



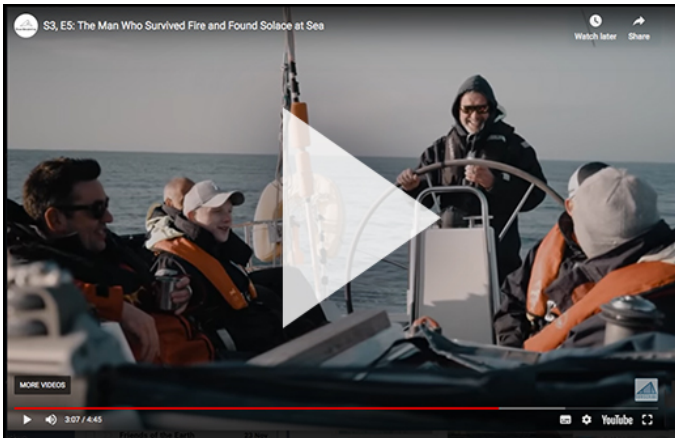
We make recovery
about living



This short film shows the power sailing has had on our Co-Founder Colin Healy



Our Impact



Sailing Into Wellness exists to help people in their recovery from poor mental health and addiction

Our program has a positive effect on our clients mental health and well-being. (NUIG NEAR Research)

Voyage of Recovery participants are twice as likely to complete their recovery program.

In 2018 we provided 348 participation days sailing for 118 individual recovery and youth clients coming from community organisations based in Dublin, Wicklow, Waterford & Cork.

Our Vision

Sailing Into Wellness will be an integral part of the fabric for recovery from poor mental health and addiction in Ireland.

Testimonials :

"Sailing was a very different and positive experience, the team work and learning new skills brought everyone together in a non threatening way"

Barbara, Manager
Tiglin day center Arklow
November 2018.

"The team at Sailing Into Wellness are incredible and we really look forward to working with them further in 2019"

Phil, Manager
Aisleri Treatment Center Waterford.
November 2019

Hear from Will a 2017 & 2018
participant from Coolmine
Therapeutic Community



2016

Evaluated pilot program run in Cork.

2017

Development of day sailing programs in Cork, Kinsale and Howth and Voyage of Recovery from Kinsale to Dublin

2017 Social Entrepreneurs Ireland Awardee

2018

Scaling our program in Cork, Howth & Dun Laoghaire and Voyages of Recovery on the Irish Sea and SW Coast.

2018 Social Innovation Fund of Ireland Awardee



We have spent the last three years proving our model works

Over the next three years
we will be a vital part of Ireland's
approach to recovery

	2019	2020	2021
Total # Participation Days	752	1,160	1,344
Total # of Individual Participants	256	395	457

Our Partners



Our partners are community organisations and public bodies throughout Ireland.

Our focus is to help young people and adults at risk of, experiencing and recovering from addiction and poor mental health.

**Comhairle Contae
Fhine Gall**
Fingal County
Council



The Sailing into Wellness Team



James Lyons
Co Founder



Colin Healy
Co-Founder

Supported by our Board



Jon Hynes
Director Kinsale
Outdoor Education Center



Michelle Fogarty
Founder &
COO PepTalk



Derek Chambers
National Mental Health Lead
Connecting for Life HSE



David McCarthy
Strategic planning and
communications expert.
Former CEO MadPride



Jack McMahon
Director Paddy
Power Betfair



Sailing Into Wellness is on the journey to becoming compliant with The Governance Code

Sports to Impact Fund

The Sports to Impact Fund has been created by Social Innovation Fund Ireland (SIFI) in partnership with the Department of Rural and Community Development.

The goal of the fund is to support innovative use of sports as a means to improve physical and mental health and to promote social inclusion for children, adolescents and adults.

Sailing Into Wellness is ideally placed to utilize this fund which will provide a 50% uplift on all funds we raise.

Applications for this fund close on

18th January 2019



Department of Rural and
Community Development

*An Roinn Forbartha
Tuaithe agus Pobail*



**SOCIAL
INNOVATION
FUND**

Sustaining great ideas



We are a not for profit
social enterprise

Help us achieve our Vision

*To achieve great things, two
things are needed; a plan, and
not quite enough time.*

- Leonard Bernstein



An Rialálaí
Carthanas

Charities
Regulator

Sailing into Wellness
Charity Reg. No. 20159153

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