



## Individual Fundraising Pack



# About Us

Liquid Therapy is a multi-award winning charity with its base in South Donegal, Ireland. We provide a supported environment that enables young people to experience the physical and therapeutic benefits of the surf and ocean, through our child led and individually tailored programs.





# Our Journey so far

From 2011 to 2021



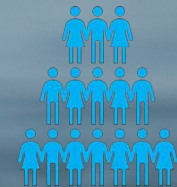
4,000 +  
sessions



3,000 +  
respite hours



2,000 +  
participants



100 +  
active  
volunteers



11 different  
programmes



One child  
at a time!





# Why Fundraise for us

- ★ Help us to provide more support to more families and make a difference in children's lives.
- ★ Help us to keep our programmes free of charge.
- ★ As a small organisation you can see exactly where your money is going.
- ★ We are a registered charity and adhere to the highest standards of Governance and accountability.
- ★ This year we will reach over 400 children who have experienced trauma or have additional intellectual, physical, behavioural or emotional needs.





*“Liquid Therapy has given Andrew such confidence in the last number of weeks, which I have been trying for years” - Oonagh Brogan*





# The **Difference** You can make

**Where does your money go? Here are some examples of the impact your fundraising can make.**

**€500**

Sponsor 1 child to participate in one of our surf therapy programmes.

**€1000**

Help us to buy specialised surf equipment and kit to make our sessions accessible to every child.

**€5000**

Sponsor a whole surf therapy programme with up to 12 participants or help us meet our core organisational costs such as rent and insurance.





*“Braidan loves Liquid Therapy, we have seen a major positive change in how he manages his emotions” –  
Donna McCoy*

# Fundraising



## Events

There are so many ways you can support us by hosting a fundraiser or event. If you would like to host a fundraiser we can support you with branding materials and share on social media, just get in touch and we can see how we can help.

Some tips to get started:

- Decide on your event
- Talk to our team and see how we can support you!
- Spread the word and make sure to tell us about it so we can share through our social media channels!
- Remember to have fun and be safe!



## Our Social Channels



@seatheability



@liquid.therapy



[www.vimeo.com](http://www.vimeo.com)



## Ideas

Need some fundraising ideas or want to join in with an existing fundraiser?, get in touch with our team and see if we can help or here are a few ideas to get you started:

- A sponsored sea dip
- Coffee morning
- Do a birthday fundraiser
- Sponsored surf
- Host a quiz or bingo!
- A sponsored swim, hike or jog

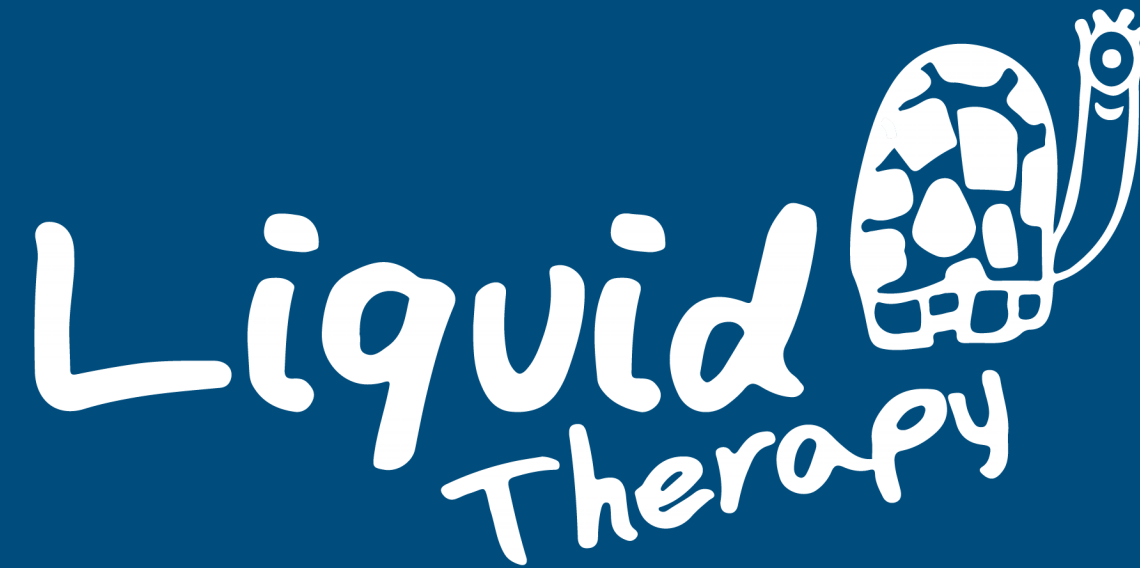


## What next?

What do I do next?

- Make sure to let us know about your fundraiser.
- See how we can support you with social media, materials, etc.
- Let us know how you are going to manage the funds raised.





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