



**Our Journey  
2016**

**Transforming Lives Through Adventure**

# TRANSFORMING LIVES THROUGH ADVENTURE



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[www.activeconnections.ie](http://www.activeconnections.ie)



ADVENTURE THERAPY

PERSONAL DEVELOPMENT

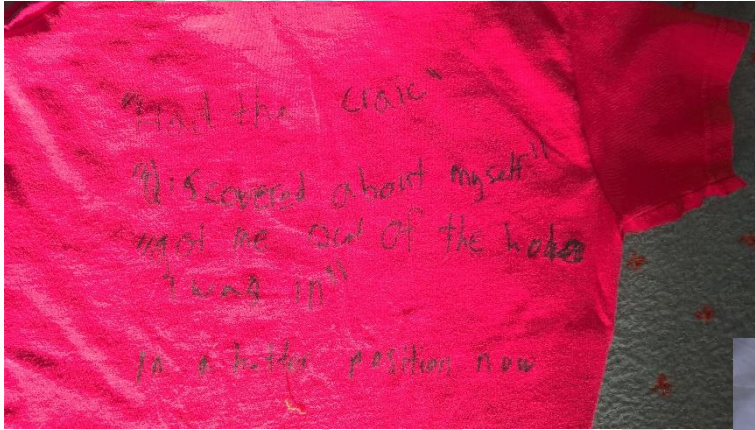
CRISIS RESPONSE

AT RISK TEENS



# What People Say

On our journey with young people we ask them to add to our pray flag - below are some examples of what young people got from our courses



DB: Wexford  
"Had the craic  
Discovered about myself  
Got me out of ta hole  
In a better place"

PP: Waterford

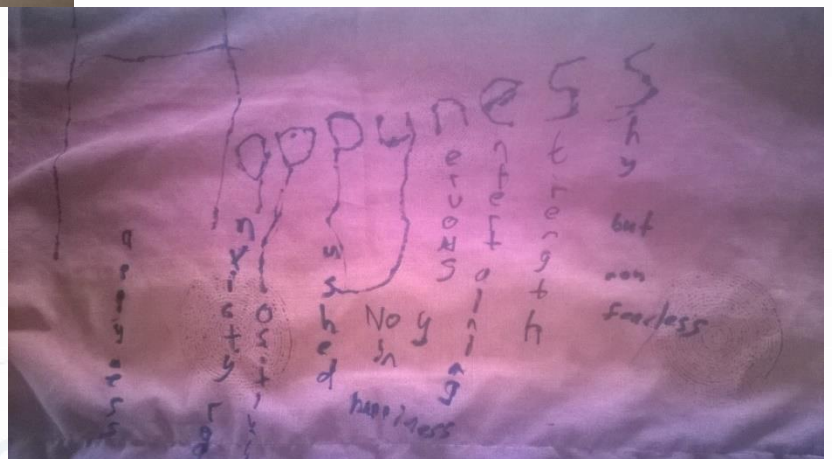
"Stronger  
Challenging  
Better me"



"KEY: Kilkenny  
Epic  
Exciting  
Fun Team  
Fabulous  
Buzzing"  
Etc...

JS: Waterford

"Happiness  
Activity  
Positivity  
Pushed  
Nervous  
Entertainment  
Strength  
Shy but fearless"



# Meet the Team



Raymond Burke, Founder, CEO & Field Guide

A graduate of WIT (Applied Social Studies) and very proudly St. Kevin's College Crumlin (Outdoor Recreation and Business) I founded Active Connections because I saw a need to give young people in need alternative options. Using the outdoors takes people away from their hurt and frustrations and give them time and space to change. I continue to work in the rain every week because I am lucky enough to work side by side with some amazing young people.

Craig Green Field Guide (Waterford)

"Seeing the change in young people is amazing, just being outside helps the young people I work with see difficulties from a different point of view. Sometimes that's all you need!"



Anna O'Toole, Adventures take you to places that you never thought you'd go and shows you things about yourself that you never thought you had. To see the positive changes that young people make, after such adventures, inspires me to do this job every day. I believe that everyone deserves the opportunity to have their own adventure

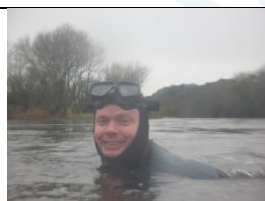
Declan McCarthy Field Guide (Cork West and South Lee)

"Being in the outdoors whilst establishing connections with people is my passion"



Graham Burke Field Guide (Cork, Waterford)

"Young people can discover amazing things within themselves if given the opportunity"



## The board

Established in the summer of 2015 our board is made up of change makers and innovators. Our board governs all facets of Active Connections Ltd i.e. strategic objectives, policy, supports etc... which enables that great level of service to the young people we work WITH.

Massive thanks to Stephen Plunket, Christopher Burke, Rebecca Goddard, John Paul O'Neill (Founder) and Jim Bruton (Founder)

We would like to share some of the highlights of 2016

# 124

**LIVES TRANSFORMED  
THROUGH ADVENTURE**

**6 new referring agencies**

We Launched

**2 New Services**

- **Connect**
- **Adventure Therapy for Business**

2 NEW EPIC VOLUNTEERS

**2 NEW AMAZING  
TEAM MEMBERS**

So Proud to be a Presenter at the first  
Outdoor Education conference at GMIT and  
Exhibitor at Irelands first mental health

A night of Adventure we had our  
INAUGERIAL CLIMBATHON WITH PARTNER  
“The Mardyke Arena”

**Established the Activity Based  
Therapy forum**

# Our New Programmes



## CONNECT

In response to a growing need Active Connections developed a team building programme specifically for schools and youth groups/services.

Active Connections “Connect programme” is more than just a team building programme. We provide people of all ages with challenges that build character, teach leadership skills, and inspire.

Active Connections has developed a specific programme which helps young people build upon the strengths they already possess with a specific emphasis on communication, leadership, problem solving and team work.

## AT FOR BUSINESS

We have developed an alternative to traditional employment assistance programmes, one that exposes team to true challenge and which builds resiliency



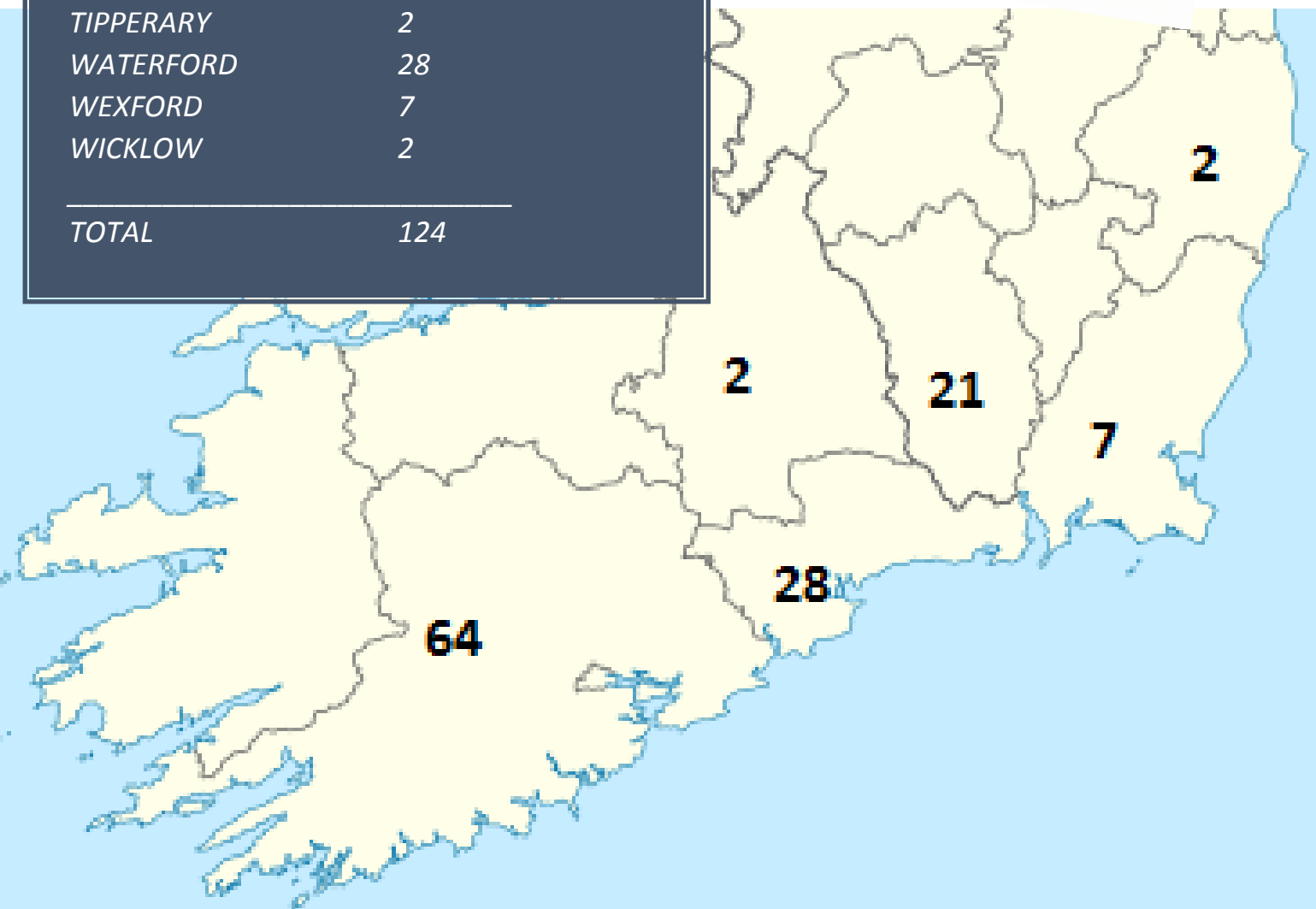
# Our Impact this year for our New Trails Programme

## *LIVES CHANGED THROUGH ADVENTURE*

|           |    |
|-----------|----|
| CORK      | 64 |
| KILKENNY  | 21 |
| TIPPERARY | 2  |
| WATERFORD | 28 |
| WEXFORD   | 7  |
| WICKLOW   | 2  |

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|       |     |
|-------|-----|
| TOTAL | 124 |
|-------|-----|



**124** LIVES TRANSFORMED  
THROUGH ADVENTURE, THIS IS  
QUADRUPLE THE NUMBER OF  
PEOPLE WE SUPPORTED IN 2015

-

## Plan for 2017

### Our Team

Grow the team to 10 field guides

### Our Impact

Transform 150 Lives Through Adventure

### Advocate for Activity based programmes

We will continue to raise the profile of activity/adventure based therapeutic models through media

We will present at national conferences

We will host a national meeting of activity based intervention providers



THINK OUTSIDE  
no box required.

# How you can help

We ask people to help in these ways

1. Become a **CHAMPION** of our cause and help us spread our message
2. **INVITE** others to engage with Active Connections
3. **INVEST** in our work

- **Scholarships** We are dedicated to transforming young people's lives from all ethnic and socio economic backgrounds, most of whom would financially be unable to fund our programmes.
- **Gear and safety packages**, Safety is our number 1 priority. Ensuring our students are safe, relies on us keeping our operational gear in top condition. With nearly 2,000 activity days per year, we need to replace between €2,000-€5,000 of operational safety gear and equipment on an annual basis.
- **Building Capacity** of the company to IMPACT more lives by expanding our staff team, service provision and to advocate for activity based therapies

To hear more about how you can help please email [info@activeconnections.ie](mailto:info@activeconnections.ie) with the topic line giving

Active Connections Ltd is leading the way in introducing adventure therapy into Ireland. We are giving young people a chance to explore and effect change in their lives, but in a way that is engaging and in an environment that they can dive into. We are ambitious and want to last year we worked with 124 young people this year we want to work with 150 young people.

**For more information contact;**

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