



ACTIVE  
CONNECTIONS

2025

Transforming Lives Through Adventure

Annual Report





# Our Impact

Here is a snapshot of our impact in 2025

923

Individuals Supported

31675.5

TOTAL IMPACT HOURS

## About Active

### Connections

**Our Vision, is that activity based therapeutic support be available to all people experiencing emotional and/or behavioural difficulties across Ireland.**

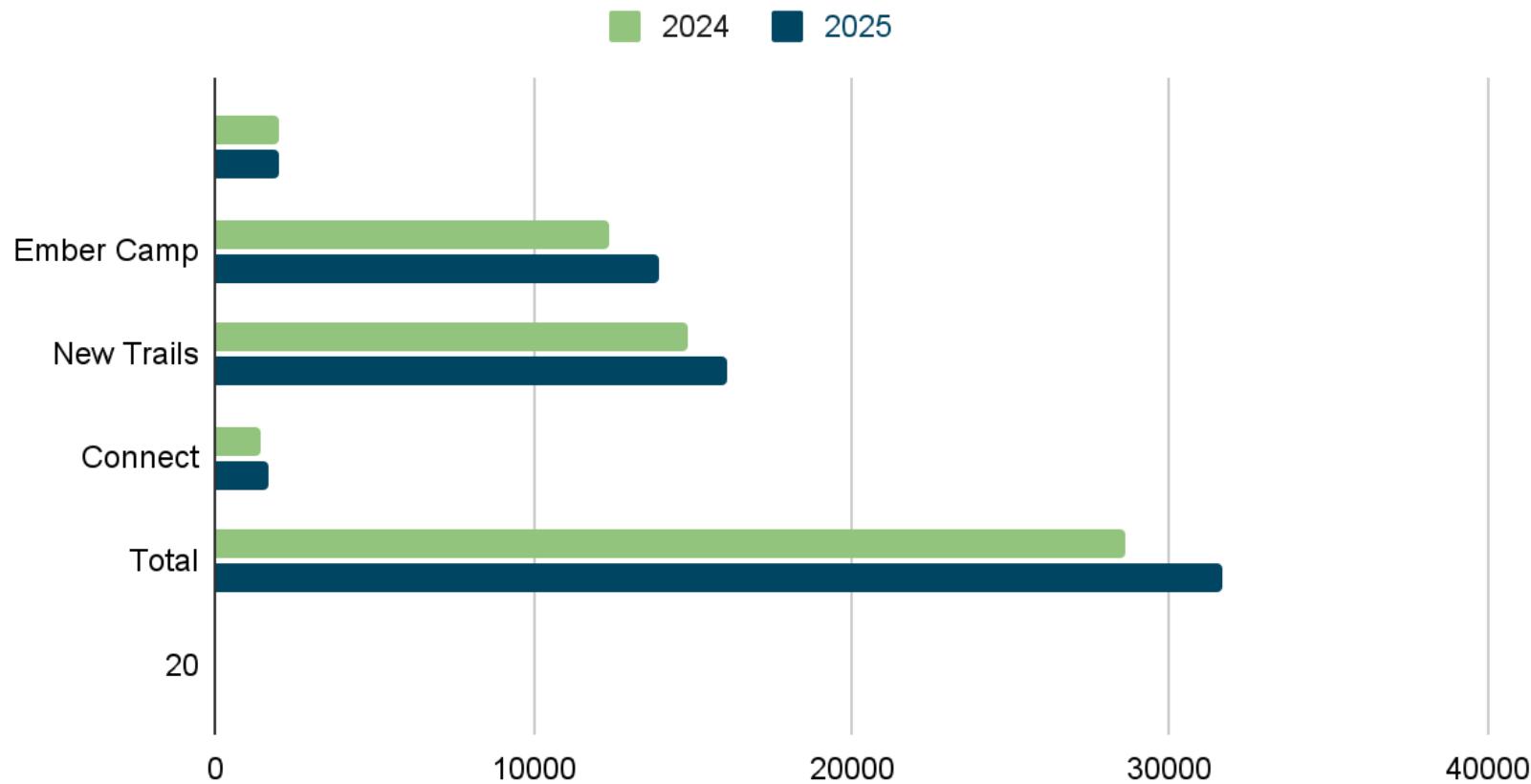
**Founded in 2012 Active Connections CLG is a not for profit company working with young people with behavioural difficulties. Active Connections is leading the charge of introducing adventure based interventions to Ireland.**

**Since our beginning we have worked in partnership with statutory and non-statutory agencies, delivering programmes to over 3000 young people and their families in Munster and Leinster**

**Our Mission, is to *Transform Lives Through Adventure*. We do this by engaging our participants in meaningful outdoor guided experiences.**



# Impact Hours



# New Trails

Our Activity  
Based  
Therapeutic  
Service



# The Problem

**Young people that grow up in the care system are more likely to experience homelessness, incarceration, higher rate of mental illness and health difficulties.**

**Many of these people we will be referred to counselling but struggle to engage with traditional services.**

# Our Solution

In 2012 we established the 'New Trails' service.

Our focus was to introduce an activity based intervention service. Working 1:1 in the outdoors the programme supports participants to change what they can and strengthen what they had.





# Our Impact - 2025 - Therapeutic Services

In 2025 we supported

197

Young  
People  
Completing 16054.5  
Impact Hours\*

\*Impact hours are the actual hours our staff spent with young people experiencing emotional and behavioural difficulties

# Testimonial - Therapeutic Services

**'Since she has availed of your services it has not only helped us as a family but it has been an important part of her journey in getting the support she needs to have a normal childhood. Since the first day she has met you, she took to you straight away and asks for you if too many weekends pass when will she be going with you again. She hasn't had many male role models in her life but having the camping trips/days out with you have helped her to experience what it is like to be part of something. It has also given us some really needed help as she can be very destructive at home and we also need that break from her as things get extremely stressful for us. It also helps us to spend quality time with our young son as it has been, and still is, a difficult journey for him to open up his home and share his parents with another child. Your services mean so much to fostering families like us that struggle everyday with the difficulties of a fostered child as it is both emotional for herself and for us.'**



**'Your services mean so much to fostering families like us'**

A photograph of three people climbing a rocky mountain slope. Two women are on the left, one in a teal jacket and black pants, the other in a pink jacket and black pants, both wearing sunglasses. A woman in a red jacket and black pants is on the right, also wearing sunglasses. They are all wearing athletic gear and climbing over rocks and grass. The background shows a rocky mountain peak and a clear blue sky with a few white clouds.

# Referrer Testimonials

**'Active Connections are very effective and their staff are well trained and willing to work with challenging young people. A fantastic service'**  
Social Worker - WaWx

**'They [Active Connections] reduce tensions in the placement. They help maintain a day as some kids are refusing school. They do help maintain placements.'**  
Social Worker - WaWx

# Ember Camps

**Our Alternative to  
Home Respite  
Service**

A photograph showing a person from behind, wearing an orange t-shirt, dark trousers, and yellow headphones. They are standing on a grassy hillside, looking down at a small, shallow pond. The background features a line of bare trees and a misty, overcast sky.

# The Problem

**Some people with disabilities get home support to help the family. Unfortunately this system is broken.**

**Families face long waiting lists, a constant turnover of support staff, and often can't leave their young person with their support worker 1:1 due to legislation. The family doesn't get respite**

# Ember Camps

**Ember Camps are an alternative to home respite.**

**The Ember Camps are a weekend support to young people with disabilities.**

**They are a fun, social space in which young people can grow and thrive.**





# Our Impact - 2025 - Ember Camps

In 2025 we supported

**506**

**Young People**

\*Impact hours are the actual hours our staff spent with young people

**Completing 13927  
Impact Hours\***

# Ember Camps Case Study

**Young Person 3; when we first meet, YP3 was struggling, their home placement was at acute risk of breakdown and school was a no go area.**

**YP3 started to attend the Ember Camps which gave the family some down time where they could do the basics. YP3 connected with a number of staff. We increased the support hours to include mid week session.**

**Slowly but surely behaviours reduced, stress reduced. YP3 became happier in himself and in his ability to cope.**

**Things at home improved so much that residential care was off the table and he would return to school.**



# Connect Programme

Our Outdoor  
Education Programme

# Our Impact - 2025 - Connect Programme

Connect Programme is our outdoor education programme which supports groups with additional needs

In 2025 we supported

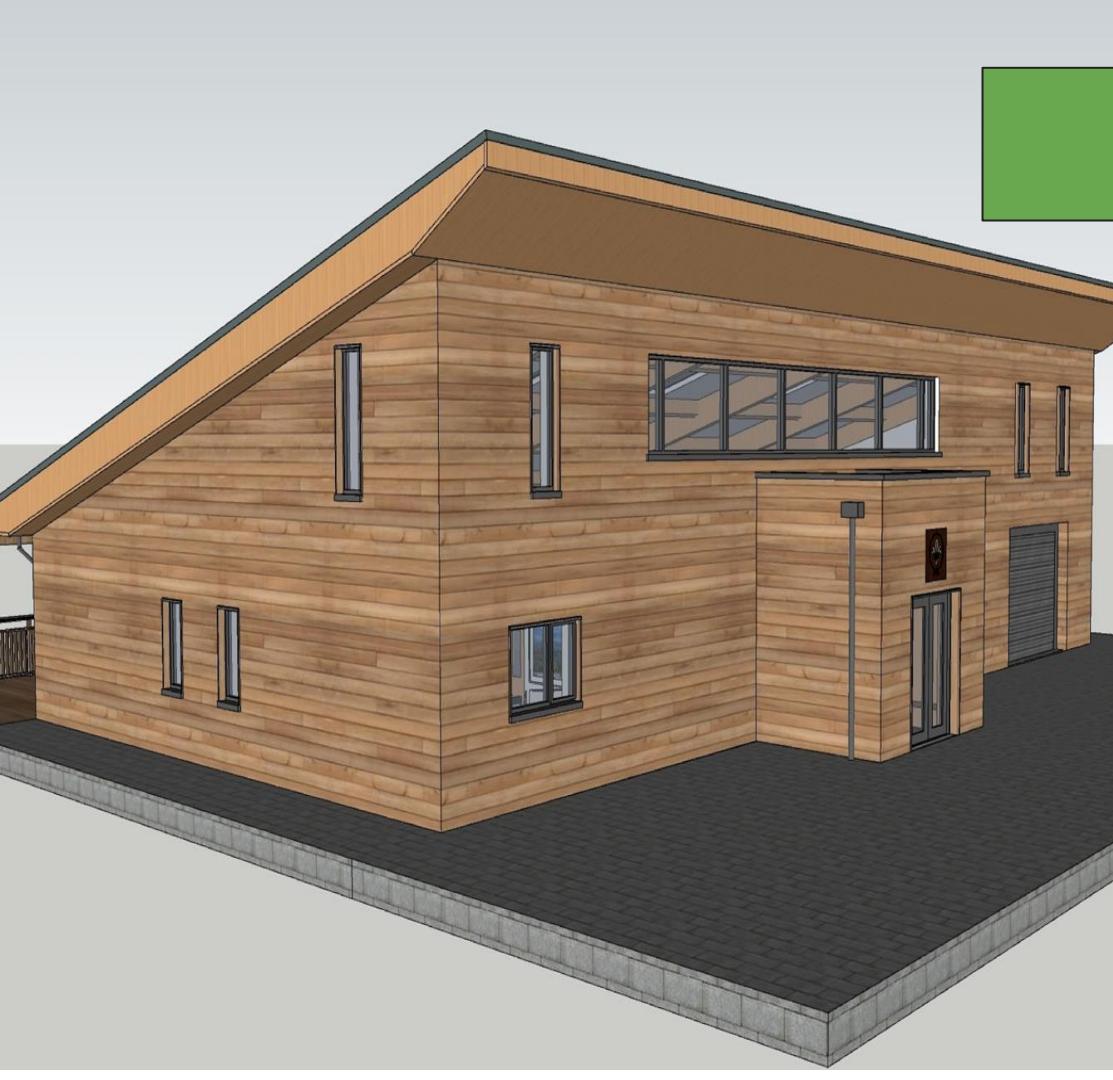
220

Participants

Completing Over 1694 Impact Hours\*

\*Impact hours are the actual hours our staff spent with young people





# Our New Centre

With the development of our new centre we will increase our connect programme extensively with plan to carry out over 5000 impact hours.

- School group
- Special interest groups
- Disabilities services

# Strategic Objectives for 2026

2026 will be a year for us to build our efficiencies and set a stable foundation for expansion



A photograph showing the back of a person wearing a blue puffer jacket with a hood. They are walking through a grassy field towards a line of trees. The sky is a gradient from blue to orange, with a crescent moon visible in the upper left. The overall atmosphere is peaceful and suggests a rural setting.

# Our Goals 2026

**15% Growth**

**34000 Contact Hours**

**Continue to develop facilities**

- An East Cork Ember Camp Site
- Explore a site in our northern operations area.

# Grow Impact

**Target - 15%**

- Our focus will be continue to grow deep in the location we have but explore Laois, Wicklow and Kildare
- We will target approx 34,000 contact hours
- This will mean more young people support 25-30 on new trails and 150 on the Ember Camps/Connect Programme



# Reshape the Sector

We will raise the awareness of Active Connections impact to the general

The Outdoor Therapy Alliance

This will include publicity our impacts, networking with like minded organisation, research and training pathways for the entire sector.



## Administration Information

**Charity number Revenue (CHY) 22534**

**Charity Number CRA 20201356**

**CRO Company Number 563671**

**Business address Ballinlough, Killeagh, Cork, P35FT26**

**Accountants contact Chalmers Accounting and Consultancy, Unit P5, Marina Commercial Park, Cork.  
Auditor contact DK Accountancy, 39 Woodview, Fionn Laoi, Ballincollig, Cork. P31XH22**

**Bank Details : Bank of Ireland, 97 Main Street, Midleton, Co. Cork, P25 N723  
AIB N Main St, Youghal-Lands, Youghal, Co. Cork**

**Leadership Team CEO: Raymond Burke**

**Service supervisors: Anna O'Toole, Emma Hennessy, Ciaran Walters & Colin Patton**