A person is lying on a large, dark, jagged rock in the foreground. The background is a deep canyon with steep, rocky walls and a river at the bottom. The sky is overcast and grey. The text is overlaid on the upper left and middle right of the image.

# A guide to Supporting **Active Connections**

Transforming  
Young People's  
Lives Through  
Adventure



### **Our Vision**

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Transforming Young People's Lives Through Adventure

### **Our Mission**

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Is to give the option of Adventure Therapy to all young people experiencing emotional or behavioural difficulties

### **Our Goals**

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**Impact on Lives** in 2016 we aim to transform 80 young people's lives

**Grow** the company and operation area

**Build** the company and ensure financial stability



# About Active Connections

We “Transform Young People’s Lives Through Adventure”. We support young people aged from 10-25 who are experiencing mental or behavioural difficulties. We are Ireland’s only Adventure Therapy programme working with young people. We do this by helping the participants build strengths and resiliency by facing physically and mentally challenging activities.

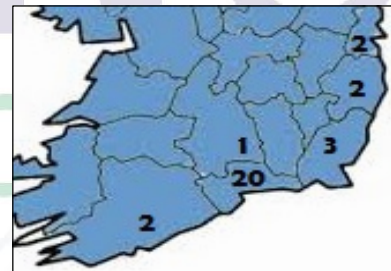
## Our Impact

Greater Connections to Others  
Understanding of Consequences  
Appropriate Coping Techniques  
Self Confidence  
Communication Skills  
Leadership  
Goal Setting  
Problem Solving  
Understanding Others  
Needs/Wants

## Our journey so far

Established in 2012 we have supported over 100 young people

In 2015 we supported 30 young people



Award winning social entrepreneur



In 2015 announced as the Irish representatives of the ‘International Adventure Therapy Council’

Nominated for ‘Outsider Magazine People of the Year Awards’

Growth of our service area to 7 counties

## What people say

Thanks for all your support with Jack last year. His entire week revolved around his time with you. For anyone reading this who is considering using Active Connections, just do it. They are a fantastic team. So professional, and kind, and totally in tune with the kids they work with. I can't recommend them highly enough. Hope our paths will cross again in the future.

Trudy Ryan (Foster carer)

# How you can help

We ask people to help in these ways

Our Goal for 2016 is to transform  
56 young lives through adventure

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

Currently we receive no direct government funding

Here are some ways we will use your investment -

- **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. **€1500**
- **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. **€300**
- **Building Capacity** of the company to IMPACT more lives by expanding our staff team, service provision and to advocate for activity based therapies **€5000**

How you can help

THINK OUTSIDE  
no box required.



# INDIVIDUAL SUPPORT

## HOW INDIVIDUALS CAN HELP SUPPORT OUR WORK

Through your investment, or legacy, we can continue to impact on underprivileged and at risk young people in Ireland.

Our work has a powerful impact on young people experiencing emotional and behavioural difficulties. Your investment will help underprivileged young people directly, increasing their self-confidence and ability to trust in others, and equipping them with the tools to achieve in their lives.

Invest financially

Invest Time & Skill

Run an event

Raise money by completing sporting events

Attend our annual 'Climbathon'

Donate Equipment old or new

Help us spread the word

Ways people have helped

**Beneficiary A/C Name:** Active Connections

**Beneficiary A/C No.** 90-60-21

**Bank Sort Code:** 96577874

**Beneficiary Bank:** Bank of Ireland

**BIC:** BOFIE2D

**IBAN:** IE98 BOFI 9060 2196 5778 74

**Reference:** PLEASE QUOTE 'Fundraising event name or desired usage' HERE



# CORPORATE SUPPORT

Many companies gain a great deal from supporting the work of not-for-profit organisations. Our corporate partners support us in transforming lives across Ireland.

As our corporate partner you can support our innovative work through tailored supports that deliver truly meaningful interventions, help young people in need, and offer real benefits to your company.

All of our corporate donors are invited to join our exclusive network of supporters known as 'The Connections Circle', led by our Chairman. By supporting this charity your corporate donation is helping underprivileged children achieve life-changing goals

## THE CONNECTIONS CIRCLE

Becoming a member of our 'Connections Circle allows you to access a number of unique opportunities which both recognise your support and maximise the potential benefit to your company including

- Priority access to our networking and events programme
- A hosted visit to one of our session to see your investment at work, and meet a young person benefiting from your support
- The opportunity to direct your investment to young people in your local communities
- An opportunity to develop your staff volunteering programme
- An annual report demonstrating the impact of your investment
- A tailored team building event for your staff team

We ask for a minimum contribution of €7,500 to join our Connections Circle, and are able to tailor your level of involvement relative to the scale of support you wish to offer.

## Corporate Projects

Working in partnership with you, we can develop a specific and tailored project to meet your organisation's corporate sustainability requirements, helping you to achieve your specific outcomes and creating a more productive, capable and motivated generation of young people

## Charity of the Year Partnership

Choosing Active Connections Ltd as your Charity of the Year allows your employees to meaningfully support our work knowing that their fundraising efforts are making a difference to young people locally and nationally. This kind of embedded partnership also demonstrates your company's commitment to being at the heart of your communities.

- Employee ambassador schemes through Active Connections courses working directly with the young people you support
- Participation in challenge events such as the Cork Marathon, 'Hell and Back' and 'City to Coast' etc...
- Priority access to our exclusive events programme such as our annual Climbathon
- Support for staff in developing fundraising ideas and strategies
- Donating your services or gifts
- Staff organising a Fundraising Event

# CHANGING LIVES THROUGH ADVENTURE



CONTACT US TODAY FOR INFORMATION:

0857479283 | [info@activeconnections.ie](mailto:info@activeconnections.ie)

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



ADVENTURE THERAPY

PERSONAL DEVELOPMENT

CRISIS RESPONSE

AT RISK TEENS

