

2025

ANNUAL REPORT

Liquid Therapy

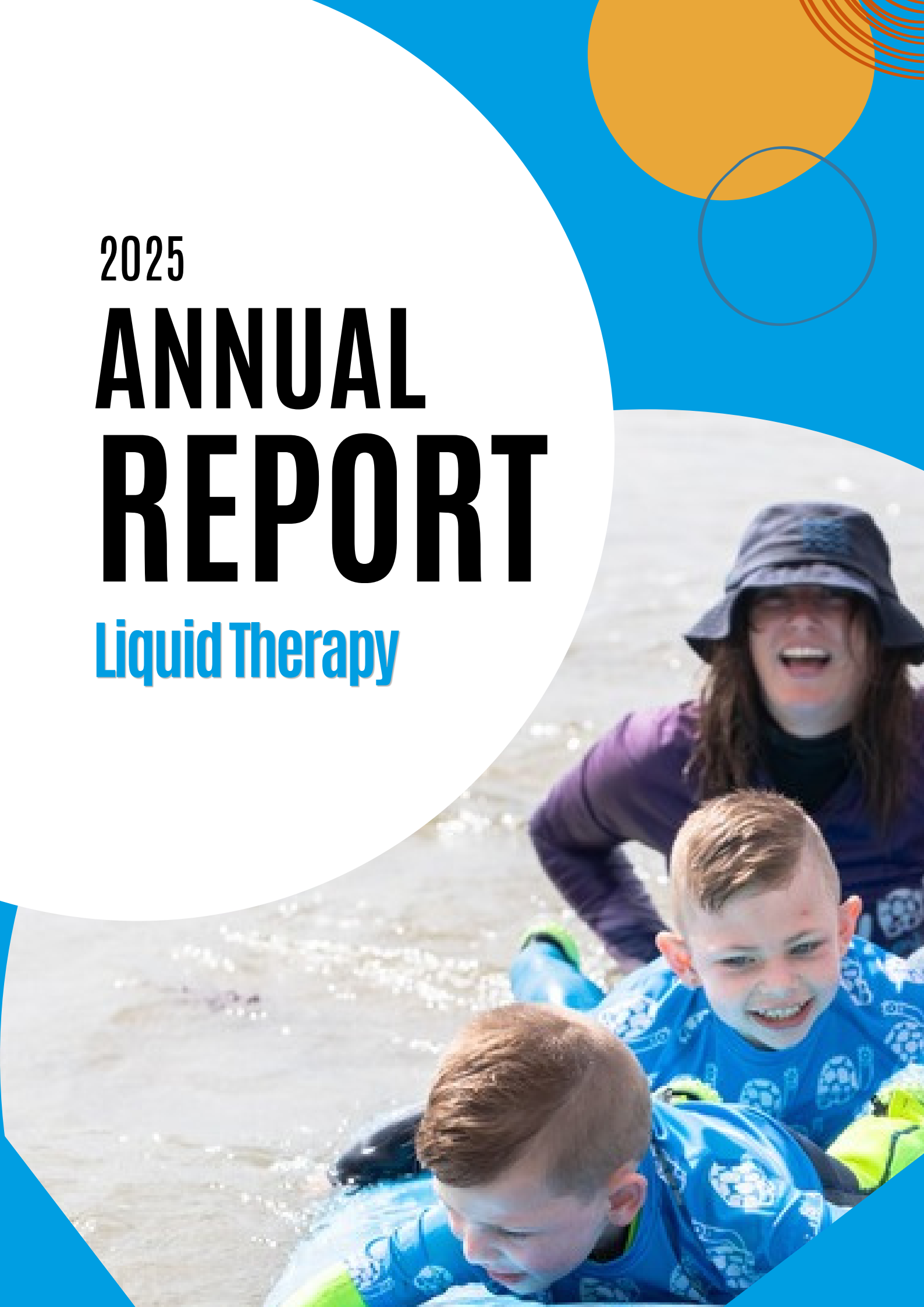


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A WORD FROM THE CHAIR

As Chair of Liquid Therapy, it is a privilege to reflect on another exceptional year for our organisation. 2025 was our strongest year to date. We supported a record number of participants, delivered more sessions than ever before, and continued to create opportunities for individuals and families to build confidence, connection and wellbeing through the power of our ocean and Blue Space.

This year was also one of innovation and ambition. We launched the Northwest's first "Beach School" programme, providing new opportunities for young people to connect with the coast through experiential learning. We also launched "We Can Believe", an exciting cross-border initiative that will support young people across the Northwest.

Internationally, our involvement in the iSurfAtlantic consortium positions Liquid Therapy at the forefront of adaptive surfing and inclusive practice across Europe. While these achievements are important, the true impact of Liquid Therapy is measured in the experiences of our participants and their families. Every session we delivered represents confidence gained, friendships formed, barriers overcome and new opportunities created.

None of this would be possible without the commitment of our staff, volunteers, board members, partners, funders and supporters. Thank you for your dedication to our mission.

As we look ahead, we will continue to challenge what is possible, shaping a future where access to Blue Space is not the exception, but the expectation.

Thank you for being part of the Liquid Therapy journey.

Rob Timony
ROB TIMONY
CHAIRMAN

OUR 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.

OUR VISION

- To provide Blue Space and surfing programmes to those who currently find that challenging to access.
- To ensure that those individuals 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 organisation and 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.

OUR VALUES

**Inclusion
Respect
Innovation
Community
Fun**



ABOUT US

Liquid Therapy began in 2011 with a simple goal: to make the ocean accessible to young people who might otherwise be excluded from it. Founded in Rosstown, Co. Donegal, we started as a way to share the benefits of the water with those facing barriers participating in sport. We believed then, as we do now, that the surf and the ocean should be a space for everyone. By 2025, that initial spark has grown into a national charity and social enterprise. Through key partnerships with Irish Surfing and vital EU Erasmus+ projects, we are now helping to shape a more inclusive industry by improving standards for adaptive equipment and instruction across Europe. Yet, despite our growth, the heart of Liquid Therapy remains our community of volunteers and the simple, transformative experience of playing in the ocean or catching a wave. We continue to work toward a future where inclusive water activities are the norm, rather than the exception.



12,000

Sessions



10,000

Respite Hours



3000

Participants



500

Volunteers



500

Trained



15

Years



HIGHLIGHTS



477

Unique Individuals

225

Hours of Training Delivered

604

Hours of Volunteer Time

ISTO

In September 2025, Liquid Therapy presented the ADITO programme's impact research at the International Surf Therapy Conference (ISTO) in Edinburgh.

OCEAN FM

Liquid Therapy ended 2025 on a high note, winning the 'Special Achievement' category at the Ocean FM Sports Awards in Sligo.

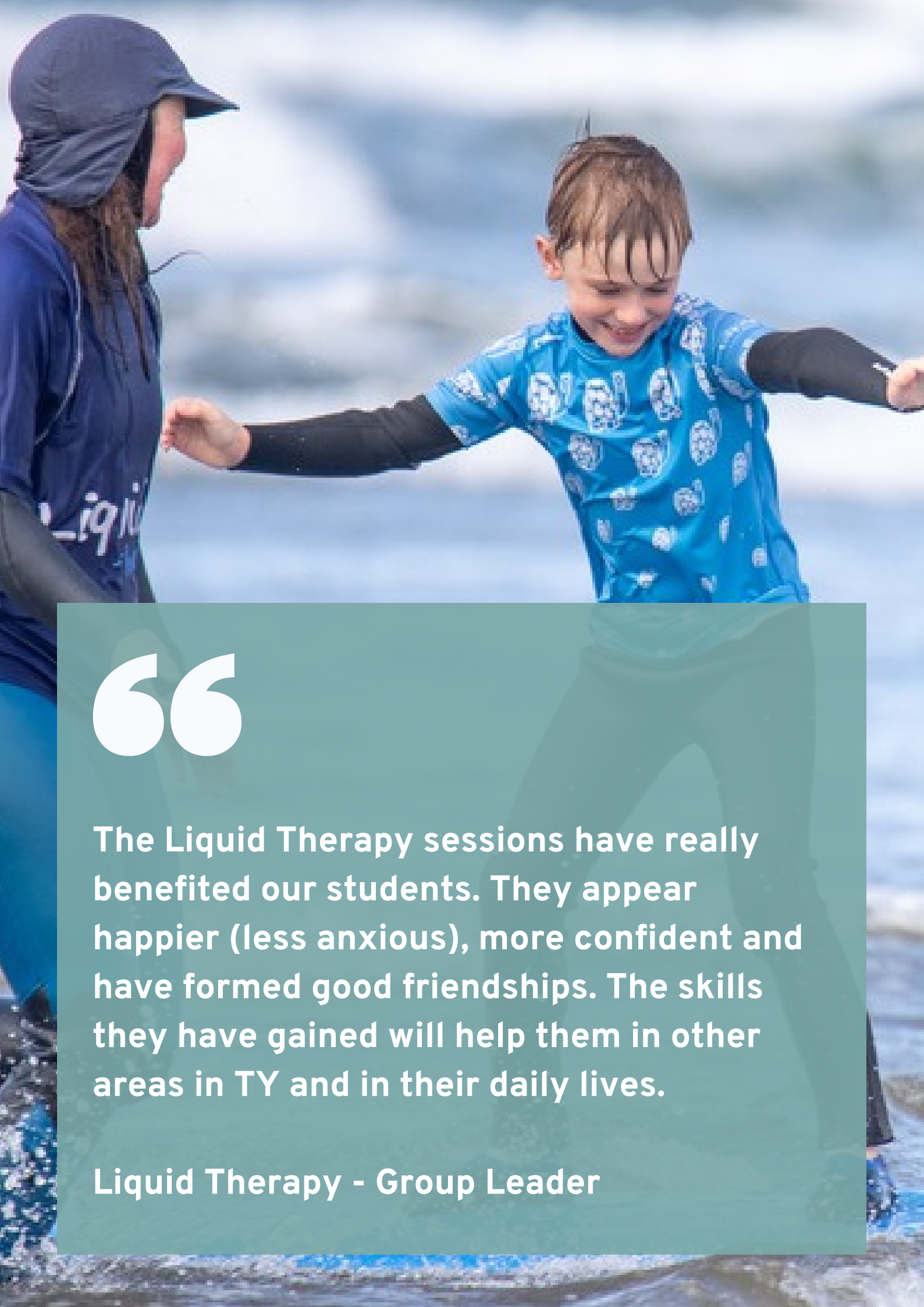
AWARD

We were honoured to receive the Best Volunteer Event at the Donegal Volunteer Centre Awards, with Donegal Local Development Company (DLDC).

A photograph of five people walking away from the camera on a wet, reflective beach. They are wearing wetsuits in blue and purple colors, some with a circular logo on the back. The ocean is in the background under a blue sky with light clouds. The wet sand creates clear reflections of the people and the sky.

PROGRAMME DELIVERY

In 2025, Liquid Therapy supported a record 477 unique participants. Through our core programmes, we provided 1,411 individual water sessions and 3,030 hours of contact time, marking our highest delivery numbers to date. In addition, we continued to innovate delivering new programmes and collaborations.



“

The Liquid Therapy sessions have really benefited our students. They appear happier (less anxious), more confident and have formed good friendships. The skills they have gained will help them in other areas in TY and in their daily lives.

Liquid Therapy - Group Leader

Wild Atlantic Adventure



Little Fitness



In 2025, we were proud to partner with Little Fitness for the "Wild Atlantic Adventure" weekend, supported by The Giving Circle of Ireland. The project provided a coastal getaway for three families experiencing homelessness in Dublin, bringing a total of nine participants to Rossnowlagh for a weekend of surfing and respite. Beyond the surfing and ocean activities, the trip offered families vital downtime and fun in Bundoran and Rossnowlagh, providing space for restoration and community connection.

BIG BROTHER BIG SISTER

In 2025, we delivered two Big Brother Big Sister programmes to 27 surfers, supported by volunteers from the 'Irish Gap Year'. This five-week befriending experience provided a unique space for connection, totaling 77 individual surf sessions. It remains an innovative and popular initiative for fostering mentorship and confidence through the ocean.



Surf Experience

In 2025, our Surf and Ocean Experience remained our most far-reaching initiative, providing one-to-one support to 256 surfers throughout July and August. This inclusive programme is designed to ensure every participant has the individual attention they need to safely experience the ocean, resulting in 1,031 dedicated water sessions.

iSurfAtlantic

In 2025, Liquid Therapy joined the iSurfAtlantic consortium, an international partnership across Spain, Portugal, Ireland, and France. Running 2026–2028, the project develops adaptive surfing tools and training methodologies to enhance social inclusion and accessible tourism. This project is co-funded by the European Union.





We Can Believe

WE CAN BELIEVE



In 2025, Liquid Therapy launched 'We Can Believe', a PEACEPLUS-funded project running through 2027. This initiative will deliver 16 cross-border programmes to over 110 young people across the Northwest, offering Beach Play and Surf Experiences to schools north and south of the border.

The project is supported by Donegal County Council and the Special EU Programmes Body (SEUPB).

Surf Club

In 2025, our Surf Club continued to be a vital part of our community, supporting 12 surfers across 5 dedicated sessions. These regular gatherings provided a consistent space for participants to build their skills, grow in confidence, and enjoy the shared experience of the ocean in a relaxed and supportive environment.



Sibling Surf Camps

Our sibling-inclusive surf camps remained a cornerstone of our summer, providing a space where families could share the joy of the ocean together. In 2025, we delivered 4 dedicated camps to 44 surfers and their siblings, totaling 151 individual sessions. These camps are all about removing barriers and celebrating the shared bond of siblings.

Headstart

The HeadStart programme supported 88 individuals in 2025, providing a vital introduction to the therapeutic power of the ocean. Through this initiative, we delivered 273 sessions and 546 hours of dedicated water time, ensuring each participant had the space and support to build confidence and new skills in the surf.



Inaugural Beach Programme



Beach School

In 2025, we successfully launched the Northwest's first Beach School, delivering two inaugural programmes to 24 students. This unique outdoor classroom experience bridges the gap between the coast and the classroom by integrating the National Curriculum with experiential learning and STEAM education.

By transforming the beach into a dynamic learning environment, we provide students with a meaningful way to engage with their local environment while developing essential academic and life skills.



A group of five young men are posing on a beach. They are wearing wetsuits; two are purple and three are yellow with black accents. They are all making peace signs with their hands. The background shows the ocean and a cloudy sky. A teal semi-transparent box is overlaid on the bottom half of the image, containing a quote and a caption.

“

Liquid Therapy holds a very special place in my heart. They supported my son when he was struggling with his mental health and helped him find calm and confidence through community and surf therapy in the Atlantic Ocean.

Liquid Therapy - Parent of participant.

Volunteer Tuesdays

In 2025, we hosted 5 Volunteer Tuesday sessions, welcoming a total of 45 surfers to the water. These dedicated days are a celebration of our community spirit, providing a relaxed space for surfers to catch waves while allowing our volunteers to connect, share skills, and power the inclusive atmosphere that defines Liquid Therapy.



Liquid Therapy OPEN

In September, we hosted the Liquid Therapy Open, a standout event that brought together 69 individuals for a day of inclusive surfing and community spirit. The event's success was made possible by the incredible dedication of over 40 volunteers, whose support ensured a safe and welcoming environment for everyone involved.

Mother and Daughter

In 2025, our Mother and Daughter programme empowered 13 participants through a 5-week journey of shared waves. This initiative focused on building strong familial bonds in the "Blue Space," delivering 49 individual sessions and 98 hours of shared water time. It remains a beautiful way to foster connection through surfing.





CDNT Collaboration



In 2025, we partnered with the Donegal Child Disability Network Team (CDNT) to pilot an innovative, wheelchair-accessible programme. Using a multidisciplinary approach, we integrated expertise from Occupational Therapy, Physiotherapy, Social Work, and Early Years Specialists. Through two dedicated camps, we supported children with complex needs and their siblings, reaching 27 participants and 16 extended family members. Over the course of 66 sessions, we delivered 132 hours of direct contact time, strengthening family bonds through inclusive "Blue Space" experiences.

Wheelchair Association

In 2025, we were pleased to partner with the Irish Wheelchair Association (IWA) to deliver inclusive surf sessions for their members. Over two sessions, totaling 10 hours of contact time, we provided accessible opportunities for members to engage with the ocean and experience the benefits of surfing.



WaterWheels

Our WaterWheels Programme continued to provide ocean access for young people with complex needs. This year, we supported 10 participants through 16 sessions, delivering 32 hours of contact time. By utilising specialised adaptive equipment, the programme ensures that the benefits of the ocean are accessible to those who face the most significant barriers to entry.

Women Centre

In 2025, we facilitated the "Sisters Doing It For Themselves" women's group, supporting 11 women over two sessions. This project, focused on building confidence and community connection through the water, was made possible by our partners: Local Youth & Family Service Letterkenny, Tusla, Donegal Women's Centre, and Donegal Local Sports Partnership.



Donegal Bay Sports Hub



DBISH



In 2025, we continued our commitment to the Donegal Bay Inclusive Sports Hub (DBISH), working in close partnership with the Donegal Sports Partnership. This collaboration, supported by Rossnowlagh Surf School, allowed us to provide consistent, inclusive sports opportunities within the local community.

Through this initiative, we supported 25 families across multiple sports including 104 surfing and SUP sessions. Funded by Sport Ireland via the Dormant Accounts Fund, the programme remains a vital pathway for families to engage with the ocean in a safe and supportive environment.



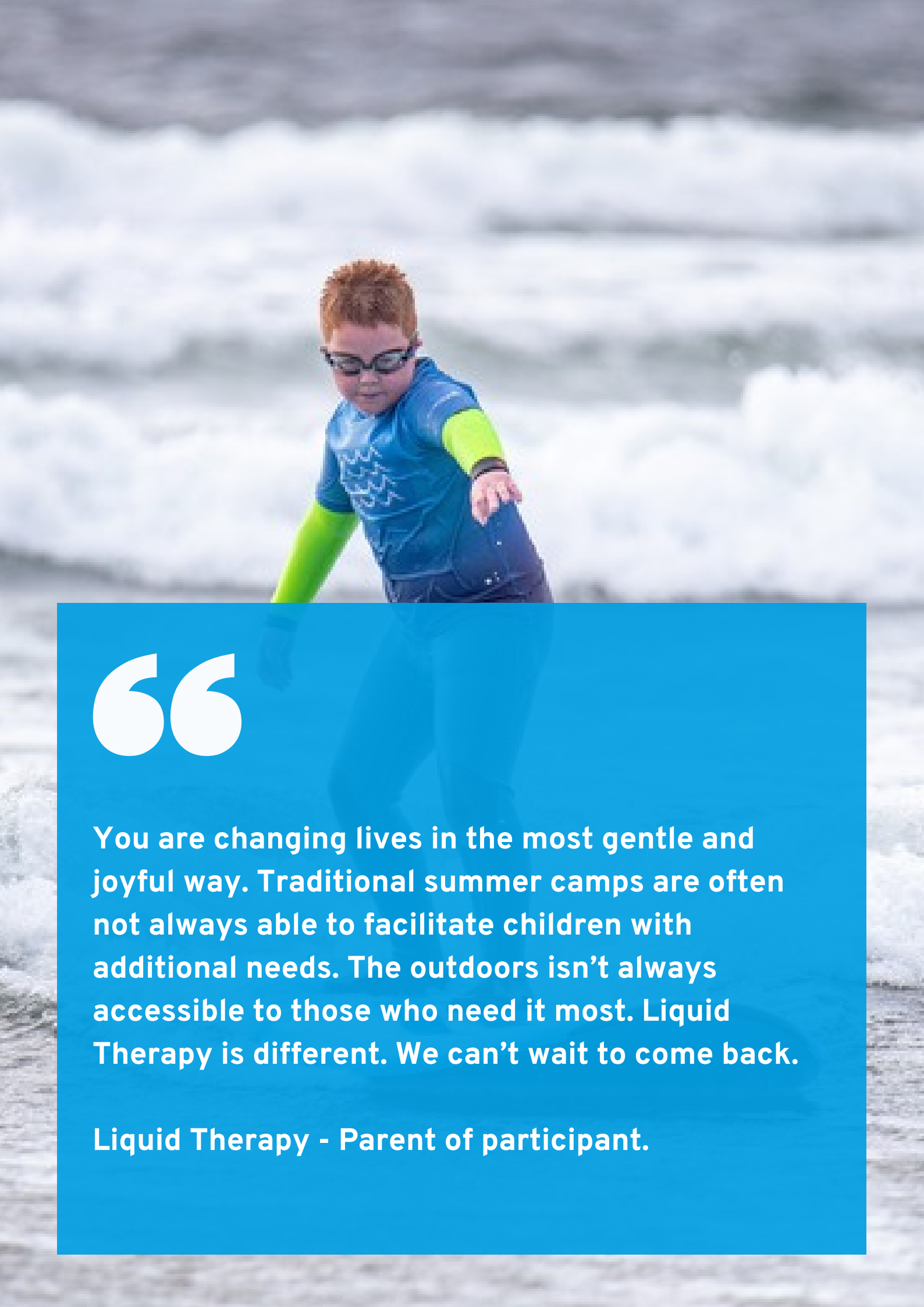
“

She met him exactly where he was, gently following his lead, creating an environment that felt calm and empowering. The ocean worked its magic too. The rhythm of the waves, the sound of the sea, the movement .. and just like that, Darragh unlocked.

Liquid Therapy - Parent of participant.



OUR ORGANISATION



“

You are changing lives in the most gentle and joyful way. Traditional summer camps are often not always able to facilitate children with additional needs. The outdoors isn't always accessible to those who need it most. Liquid Therapy is different. We can't wait to come back.

Liquid Therapy - Parent of participant.

COMMUNICATIONS & MEDIA

In 2025, Liquid Therapy saw steady growth in its public profile through both digital engagement and traditional media. We maintained a consistent community presence, surpassing 10,000 followers combined across our social media platforms. Our combined digital reach exceeded 450,000, with Facebook remaining a key space for sharing our mission and connecting with families.

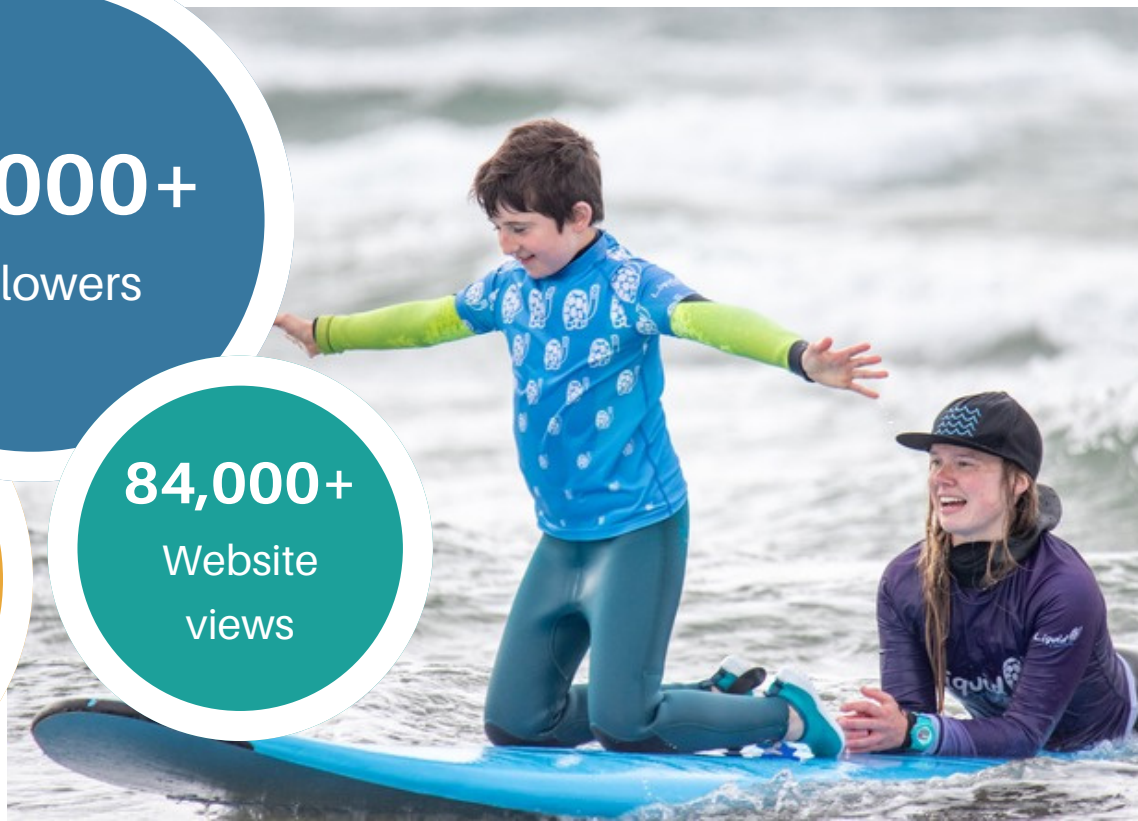
Our website serves as a vital digital hub for our community, providing a central platform for families, partners, and donors to engage with our mission. In 2025, the site recorded over 84,000 impressions, over 2800 clicks and facilitated over 11,000 active user engagements, acting as a key resource for information with over 230 document downloads throughout the season.

We also focused on direct communication, with our quarterly e-newsletter audience growing to 1,100 subscribers. This allows us to keep our stakeholders and partners regularly updated on our progress. Additionally, we issued two press releases to highlight new initiatives, including the Beach School Programme and the PEACEPLUS project. These stories were picked up by several regional and national outlets—such as Highland Radio, Donegal Daily, and the Herald, reaching an estimated audience of over 500,000.

10,000+
Followers

900,000+
Reach

84,000+
Website
views



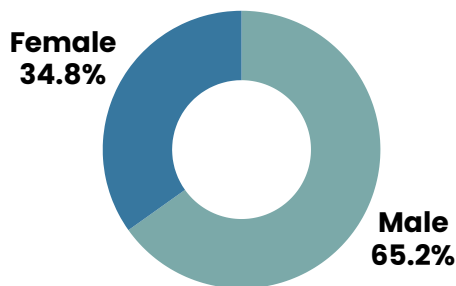
Our Participants

In 2025, Liquid Therapy reached a new milestone, supporting 477 unique participants. Our community saw a gender split of 66% male and 34% female. Our roots in the Northwest remain strong, with 85% of surfers travelling from the region (including 68% specifically from Donegal), while 15% joined us from the rest of Ireland, the UK, and the USA.

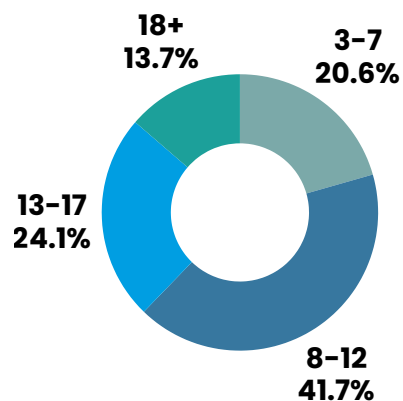
Youth engagement remains our core focus, with 60% of participants aged between 9 and 17. This year, we provided specialised support for individuals across 25 different diagnoses or conditions.

This data is vital to our "person-centred" approach. By gathering these insights, we ensure our programmes maintain excellent safety standards while allowing us to innovate and tailor impactful ocean experiences that directly serve the needs of our community.

Gender



Age



Our Team

Liquid Therapy's success is driven by a dedicated, year-round staff that has evolved from a volunteer-run group into a robust professional team. We are thrilled to announce significant team expansion with the addition of Laura Mulcahy as Systems Administrator and Patrick Cassidy as Project Officer. These new roles join our established core team, which includes our Manager and Founder, Development Officer, Operations Officer, and Bookings & Programmes Coordinator.

The core team is supported by a seasonal delivery and a passionate team of volunteers, this expanded structure ensures we have the diverse expertise needed to deliver high-quality, inclusive surf programmes as we move into 2026.



Tom Losey
CEO Founder



Fran Duffy
Project Coordinator



Laura Mulcahy
Systems Admin



Darragh Gorman
Operations Manager



Patrick Cassidy
Project Officer



Aoife Britton
Development Manager



Kieran Nugent
Delivery Team

Our Board

Our Board of Directors continues to provide the robust governance and strategic oversight essential to our mission as a registered charity. We are delighted to welcome our newest board members in 2025, Simon Klaus and Fiona Mulrine, whose expertise further strengthens our leadership team. They join a board defined by a diverse skillset spanning legal, educational, communications and social enterprise sectors, ensuring Liquid Therapy remains a compliant, transparent, and high-impact organisation. Working alongside our sub-committees and CEO, the Board remains dedicated to the long-term sustainability and growth of our inclusive initiatives.



Simon Klaus

Board of Trustees



Fiona Mulrine

Board of Trustees



Miko Campbell

Board of Trustees



Rory Fallon

Board of Trustees



Ryan Bradley

Board of Trustees



Andrea Borain

Secretary



Franck Homburger

Treasurer



Rob Timony

Chairperson

Panel of Experts

To ensure our programmes are grounded in the highest standards of safety, inclusion, and clinical evidence, Liquid Therapy is guided by a Panel of Industry Specialists. In 2025 we expanded this panel with the addition of Tara Henderson, Marcus Mundy, and NC Britton. These experts bring a wealth of knowledge across occupational therapy, sports science, and environmental psychology, working alongside our team to refine our methodologies, safety protocols and impact management. Their contribution is vital as we continue to lead the way in research-backed surf therapy and holistic wellbeing.



Tara Henderson

Play Therapist



Marcus Mundy

Youth Worker



Danielle McElwee

Physiotherapist



Dr. Easkey Britton

Blue Health
Researcher



Katie Stack

Occupational
Therapist



NC Britton

Psychotherapist &
Mindfulness expert



Elaine Losey

Early Years
Specialist



Dr. Aoife Moloney

Clinical
Psychologist

Strategic Plan 2025-2027

Our Strategic Plan 2025-2027 provides a clear path for Liquid Therapy to continue its work in breaking down barriers to participation in sport. By focusing on five key pillars including refined delivery processes, academic research, and key stakeholder partnerships, we aim to make the ocean accessible to everyone, regardless of the challenges they face. As a "learning organisation," we use data and feedback to constantly improve our programmes, while working toward a sustainable funding model that ensures we can support our community for years to come.



Consolidate our ability to deliver our programmes, and formalise our processes.



Be a learning organisation and maximise our impact.



Foster partnerships and collaborations to advance our mission.



Prepare for opportunities for capital infrastructure development.



Work towards sustainable funding for our organisation.

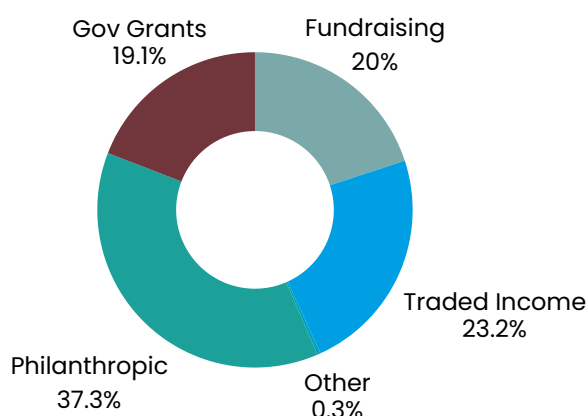
Our Income

Liquid Therapy is a registered charity and social enterprise, fully compliant with the Charities Governance Code. We prioritise sustainable and diverse income streams to meet the growing demand for our services. In 2025, our total income rose to €311,784, supported by individual donations, community fundraising, and philanthropic grants. Our funding remains diversified across state grants and partnerships, including support from Rethink Ireland and Pobal. Income from service provision grew significantly, alongside new project funding from PEACEPLUS and the Community Foundation.

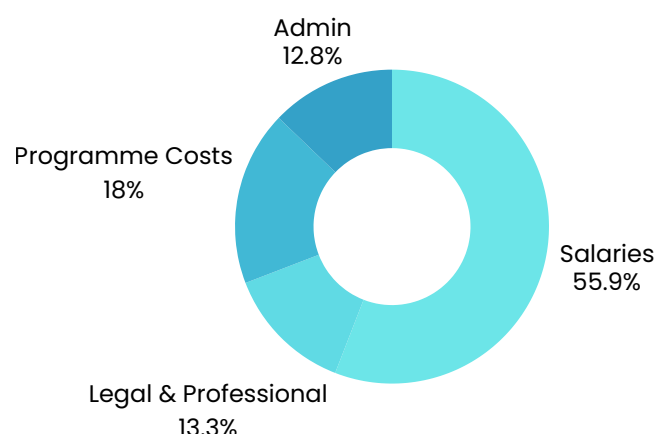
To support our increased participation levels, we invested in our organisational capacity by increasing our core team and enhancing staff training. We continue to work towards building an appropriate level of unrestricted financial reserves to ensure operational stability. While our yearly accounts showed a small deficit, this is simply due to the timing of grant payment cycles and the scheduled availability of funds. Full audited accounts are available on our website.

	Income	Expenditure
2025	€311,784	€315,039
2024	€294,891	€245,821

Income



Expenditure





ACRES
WIND FARM

RETHINK
IRELAND

dryrobe®



Community
Foundation
Ireland

Donegal 12 dips
of Christmas



FUNDERS & DONORS

Liquid Therapy is profoundly grateful to all its donors and funders—from our institutional and philanthropic partners to our dedicated community fundraisers, whose collective financial commitment provides the bedrock of our operations. In 2025, the sustained support from partners such as Rethink Ireland, Pobal, and The Giving Circle, alongside new project-specific funding from PEACEPLUS and the Community Foundation, has been instrumental. These contributions do more than just cover costs; they represent a shared belief in our work and allow us to continue to grow and innovate.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

SALT***
festival
WATER



An Roinn Turasóireachta, Cultúir,
Ealaíon, Gaeltachta, Spóirt agus Meán
Department of Tourism, Culture,
Arts, Gaeltacht, Sport and Media



Comhairle Contae
Dhún na nGall
Donegal County Council



SPÓRT ÉIREANN
SPORT IRELAND

SUPPORTERS & PARTNERS

In addition, we would like to thank the individuals, businesses, local and national organisations who supported us in 2025. Our mission is strengthened by the collaboration of strategic partners and governing bodies, including Sport Ireland, Irish Surfing, and Donegal Sports Partnership.

Our impact is further amplified by our 500+ volunteers who contributed over 600 hours of service this year. Through initiatives like the Beach School Programme and our work with the CDNT, these partnerships ensure Liquid Therapy remains deeply rooted in the community, helping us meet the growing demand for our services.

Memberships

To ensure we remain at the forefront of best practices and global innovation, Liquid Therapy maintains active memberships and affiliations with key national and international bodies. These partnerships allow us to collaborate on research, uphold industry standards, and advocate for the power of inclusive surf therapy.

INCLUDEA

Liquid Therapy was a key member of this European project focused on creating and developing standardised, inclusive, and adaptive surf instruction in Europe.

International Surf Therapy Organisation

We are proud members of this global collective of world-leading practitioners, dedicated to advancing surf therapy research and practice.

Irish Surfing

As an affiliated surf club, we are regulated by the national governing body for surfing in Ireland, ensuring the highest standards of safety and coaching.

Social Enterprise Network Donegal

Facilitated by the DLDC, this network supports our growth and impact as a social enterprise committed to our local community.

Company Information

Liquid Therapy is committed to high standards of transparency and accountability. As a registered charity and social enterprise, we adhere to the Charities Governance Code to ensure our operations are ethical and effective. The following details outline our official company information, including our professional advisors and leadership team.

Directors

Rob Timony (Chair - Appointed 18 January 2024)

Franck Homburger (Treasurer - Appointed 11 February 2021)

Andrea Borain (Secretary - Appointed 18 January 2024)

Accountants

Hanna and Co. Accountants Limited Chartered Accountants. Main St, Dunfanaghy, Co. Donegal, Republic of Ireland.

Bankers

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

Company Details

Company Number: 687705

Charity Tax Exemption Number: 22851

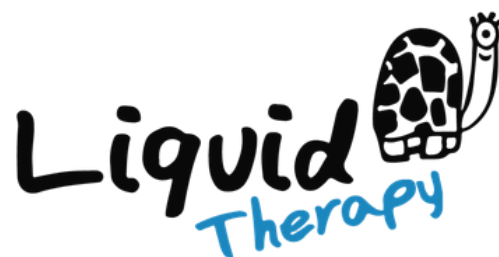
Charity Registration Number: 20206265

Governance

Liquid Therapy became a registered Charity in 2021. Liquid Therapy is fully compliant with the Charities Governance Code and aims to implement the highest standards of governance and accountability.



THANK YOU!



Liquid Therapy Company Limited by Guarantee

Registered Office: Violet Hill, Kilbarron, Ballyshannon, Donegal, Ireland.

Company Number: 687705

Charity Tax Exemption Number: 22851

Charity Registration Number: 20206265