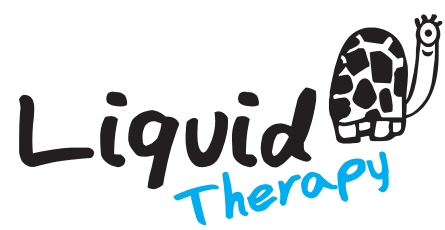




# LIQUID THERAPY ANNUAL REPORT 2021



COMPANY NUMBER: 687705 • CHARITY REGISTRATION NUMBER: 20206265

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## WORDS FROM THE CHAIR

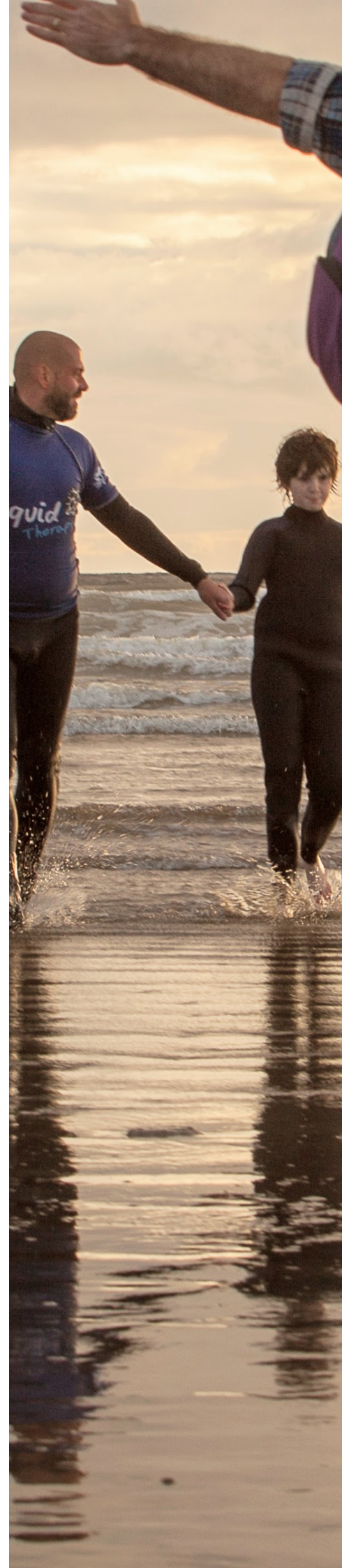
In 2011 a small group of volunteers and surf instructors under the stewardship of Tom Losey (Liquid therapy founder and Managing Director) brought children surfing.

Many of these children faced various challenges in their lives and sometimes found themselves unable to participate in “mainstream” sports and activities. Liquid Therapy offered them a chance to participate and changed their perception of what they can achieve when offered the chance. This made a difference to their lives and to their families.

Tom’s vision and the knowledge that he and the surfing volunteers knew about the physical and mental benefits of surfing led the drive to offer this experience to more people. The early Liquid Therapy days were a lot of fun and the participants and volunteers all enjoyed their days on the beach. Since 2011 Liquid Therapy has grown and evolved well beyond a trailer of surf boards and tubs of wetsuits on the beach in Bundoran.

Liquid Therapy now provides a supported environment that enables young people to experience the physical and therapeutic benefits of the surf and ocean. Liquid Therapy has developed the programmes it offers to participants and now runs a number of child-led and individually tailored programmes such as:

- Liquid Therapy Surf Camps
- Surf Experience (wheelchair accessible)
- A Drop in the Ocean (ADITO)
- Big Brother Big Sister
- Board Riders







2021 was a challenging year due to the continuing impact of COVID-19. However, there were also opportunities. In 2021, Liquid Therapy received official charity status and delivered a seasonal programme, albeit a curtailed one. Time was also spent planning Ireland's first inclusive surf centre in Rosstown. Liquid Therapy now has a core team of staff and even more enthusiastic volunteers who help deliver more structured and organised programmes to all participants. The team all work tirelessly and with passion. They ensure that all programme participants can get the most out of the Liquid Therapy programmes on offer. I would like to thank each member of the team for his or her energy, commitment and consistency in driving the charity forward.

Tom Losey, our MD 'models the way' with drive and insight to ensure that Liquid Therapy aims higher and grows. It was Tom's vision that started Liquid Therapy in 2011 and it is his absolute commitment to it and to the policy of inclusion that has helped Liquid Therapy reach a new position in terms of growth and accessibility. He inspires all of the growing Liquid Therapy family to help develop the programmes, advocate for service users and plan fundraising events to ensure the continued success of the Charity.

I would like to thank all of our funders, supporters, and those we collaborate with, for their support, encouragement and commitment. We cannot do this without you. I have thoroughly enjoyed being part of a Board that has seen Liquid Therapy flourish, and launch new programmes. We've done these things as a team and I am sincerely grateful to my fellow Board members for their commitment, co-operation and support. My involvement and work as Chairperson, has been a wonderful and very rewarding experience. I look forward to being part of Liquid Therapy's exciting future.

**Niamh Boyle**

**Chair of the Board**

# A SNAPSHOT

<b>Impact</b>	Liquid Therapy worked with 196 participants through 915 individual water sessions, providing 915 respite hours to parents and carers.
<b>Charity</b>	Liquid Therapy achieves official Charity Status.
<b>ADITO</b>	Full delivery of our new Mental Health and Wellbeing programme, A Drop in the Ocean (ADITO).
<b>Surf Centre</b>	Liquid Therapy breaks ground at new Liquid Therapy Surf Centre in Rossnowlagh.
<b>Social Enterprise Award</b>	Liquid Therapy is one of the winners of the Rethink Ireland SED programme.
<b>Volunteers</b>	Liquid Therapy has 113 registered volunteers. Volunteers support our programmes with 38 hours of their time and attend 5 training courses.
<b>10 years</b>	Liquid Therapy celebrates 10 years since its inception.



## OUR MISSION, VISION & VALUES

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. In 2021, new Mission, Vision and Values were adopted in collaboration with Liquid Therapy staff and the Board of Directors.

### MISSION

The mental health and wellbeing benefits of the outdoors, and Blue Space in particular, are available to all - regardless of any existing barriers – intellectual, physical, behavioural or emotional.

### VISION

- ★ To provide Blue Space and surfing programmes to those who currently find that challenging to access.
- ★ To ensure that those individuals and their families enjoy the benefits of our programmes and build the confidence and social connections to participate in other outdoor opportunities and in society more broadly.
- ★ To build a strong Liquid Therapy organisation and a surrounding community with the facilities, infrastructure and team needed to achieve the vision.
- ★ To inspire and practically help others to make outdoor opportunities and Blue Space more inclusive as part of becoming a more open welcoming sporting community and broader society.

### VALUES

- ★ Fun, Family Friendly and Respectful
- ★ Child-led approach that enables each individual to reach their full potential
- ★ Safe places where children can experience mastery and freedom
- ★ Economically accessible - free at point of entry for all
- ★ Leading the way to a more inclusive sporting community and society
- ★ Innovative practices that are expert-informed and are always open to learning

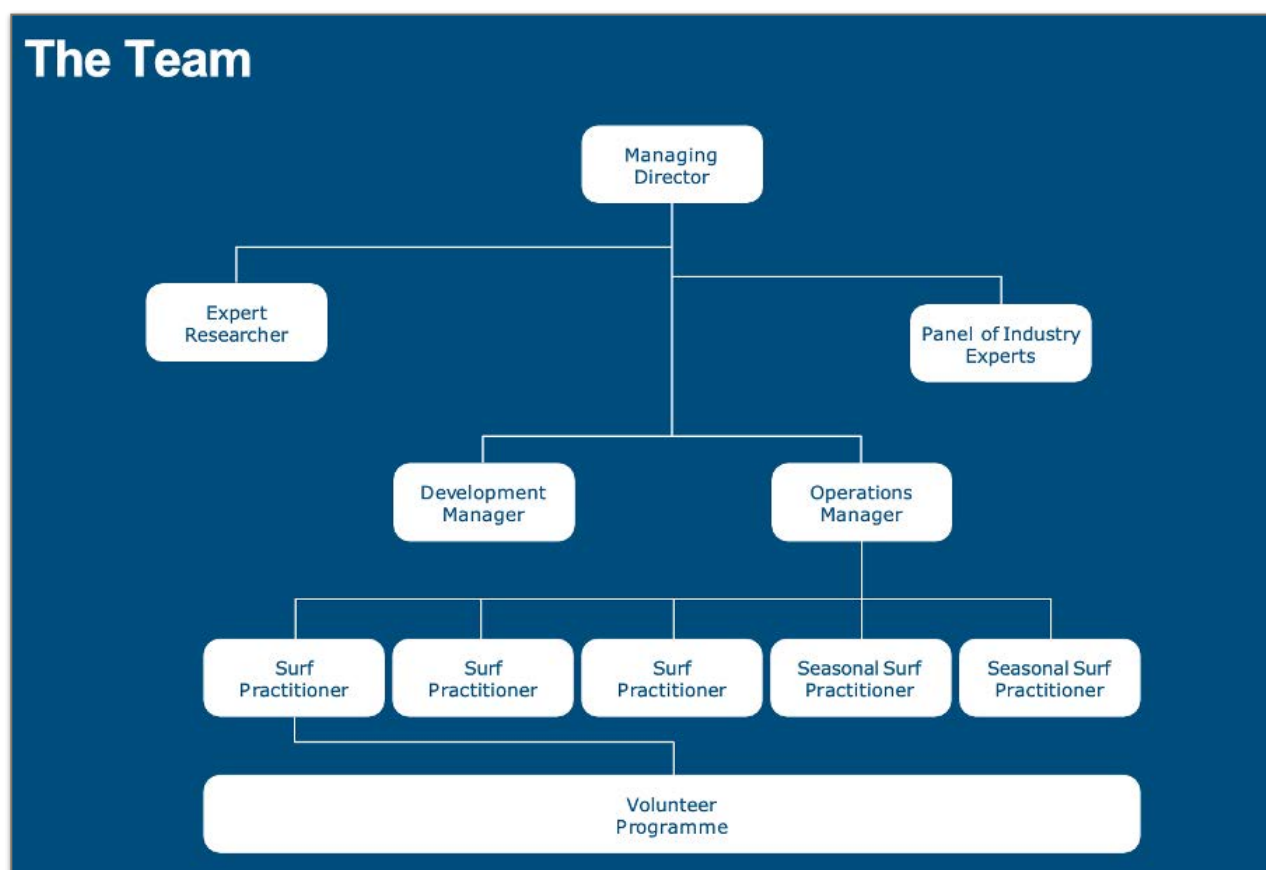
## OUR TEAM

Liquid Therapy is a growing organisation and in order to maintain programme development and delivery, high standards of Governance and project management and oversight our team has grown accordingly.

In line with the 2022-2024 Strategic Plan and the Board of Director's the vision for the team in Liquid Therapy is as follows:

The Managing Director is responsible for keeping the Board of Directors up to date on all issues arising. The panel of Industry Experts and Expert Researcher support ongoing programme development and monitoring with their key expertise. The addition of the Operations Manager and Development Manager support staff with the delivery and development of programmes as well as providing oversight and management.

The core programme delivery team are supported by seasonal surf practitioners to increase capacity to deliver during the peak season of July & August. All of our programmes are supported by our large team of volunteers who are provided with both in-house and external training opportunities.







# PROGRAMME DELIVERY

In 2021 Liquid Therapy delivered 915 individual water sessions, to 196 participants, through 6 different individually tailored programmes. Due to COVID restrictions programme delivery was restricted to programmes which could maintain social distancing and the yearly AS OPEN, day long surf event, in September was cancelled. Programmes were delivered between May and October at Rossnowlagh Beach, in South County Donegal. 38 Volunteer hours supported our programme delivery.





**A** DITO Programme: 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 health and well-being, is designed to compliment beach workshops with ocean time. Each session lasts up to 2 hours. In 2021 we delivered 4 programmes, to 42 surfers, delivering 336 individual water sessions and 336 respite hours to parents and carers.

**S**urf Experience: One of Liquid Therapy's entry level programmes. The program offers two to three sessions and provides 1 to 1 support for each surfer. The session is child led which means the experience is led by them! From experiencing the ocean environment for the first time to building sandcastles! Jumping over waves to surfing their first one, the Surf Experience has no expectations! In 2021 we delivered a minimum of 3 sessions to 40 surfers, delivering 120 individual water sessions and 120 respite hours to parents and carers.

***“We have seen a major positive change in how he manages his emotions” - Donna McCoy***

**B**oard Riders: This program meets the developing skills and individual ability of Liquid Therapy's existing surfers. It is for young people who are confident in catching their own waves and do not need individual or close supervision.

Board Riders is run as a club style programme, where young people engage in group supervised activities and continue to receive the guidance and support from Liquid Therapy in a more independent format. Surfers are encouraged to join mainstream clubs and activities whilst still being part of the broader Liquid family. In 2021, 12 surfers benefitted from the Board Riders programme through 72 individual water sessions.

**F**ree Riders: Our Free Riders programme supports surfers who are able to surf independently. They benefit from remaining part of the Liquid Therapy family and from hands off supervision and support from the shore. A pre-requisite for the programme is that they join mainstream surf clubs and invest in their own surf equipment. In 2021, 12 surfers benefitted from the Board Riders programme through 72 individual water sessions.

**B**ig Brother, Big Sister Programme (BBBS): Each year Liquid Therapy partners with Irish Gap Year, a Gap Year Association accredited program provider, and provides a series of programmes working together to offer our surfers a surfing Big Brother or Big Sister. The programme works with the GAP year volunteers, who receive in-house Liquid Therapy training and support, creating a unique experience for all involved. The programme focuses on the benefits of surfing, the great outdoors and social interactions. In 2021 we delivered 2 BBBS programmes to 56 surfers, via 224 individual water sessions and providing 224 respite hours to parents and carers.



**S**urf Camps: Our Sibling Inclusive Surf Camps offer a chance for a shared Ocean experience. This camp supports one individual with a diagnosis and up to two siblings per camp. The camps ran from Monday to Thursday and over those 4 days combined both beach time and surfing time. The programme is underpinned by our mental health and well-being program that focuses on the 3 B's: Breathing, Balance and the Beach environment! In 2021, 19 surfers participated in 3 Surf Camps, delivering 76 individual water sessions and 76 respite hours to parents and carers.

**E**xternal Training: In July 2021, Liquid Therapy delivered it's in-house inclusion training to Achill Outdoor Adventure Centre, at the centre in Mayo. A 3 hour in-house module with practical and theoretical elements was delivered to 15 participants. Further plans to deliver training with external groups are in progress for 2022.

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





## BROADER IMPACT

### AWARDS

In 2021 Liquid Therapy Received the following awards:

- ★ Rethink Social Enterprise of the Year: In 2021 Liquid Therapy was a successful participant and awardee of the Rethink Ireland Social Enterprise Development Fund. The fund is administered by Rethink Ireland in partnership with Local Authorities Ireland and supported by IPB Insurance and the Department of Rural and Community Development through the Dormant Accounts Fund.
- ★ Donegal Volunteer Centre: Liquid Therapy won the Overall Prize 'Volunteering in the Community' in 2021.
- ★ Charity Status: In 2021 Liquid Therapy became a registered Charity. In addition, Liquid Therapy is fully compliant with the Charities Regulatory Authority Governance Code.



Awardee

Liquid Therapy is one of the winners of the Rethink Ireland SED programme.



Charity Status

Liquid Therapy achieves official Charity Status.



Surf Centre

Liquid Therapy breaks ground at new Liquid Surf Centre site in Rosstownlagh.



10 years

Liquid Therapy celebrates 10 years of inclusion.



## **ERASMUS+**

Liquid Therapy is a leading partner in INCLUSEA, European consortium of 7 organizations from 5 countries. INCLUSEA aims to evaluate, develop and co-create best practice guidance for a common teaching methodology of surfing instructors oriented to people with physical and/or sensory disabilities. This will help establish a common European and international standard for those who lead adapted surfing teaching or surf therapy programs. The programme is currently underway and will be in operation from 2021 to 2023.

## **MEMBERSHIPS**

**Irish Surfing:** Liquid Therapy is a member of Irish Surfing, the Governing body of surfing in Ireland. Liquid Therapy is an affiliated Surf Club and is regulated by Irish Surfing, Ireland's governing body for surfing.

**ISTO:** Liquid Therapy is a member of ISTO, the International Surf Therapy Organization. ISTO is a collective of the world's leading surf therapy practitioners, clinicians, researchers, and influencers working together to advance understanding in the sector through research. ISTO is an information hub for surf therapy prescriptions and a place for sharing in the practitioner community.

## **LIQUID THERAPY SURF CENTRE**

In 2021 Liquid Therapy was granted the use of a site in Rossnowlagh, Co. Donegal, free of charge. This land will be developed in 2022 repurposing existing facilities on site and adding new ones in order to create a pilot Surf Centre for Liquid Therapy.

## **REFERRALS**

Liquid Therapy is a registered service provider for the MACE project, which aims to transform the lives of vulnerable children and their families who are most at risk from a range of challenges and difficulties in their lives, by identifying, intervening early and providing nurturing and support within their own homes and communities on a cross border basis. The project is being managed jointly by the CAWT Partnership and TUSLA (the Child and Family Agency) and is supported by the European Union's INTERREG VA Programme. In 2022 Liquid Therapy will be delivering the A drop in the Ocean (ADITO) programme as a 'Universal Intervention', supporting children and families who have been affected by trauma.

## VOLUNTEERS

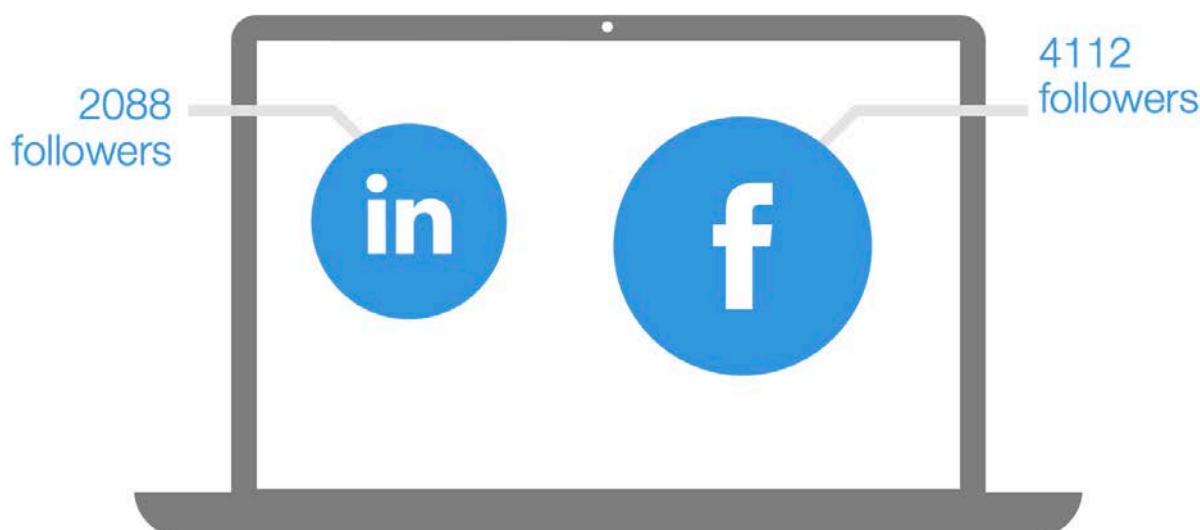
Liquid Therapy currently has 113 registered volunteers in our programme, with over 40-50 of those being regularly active at any one time. A new Volunteer Officer was appointed in 2021, who managed volunteer recruitment, induction and participation. 12 volunteers participated in our in-house induction training in 2021. Due to COVID-19 restrictions we ran a reduced number of programmes with volunteer support. Our volunteers gave 38 volunteering hours during 2021.

In addition to our in-house volunteer training, in 2021 our volunteers were offered several external training opportunities, facilitated by Liquid Therapy. In total our volunteers participated in over 80 hours of external training in 2021, which included the following:

- One good Adult delivered by JIGSAW
- One good Coach delivered by JIGSAW
- Autism in Sport delivered by CARA
- Bereavement and Trauma workshops delivered by Barnardo's

## MEDIA

Liquid Therapy continues to share high quality storytelling through social media channels (Instagram, Facebook, Twitter and Vimeo) and it's website in order to share positive stories about mental health and inclusion in the broader social media sphere, within our community, our networks and our 6000+ social media followers. Our social media following for 2021 was as follows:





## FUNDERS & PARTNERS

Liquid Therapy is very grateful to its funders and partners who continue to support our work and allow our organisation to achieve its mission and reach more families.



Our  
Social  
Innovation  
Fund



## A SPECIAL THANK YOU

We would like to give a special thank you to the many individuals, businesses and other organisations who have supported our work this year, through giving their time, awareness raising, fundraising and other ways in which they have supported us.

## LOOKING FORWARD

Liquid Therapy's strategic plan 2022-2024 was completed with the support of an external consultant during 2021. As part of this process a market analysis and consultation with key stakeholders was conducted. The consultation included the families who benefit from our programmes, our Board of Directors and other key stakeholders, as well as examining key national policy documents and academic research. Our strategic plan 2022-2024 outlines our key strategic goals and objectives for the next 3 years.

Goal	2022				2023				2024			
	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4
<b>Goal 1: Build and scale our programmes</b>												
Increase staff levels to match our increased size												
Broaden out our suite of programmes to other audiences												
Serve 960 participants and deliver 55 programmes a year by 2024												
<b>Goal 2: Build an infrastructure for our participants and families</b>												
Develop Phase One of the Liquid Therapy Surf Centre												
Prepare for Phase Two on the site as it is developed.												
<b>Goal 3: Be financially sustainable</b>												
Increase our programmes with our current sponsors												
Gain new funders and seek more sustained funding streams												
Develop a fundraising and donations plan												
<b>Goal 4: Inspire and practically help others to deliver</b>												
Collaborate with the Local Sports Partnerships in the NorthWest												
Develop one new location per year with Sports Partnerships												
Develop, document and scale up A Drop In The Ocean (ADITO)												
<b>Goal 5: Be a learning organisation</b>												
Demonstrate the value of Liquid Therapy through impact management												
Adapt our programmes as we learn												
Communicate our results												
Document and communicate our best practice model												
Develop a communications plan and implement												

## FINANCIAL SUMMARY

Liquid Therapy Company Limited by Guarantee. Income and expenditure for the financial period from 11 February 2021 (date of incorporation) to 31 December 2021.

Approved by the Liquid Therapy Board of Directors on the 15th of February 2022.

INCOME AND EXPENDITURE 2021	
Income	€68,945
Expenditure	€72,728
Deficit before tax	€3,783
Tax on deficit	-
Deficit for the financial period	€3,783
Total comprehensive income	€3,783



## DIRECTORS & OTHER INFORMATION

### LIQUID THERAPY COMPANY LIMITED BY GUARANTEE

Company Secretary: Lisa Deery Browne (Appointed 11 February 2021).

Company Number: 687705

### REGISTERED OFFICE AND BUSINESS ADDRESS

Violet Hill, Kilbarron, Ballyshannon, Donegal, Ireland.

### ACCOUNTANTS

Hanna and Co Accountants Limited Chartered Accountants

Main St, Dunfanaghy, Co. Donegal, Republic of Ireland.

### BANKERS

Allied Irish Bank, Ballyshannon, Co. Donegal, Ireland.

### DIRECTORS

Niamh Boyle (Appointed 11 February 2021).

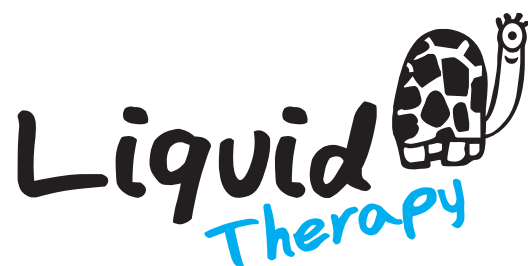
Franck Homburger (Appointed 11 February 2021).

Lisa Deery Browne (Appointed 11 February 2021).

Daveth Fox (Appointed 11 February 2021).

### PHOTOGRAPHY

All photography is courtesy of Darragh Gorman, Lighthouse Industries, Donegal, 2021.



**COMPANY NUMBER: 687705**

**CHARITY TAX EXEMPTION NUMBER: 22851**

**CHARITY REGISTRATION NUMBER: 20206265**

**REGISTERED AT VIOLET HILL, KILBARRON, BALLYSHANNON, DONEGAL, F94 X9K1, IRELAND.**

**DIRECTORS: NIAMH BOYLE (CHAIR OF THE BOARD), FRANCK HOMBURGER, LISA DEERY-BROWNE AND DAVETH FOX.**