

Surf Action Health and Wellbeing Residential

Coombe, Morwenstow, North Cornwall, 13th-17th March 2017



The Landmark Trust has very kindly donated the use of two wonderful and historic 17th century thatched cottages in North Cornwall to Surf Action for use as the base for a health and wellbeing residential. If you are a veteran going through recovery and would like to:

- Spend 5 days in a unique coastal location and atmosphere very different from your day to day life and divest yourself of the many modern communication mediums which tend to preoccupy our lives whilst benefiting from the support of a friendly and welcoming peer group;
- Take part in extensive coastal walks, watersports and other healthy outdoor activities in the stunning Cornish coastal environment whilst also learning about the importance of living as physically and emotionally resilient lives as possible;
- Discover new adjustment strategies, learn about coping skills and the importance of education in recovery all within a supportive group setting with onsite psychological and occupational therapeutic support;
- Take time to identify, concentrate on and develop your own recovery path for the long term whilst having a lot of fun;

Then email us at info@surfaction.co.uk

All food, accommodation and activities are free



Fifty For Free 2017

