



IRISH SKIN  
FOUNDATION

Supporting people with skin conditions

# ISF ANNUAL REPORT 2020



## Contents

Message from our Chairperson.....	2
Message from our CEO.....	3
About the ISF.....	4
2020 at a Glance.....	5
ISF Strategy 2021-2025.....	6
Our Activities in 2020.....	8
Advocacy.....	12
Communications and Events.....	18
Fundraising.....	26
Governance.....	28
ISF Board of Trustees.....	29
Finance / Statement of Accounts.....	30

## A Message from our Chairperson

Dear Trustees,

It gives me great pleasure to present our 2020 Annual Report. It is hard to believe we are now almost 2 years into a global pandemic which has so profoundly challenged patients, their carers and families; doctors, nurses, and healthcare infrastructures throughout Ireland and the world.

While 2020 has been a challenging year for everyone in Ireland, people living with skin conditions have faced additional challenges during the COVID-19 pandemic, such as accessing information about how COVID-19 affects skin disease and the safety of immunosuppressant medications; and cancelled appointments and treatments throughout the year.

As always, a key focus for the ISF has been to provide access to specialist, accessible and free guidance from dermatology clinical nurse specialists, to raise the standard of information available to the public in Ireland and build awareness of the serious impact of skin disease. Our Ask-a-Nurse Helpline team has gone above and beyond in this regard in 2020 helping to bridge the gap for people struggling to manage their skin condition during a time when public health services have been restricted.

In 2020, we worked hard to adapt to the specific challenges arising from the COVID-19 pandemic, producing video and written content accessible through our website and social media channels, during a time when in-person events and meetings were cancelled due to the pandemic. 2020 has undoubtedly changed the way the ISF will produce and deliver content to people living with skin conditions in the future, and we are looking forward to seeing what the next few years brings.

None of our work would be possible without generous funding and support from the City of Dublin Skin and Cancer Hospital Charity (CDSCHC). I am also indebted to our Board Members who give generously of their free time and skills to oversee ISF strategy and governance and ensure that everything we do is driven by as diverse a set of stakeholder interests as possible.

I would like to thank our Foundation Partners for their contribution to our Ask-a-Nurse Helpline. Finally, I am very grateful to our CEO and small but extremely hard-working in-house team whose work ethic and flexibility throughout the pandemic has been inspirational.



*Dr Marina O'Kane*  
Chairperson

## A Message from our CEO

Every aspect of our work was affected by the impact of the global pandemic, by its unpredictable course, and extended duration. Operations, management, and governance of the organisation, which rely on the resilience and tenacity of the staff and Board Members, pivoted to the virtual world with relative ease. I would like to acknowledge everyone who helped the organisation through a challenging year and to recognise each individual contribution to the ISF's mission.

Without doubt the highlights of the year include our advocacy campaign to help to secure dupilumab for treatment resistant atopic eczema, meeting the standards of the Charities Regulator Governance Code, working toward the ISF's new strategy following our public consultation, and the great leap in uptake of our virtual and online work.

During the 2020 phase of the COVID-19 pandemic the ISF Helpline experienced the greatest demand for its service and guidance since the Helpline was established. During the year, over 800 enquiries from the public resulted in 592 phone-based 30-to-60-minute appointments with Helpline nurses. Against the backdrop of GP and hospital restrictions, the ISF Helpline was a valuable support for people living with and caring for skin conditions.

Despite the challenges of 2020 the ISF is proud to have delivered uninterrupted access to the most up-to-date and relevant guidance during this unprecedented time. We continued to provide support through the Ask-a-Nurse Helpline, deliver expert-led online content, and collaborate remotely with dermatology healthcare professionals, patients, and carers.

I would like to express my sincere thanks to our Chairperson, Board of Trustees, dedicated ISF team, volunteers and supporters for their continued commitment, willingness to give of their free time and their hard work in supporting the organisation and the people it exists to help. We are very grateful for the continued support of the CDSCHC, our Foundation Partners, Corporate Sponsors and all those who help us to fulfil our mission.



*David McMahon*  
Chief Executive



## About the Irish Skin Foundation

The Irish Skin Foundation (ISF) is a national charity dedicated to improving the quality of life of people living with or caring for skin conditions.

We operate a free Ask-a-Nurse Helpline service providing direct, accessible and specialist guidance about skin conditions. Throughout the year we run events, including public information, health promotion and education meetings. The ISF is also involved in advocacy and policy work, helping people affected by skin conditions navigate services, influencing public policy and raising awareness of different conditions throughout the year.



### Skin conditions

There are many forms of skin disease, which include inflammatory conditions, such as eczema and psoriasis; skin cancers, including melanoma, basal and squamous cell carcinomas; autoimmune conditions, such as lupus and vitiligo; and hereditary diseases. The impact of skin diseases on quality of life can be far-reaching and profound.

Many skin conditions are chronic in nature, with treatment focusing on reducing and managing symptoms. Rashes, flare-ups, and lesions are often very visible to others. Consequently, someone living with a skin condition may not only have to cope with how it affects them personally, but potentially also with the reaction of those around them.



### Our Origins

The ISF was formed in 2011 when people caring for or living with atopic eczema and psoriasis, skin-cancer prevention advocates and healthcare professionals working across the community in dermatology, agreed to join forces to improve quality of life for people living with skin conditions in Ireland.

Since that time, the ISF's work has been made possible by the generous support of the CDSCHC, our Foundation Partners, and projects specific donations from advocates and supporters.

Following our public launch in 2013, we moved operations to UCD's Charles Institute of Dermatology and agreed our first Strategic Plan in 2015.



### Our Vision & Mission

Our vision is for everyone in Ireland to lead healthy lives, as unburdened as possible by skin conditions. Our mission is to promote skin health and the prevention of skin disease by providing support, independent information, by engaging in advocacy and raising awareness.

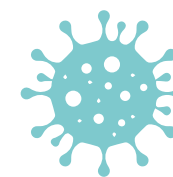
## 2020 at a Glance



**Over 800** people contacted the Ask-a-Nurse Helpline, 55% increase on 2019



**61%** increase in website pageviews



Dedicated 'COVID-19 and Skin Conditions' webpage accounted for **14%** of website traffic



### Launch of new expert Q&A video resources:

- The Impact of Mindfulness-Based Cognitive Therapy (MBCT) on Psoriasis
- COVID-19 and Skin Conditions Expert Q&A
- Dispelling Sun Protection Myths & Misconceptions
- Emollient Therapy: Video Guide to Ointments, Creams & Lotions for Skin Conditions



158 people living with skin conditions helped shape the **ISF Strategy 2021-2025**



600 people supported our **Take Action: Access to Dupilumab** campaign by e-mailing, phoning, or meeting with their TDs



Launch of our SkinSideOut webinar series with, **Taking Control of Your Psoriasis Beyond Your Skin**

# ISF Strategy 2021 - 2025

Following public consultation in 2019-20, we developed the ISF Strategy 2021-2025, which outlines the strategic vision and priorities to support people living with skin conditions in Ireland.

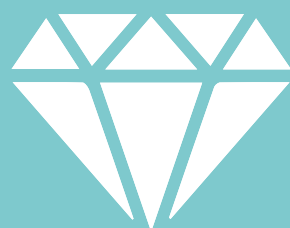
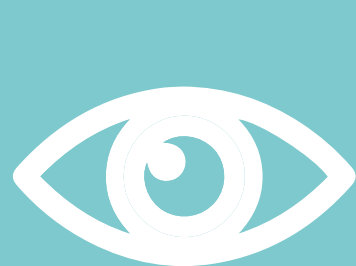
The drafting process for this new strategy has given the ISF opportunities to take stock of our work over the past 5 years, to consider our future direction, and to put forward plans for our development.



## ISF Vision, Mission and Values

Many skin conditions are chronic or recurring in nature, often highly visible, and some people may carry the heavy burden of management along with negative past experiences of distress and stigmatisation. Recognising the reality of people's different lived experiences, while emphasising hope for the future, we have set our Vision, Mission and Values accordingly.

Our strategic pillars reflect the priorities identified by the ISF's Board and the views of 158 contributors to our consultation process.



## Priority Areas: 4 Strategic Pillars

The strategic approach of the ISF has been broken down into 4 priority areas or pillars. Over the coming years, our attention will be on the following four strategic areas:



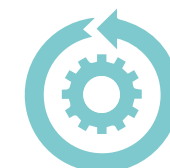
We support with information, education and learning together



We advocate and influence for change



We use research to advance our work



We strengthen organisational capacity and presence

For each strategic area we will outline broad objectives and actions. Much of our strategy will be delivered through projects that are aligned with our objectives. We look forward to working and collaborating with other organisations, bodies, groups, sponsors, Foundation Partners, and individuals on projects which advance our work.

Our plans for support, education and awareness projects aim to bring the ISF's work to the attention of a wider audience. We will develop our educational capacity further and broaden the scope of the resources we have available for people living with different conditions at different stages of life. While our focus will remain on the most common skin conditions, we will continue to leverage the organisation's capacity to support people affected by a wide range of less common skin problems.

# Our Activities in 2020

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## ISF Services and Resources

### Ask-a-Nurse Helpline

Our Ask-a-Nurse Helpline is a unique service delivered by Dermatology Clinical Nurse Specialists, all of whom work in clinical practice in hospital dermatology units in Ireland. The Ask-a-Nurse Helpline has provided a valuable service (as evidenced by the 97% user satisfaction rating since the service was set up in 2016) in addressing the concerns of callers and supporting patients, and even more so during the COVID-19 pandemic.

In 2020, the ISF Ask-a-Nurse Helpline continued to operate as normal throughout the COVID-19 pandemic. However, since the initial phase of public health restrictions in March 2020, the ISF recorded a significant spike in the number of people contacting the Ask-a-Nurse Helpline, with over 800 people contacting us for one-to-one guidance from a dermatology nurse specialist. This is an increase of 55% on the number of queries we received in 2019. The queries received were varied, but 33% related directly to COVID-19 concerns.

Throughout the pandemic, many hospital-based dermatology clinics facilitated face-to-face consultations for urgent cases and conducted all other appointments by phone or video call. Faced with barriers accessing secondary care, while spending more time on laptops and computers working from home, people found the ISF website and resources primarily through online searches which doubled in 2020.

When compared with 2019, the number of queries from people with no diagnosis increased significantly up by 221%, with feedback from users of the Ask-a-Nurse Helpline often expressing a reluctance to visit a GP during the pandemic. Although the Helpline nurses do not diagnose skin conditions, they are usually in a position to offer general skin care advice to help relieve the caller's symptoms whilst waiting to see their GP or Dermatologist.

For those callers with a diagnosis, there was a 20% increase in queries relating to hidradenitis suppurativa, and a 22% increase in psoriasis queries compared with the same time period in the previous year. There was also a 61.5% increase in queries relating to dermatitis/eczema; the most common cause for concern was hand dermatitis, attributed to increased hand hygiene measures and consequently, managing and preventing hand dermatitis was a common query.

The rise in demand for the Ask-a-Nurse Helpline throughout 2020, continues to highlight the benefits of this service to those who avail of it, especially in bridging the unavoidable gaps that emerged during the pandemic, and highlights the importance of having a reliable source of information for dermatology patients when other services are unavailable.

We would like to thank our Foundation Partners, AbbVie, LEO Pharma, Novartis, Sanofi, UCB and Pfizer, for their generous support, without which it would not be possible to provide access to this valuable and much-needed service to support all those affected by skin conditions in Ireland.



## IrishSkin.ie

Similar to the Ask-a-Nurse Helpline, our website IrishSkin.ie, saw a significant increase in traffic during the COVID-19 pandemic. Overall page views between March – December 2020 increased by 61% when compared with the same time period in 2019.

Our dedicated webpage “COVID-19 and Skin Conditions”, which was set up to provide users with the latest HSE updates on COVID-19 in addition to information developed by the ISF and other dermatology organisations about skin conditions and COVID-19 accounted for 14% of overall traffic to the website alone.

Visits to our main skin condition information pages saw a boost across the board such as:

**+59%**

Hidradenitis  
Suppurativa (HS)

**+47%**

eczema

**+18%**

psoriasis



*“I received great advice for my daughter and her skin has improved greatly after following the advice of the nurse.”*

*“I contacted your service about my daughter’s eczema. You recommended creams to use, and they worked brilliantly, and still are.”*

*“The nurse I spoke with explained how best to use the lotions I was already using when I was using them incorrectly. Thank you.”*

*“Thank you so much for your help, information, and support. Your unhurried and detailed advice, and your very friendly and helpful manner, is really appreciated.”*

*“I was happy that my call was returned quickly and the Nurse I spoke to was knowledgeable and listened to my concerns. She gave great advice on creams/gentle washes to use. I am very happy with the service.”*



# Advocacy

## Make Skin Visible in Election 2020

In January and early February 2020, the ISF called on voters affected by skin conditions to 'Make Skin Visible' in Election 2020, held on 8th February. As election candidates called to people's homes to ask for their support, we asked that people use this opportunity to highlight the need for more resources for the public dermatology services that serve people living with distressing skin conditions like psoriasis, atopic eczema, HS, and skin cancers.

We compiled a list of suggested questions and areas of concern regarding dermatology services for people to discuss with election candidates, to include:

### Question 1: Waiting times

What will you do to ensure timely access to outpatient dermatology clinics and a real reduction of waiting times for patients?

### Question 2: Public services, facilities, and staff

What will you do to ensure long-term development of public dermatology services and facilities? Do you have a plan for retention and recruitment of specialist nurses and doctors?

### Question 3: Your GP service

A large proportion of people living with chronic skin conditions can access the care they need through their local GP, at community level. Consider asking your election candidates how they are going to support the expanded role of community-based care as envisaged under Sláintecare, ensuring that there are enough GPs and community-based primary care staff (like practice nurses, public-health nurses etc.) to continue delivering accessible care locally.

### Question 4: The National Treatment Purchase Fund

The National Treatment Purchase Fund (NTPF) spends hundreds of millions of euros buying appointments in the private sector for people on waiting lists for diagnosis and treatment. Political parties have different attitudes to the NTPF's approach, ranging from committing additional funds to replacing it with another system entirely. For people living with chronic conditions, who need access to on-going management, an NTPF-style system offering one-off appointments (often distant from home), does not address their long-term healthcare needs.





### Skin Cancer Prevention Implementation Group

We continue to work with the National Cancer Control Programme (NCCP), Healthy Ireland and a range of partners, amongst whom include the Irish Cancer Society, Marie Keating Foundation and Breakthrough Cancer Research to advance the aims of the National Skin Cancer plan 2019 – 2022. May 2020 saw the launch of the Healthy Ireland SunSmart brand and campaign.

### ISF Joins Irish Cancer Prevention Network

Following our active and ongoing involvement in the Skin Cancer Prevention Implementation Group and related subgroups over recent years, we were invited to join the Irish Cancer Prevention Network (ICPN), which fosters collaborative working between organisations to support cancer risk reduction initiatives, such as Healthy Ireland SunSmart.

The network was established by the National Cancer Control Programme, Irish Cancer Society, Marie Keating Foundation, and Breakthrough Cancer Research.

## Irish Cancer Prevention Network



### BIOMAP

BIOMAP (Biomarkers in Atopic Dermatitis and Psoriasis) is a large European project launched in 2019, with the vision of improving the lives of patients affected by atopic dermatitis and psoriasis. The project's main aims:

- Increase understanding of the molecular patterns behind these skin diseases
- Identify biomarkers for atopic dermatitis and psoriasis, that may help predict the course of the disease, and response to treatments

Additionally, this five-year project will have a broad impact on disease understanding, patient care and future treatments.

Along with other patient organisations including, National Eczema Society UK, Eczema Outreach Support UK, The Psoriasis Association UK, The Dutch Association for people with AD, and the Danish Psoriasis Association, the ISF are delighted to be a member of the patient board of BIOMAP. The establishment of the patient board will help ensure that patients' insights, opinions, and wishes are taken into account across all the multiple components of the project, with the potential to improve the lives of people with atopic dermatitis and psoriasis.

### Take Action: Access to Dupilumab

Following our submission to the NCPE in 2019, our efforts to advocate for reimbursement and access to the first-in-class drug dupilumab continued, for the many hundreds of people living with moderate to severe atopic eczema throughout Ireland.

In Summer 2020, we organised media interviews to highlight the urgent need for reimbursement of dupilumab for so many living with refractory eczema. Interviews with ISF Board Member and eczema patient advocate, Paul Herriott and Consultant Dermatologist, Professor Alan Irvine appeared across a number of national media outlets including RTÉ Radio One's Ray D'Arcy Show, the Irish Examiner, and the Irish Daily Mail.

In November 2020 we launched the 'Take Action' campaign to appeal to people affected by eczema to write to their local TD asking for fair access to dupilumab. Over the course of the campaign, which ran from November 2020 – January 2021, over 600 people supported our call to action by e-mailing, phoning, or meeting with their TDs to highlight the delay in making dupilumab available to people living with treatment resistant atopic eczema. The ISF also contacted all TDs directly asking for them to raise the issue with the HSE, the Department of Health and in the highest levels of government.

Effective from 1st April 2021, reimbursement of dupilumab has been available under High Tech Arrangements for the treatment of moderate-to-severe refractory atopic eczema in adults and adolescents 12 years and older for whom immunosuppressant therapy has failed, is not tolerated or is contra-indicated.

We would like to express our thanks to all of those affected by eczema and their supporters, who contacted TDs and Ministers to request that access to dupilumab be raised with the Minister for Health, Department of Health and the HSE.



**Write to  
your TD about  
dupilumab today!**

## Supporting Other Advocacy Endeavours

### ISF Supports International Registry of Outcomes for COVID-19 and People Living with Psoriasis

The ISF were delighted to partner with two international COVID registries, PsoProtect (psoriasis) and SECURE-AD (atopic dermatitis). Both registries have two components: the first is completed by healthcare providers and the other is a self-reporting registry which is completed by individuals with psoriasis (PsoProtectMe) or atopic dermatitis (SECURE-AD Patients Registry).



By collecting worldwide data on COVID-19 and psoriasis, and atopic dermatitis, these registries will make it possible to assess the impact of COVID-19 on patients with these common skin diseases, and what influence their treatments have on the course of the infection. This information will help to guide doctors in their care of patients with psoriasis and atopic dermatitis who are affected by COVID-19.

### Psoriasis and Beyond Survey for Moderate-to-Severe Psoriasis

In late 2020, the ISF supported the International Federation of Psoriasis Associations (IFPA) and Novartis to launch the Psoriasis and Beyond Global Psoriatic Disease Survey. This research initiative aimed to uncover what life is like for people living with moderate-to-severe psoriatic disease—psoriasis or psoriatic arthritis—around the world.



**PSORIASIS  
AND  
BEYOND**  
THE GLOBAL PSORIATIC DISEASE SURVEY

*"I have used this service on several occasions now. From the Helpline Manager to the nurses, the staff are all so pleasant and easy to talk to. Every nurse I have spoken to have been highly knowledgeable and informative. On this occasion, my son had an allergic reaction to something. I had assumed that it was eczema. The nurse I spoke to was brilliant and advised me to contact my doctor which I may not have done otherwise. The service is just fantastic! Thanks for all your help and advice!"*

*"Una was a great help to me; she listened and understood my concern and anxiety on the issue. She was brilliant."*

*"I found the nurse I spoke with very helpful; my daughter is the patient and as her mother I struggled with managing her condition. We have since seen a dermatologist and the new course of treatment is working well for her."*

*"You are doing a great job! Fantastic communication about the appointment time. Brilliant knowledgeable nurse who was lovely to chat to, also. I learned a lot and have way more confidence with my treatment. My skin has hugely improved since speaking with you!"*



# Communications and Events

## Health Promotion Outreach

### Dundalk Institute of Technology (DKIT) Public Health Fair

The Health Promotion Team were invited by the DKIT's Department of Nursing to their health fair for the public in February, as part of their support for the World Health Organisation 2020 'The International Year of the Nurse and Midwife' initiative. The health fair was coordinated by the nurses, midwives, and academics from DKIT's Department of Nursing, Midwifery & Early Years. The health awareness day was designed to provide members of the general public with an opportunity to meet one-to-one with health professionals and academics and to learn more about personal health and wellbeing issues. The team were delighted to support this initiative and meet members of the public to discuss general skin health.

### Donore Avenue Youth and Community Centre, Dublin 8 Health Fair

Donore Avenue Youth and Community Centre hosted their first health fair on February 19th organised by their Community Development Health Worker. Based in the southwest inner city, Donore community centre is part of the regeneration programme in St Teresa's Gardens. One of the strategic actions outlined in the St Teresa's Gardens regeneration board strategy plan 2018-2021 is community health. The team were delighted to provide information on common skin conditions, sun awareness and skin health to members of the local community.





## ISF Communications During a Global Pandemic

The ISF has a reputation for strong digital communications, and this has been developed further in 2020. The COVID-19 pandemic gave us the opportunity to review our digital communications strategy and ensure we delivered relevant, up-to-date, concise and easily accessible information for people living with a skin condition during this challenging time. We embraced and became more adept with virtual and online communications, focusing on developing expert-led video content, guides and articles to support people struggling to manage their skin condition during the pandemic. We launched our SkinSideOut skin health webinar series, which removed some of the barriers we've experienced at our face-to-face events, allowing people from anywhere in the country to attend and participate in discussions related to their skin condition. We plan to continue and develop our use of digital channels and virtual events to communicate with our audience in 2021.

Coronavirus  
**COVID-19**



Coronavirus  
**COVID-19**  
Public Health  
Advice

## COVID-19 and Skin Conditions

### COVID-19 and Skin Conditions Information Page

When initial public health restrictions and the first lockdown came into force in Ireland in March 2020, the ISF Ask-a-Nurse Helpline began to experience an increase in the volume of calls and queries in relation to how COVID-19 affected those living with a skin condition. We responded by setting up a dedicated web page entitled, "COVID-19 and Skin Conditions", to provide people with the latest information, including the latest updates from the HSE, articles and content produced by the ISF Health Promotion Team, and relevant dermatology articles produced by other skin condition organisations and publications. For the majority of 2020 the "COVID-19 and Skin Conditions" webpage was the most visited page on irishskin.ie.

### COVID-19 and Skin Conditions Expert Q&A Video

In April 2020, in response to the most frequently asked questions that the ISF Ask-a-Nurse Helpline had received regarding COVID-19 and skin conditions, we recorded an expert Q&A video with Professor Anne-Marie Tobin, Consultant Dermatologist at Tallaght University Hospital and HSE Clinical Lead for Dermatology, and Professor Brian Kirby, Consultant Dermatologist at St Vincent's Hospital and a global expert on psoriasis. The video was available to watch back at any time on our dedicated COVID-19 webpage.



## COVID-19 Hand Care Advice

During the COVID-19 pandemic, it was essential that the recommended advice by infection control experts and the HSE, around hand washing and hand hygiene, was adhered to in order to limit the spread of the disease. However, for some, the advice which highlighted the importance of frequent hand washing, with soap and water, or using alcohol-based hand sanitiser meant an increase in dry, cracked, irritated skin and flare ups of hand dermatitis. We developed a guide to show people the correct way to wash their hands, while adhering to hand hygiene recommendations and how to take care of hands so they didn't become dry and irritated.

## Face Mask Guide

In the Spring of 2020, wearing face coverings became mandatory in Ireland in certain scenarios and queries to the Ask-a-Nurse Helpline on the new phenomenon known as "maskne", increased. In response we created a handy guide on face masks; how to wear them, remove them, wash them, pick the most suitable one for your skin type or skin condition, and on taking care of the facial skin so it did not become irritated.



# Videos and Webinars

## The Impact of Mindfulness-Based Cognitive Therapy on Psoriasis

Dr Alan Maddock, lecturer at Queen's University Belfast, sat down with the ISF to record a series of videos discussing 'The impact of Mindfulness-Based Cognitive Therapy on Psoriasis'. As well as managing the physical symptoms of psoriasis, patients can also experience a range of emotional, psychological and social difficulties including increased stress, issues with body image, self-esteem, embarrassment, shame, frustration, and a sense of helplessness.

A recent set of studies conducted by Dr Maddock and colleagues investigated the potential effectiveness of a holistic mindfulness intervention named Mindfulness-Based Cognitive Therapy on psoriasis, anxiety, depression, and psychological wellbeing.

In the video series, Dr Maddock discussed the findings from his study and what this could mean for people living with psoriasis in the future.

## Video Dispelling Sun Protection Myths and Misconceptions

Our movements in Summer of 2020 were restricted and it became the year of the balcony, back garden, and staycation for many of us.

While spending time outdoors is important for physical and mental well-being, the ISF has always promoted enjoying the sun safely, to reduce skin cancer risk and is a proud partner of the Healthy Ireland SunSmart campaign, an initiative of the National Skin Cancer Prevention Plan and the National Cancer Strategy 2017-26.

With this in mind, and our traditional sun awareness events suspended due to COVID-19 public health restrictions, our Health Promotion Manager, Michelle Dolan interviewed Professor Anne-Marie Tobin, Consultant Dermatologist at Tallaght University Hospital and HSE Clinical Lead for Dermatology, to dispel some of the common myths and misconceptions we may have about sun protection in Ireland.





### Emollient Therapy: Video Guide to Ointments, Creams & Lotions for Skin Conditions

Emollient (moisturiser) therapy is often used to manage a number of skin conditions, such as eczema and psoriasis. However, with such a wide variety of emollients available on the market today, the ISF Ask-a-Nurse team are often asked what products are the best fit for people who need to use emollients regularly and about how to use different types of emollients.

In September 2020, our Health Promotion Manager, Michelle Greenwood and ISF Clinical Helpline Manager and Dermatology Advanced Nurse Practitioner, Carmel Blake, recorded a video guide on emollients: how they work; the different types; best practice for application; how much to use; and some other tips and tricks to help people with their emollient therapy routine.

### SkinSideOut Webinar: Taking Control of Your Psoriasis Beyond Your Skin

In November 2019, we held our first face-to-face SkinSideOut skin health event open to all members of the public affected by skin conditions. We wanted to continue to provide access to expert-led talks on different skin conditions, so took the decision to launch the SkinSideOut webinar series in November 2020 starting with 'Taking Control of Your Psoriasis Beyond Your Skin'.

Attendees had the opportunity to hear our panellists, Caroline Irwin (Psoriasis Patient Advocate), Prof Anne-Marie Tobin (Consultant Dermatologist, Tallaght University Hospital), Dr Catherine Wilkinson (GP, Tallaght Cross) and Dr Cathal O'Connor (Specialist Registrar in Dermatology) discuss the common health conditions/co-morbidities associated with psoriasis, along with recent Irish study findings, psoriasis self-care tips and how people living with psoriasis can take small steps to take control of their overall health.

The webinar recording was made available as a video for anyone who could not attend the live webinar.



## Published Research

### Psychological Burden and Out-of-Pocket Costs in Patients with Atopic Dermatitis in Ireland

Findings from the ISF's eczema survey, which highlight the burden experienced by patients and their families were published in Clinical and Experimental Dermatology, the British Association of Dermatologists education journal.





# Fundraising

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## Thank you to Our Fundraisers!

The ISF is very grateful for the support of donors and fundraisers who support our work. In particular, we would like to thank all those who donated through our website in 2020. Your support helps us to continue our work to raise awareness of, and advocate for, people living with skin conditions in Ireland.

## Foundation Partners

We would like to acknowledge with thanks the generosity of our six Foundation Partners, who sponsor the ISF Ask-a-Nurse Helpline and our continuous work throughout the year to support people with skin conditions.

abbvie



## Governance

The Irish Skin Foundation is committed to maintaining the highest standards of corporate governance. To provide transparency and ensure we reach the standards expected we have signed up to the organisation 'Type B' strand of The Governance Code for Community and Voluntary Organisations in Ireland and are on the 'Adoption Journey' to compliance with the code.<sup>1</sup>

<b>Company Status:</b>	Company Limited by Guarantee without Share Capital; Incorporated 2011
<b>Company Number:</b>	493784
<b>Charity Regulatory Number:</b>	20078706
<b>Revenue (Charities Unit) (CHY)</b>	19949
<b>Company Auditors:</b>	PricewaterhouseCoopers
<b>Governance Code:</b>	Full compliance as a Type B organisation
<b>Data Protection Policy:</b>	Complete
<b>FRS 102:</b>	Adopted in 2015

<sup>1</sup>.Please see [www.governancecode.ie](http://www.governancecode.ie)

## ISF Board of Trustees



**Chairperson:** *Marina O'Kane*



*Rupert Barry*



*Michael Foley*



*Caroline Irwin*



*Kenneth McKenzie*



*Padraig O'Cearbhaill*



*Sheila Ryan*



*Paul Herriott*



*Anne-Marie Tobin*



*Rosemarie Watson*



*Catherine Wilkinson*



*Jennifer Wilson O'Raghallaigh*



## Finances / Statement of accounts

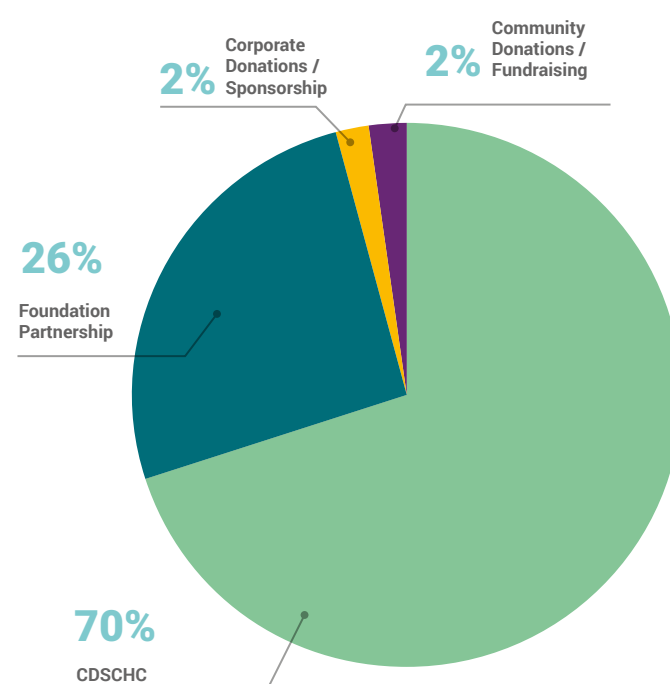
The ISF is grateful for the continued support of the CDSCHC for our core funding. We are also very appreciative of the continued support provided by our Foundation Partners and other corporate sponsors. The ISF continues to operate without state funding or significant donations from the public.

While the core funding greatly assists the organisation in pursuing our goals and objectives, the ISF has been very successful in fundraising to either partly-fund, or entirely cover the costs of the ISF Helpline, events, and health promotion programmes. In 2020 the ISF's income was **€461,999**, while expenditure was **€494,356**.

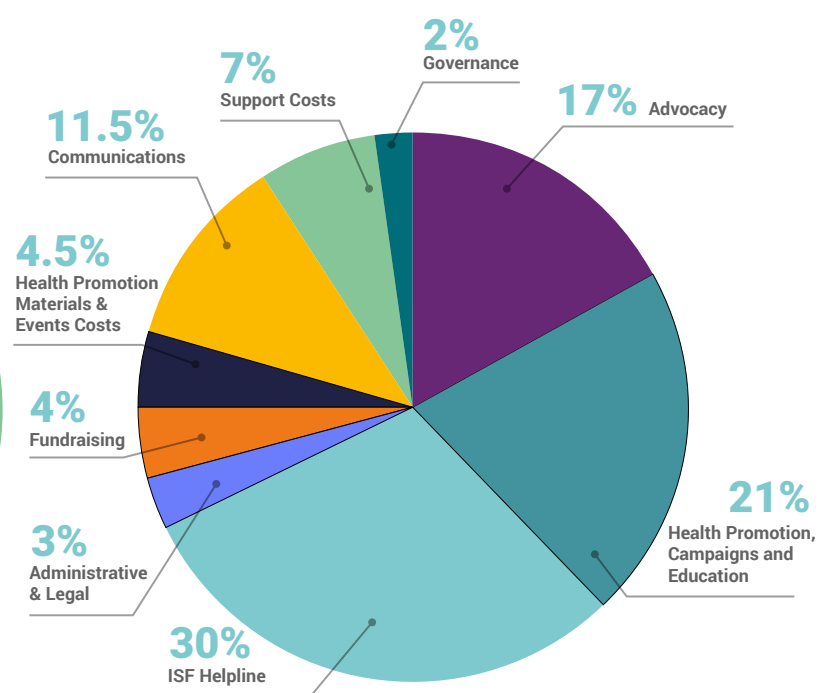
### Salary Costs

During 2020 staff costs and salaries was **€394,054** or **80%** of overall expenditure.

### Income 2020



### Expenditure 2020







# IRISH SKIN FOUNDATION

Supporting people with skin conditions

Irish Skin Foundation  
Charles Institute for Dermatology  
University College Dublin  
Dublin D04 V1W8

T: (01) 486 6280  
E: [info@irishskin.ie](mailto:info@irishskin.ie)  
W: [www.irishskin.ie](http://www.irishskin.ie)