruit General secretary

## ICA Membership Organisation

Actions and Key goals	Key Achievements
Increase membership	Interrupted by Covid 19
Increase Number of Guilds	Interrupted by Covid 19
Improve service to members	Provided online activity/classes
Improve ICA profile	Sewed Scrubs for Ireland

## Develop An Grianán

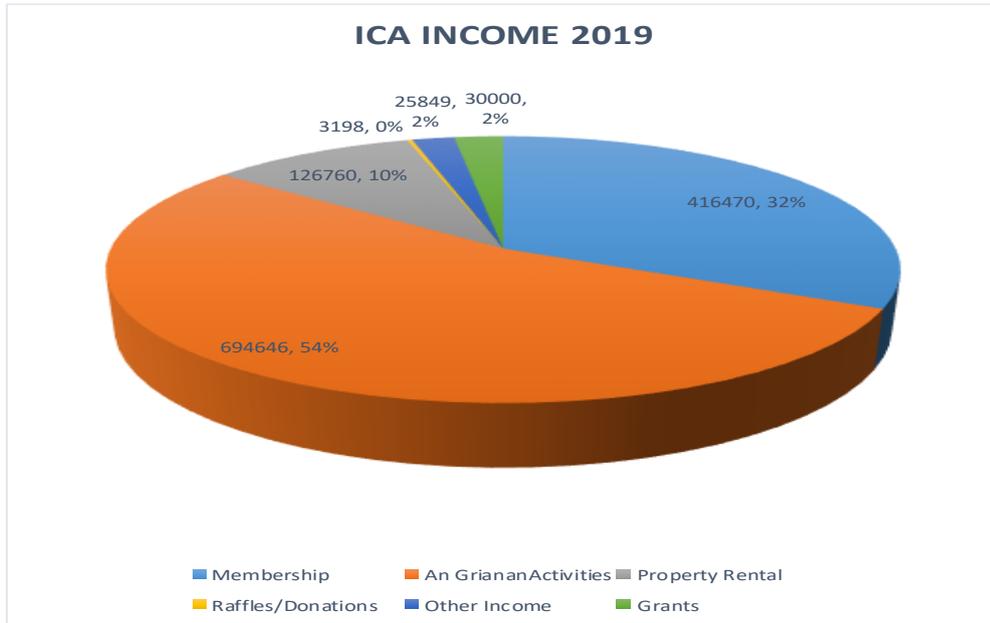
Actions and Key goals	Key achievements
Develop business from ICA	Interrupted by Covid 19
Develop business outside ICA	Interrupted by Covid 19
Upgrade An Grianán	6 en-suite rooms being built
Preserve all buildings	HORT—repaired, leased & used

*Download full Strategic Plan and Operational plan 2020 [www.ica.ie](http://www.ica.ie)*

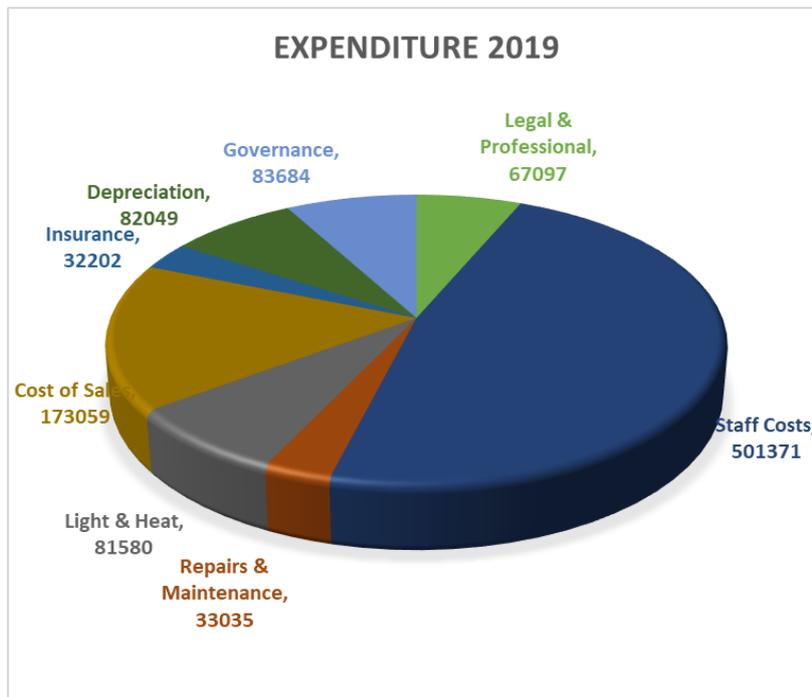
# A Glance at Finance

(Central Office & An Grianán combined)

## TOTAL INCOME



## TOTAL EXPENDITURE



**Download full audited accounts from [www.ica.ie](http://www.ica.ie)**

**The Countrywomen's Trust**  
**Income and expenditure account**  
**Financial year ending 31 December 2019**

	<b>2019</b>	<b>2018</b>
<b>Income</b>	€1,266,923	€1,224,515
<b>Cost of sales</b>	(173,059)	(163,720)
	<hr/>	<hr/>
<b>Surplus</b>	1,093,864	1,060,795
<b>Administrative expenses</b>	(964,180)	(1,318,674)
	<hr/>	<hr/>
<b>Other operating income</b>	30,000	30,000
<b>Surplus (Deficit)</b>	159,684	(227,879)
<b>Other interest receivable and similar income</b>	1	1
<b>Interest payable and similar expenses</b>	(3,440)	(4,140)
	<hr/>	<hr/>
<b>Surplus (Deficit)</b>	156,245	(232,018)
	<hr/>	<hr/>

All the activities of the company are from continuing operations.

The company has no other recognised items of income and expenses other than the results for the financial year

**The Countrywomen's Trust**  
**Statement of income and retained earnings**  
**Financial year ended 31 December 2019**

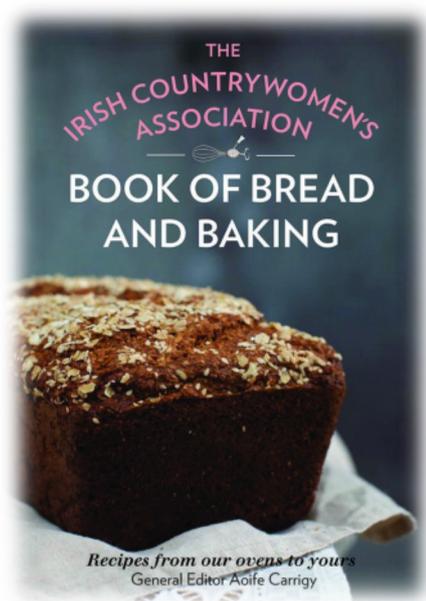
	<b>2019</b>	<b>2018</b>
	€	€
Surplus (deficit) for the financial year	156,245	(233,018)
<b>Retained earnings at the end of the financial year</b>	3,728,982	3,961,000
<b>Retained earnings at the end of the financial year</b>	3,885,227	3,728,982

**The Countrywomen's Trust**  
**Balance Sheet as at 31 December 2019**

	2019		2018	
	€	€	€	€
<b>Fixed assets</b>				
Tangible assets	8,534,220		8,561,210	
		8,534,220		8,561,210
<b>Current assets</b>				
Stocks	12,721		8,238	
Debtors	34,155		19,524	
Cash at bank and in hand	783,207		707,359	
	830,083		735,121	
<b>Creditors: amounts falling due within one year</b>	(174,307)		(200,612)	
<b>Net current assets</b>	655,776		534,509	
<b>Total assets less current liabilities</b>	9,189,996		9,095,719	
<b>Creditors: amounts falling due after more than one year</b>	-		(61,968)	
<b>Net assets</b>	9,189,996		9,033,751	
<b>Capital and reserves</b>				
Revaluation reserve	5,183,046		5,183,046	
Restricted funds	121,723		121,723	
Income & Expenditure Account	3,885,227		3,728,982	
<b>Members funds</b>	9,189,996		9,033,751	

These financial statements were approved by the board of directors on 20 March 2020

## ICA BOOKS & PUBLICATIONS



Late in 2019 the ICA Book of Bread and Baking was published as the fifth book in the series published by Gill and Macmillan, edited by Aoife Carrigy. Like all the other books in the series the book of bread and baking relied on the very many recipes chosen from those sent in by members around the country.

Recipes from 70 members feature in the book including traditional recipes for brown bread, Irish soda bread, fluffy scones and timeless fruit cakes are firm favourites. There are also more modern recipes like sourdough bread, onion focaccia and gluten-free options including muffins and bread and a delicious recipe for a vegan blackberry cake.

***Available for purchase from the ICA Central Office.***



The Book of Bread and Baking is part of the ICA family of books. These include The Book of Christmas, The Book of Tea and Company, the Book of Home and Family and the original ICA Cookbook. All are published by Gill & Macmillan except The Book of Crafts, published by Mercier.

***Available from [gillbooks.ie](http://gillbooks.ie) and [mercierpress.ie](http://mercierpress.ie)***



### ***Other publications on sale from ICA:***

Handcraft test book	€3:00
Arts Awards book	€3:00
Constitution	€3:00
Handbook	€3:00
Lumra	€5:00
Produce test booklet	€3.00

***Call Central Office: 01 6680002***

*Did you know: In 1935 The Society of the United Irishwomen changed it's name to ICA.*

**Would you like to join the ICA?**

Please call ICA Central Office on: 01 6680002

Send an email to [office@ica.ie](mailto:office@ica.ie)

See our website: [www.ica.ie](http://www.ica.ie)

**Would you like to set up a Guild?**

Please call ICA Central Office on: 01 6680002

Send an email to [office@ica.ie](mailto:office@ica.ie)

See our website [www.ica.ie](http://www.ica.ie)

Annual Report 2019-2020 Tuairisc Bliantiúil

Copies of the report are available to download from  
[www.ica.ie](http://www.ica.ie)

Content submitted by Guilds and Federations.

Report compiled and edited by Rebecca Ryan Central Office.

