



# NO BARRIERS FOUNDATION

## ACTIVITIES REPORT

2024





# CONTENTS

---

<b>About No Barriers Foundation</b>	<b>3</b>
<b>Overview of 2024</b>	<b>4</b>
<b>Chairperson's Statement</b>	<b>5</b>
<b>CEO Report</b>	<b>6</b>
<b>Meet the Team</b>	<b>7</b>
<b>Our Services</b>	<b>9</b>
<ul style="list-style-type: none"><li>• Gym &amp; Inclusive Fitness</li><li>• Adult Rehabilitation Service</li><li>• Healthy Strong Together Programme</li><li>• DS Champions Programme</li><li>• Health &amp; Wellbeing Programme</li></ul>	
<b>Strategic &amp; Funding Partnerships</b>	<b>22</b>

2024

# About No Barriers Foundation

---

The No Barriers Foundation was established in 2016 in Letterkenny, Co. Donegal with the mission of enabling individuals with neurological and physical conditions to enhance their mobility, independence, and overall quality of life. We focus on empowering individuals of all abilities by providing tailored support, rehabilitation, and education to enhance their quality of life and foster a more inclusive community.

No Barriers plays a vital role in bridging the gap between HSE services and private rehabilitation options, enabling both adults and children discharged from acute or primary care to access ongoing, community-based therapeutic support. In doing so, we address a critical gap in service provision, particularly for those in rural or underserved areas. Beyond clinical outcomes, our programmes promote social inclusion, psychological wellbeing, and peer connection, offering a meaningful support network for individuals who may otherwise experience isolation. Our rehabilitation approach is holistic, focusing not only on physical recovery, but also on restoring confidence, autonomy, and community participation. In 2023, No Barriers Foundation was recognized as Ireland's Best Social Enterprise at the Irish Community and Council Awards, underscoring its significant impact on the local community.

## **Vision**

At No Barriers, we believe in an Ireland where everyone with a disability, regardless of their level of disability or ability to pay, can achieve their full rehab potential and maximise their lifelong physical and mental health and well-being in an inclusive community environment.

## **Mission**

To create inclusive and affordable health solutions with a specialist team and equipment allowing anyone to train and improve their current level of physical and mental health in the community.

## **Our Values**

We empower individuals to access their full health potential. We are limitless in our ambition so you can be limitless in your life. We value social Inclusion, fun and community. We act with courage & integrity and strive always for innovation and excellence in everything that we do.

# 2024 at a Glance



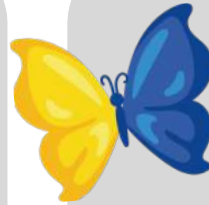
We delivered over  
1,500  
1-1 rehabilitation  
sessions



We delivered  
4,000 inclusive  
gym sessions

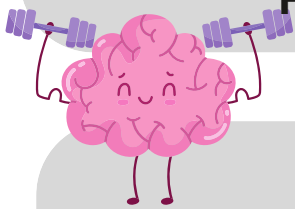


73 adults with Intellectual  
Disabilities completed our  
Health & Wellbeing  
Programme

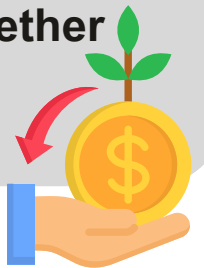


60 young adults with  
Down Syndrome  
completed 241 group  
classes with our DS  
Champions Programme

We delivered 858 sessions  
with 25 Neuro-Rehabilitation  
clients completed our  
Healthy, Strong, Together  
Programme



€22 Social Return on  
Investment recorded for our  
Healthy, Strong, Together  
Programme



We delivered 229 Exoskeleton  
Walks with clients



No Barriers  
Foundation won *Best  
Community/Charity*  
2024 in the Highland  
Radio Awards



# Chairperson's Statement

---

2024 has been a landmark year for the No Barriers Foundation. Our organisation has continued to grow in scale, impact, and ambition, while always keeping the needs of our service users at the heart of everything we do.

This year saw us deliver thousands of inclusive gym sessions, hundreds of rehabilitation programmes, and innovative services such as our Exoskeleton walks, Healthy Strong Together Programme, and DS Champions Programme. Each initiative not only enhanced health outcomes but also promoted dignity, confidence, and inclusion for the individuals we serve.

It is a source of great pride that No Barriers was once again recognised nationally for its contribution to community health and inclusion. These acknowledgements belong not only to our staff and volunteers but also to the participants and families who place their trust in us. The continued support of our partners - including the HSE, Atlantic Technological University, Rethink Ireland, and many others - has been vital to our success. Together, we have created new opportunities for people across Donegal and beyond to access rehabilitation, wellbeing, and inclusive health supports that would otherwise not exist.

As Chairperson, I wish to thank my fellow trustees, our CEO, our staff, volunteers, and supporters for their dedication and commitment throughout the year. No Barriers is proof of what can be achieved when community, innovation, and compassion come together. I look forward with confidence to 2025 as we continue to expand services and strengthen our vision of an Ireland where everyone can achieve their full health potential.



**Michael Mc Geehin,  
Chairperson**

# CEO Report

---

Looking back on 2024, I am deeply inspired by the resilience, progress, and sense of community that define No Barriers Foundation. This has been a year of significant growth, innovation, and impact. Our services reached more people than ever before:

- Over 4,000 inclusive gym sessions delivered.
- 229 Exoskeleton walks supporting clients with neurological conditions.
- 1,500 rehabilitation sessions and more than 1,000 inclusive therapy classes.
- The launch and success of our DS Champions Programme, supporting 33 young adults.
- The continued expansion of our Healthy, Strong, Together Programme, demonstrating an extraordinary €22 social return on investment.

Behind these numbers are powerful personal stories of people regaining independence, rediscovering confidence, and building friendships through our inclusive community. These stories are the true measure of our success.

In 2024, we strengthened our partnerships, advanced research through our collaboration with ATU, and expanded our staff team to ensure sustainable growth. Importantly, every milestone achieved was made possible by the dedication of our staff, volunteers, trustees, and supporters, who embody the values of empowerment, inclusion, innovation, and excellence every day. As we look ahead, No Barriers is preparing to take further steps in service expansion, including new day services and paediatric supports. We do so with a clear vision: to ensure that every person, regardless of ability or circumstance, has access to world-class rehabilitation and inclusive health opportunities in their own community.

Thank you to everyone who has walked this journey with us in 2024, our partners, funders, staff, volunteers, and most importantly, the individuals and families who inspire our mission. Together, we are building a healthier, stronger, and more inclusive future.



**Johnny Loughrey,  
CEO/Founder**

# Meet the Team - 2024 Board of Trustees

---

The No Barriers Foundation's Board of Directors assists and governs the organisation's operations. Board members are voluntary and provide high-level leadership and strategic direction to the foundation, which is supported by a voluntary team of staff and volunteers who manage daily activities. The voluntary Board of Directors is the governing body of the No Barriers Foundation, responsible for vision, mission, and strategy, ensuring the foundation's fiscal stability.

## **Members:**

Michael Mc Geehin (Chairperson)

Peter Smyth (Treasurer)

Kevin Mc Elhinney (Company Secretary)

Jim Mc Laughlin (Member)

Michael Margey (Member)

Michael Gallagher (Member)

Isobel Shovlin (Member)

Roisin Kavanagh (Member)

Charlie Mc Daid (Member)

# Meet the Team - 2024 Staff

---

## Senior Leadership Team:

Johnny Loughrey (CEO/Founder)

Alison Egan/Niamh Hughes (Head of Operations/Operations Manager)

## Adult Rehabilitation Service:

Marina Kennedy Quick (Clinical Lead/Adult Rehabilitation)

Rachel Mooney (Physiotherapist)

Tegan Wilson (Physiotherapist)

Sonia Mc Garvey (Occupational Therapist)

David Hone (Physiotherapy Assistant/Social Inclusion Officer)

Adam Dunnion (Physiotherapy Assistant)

Fiona Kelly (Yoga Instructor/Nutritionist)

Elaine Kelly (Neuro Physiotherapist)

## Gym Team:

Liam Mc Bride (Manager)

Ruairi Crealey (Assistant Manager)

Sean Mc Ginley (Strength & Conditioning Coach)

Daniel Alley (Strength & Conditioning Coach)

Harry Coyle (Strength & Conditioning Coach)

Niall O Regan (Strength & Conditioning Coach)

## Programme Staff:

Andrea Mc Feeley (DS Champions Programme Lead)

Damien Duddy (Impact Analyst)

Sinéad Martin (Health & Wellbeing Co-ordinator)

Roxanne Mullen (Psychotherapist)

Helen Mc Cready (Phd Student)

## Administrative Support Team:

Sorcha Lambkin (Senior Administrator)

Chris Bye (Physio Assistant/IT Support)

Karl Tonna (Finance Manager)

Devangi Dave (Accounts Assistant)



No Barriers  
FOUNDATION



## OUR SERVICES

---

2024



# Gym & Inclusive Fitness Classes

## Gym Classes

No Barriers Fitness, operating under the No Barriers Foundation, is a pioneering inclusive gym and social enterprise located in Letterkenny, Co. Donegal. No Barriers Fitness, formerly Fit-Hub, was acquired by the No Barriers in late 2022. Its unique model reinvests profits from conventional gym memberships into disability services and rehabilitation programs, enabling more affordable, world-class care renewable through continued community support. As of 2024, the gym delivers 60 exercise classes per week, underscoring its scale and community impact. No Barriers Fitness stands at the forefront of inclusive, community-driven fitness and exercise in Ireland. With its mixed offering of mainstream fitness classes, adaptive and intellectually disability focused programming, personal training, and accessible tech-equipped facilities, we deliver both social value and scalable health benefits.

*In 2024, we provided approx 3,000 gym classes to 150 members*

## Personal Training (PT) Sessions

We offer a highly flexible and supportive personal training program designed to meet the diverse needs of its members, from general fitness to tailored rehabilitation. Sessions are delivered by experienced trainers who adapt workouts to each individual's goals, abilities, and recovery requirements. The service is open both to mainstream clients seeking structured fitness support and to those with more complex rehabilitation needs, including individuals recovering from injury or living with long-term conditions. Importantly, the program emphasises accessibility and inclusivity—ensuring that everyone, regardless of starting point, has the opportunity to progress and thrive within a welcoming environment.

*In 2024, we provided 359, 1-1 Personal Training Sessions*



# Gym & Inclusive Fitness Classes C'ntd

## **Inclusive Fitness Classes**

Inclusive fitness is at the heart of No Barriers Gym, where every program and class is designed to bring people of all abilities together in a welcoming, accessible environment. Members can choose from a wide variety of activities—ranging from high-energy options like CrossFit, Hyrox training, and cardio circuits, to gentler practices such as yoga and mobility sessions for older adults. Adaptive programs, including chair-based classes, hydrotherapy, and inclusive strength training, ensure that those with physical or neurological challenges can train alongside their peers. The facility's state-of-the-art equipment, such as wheelchair-accessible HUR machines and robotic exoskeletons, allows people with differing abilities to participate fully and confidently. This blended approach fosters integration, breaks down barriers, and creates a community where fitness is not just about exercise, but about empowerment and belonging.

## **Intellectual Disability Classes:**

In 2024, No Barriers delivered a range of weekly fitness classes run by our experienced team of Strength & Conditioning Coaches. These are fun, energetic classes tailored and adapted to meet the needs of participants. We deliver these classes to both young people and to adults with intellectual disabilities. Uniquely, these classes are delivered in a socially inclusive gym environment here in No Barriers where people with physical and intellectual disabilities can work out alongside other gym members in a friendly and inclusive environment.

Alongside this, No Barriers Gym offers state of the art wheelchair accessible and specialised equipment such as our HUR Strength Training Equipment. These machines come with SmartTouch technology, which turns each HUR machine transforms into an intelligent, interconnected, and fully integrated computerized exercise system.

***In 2024, we provided 1,021 inclusive fitness classes***



***'A great training facility. Great variety of classes and the best coaches around! - Naomi***

***'I joined this gym just over 1 year ago and was made to feel so welcome from day 1. There's great classes to choose from... The staff are always on hand to encourage and support. 10/10' - Darren***

# Adult Rehabilitation Service

---

The No Barriers Foundation provides a comprehensive suite of rehabilitation, health, and wellbeing services for individuals with neurological, physical, and intellectual disabilities. Our service model is underpinned by principles of inclusion, accessibility, and person-centred care, and is delivered through a combination of specialist clinical support and adaptive community programmes.

We deliver targeted clinical rehabilitation for individuals with neurological conditions such as Stroke, Parkinson's Disease, Multiple Sclerosis (MS) and Spinal Cord Injury, among others. In 2024, our rehabilitation services included:

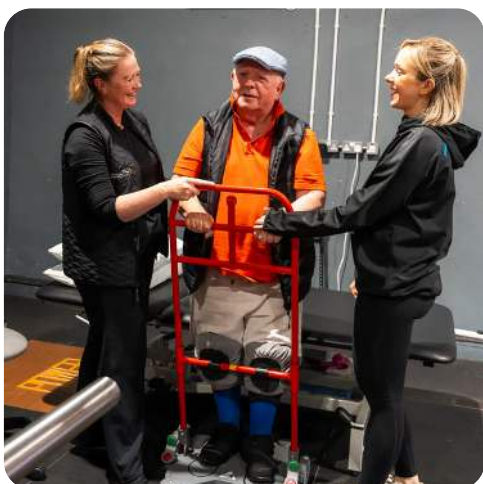
## Physiotherapy Service:

We have an experienced team of Neurological Physiotherapists, MSK Physiotherapists and Physio Assistants. Physiotherapists work closely with participants to create personalised treatment plans that address their specific needs and goals. During these appointments our Physiotherapists undertake comprehensive evaluations to understand each individual's physical condition and limitations. They also create customized rehabilitation strategies that focus on restoring function and improving quality of life. Techniques are discussed to alleviate pain and promote healing, including manual therapy, exercise, and education. Guidance is given on injury prevention and maintenance of physical health through exercise and lifestyle modifications.

## Occupational Therapy:

Our skilled Occupational Therapist collaborates with individuals to create customized intervention plans that address specific challenges and goals. During the appointments the therapist performs comprehensive evaluations to identify strengths and areas for improvement in daily activities. The therapist also develops targeted strategies to enhance fine motor skills, coordination, and cognitive abilities necessary for everyday tasks. In every appointment, recommendations for assistive devices and modifications to home and work environments to promote independence are also given if needed. As part of Occupational Therapy with No Barriers, engaging and purposeful activities that focus on building confidence and improving functional performance are encouraged. In 2024 we delivered 42 Occupational Therapy appointments

***In 2024 we delivered over 1,200 Physiotherapy & Occupational Therapy sessions***



# Adult Rehabilitation Service c'ntd

---

## Exoskeleton:

At the No Barriers Foundation, we are proud to offer innovative rehabilitation solutions using the EksoBionics exoskeleton, a groundbreaking device designed to assist individuals with mobility challenges. This advanced exoskeleton enables users to stand and walk, providing the necessary support and strength to help regain independence and improve overall physical health. With its intuitive design and user-friendly controls, the EksoBionics exoskeleton promotes a natural walking pattern, allowing participants to engage in therapeutic activities that were once out of reach. By integrating this cutting-edge technology into our rehabilitation programs, we empower individuals to take significant steps towards recovery, fostering hope and enhancing their quality of life.

*In 2024, we delivered 229 Exoskeleton sessions*

**When I first started here, I was in the wheelchair and with the help of No Barriers they got me on crutches then to just the one crutch—they have given my independence back to me.”**  
— Ciara

*‘When I first started, I felt like a scattered jigsaw puzzle, but No Barriers helped piece me back together. They’ve truly given me my life back and for that I’ll always be grateful.’* Martin



# Healthy, Strong, Together Programme

Designed by the No Barriers Foundation, and supported by Rethink Ireland, our Healthy, Strong, Together Programme was a free 10-week rehabilitation and physical activity programme designed specifically for people with a neurological condition. This flagship neurorehabilitation programme supported participants across Donegal and surrounding counties in 2024. With a focus on physical health, mental wellbeing, and independence, the programme has demonstrated outstanding outcomes, including improved mobility, confidence, and quality of life.

Each client received an individual assessment with our Rehab Team and an individualised programme plan was developed for each client based on their individual needs. Over the 10 week programme each of the 25 participants were given access to 3 sessions per week comprising of Physiotherapy, Occupational Therapy, Psychotherapy as well as Nutrition, Mindfulness, Strength and Conditioning and Chair Yoga sessions.

***In 2024, No Barriers provided 858 HST Sessions***



# Healthy, Strong, Together Programme c'ntd

## Results of the HST Programme:

The outcomes of our Healthy, Strong, Together programme were collected and measured by our Impact Analyst, Dr. Damian Duddy who conducted pre and post programme analysis. The results of the programme showed that of the 25 participants across two function levels (higher and lower), participants achieved:

- 88% average attendance across 30 sessions.
- Statistically significant improvements in 10MWT speed (+25%), hand grip strength (+11%), sit-to-stand (+33.7%), and Berg balance scores (+19.3%).
- Improved Functional Independence Measures (FIM) and Global Health ratings.
- SROI of €22 for every €1 invested (total social value €1.27m).
- 6/18 participants who initially used a walking aid no longer required it post-programme.
- Full alignment with UN Sustainable Development Goals and carbon offsetting achieved.

**Our HST Programme showed a significant Social Return on Investment of €22 for every €1 invested in the programme**

*The combination of the professional excellence of every member of staff without exception and the equipment were second to none. My neurological condition is incurable and progressive. I started the programme believing there was nothing I could do to slow this down and just having to accept a future of steady deterioration. . With the help of the very talented, committed and motivating staff I found out that I can fight this by maintaining my fitness as I get older following exercise routines and continuing with physio work at No Barriers. - HST participant*

**RETHINK  
IRELAND** Our  
Social  
Innovation  
Fund



An Roinn Leanai, Míchumai  
agus Comhionannais  
Department of Children,  
Disability and Equality

No Barriers were delighted to receive funding from Rethink Ireland to run a DS Champions Programme in 2024. This programme was a comprehensive physical and emotional wellbeing initiative specifically designed to address the unique health challenges faced by individuals living with Down syndrome (DS) in Ireland. This programme was designed by a team of Allied Health Professionals and experts from the Fitness Industry, with the goal of improving the overall quality-of-life of individuals with DS through targeted interventions in physical activity, nutrition, emotional wellbeing, and community inclusion.

Individuals living with DS are more susceptible to various health conditions, namely, cardiovascular disease, obesity, and mental health problems. The purpose of the DS Champions programme is to improve overall physical and mental health and well-being of individuals who are living with DS. Additionally, this programme aims to reduce the risk of developing health conditions that are more prevalent among cohorts who are living with DS. The DS Champions programme aims to ensure that individuals living with DS have equal opportunities to participate in positive lifestyle activities, such as:

- Engaging in regular physical activity through meaningful movement-based activities.
- Enhancing emotional wellbeing by empowering individuals to develop emotional awareness and employ appropriate strategies to support emotional and mental health.
- Providing education on nutrition to support healthy nutritional habits.
- Provide participants with autonomy and mastery to enable independent decision making in community activities.
- Promoting social inclusion, enabling individuals to become active members of their local communities.

## Programme Delivery

Participants completed a 6-week health and wellbeing programme which involved: 2 x 3 hour sessions per week (Tuesday and Thursday). These sessions involved 3 x 45 minute blocks of physical activity, nutrition, and emotional regulation. 1 x 2 hour session (Friday) per week which included elements of social inclusion.



# DS Champions Programme c'ntd

## Pilot Study Summary

The results from an in-house pilot study of the DS Champions Programme facilitated by the No Barriers Foundation highlighted that participants (adults) statistically significantly ( $P \leq 0.05$ ) improved body mass, body mass index, balance parameters, six-minute walk test walking distance and speed, systolic blood pressure, and various elements of emotional wellbeing throughout the six-week intervention.

At the end of the programme, 2 x 45 minute exercise classes per week were offered to DS Champions participants free of charge in order to continually progress and to promote social inclusion.

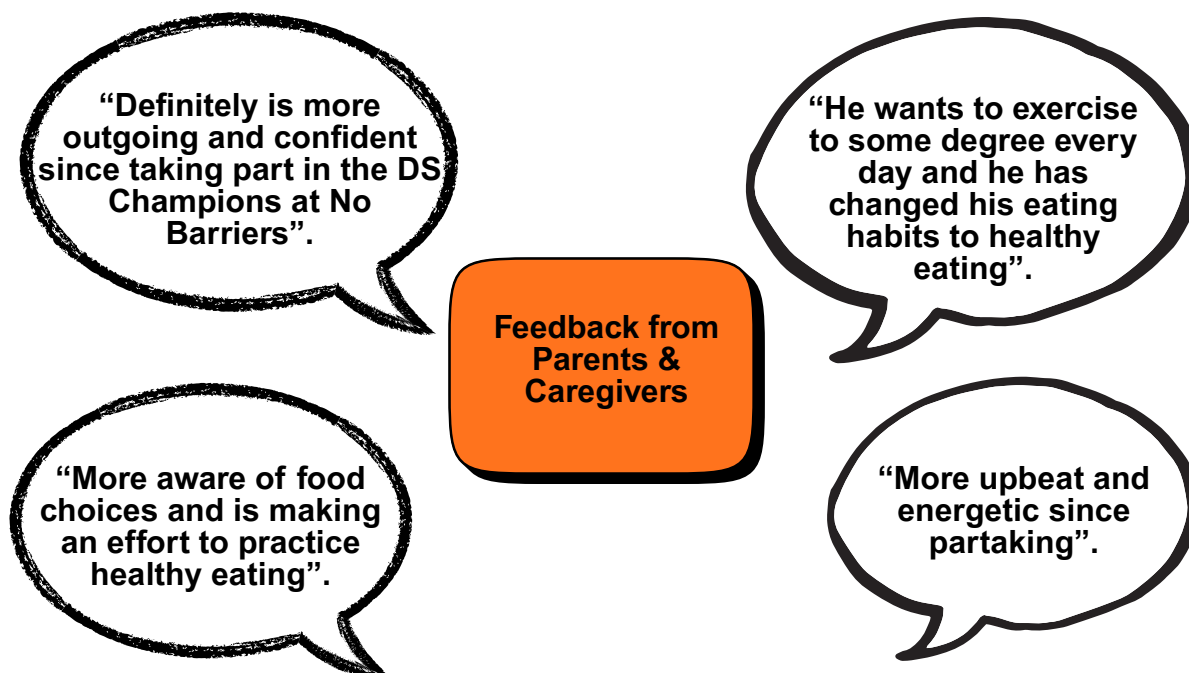
**A social return on investment (SROI) analysis** has been conducted based on the findings from our DS Champions pilot programme, which was rolled out from January to June 2024 and involved a total of 33 adult participants living with DS. The SROI analysis indicated that the DS Champions six-week programme generated:

**Total annual benefits of €33,000**; which can be broken down into:

- Healthcare savings (€6,600)
- Productivity gains (€9,900)
- Quality-of-life improvements (€16,500)



**Total SROI ratio of €2.376 for every €1 invested in the DS Champions programme.**



# DS Champions Lean Programme

## DS Champions Lean Programme

Due to the success of the DS Champions programme, No Barriers continued to run a 4 week version of the DS Champions programme, led by two of our experienced Strength & Conditioning Coaches, comprising a scaled down version of the DS Champions Programme.

## Supporting Community Inclusion

In September 2024, No Barriers Foundation were proud to introduce Donegal's FIRST Easy Read Menu at Bloem Café, Letterkenny Retail Park– created in collaboration with the DS Champions graduate's and with people who have lived experience of Neurodiversity.

***'I love it! I can read the menu now and order by myself'*** said Lilly Piper with a smile on her face. Lilly is a young girl with Down syndrome who attends St. Bernadette's Special School in Letterkenny.

This was much more than just a Menu, but rather real action, a step towards promoting community inclusion and a rights-based approach within our community.



# HSE Health & Wellbeing Programme



The No Barriers Health & Wellbeing programme was developed to deliver person-centred Health & Wellbeing programmes to service users who attend HSE adult day services in Donegal Community Inclusion Training Services (DCITS). The objective of this programme is to implement a structured approach in providing one of the twelve person centered supports of 'Health & Wellbeing' which is included in the HSE's Standards for New Directions Services and Supports for Adults with Disabilities.

## Achievements in 2024

In 2024, the programme was delivered for a total of 32 weeks, to four DCITS centres, for 8 weeks each. A total of 73 *service users* engaged in the programme in 2024 which is an *18-person increase* from 2023. Additional contact time was allocated prior to each programme in 2024 to accommodate lead-in time to induct staff, provide taster sessions, and build rapport with service users. Post-programme, additional time was used to collect programme feedback and complete 3 month and 6 month follow-up data collections and evaluations.

## Programme implementation

In 2023, feedback from service users, parents, and HSE staff helped shape the development of the programme for 2024. This resulted in greater flexible delivery and timetable changes, offering more choice particularly to support smaller group participation.

A new pilot version of the programme was also introduced in 2024. This streamlined approach reduced the 'sit down' educational components and placed stronger emphasis on exercise, being active in nature, and mindfulness. Delivered from October to December 2024, the pilot was a major success, receiving very positive feedback from both service users and their support teams.

Our feedback processes were further strengthened in 2024 through the involvement of a ATU PhD researcher, who conducted individual post-programme interviews with participants. These in-depth conversations provided valuable personalised insights, reinforcing our commitment to a person-centred approach and empowering participants to influence and shape our future programmes.



# HSE Health & Wellbeing Programme C'ntd

## Additional 2024 projects

In 2024, No Barriers expanded its work with DCITS by delivering a series of supplementary community projects throughout the year. These included:

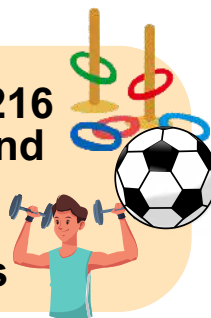
- DCITS Sports Day – No Barriers supported the planning and delivery of the Sports Day at the Finn Valley Centre, Stranorlar. The event was a huge success, bringing together service users from all DCITS centres and providing opportunities to engage in a wide range of enjoyable, active, and social activities.
- Chair Yoga Sessions – Based on positive feedback from staff during the 8-week programme, weekly post-programme chair yoga classes were introduced. These sessions offered service users, many for the first time, the chance to experience a low-intensity and mindful activity. Staff highlighted that the sessions helped participants feel calmer and more regulated for the rest of their day.
- Halloween Nutrition Workshop – At the request of one service, No Barriers facilitated a nutrition workshop as part of a joint Halloween party. Building on earlier programme learnings, the workshop focused on healthy food choices and making better options when eating out. This was a valuable opportunity to reinforce knowledge in a fun, seasonal context by encouraging healthier treat choices.
- Care Staff Wellbeing – Care staff expressed interest in wellbeing supports for themselves, recognising the importance of self-care in their role. No Barriers welcomed this as an opportunity to align staff wellbeing with programme development, ensuring that staff who understand and practice wellbeing are better placed to support service users effectively.

## *In 2024, our Health & Wellbeing Programme:*

**Worked with  
73 service  
users**



**Delivered 216  
exercise and  
physical  
activity  
sessions**



**Ran 40  
health  
education  
activities**



**Delivered 44  
mindfulness  
meditation  
classes**

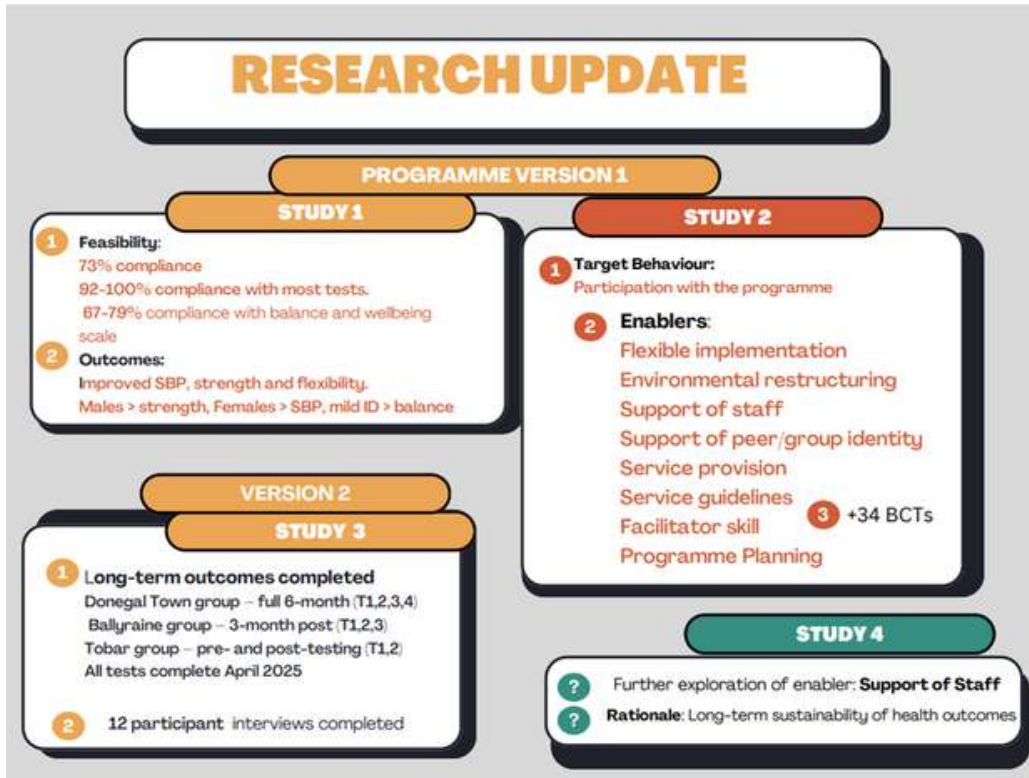


**Worked with  
4 DCITS  
services x 32  
weeks**



## Phd Research

Helen McCready, a PhD research student who commenced her project in 2023, is making excellent progress in analysing the efficacy of the No Barriers programme. Her research is on track, with findings from her first and second studies scheduled for publication at the end of 2024/start of 2025. Currently, Helen is collecting data for her third study and preparing the design of her final study. Since beginning, Helen has been an integral member of the No Barriers team. She has contributed to programme delivery and applied her expertise in research methods and data collection, particularly in evaluating the long-term impact of the programme. Below is a summary of Helen's findings to date and her plans for the the next phase of her project.



## Service user testimonial

"No, I said, 'I'm not doing it'. The fear of new things. Not knowing what to expect. I don't like change. I'm very reluctant to change from my routine. With some gentle persuasion from my parents and the staff, I agreed to give it a go. I'm so glad I did! The program turned out to be fun. I learned a lot about myself and about nutrition, this has helped me make better food choices. I learned I can do things out of my routine like going to the gym and astro turf in my community. We did a lot of different exercises. It became fun and I was enjoying it. My fear was gone. I learned that it is ok to move away from my routine. The staff of No Barriers were very helpful. A special thank you to Sinead and Helen for their support and encouragement, especially when going to the gym and trying new exercises. They made me feel safe and comfortable through the 8 weeks. Thank you to the No Barriers program. I had a great experience and my advice is to everyone is not to be frightened to change your routine. Change is ok"





# STRATEGIC & FUNDING PARTNERSHIPS

---

2024



# Strategic & Funding Partnerships

---

In 2024, the No Barrier Foundation continued to grow through meaningful partnerships that supported both our mission and our sustainability. We strengthened ties with long-standing strategic partners such as ATU, Atlantic Technical University, as well as with funders such as Rethink Ireland and the HSE to whom we extend our thanks. Securing additional funding allows us to expand and extend our reach to the people who need our services most.

By working side by side with our partners, we were able to secure diverse funding streams, co-create impactful initiatives, and extend the reach of our programs. These partnerships were not only about resources but also about building a network of allies who believe in creating lasting change together. Sincere thanks to all our funding partners in 2024!



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



**Comhairle Contae  
Dhún na nGall**  
Donegal County Council



**An Roinn Leanaí, Míchumais  
agus Comhionannais**  
Department of Children,  
Disability and Equality

No Barriers  
FOUNDATION



**THANK YOU TO ALL  
OUR STAFF,  
VOLUNTEERS,  
CLIENTS & GYM  
MEMBERS**

2024

