



SUPPORTING SERVING AND
FORMER MEMBERS OF THE
ARMED FORCES, EMERGENCY
SERVICES AND FAMILIES



So much more than surfing



Veterans Back in Service

Surf Action is a charity (1140191) whose primary role is to promote and protect the physical and psychological wellbeing of serving and former serving members of the armed forces and the blue-light emergency services and their families who are living with physical and/or

psychological difficulties as a result of their service and to assist them into making the transition into civilian life.

Surf Action harnesses the talents and expertise of military veterans to work alongside serving personnel and their families to deliver courses and packages that provide a Holistic Solution Focused Approach. Many of those who come to us at Surf Action have suffered either physical or psychological trauma or are struggling to re-adjust to civilian life. At Surf Action we aim to empower those affected to build a life that works in spite of their injuries; to move forward from psychological difficulties and to adapt creatively and effectively to their life circumstances and challenges.



We consider all that we do - the surfing, the family days, the education, the signposting and the one-to-one conversations, to each be a part of an all-round support package that those who come through our doors can access.

Once involved with Surf Action, veterans and their families know that this support will be available at whatever level they require for as long as they need it.

Surf Action promotes good mental health through personal development, education and employment and empowers its service users to lead healthy, fulfilled and independent lives and to become valued and active members of their community. Core to achieving this is the use of the blue gym concept and involving our service users in Ocean Therapy which includes surfing and other high intensity water-sports in the magnificent coastal environment around us.



Surf Action has researched and designed its own Ocean Therapy based 'Joined-Up Recovery' model, an integrated

recovery approach, which gives the service users and their families a bespoke pathway which they can access in order to achieve the best outcomes for themselves. It has been trialled and refined by Surf Action and qualitatively evaluated and published by Dr Nick Caddick of the 'Peter Harrison Centre for Disability Sport' at Loughborough University.

The Surf Action Joined-Up Recovery Model recognises that the front line is not the only place where battles are fought and that partners, parents and children are also deeply affected by a loved-one's military experiences and often bear a heavy burden if injuries, be they physical or psychological, are sustained. PTSD, as an invisible injury, can be especially hard for families.

Our focus is on the successful transition of ex-service and their families into civilian life. We work with many other organisations to help achieve the best support synergy for the individual and their family. We engage with and progress individuals within our community, who have an identified need, to develop and enhance their life skills and confidence.



Through a dedicated peer support network for the service user and a comprehensive set of family orientated workshops which cover subjects from trauma, good mental health and healthy living we encourage them to live well in spite of any difficulties which they face and to be independent rather than dependent.

Surf Action also works by supporting unemployed and economically inactive people to rebuild their confidence and gain key employability skills that every employer is looking for. Our program works with a wide range of clients including those who have often failed to otherwise engage or progress. We have specific expertise in the areas of assessing needs and in identifying barriers to progression. A vastly experienced and knowledgeable team of staff. We will motivate individuals to explore and unlock their potential. Through a series of coaching sessions, a

foundation of trust is developed to empower individuals to grasp their future. This starts with an in depth assessment. If any major issues are identified at this stage, we will direct the client to a suitable specialist provision as necessary.

We will direct our clients towards bespoke provision in education, training and the work place, thus enabling them to move towards employment and to participate in a more productive future. Experience has shown that, for some, lifestyle changes are difficult. For these individuals a period of protracted support is often necessary.



We have therefore engaged with likeminded community groups to recruit, train and equip volunteers, that the benefits of the program may be sustained in the longer term. The coaching encourages and enables clients to make their own choices and through support, empowers

them to make decisions and take positive action. The team includes experienced and dedicated staff from professional backgrounds in the public and private sector, who have a proven track record of delivery. We match team experience to client need.



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