

Dee Stoppa

InnLyte



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INNLYTE

Dee Stoppa, who is originally from Poland and now lives in rural Co Kilkenny near Castlecomer, started InnLyte in 2024 after more than a decade as a self-employed visual artist, educator and facilitator. Before setting up InnLyte, Dee ran a studio shop in Castlecomer Craft Yard, where visitors could buy her work and take part in creative wellbeing workshops focused on making, slowing down, mindfulness and mental health.

During Covid-19, much of her work moved online and she co-produced a book with Mental Health Ireland. She later completed courses in Arts and Health with NCAD and Workplace Wellness with Trinity Business School.

InnLyte is a social enterprise and documentary production house focused on shaping and growing the creative wellbeing sector in Ireland and Europe. Dee was inspired by the lack of awareness around the benefits of creativity for mental health and by limited wellbeing options, such as “paint and sip” classes centred around alcohol.

To develop InnLyte, Dee mapped what was happening in arts, health and creative wellbeing in Ireland and further afield, identifying a gap where she could help organise and support the sector.

She began by producing a ten-part documentary series interviewing artists and makers across Ireland about creativity, health and mental health, with themes including neurodivergence, grief, menopause and resilience.

InnLyte has since developed to include plans for standalone short documentaries, a feature documentary, and a directory of in-person creative wellbeing events, facilitators, retreats and workplace wellbeing providers. Dee was named Network Ireland Kilkenny Networker of the Year 2025.

She says ACORNS helped bring clarity around the social enterprise model, funding opportunities and income generation. She also valued the monthly accountability, diverse group and guidance from her Lead Entrepreneur Alison Ritchie.

Looking ahead, Dee is focused on hosting the first Creative Wellbeing Awards in Butler House, Kilkenny, on February 11, 2027, continuing documentary production and launching the InnLyte directory.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
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