



Liquid Therapy Annual Report 2022

COMPANY NUMBER: 687705 • CHARITY REGISTRATION NUMBER: 20206265
LIQUID THERAPY IS A COMPANY LIMITED BY GUARANTEE NOT HAVING SHARE CAPITAL



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Words from the Chair

It's been another notable season for Liquid Therapy in 2022.

With Covid slowly receding the Liquid Therapy team continued to demonstrate their commitment and resilience, delivering 1351 individual water sessions to 371 participants at the newly established Liquid Therapy Surf Centre in Rossnowlagh, Co. Donegal. These water sessions were delivered through the 6 unique programmes offered by Liquid Therapy and the annual end of year highlight, the Liquid Therapy OPEN in September.

This was a wonderful achievement after the restrictions and difficulties faced running the programmes during the pandemic. The Liquid Therapy team had 6 part time staff and up to an additional 3 seasonal surf practitioners during the summer season in 2022 and each and every staff member was enthusiastic as ever. I thank them all for their hard work and dedication. To Tom Losey, our CEO a big thanks for your absolute commitment to growing and developing Liquid Therapy. Thank you for the hard work of our strong team in the office who helped ensure the smooth running of all the busy events on the beach during 2022.

The success and expansion of the Liquid Therapy team and the programmes offered depends on the goodwill and support from all our sponsors. Thank you to all our sponsors and funding bodies who supported us in 2022. Thanks to all those who participated in our fundraising events.



All of the Liquid Therapy programmes are supported by a large team of volunteers. 1079 volunteer hours supported the programmes. It is the participation of our most valuable resource, our volunteers, both on and off the beach that allows Liquid Therapy to amplify its reach every season. Thank you to all our wonderful volunteers.

Liquid Therapy has made many important strides in 2022 and we have an ambitious agenda set out in our Strategic Plan 2021-2024. As we look ahead to 2023, we will continue to pursue and develop the agenda and aim to deliver our high quality programmes to those who need them.

A final thank you to our team of voluntary board members. The continued success and development of Liquid Therapy is not be possible without the hard work and dedication of our Board.

I look forward to another successful and busy season in 2023.

Niamh Boyle

Niamh Boyle

Chair of the Board of Directors



Snapshot 2022

Impact	Liquid Therapy delivers 1351 individual water sessions, to 371 participants.
Surf Centre	Liquid Therapy officially opens the first Inclusive Surf Centre in Ireland.
Winner Photography Competition	Liquid Therapy win the annual Donegal Volunteer Centre (DVC) 'Volunteering in the Community' Photography Competition.
Sport Ireland	Liquid Therapy is successful at gaining funding under the Sport Ireland Innovation Fund.
Donegal Local Development Company (DLDC) Award	Liquid Therapy, Bundoran Community Centre & Irish Gap Year win "Best Collaborative Community Project" in DLDC's Community Recognition Awards 2022.
24 Hour Surf Fundraiser	Liquid Therapy hosts Ireland's first ever 24 Hour Surf Fundraiser.
Social Prescription	7 'A Drop in the Ocean' (ADITO) programmes were delivered through the Multiple Adverse Childhood Experiences (MACE) project.



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.

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.

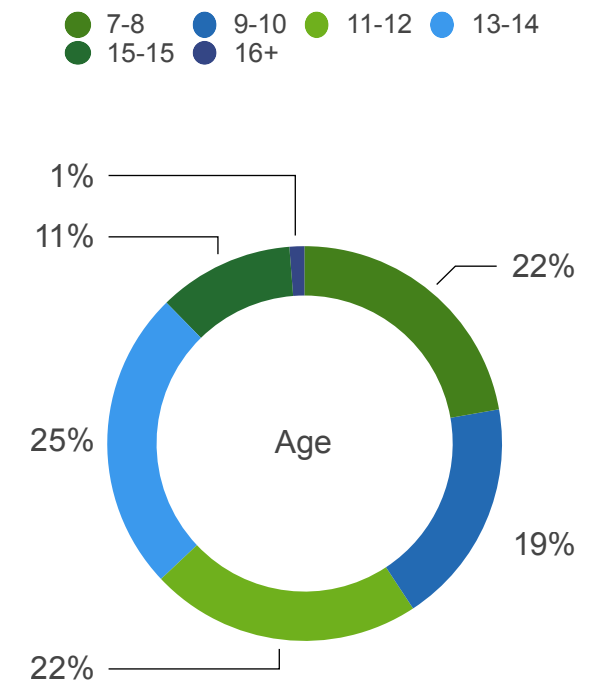
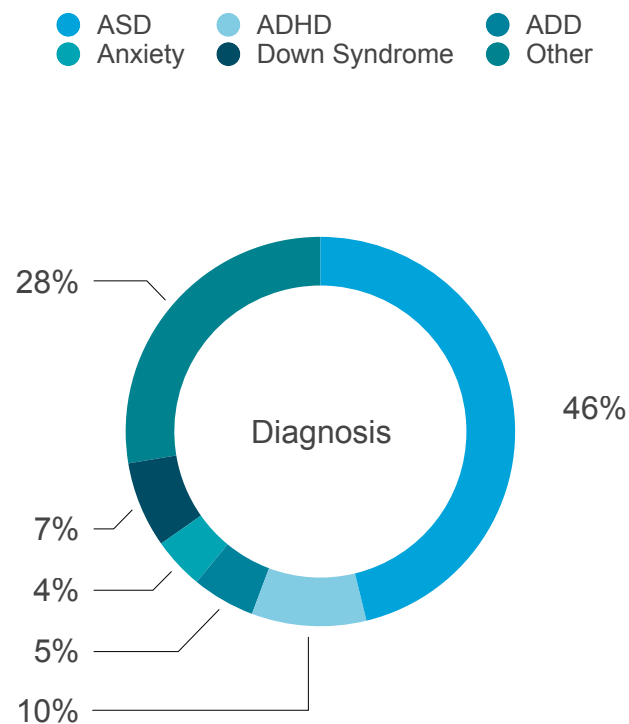
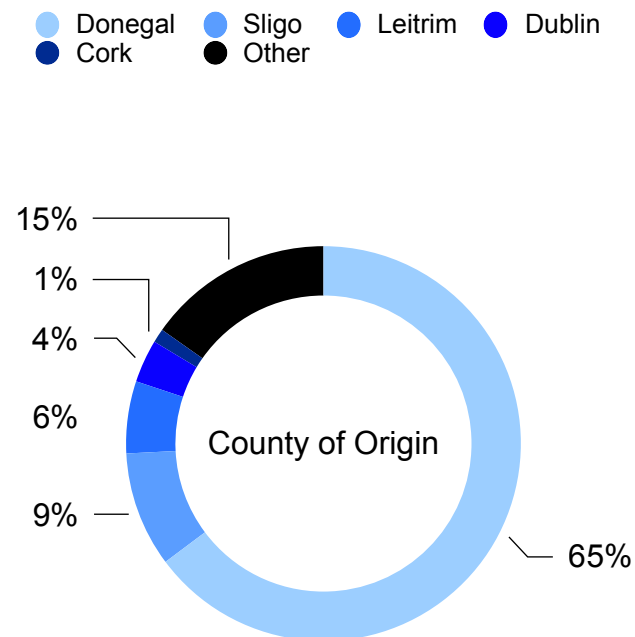
Values

- 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 Participants

In 2022, Liquid Therapy introduced a new and more comprehensive booking system which was completed by 145 applicants out of our wider group. This allowed us to gather useful information about our participants in order to place young people more effectively in our programmes and deliver more informed and safer sessions.

Of our participants 64% were return or existing users, over 75% were under 12 years old and over 77% were male. In addition, 80% of participants came from the counties of Sligo, Leitrim and Donegal. These insights and others as detailed below allow us to better understand our participants. Understanding the demographics of our audience will enable Liquid Therapy to deliver better programmes and plan forward, ensuring the best use of our resources for our participants and their families.



Our Team

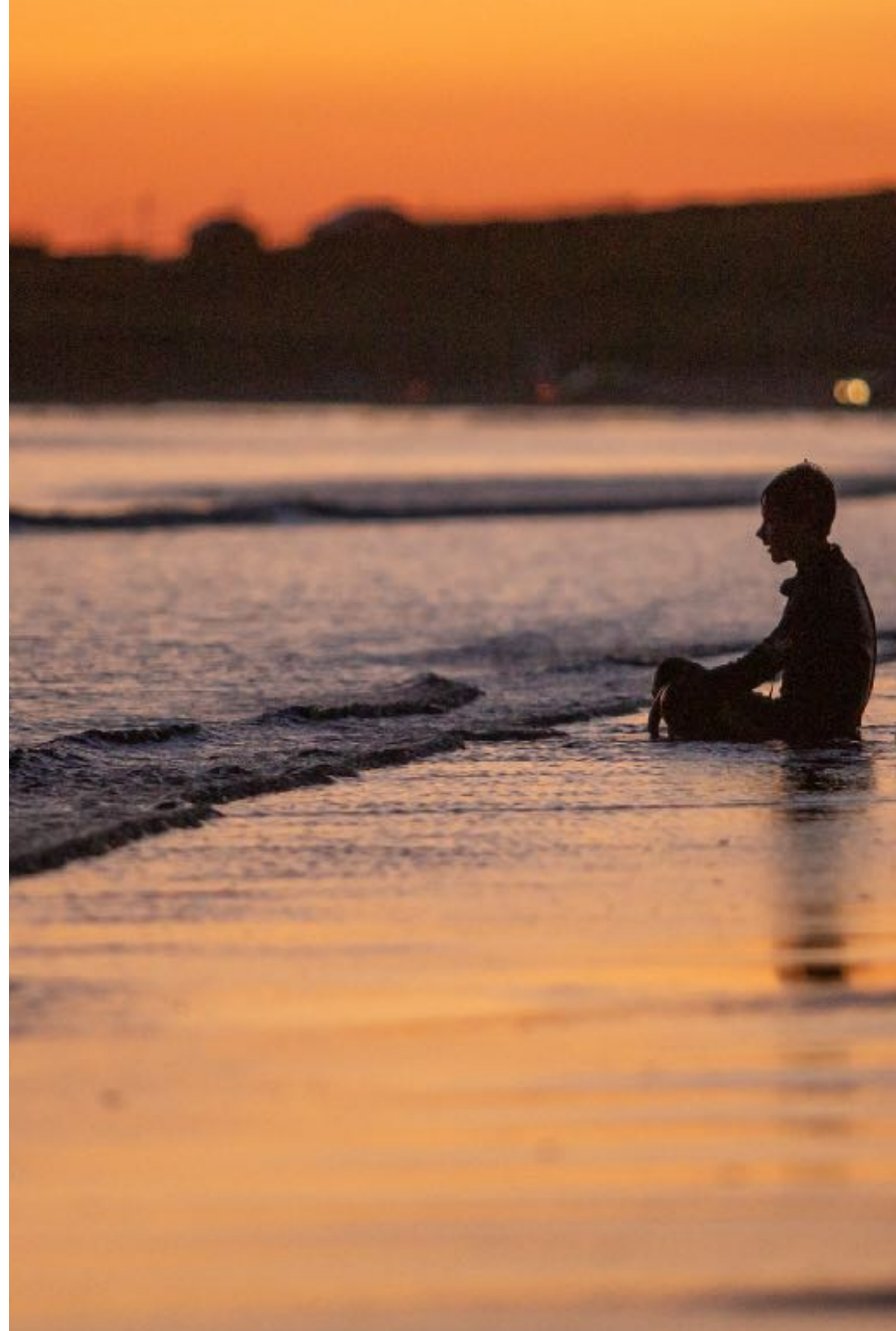
Liquid Therapy is a growing organisation and in order to support programme development and delivery and high standards of governance and project management our team has grown accordingly. Liquid Therapy has 6 part time staff and up to an additional 3 seasonal surf practitioners during the summer season. The CEO is responsible for keeping the Board of Directors up to date, as well as oversight and management. The Operations Manager and Development Manager support staff with the delivery and development of programmes. In addition to this, we have appointed a Volunteer Coordinator and Programmes & Bookings Coordinator to reflect the more specialised roles which now exist within the organisation as our programmes grow and develop. In addition, over the last number of years Liquid Therapy has created a 'Panel of Industry Experts' which support ongoing programme development with their key expertise when needed. The programme delivery team are supported by seasonal surf practitioners to increase capacity to deliver during the peak season of July and August. All of our programmes are supported by our large team of volunteers, they allow us to amplify our reach and support us both on and off the beach.



Programme Delivery

In 2022 Liquid Therapy delivered 1351 individual water sessions, to 371 participants, through 6 different individually tailored programmes and 3 events. Programmes were delivered at the Liquid Therapy Surf Centre between May and October at Rossnowlagh Beach, in South County Donegal. 1079 Volunteer hours supported our programme delivery.

“Ella had the best time today. She never stopped smiling. It is an unreal set up.” - Andrea Rogers, Parent.





ADITO Programme

A Drop in the Ocean or ADITO is an evidence based 8 session program delivered to individuals aged between 8 and 16 years. The program, built with a focus on mental health and well-being, combines beach workshops with ocean time. Each session lasts up to 2 hours. In 2022 we delivered 8 programmes, to 71 surfers, delivering 568 individual water sessions and providing 1136 respite hours to parents and carers.

Surf 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, from experiencing the ocean environment for the first time to building sandcastles, jumping over waves to surfing their first one. In 2022 we delivered 144 sessions to 72 surfers, providing 120 respite hours to parents and carers.

Surf Experience (wheelchair accessible)

Surf Experience (wheelchair accessible) offers up to 4 to 1 support for young people with additional mobility challenges. Over July & August 2022, we delivered 14 sessions with 7 surfers.

Free Riders

Our Free Riders programme supports surfers who are able to surf independently. Surfers benefit from remaining part of the Liquid Therapy family but with a more hands off approach and are encouraged to join mainstream surf clubs and invest in their own surf equipment. In 2022, 12 surfers benefitted from the programme over 8 events and through more than 80 individual water sessions.

Big Brother, Big Sister Programme (BBBS)

Each year Liquid Therapy partners with Irish Gap Year and offers our surfers a surfing Big Brother or Big Sister. The programme works with Irish 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 2022 we delivered 2 BBBS programmes to 58 surfers, via 232 individual water sessions and providing 232 respite hours to parents and carers.

Surf Camps

Our Sibling Inclusive Surf Camps offer a chance for a shared Ocean experience. The camps support one individual with a diagnosis and up to two siblings per camp. The camps run over 4 days and combine both beach time and surfing time. In 2022, 25 surfers participated in Surf Camps, delivering 100 individual water sessions.

LT OPEN

The LT OPEN is Liquid Therapy's end of season celebration event, bringing together families and the community in a big fun day out. In September 2022, 57 surfers participated in 57 sessions as part of the event.

Volunteer Tuesday

Volunteer Tuesday is our summer group focused programme, allowing community groups to participate in a 'taster' session over the summer season. It is heavily supported by our volunteer programme. In 2022 we worked with the Donegal Down Syndrome Group and the Letterkenny Autism Support group, supporting a total of 30 surfers to try out surfing on Rossnowlagh Beach.





“Liquid Therapy are providing an essential service and improving the quality of life for our children. I’m proud to be part of that journey!” - Declan McMenamin, Volunteer 2022

Broader Impact



INCLUSEA

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 to create a common teaching methodology for surf instructors working with people with physical and/or sensory disabilities. This will help establish a common European and international standard for those who lead adapted or surf therapy programs. The programme is currently underway and will be completed in spring 2023.

Liquid Therapy Surf Centre

In 2021 Liquid Therapy was donated the temporary use of a site in Rossnowlagh, Co. Donegal. As planned a temporary Surf Centre was built in 2022 repurposing existing facilities

on site and adding new ones in order to create a Surf Centre for Liquid Therapy. The Surf Centre provides a place for families and groups to meet, access to changing facilities and equipment storage.

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.

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.

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. 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 delivered 7 ADITO (A Drop in the Ocean) programmes supporting children and families, under the scheme.

Volunteers

Liquid Therapy currently has 112 registered volunteers in our programme, with about 50 of those being regularly active at any one time. A Volunteer Coordinator was appointed in 2021, who now manages volunteer recruitment, induction and participation. 43 new volunteers participated in our in-house induction training in 2022. In 2022 our volunteers gave 1079 hours of their time supporting our programmes.

24 Hour Surf

On the June Bank Holiday weekend, Liquid Therapy hosted a 24 hour surf fundraiser. This sponsored surf event raised much needed funds for Liquid Therapy to deliver its annual programmes and meet the demand for our services. The event was held on Rossnowlagh Beach.

Coca-Cola Thank You Fund

With funding from the Coca-Cola Thank You Fund, Liquid Therapy ran the 'Surf's Up!' Project, the first adaptive surf programme of its kind in Ireland, supporting 16 to 25 year olds with adaptive needs to try out surfing. Through this project Liquid Therapy built relationships with the Irish Wheelchair Association (IWA), Vision Sport Ireland and delivered 22 individual water sessions over the course of 3 events to 13 individuals.

Mind Your Melon

Liquid Therapy ran a workshop as part of the Mind Your Melon Festival. The festival was created by local mental health charity, Connect Mental Health, in partnership with Jigsaw Donegal and Foróige to promote positive mental health awareness amongst young people in Donegal.

Liquid through the Lens

'Liquid through the Lens' was an exhibition enabled by ARISE. ARISE is a nationwide campaign promoting the stories and voices of Social Enterprises around the country. The project was funded by POBAL, through the Dormant Accounts fund.

Over the course of 2023, Liquid Therapy documented its journey through the medium of photography. In October, we were delighted to host an exhibition showcasing some of our these photos in Buoys & Gulls Art Gallery & Cafe, in Bundoran, Co. Donegal. The complete exhibition was made available on the Liquid Therapy Website.

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



MEDIA

Liquid Therapy continues to share high quality storytelling through social media channels (Instagram, Facebook, Twitter, Vimeo and LinkedIn) and it's website. This allows us to raise awareness of our work and share positive stories about mental health and inclusion within our community, our networks and our 6500+ social media followers. In 2022, we had over 4500k followers on Facebook and 2324k followers on Instagram.

In 2022 Liquid Therapy started a quarterly e-newsletter in order to keep both families and stakeholders informed and up to date on news and information related to programmes and other organisational updates. There were 240 subscribed to the newsletter in 2022.

*The students are calmer,
happier and more
confident, their good
mental wellbeing has been
topped up! - Foroige,
Ballyshannon*



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. In addition, we would like to give a special thank you to the many individuals, businesses and other organisations who have supported our work in 2022, through giving their time, awareness raising, fundraising and many other ways in which they have supported our organisation.

RETHINK IRELAND Our Social Innovation Fund

ciste na
gruntas **dinmhaoin**
the dormant
accounts fund



Bank of Ireland

KINNEGAR
MARKET LEADER FOR OVER 100 YEARS

BAREFOOT WINE

IRISH GAP YEAR
EMERGE • DEVELOP • GROW

MACE
Supporting Families
Strengthening Communities

inclus sea

DONEGAL LOCAL DEVELOPMENT CLG
FORAIRTE AITHUIIL
DHUN NA NGALL

Donegal Sports Partnership
SPORT IRELAND

volunteer centre
leas ar doir beas Chonaeilín na n-áit
DONESAL

thank you fund

Erasmus+

IRISH SURFING

The Community Foundation for Ireland

IRISH YOUTH FOUNDATION

SEABODY™

Google

pobal
government supporting communities

Directors & other information

Registered Office

Violet Hill, Kilbarron, Ballyshannon, Donegal, Ireland.
Liquid Therapy Company Limited by Guarantee

Company Number: 687705

Charity tax exemption number: 22851

Charity Registration Number : 20206265

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

Treasurer: Franck Homburger

Chair: Niamh Boyle

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).
- Katie McAnena (Appointed 2023)
- Dymphna Nugent (Appointed 2023)

Governance

Liquid Therapy is fully compliant with the Charities Governance Code and is working towards compliance with SORP.

Photography

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

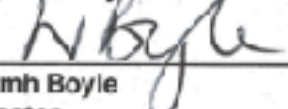
Financial Summary

Liquid Therapy Company Limited by Guarantee. Annual Report and Financial Statements for the financial year ended 31st of December 2022. Approved by the Liquid Therapy Board of Directors on the 7th of March 2023.

Liquid Therapy Company Limited by Guarantee
INCOME AND EXPENDITURE ACCOUNT
for the financial year ended 31 December 2022

	Notes	2022 €	2021 €
Income		198,889	68,945
Expenditure		(186,491)	(72,728)
Surplus/(deficit) before tax		12,398	(3,783)
Tax on surplus/(deficit)		-	-
Surplus/(deficit) for the financial year		12,398	(3,783)
Total comprehensive income		12,398	(3,783)

Approved by the board on 7 March 2023 and signed on its behalf by:



Niamh Boyle
Director



Lisa Deery Brown
Director



Liquid 
Therapy