



WE ARE

Liquid Therapy is a multi award winning charity with its base in Rosstownlagh, South Donegal. 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.

Founded in 2011, Liquid Therapy became a registered charity in 2021!

Our journey:

4000
SESSIONS

2000
PARTICIPANTS

3000
RETBITE
HOURS



100
ACTIVE
VOLUTEERS

11
PROGRAMS



1
SURFER
AT A TIME



THE PROGRAM

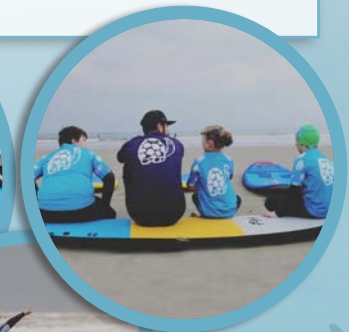
A Drop in the Ocean or ADITO is an evidence based 8 session program delivered once a week over a nine week period to individuals aged between 8 and 16 years.

The program, built with a focus on mental well being is designed to compliment beach workshops with ocean time. Each session lasts up to 2 hours.

The aim of the program is to develop further an individuals toolkit of resiliency, confidence and social connection. The emphasis is on developing skills that support an individual at the beach but are also transferable to everyday life.

A focus on Breathing, Balance and the Beach environment; the 3 B's provide the foundation on which ADITO is built.

ADITO is delivered to pods of 4 age and confidence appropriate participants with all program specific equipment provided.



THE BENEFITS

Liquid Therapy's layered approach to delivering programs extend beyond the surf board and the waves.

Individuals who participate in our programs experience:



Physical Benefits

Improved endurance/ coordination/ muscle tone/ stamina



Mental And Wellbeing Benefits

Independence/ self confidence/ reduced anxiety and stress



Social Cohesion And Connection

Social inclusion/ trust building/ improved family connections



A Platform To Education And Learning

Teamwork/ improved self esteem/ develops resilience



Life Skills

Risk assessment/ a sense of mastery/ perseverance and intrinsic motivation

FOR REFERRED PROGRAMS ONLY



SURF CENTRE



OFF ROAD PARKING

Our Surf centre has plenty of off road parking right next to the centre and the beach.

CHANGING FACILITIES

Changing facilities are on site in the form of changing cubicles. Lockers are not provided and personal effects should not be left on site during sessions.



BEACH ACCESS

The Surf Centre boasts quiet access directly to the beach and into the no car zone!



THE BEACH

Rossnowlagh beach is the perfect beach for all our sessions and programs. This long, gently sloping beach has perfect waves and plenty of space



EQUIPMENT

All surf board and wetsuits are provided. All you need is your towel and swimwear.

PLEASE NOTE: Liquid Therapy does not have toilet facilities on site however public toilets are a 2 minute walk away.

GOVERNANCE

As a registered charity and affiliated Surf Club Liquid Therapy is regulated and governed by the Charities regulator and our governing body Irish Surfing.

To find out more about the services and programs or to request more information please visit Liquid Therapy's website.



Registration Charity Number: 20206265



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