

ABUNDANCE

Great Lives through Supported Entrepreneurship

Abundance is a supported entrepreneurship platform for people with intellectual disabilities and others who want to create meaningful work around what they love. It is built on the belief that every person has gifts that can generate real value.

Abundance currently includes: Creative Approaches to Practical Community Advocacy (CAPCA) & Creative Approaches to Supported Entrepreneurship (CASE) trainings; Abundance Enterprises; the Abundance Network and Monthly Meet-ups.

Developed through the innovative work of Fionnathan Productions, Abundance provides practical guidance to shape ideas, understand potential customers, and build sustainable micro-enterprises.

For individuals, it builds confidence, skills, income opportunities, retail apprenticeships, and leadership experiences.

For families, it offers hope and security, through a structured pathway beyond traditional services.

For communities, it demonstrates that disability-led enterprise strengthens inclusion and diversity and creates local wealth.

Abundance is not just about business. It is about dignity, freedom, contribution, and high expectations for what is truly possible.



A ROADMAP TO ABUNDANCE

a Fionnathan Workshop

can be delivered as a half day or whole day experience

For people with Down syndrome or other intellectual disabilities, their families, and professional supporters.

Themes include: Optimism as a Mindset, Gratitude as a Practice; How to be a Leader of your Own Great Life; Considering Entrepreneurship

We'll also explore Abundance Micro-Businesses, projects where success is measured three ways:

- meeting the entrepreneurs' personal goals
- bringing health to the community
- giving entrepreneurs control over money

Let's flip the script - together.

**presented by Fionnathan,
an entrepreneur/ advocate
with down syndrome and his father**



ABUNDANCE

MONTHLY MEETUPS

at the intersection of
living disability experience and entrepreneurship

2nd Thursday of each month
6:30 - 8pm
FREE (donations welcome)

Who is it for?

Entrepreneurs-in-Training with intellectual disability,
and their entrepreneurially-minded supporters

You don't need to have done CAPCA or CASE but it helps
You don't need to bring a partner, but it helps

For people in Ireland, and around the world



ABUNDANCE

MONTHLY MEETUPS



**to join each meeting
just click here**



2026

<u>MAY 14</u>	International Business Experiences
<u>JUN 11</u>	Revisiting the Keys to Citizenship
<u>JUL 9</u>	Building Stronger Communities
<u>AUG 13</u>	Minding our Own Business
<u>SEP 10</u>	The Flow of Money (pay & benefits)
<u>OCT 8</u>	Movies, Social Media and more
<u>NOV 12</u>	In-the-Black Friday
<u>DEC 10</u>	Looking Back

2027

<u>JAN 14</u>	Looking Forward
<u>FEB 11</u>	Online Pitching Event
<u>MAR 11</u>	Arts & Crafts
<u>APR 8</u>	Abundance



coming soon
FIONNATHAN WORKSHOP:
**DISABILITY, EQUALITY &
INCLUSION TRAINING**

Your business or organisation can receive a grant for us to provide staff training to build an inclusive workplace and user-friendly service for customers with disabilities.

Our training provides:

- Increased awareness and understanding of people with different types of disabilities
- the social model of disability
- Legal obligations
- Communicating / interacting with respect
- Recognising the abilities of individuals
- Challenging negative stereotypes and bias
- Supporting pro-active recruitment through reasonable accommodations

All delivered in an informative and serious way.
But not judgy - lighthearted, even.



fionnathan
productions

DISABILITY EQUALITY AND INCLUSION



Initially, this training will be taught by Fionn & Jonathan. Eventually, we will train a team of facilitators with living experience, and supporters.

Fionnathan has:

- Relevant qualifications: both trained as Trainers
- Relevant experience: Created universally designed training programs with accessible materials
- Living knowledge of the social model of disability
- Understanding of policy, rights and related issues
- Experience around equality and real inclusion

Reach out now,
to be one of the first organisations we work with.



C.A.S.E. course

Standard Day Services are old-fashioned and not fit for purpose. Wouldn't you rather spend your time doing what you want to do?

And wouldn't that include:

- Working toward your personal goals (and making money as a means to help achieve them).
- Contributing something to your community, and being recognised for your contributions.
- Supporting your friends and building your relationship network.
- Making the world a better place.

CASE has six modules to explore together. It can be delivered in six hours, six days, six weeks, or six months.

It can have the most impact when undertaken in pairs of two learners, where one is 'cognitively impaired', and the other is committed to supporting them through the course and beyond. This way brings a great and long-lasting sense of equality through mutual support.

the case for CASE

Creative Approaches to Supported Entrepreneurship

CASE has elements of a business start-up course, redesigned for this under-served community of potential entrepreneurs. But it also has a few twists - innovative, out-of-the-box approaches that will help you reach your own definition of success.

If you are an individual labeled with intellectual disability, a family member of someone living that experience, or someone who is interested in helping this community, register to know when the next course will begin.

Can't wait? We also offer personalised consultations.

If you are a service provider who wants the best for your clients and other stakeholders, let's create a bespoke version of CASE, co-designed to meet your organisation's responsibilities to help people be more engaged with their communities with reasonable and dynamic risk levels.

Start the conversation today!



FIONNATHAN presents: **the CAPCA course**

Creative Approaches to Practical Community Advocacy

CAPCA is co-designed and facilitated by people with intellectual disability. With funding from the Irish government, we have run three cycles of the course, led from Ireland, with international participation from seven countries.

A great foundational exploration for individuals, families and support professionals who are considering Self Directed Supports as a means to live an extra-ordinary life.

Can be tailored to your community.

Typically delivered in a hybrid format: online and in-person (often combined with our Art Retreat)

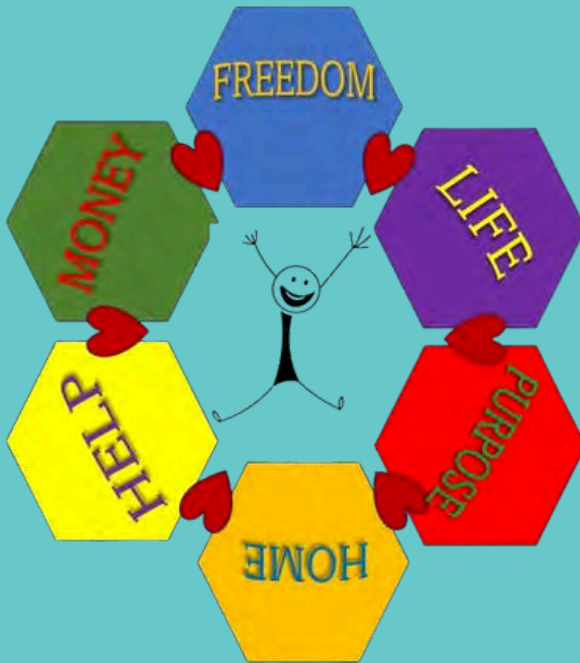




CREATIVE APPROACHES TO PRACTICAL COMMUNITY ADVOCACY

8 modules, exploring The Keys to Citizenship

Freedom, Life, Home, Purpose, Help, Money.



and

Love is the Keyring

that holds them all together.



ABUNDANCE ENTERPRISES



Jonathan Angus

Fionn's father and co-creator of Fionnathan Productions. He hopes that Abundance is an idea whose time has come, and that maybe, by finding the right collaborators, we can change the world.



Fionn Crombie Angus

Fionn is the first person with Down syndrome in Ireland to run his own support system. A Harvard Law Fellow, he plays the fiddle, has traveled to 29 countries, and addressed the United Nations.

Markus Vähälä

A producer of social change from Finland, he believes that business networks of supported entrepreneurs will generate resilient communities and great lives.



ABUNDANCE ENTERPRISES

How will we help the community?

Our business will help people with Down syndrome to achieve their dreams. We are also offering a new social innovation in Abundance enterprises offering communities group based model for supported entrepreneurship. We want to help the society to recognise the value and potential of marginalised people.

What is the business idea?

We have helped Fiom win a great life, and we think we can help others, which we believe is a valuable thing to offer.

Our business will train and support business start-ups and young businesses so that people with ID & their families are more likely to be successful.

We believe this will be successful because the world needs to invite people with Down syndrome to new entrepreneurial roles together with their family, friends and professionals.

What personal goals led the group here?

F: To be a better facilitator/trainer/teacher/mentor.
J: To bring together what I have experienced as a supporter of Fiom's 'great life' into a gift that can be shared with other families.

Markus Vähölä (our Finnish colleague): I want to pay my bills by working anywhere with people with Down syndrome and other disabilities, helping to improve their lives.

How will we make profit?

We will have a portfolio of funding sources that enable us to make a profit. Our permanent costs are low and we can modify our core know-how to our customers needs. We are selling our training and services to organisations. We are constantly looking for grants and open for investments, donations and charitable gifts.

Great Lives through Supported Entrepreneurship



What do we have for success?

Our group is creative, skilled in media and networking, has international contacts, and needs clearer information on funding opportunities and market pricing.

We have basic digital equipment and internet access, and we can expand our impact by leveraging external resources, partnerships, trade shows, and potential collaborations such as enterprise boards or publishing.

We operate from Ireland & Finland, working mainly online, ready to travel for in-person collaborations.

We need strong time management and a clear strategy to prioritize tasks and delegate when appropriate.

We can engage volunteers, students, and network members to support various operational tasks.



DJ COOLNESS 101



Laura Drumm

Laura, Anna's mother, is committed to supporting her so she can build a happy, confident and fulfilling life.

By helping Anna grow her skills, independence and opportunities, Laura believes they will both enjoy a brighter, more secure future.

Anna Drumm

Anna loves dance, drama, swimming and basketball. She's doing the Leaving Cert Applied, has work experience in Tesco and the Mullingar Park Hotel, and has successfully sold Christmas crafts at local markets.

(DJ Coolness 101) is a young DJ aiming to create fun, inclusive community events



DJ COOLNESS 101

How will this project help the community?

Create a positive atmosphere through music. Provide high-energy, uplifting DJ sets that help people feel happy, confident, and connected.

Build a supportive and inclusive community around music. Bring people together at events, encourage friendships, and create a safe space where everyone feels welcome.

Promote local talent and creativity.

Collaborate with other young DJs, musicians, and creators to showcase local skills and inspire others in the community.

What is the business idea?

DJ Coolness 101 creates joyful events with diverse music, thanks to CAPCA, growing confidence and inspiring tomorrow's DJs.

DJ Coolness 101 plays fun, feel-good music for every event, with CASE helping me to grow confidence and inspire future DJs.

What personal goals led the group here?

To grow my confidence, strengthen my DJ skills, and express my true voice through music while creating joyful, uplifting experiences for my community.



How will we make profit?
We will sell DJ experiences to all audiences, but we focus on groups that usually do not have opportunity for DJ experiences, like elderly homes, community centers, and special schools. Our business model benefits from our unique talent and we are looking for grants and funds to make our service available for a lot of people around Ireland, and hopefully abroad too.

We will keep the costs down by using our resources emerging from our family, friends and the communities we are connected with.

What do we have for success?
Our team has a strong knowledge of music, and we enjoy sharing it with our community. We have practiced using DJ decks, and we love dancing and performing to good music.

We will need equipment, such as a laptop, software, controllers, microphones, speakers, cables, lights, a table, and headphones. At the moment, we are using cousin Shane's equipment.

Anna lives at home with her mother, who supports her with the business. Anna's cousin Shane lives about 5 km away and she goes to his house for DJ training. As Anna is still in school and preparing for the Leaving Certificate in June 2026, we can currently dedicate about three hours per week to developing our DJ business.



FOINSE CAFE



Roseanne Theissen

Having spent her whole life in an intentional (inclusive) community, she is someone who finds herself through service to others.

Eoghan O'Brien

Charitable, supportive and enthusiastic, he wants to build something nice for his community.



FOINSE CAFE

How will this project help the community?

Our business will provide a service to our town and locality. If it developed it could offer employment opportunities to people in our town. It would also provide a place for the people of our town to meet and socialise. Our (personal, community, financial) goals for our business are to explore other ways of creating a business, to create a positive space for community interactions, to show an example of work opportunities for everyone, and if possible to eventually create a viable business. It is also important to us to support others and Eoghan likes the idea of donating a portion of proceeds to a charity.

What is the business idea?

The reason we chose pop-up bakery/café Foinse was because we both have some experience of baking and know that people always enjoy what we bake. We think it is good to use skills we already have in developing our business.

The business idea is also something that people in our town have been looking for on two different levels. Firstly, there is a want for another café space, especially one that opens on Sundays and at times when events or festivals are on in our town (this is not something that our town currently has). Also, we know that people in our local community who are looking for work opportunities in an area like this and think that this is a way in which these could be explored.

We believe this will be successful because it is a niche in the market in our community and the need for a space like this that has flexible opening hours, especially at weekends, is in demand in our community.

What personal goals led the group here?

EOB: To live a good life and support others to do the same
RT: Become better at pioneering new things

How will we make profit?

Our start-up costs are modest. Luckily we also have a free café space where we can sell. We tend to measure our success more based on achieving our personal goals and community building elements. These parts come quite naturally to us. It will be more of a challenge to also try to focus on making a profit. Even if we didn't make a profit in year one, we would still feel successful and proud, if the social and community aspects were working well. Ideally we will make a profit so that we could also offer employment to others.

What do we have for success?

Our group has several skills and resources that will support the success of our business. Eoghan has extensive experience baking bread and rolls and has developed a strong kneading technique that helps produce light and fluffy bread. He has also completed a food and cookery course. Rosie spent a year running a bakery that produced bread, cakes, and biscuits while also hosting tea breaks, similar to a free café. She is certified in HACCP, providing knowledge about food safety.

We have access to essential baking equipment. We have identified a potential location in Collan with a large kitchen and a suitable space for a pop-up café. Both of us live locally, making it easy to manage the business. Initially, we can commit 5-10 hours per week and receive support from contacts.

Gets you buzzing



JUMP 4 JOY



Maura Brid Gallagher

Mother of Fodhla, is excited to witness who her daughter is becoming and supporting her to be her best.

Fódhla Nyhan

Having a sense of style and beauty, she wants to create a world filled with colour.



JUMP 4 JOY

The jumpers that bring joy



How will this project help the community?

It will bring joy, and provide a person with Down syndrome with a job. It will also raise awareness in the community of her capabilities.

What is the business idea?

The name Jump4Joy comes from drawings by Fódhia, and will hopefully bring JOY to all who wear and see our clothes.

We will create original designs for t-shirts and jumpers. Our goal is to sell shops located in Dublin and elsewhere, and online.

We will be successful because we have a good story behind our business with a special designer Fódhia and her mother Maura-Brid. We are ready to sell other micro-businesses' products like card games and wish that other microbusinesses will sell our products.

What personal goals led the group here?

FN: My goals are to get to college, to drive a car, to travel, and to be fit and healthy

MBC: I want to support Fódhia in becoming an independent, happy young woman, in charge of her own life with friends. I want to establish a good life for me and my two daughters to thrive in, to be content and happy.



How will we make profit?

We will begin our entrepreneurial journey by selling our designs, to build our reputation. We will do volume sales in various markets on weekends and holiday season. We also do collaborations with existing shops.

Our internet marketing and sales platform will help us to gain sales that cover our expenses and create profit. We will improve our social media presence by collaborating with young influencers, do unique limited designs, which can be priced a bit higher than our regular collection.

What do we have for success?

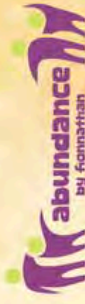
Our group has several skills and experiences that support this business. Fódhia enjoys handwriting and has a strong interest in fashion, which helps with design. She loves making Tik-Tok videos and dancing, which can promote our products on social media and attract customers.

Maura-Brid has experience with many different crafts, which will be useful when creating and decorating our products.

We already have some of the equipment and materials needed for the business. We plan to use textile paints suitable for t-shirts and sweatshirts, and we will use a Cricut machine to help with printing designs.

Our business will be run from home. We live in the countryside in the Midlands of Ireland, between the towns of Athlone, Tuilmore, and Mullingar. Our location is also convenient because we are only about one hour from Dublin and Galway.

We can commit around four hours per week to start with and increase this if needed. We will also get help from family members & work colleagues.



ArTogether



Nicolas Desmond

Warm hearted, gentle but cheeky, he helps us to see the brighter side of life.



Mélisse Desmond

Adventurous sister to Nicolas, she is passionate about helping the world to understand outsiders.



Andres Cano

An artist and talented skilled person from Valencia, Spain, wanting to change his life through entrepreneurship.



Mery Cano Hernandez

Committed to her children, she overcomes major obstacles to create great life for her son.



Emmi Timmons

A skilled visual artist with internatinoal audience creating a career developing her business.



Jenni Glad Timmons

Mother of Emmi, multitasking producer of change, making the life great for her daughter and herself.



BONOBO INTERNATIONAL



Naoise Dooley

Mad about wild animals & facts. Loves tv, nature's wild wonders, foreign languages, traveling and making friends.

Christine Osswald

Naoise's mum, creatively committed to make his voice be heard for him to have a great life and following his dreams.



Inka Timgren and Olli-Pekka Lappinen

Inka is a Finnish media producer and Olli-Pekka is an outside worker. This married couple wants to earn money so they can help others and enjoy a great life together.



Markus Vähälä

A producer of social change from Finland, he believes that business networks of supported entrepreneurs will generate resilient communities and great lives.



STUDIO 47



Aimée Richardson

Multitalented, accomplished, with a true Irish wit, she has done and will do great things. Encourages young artists with Down Syndrome to develop their creative talents.

Peter Richardson

Kind, conscientious, dedicated supporter of his daughter, Aimee, he wants to leave the world a better place.



Louise Nolan

Multiskilled facilitator in Arts and creative practise, ready to help her son Liam to fulfil his dreams.

Liam Nolan Kraul

Feisty, creative with strong inner fire, he wants to connect people to each other.



CLUICHÍ RÍOMHAIRE



Róisín de Búrca

Dedicated, hard-working, and independent, she is committed to finishing what she starts. She wishes to increase her public speaking opportunities.



Tuathlaith de Búrca

Native Irish Speaker living in the Gaeltacht, she is a creative artist co-creating a video game business with her sister.



CLUICHÍ RÍOMHAIRE

How will this project help the community?

It will promote Irish in our community, giving people an opportunity to use Irish, and giving learners a way to improve their Irish.

It could give people with disabilities a voice in the community.

People in the Irish language speaking community would have a fun game to play.

What is the business idea?

Our business will create video games originally written in the Irish language and sell them on Steam. The reason we chose Irish language video games was to promote the use of Irish in everyday life.

We believe this will be successful because we have the skills and the knowledge to produce the product, and we also have the skills to market the product.

Our business will help us connect with the Irish speaking community, and build the confidence and resourcefulness of the developer and the promoter.

What personal goals led the group here?

RdB: Public Speaking; Learning how to drive; Travel; Getting my black belt and teaching Taekwon-do; Filming my script.

TdB: Creating and selling video games; Travelling to every county in Ireland; Improving my work / life balance; Using my Irish more.

Irish Language Video Games



How will we make a profit?

We will make a profit by selling lots of games. Production costs are modest, but we need money to develop and market the game. Our distribution platform is Steam, allowing our games to be sold worldwide.

We are self funding the first year of development. While we are prepared to continue self funding, we are applying for funding from An Chomhairle um Oideochas Goeltachta agus Goetscoláiríochta (COGS) and we have other fundraising ideas such as ticketed game-launch events. We are also planning Steam give-a-ways that will promote awareness of our games.

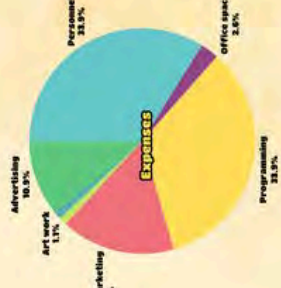
What do we have for success?

We have creative and communication experience to support the development of our business. Our skills include: native Irish language speaking, creating video games, creative writing, public speaking, promoting inclusivity and presenting at ArtsAlive events, volunteering at the Galway Arts Festival. These experiences give us a strong foundation in creativity, communication, and community engagement.

We have the equipment and materials needed to produce the product, including art software and game development software, a lightbox, a high spec computer, a high quality microphone, and physical art supplies.

Róisín is living in Galway and Tuathlaibh is living in the Galway Goeltacht. These locations give access to a creative and cultural environment with necessary technological supports.

We can dedicate about 10 hours per week to the business ourselves. We also have support from family. Our parents can provide financial guidance. They also provide encouragement. One of our brothers, a secondary school Irish teacher, will help with script editing and playtesting. Another brother, an Irish Translator for the European Commission, will help with proofreading. Industry contacts at Ardán, Crew, and Imlírt can offer video game industry expertise.



CONORS COASTERS



Conor O'Dowd

With an eye for observing what others overlook, he sees humor everywhere in society.



Audrey O'Dowd

Mother to Conor, she has keen sense of justice, and interested in helping community to view things through another lens.



Michael O'Dowd

Experienced expert in consulting and mentoring start-ups, and father of Conor, he hopes to see his son thrive.



CONORS COASTERS

How will this project help the community?

Our microbusiness will be an example to others with disabilities in the community, of Conor's valued role having his own business and creating a valuable, worthwhile product.

As he gains confidence and experience, he would like to employ others with a disability.

By providing diversity and inclusion awareness, the community will benefit from richer social connections and changing perspectives.

Well show how Conor's good life can be achieved through business ownership, on an equal footing with other entrepreneurs.

What is the business idea?

Our business idea is to produce and sell drink coaster with Conor's photographs on one side, for tourists and visitors to our town. They will have a small souvenir to take home and remember their trip when they chill out with a cup of tea or coffee. And I will say, 'Thank you. Come again soon.'

What personal goals led the group here?

C.O.D: To be independent; To work towards a job and money; To have a good social life; To have my own apartment

A.O.D: To be productive having a little business; To learn artistic skills and share them with others; To make more connections within my community; To earn an income

Hey camera, take a photo



How will we make profit?

Profit we hope, will come from good selling of our story with our product. We hope the micro business will be sustainable, enjoyable, and busy. Through working with friends, we'll make new connections.

To be productive and have a worthwhile stimulating occupation, and integrate more into the community making new connections in our town making it a more inclusive town for people with a disability.

What do we have for success?

Our group has strong experience relevant to the business. Conor has worked closely with professional photographers for years, and has developed excellent people skills through his work in the hotel industry.

Audrey previously worked in HSE administration, and now runs a media production charity supporting people with intellectual disabilities, giving her strong networking and organizational skills.

Michael is an accountant who has worked with business start-ups for Enterprise Ireland, and has served as a county councillor, bringing valuable business knowledge and networking ability.

We own cameras, tripods, premises, and wooden coasters to begin production. Based in Drogheda town centre, near Dublin, we can access local markets and shops while operating from our garage. The team can commit around 20 hours per week. Additional support will come from Conor's PA, and relatives experienced in honey production, who can help with marketing and distribution.

