



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



The Surf Action 'Community Integration and Wellbeing Project'

Surf Action is delighted to have been awarded 12-months funding for our Community Integration and Wellbeing Project by:



as part of their 'Local Grants Programme'.

The project supports the physical and psychological wellbeing of the armed forces and local communities around RNAS Culdrose by helping local families best deal with the emotional effects of the current heavy deployment cycle by involvement in healthy activities in the blue and green gyms in the magnificent Cornish coastal environment.



We had intended to start the project in March 2020 however the Covid-19 pandemic delayed us until the social distancing restrictions were relaxed in July. We then advertised four, six week courses which rapidly became fully subscribed.



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



Surf Action Community Integration & Wellbeing Project
Surf Action is offering several inclusive Armed Forces Community Family Ocean-Therapy Courses to support the physical and psychological resilience of the Community commencing in July 2020



Post Covid-19, free 6-week surfing courses at Praa Sands on Saturdays and Sundays for children/young people aged 7-18. Parents are encouraged to join their children in the water! All boards and wetsuits are supplied free.

Course 1: Saturday 4th July – Saturday 8th August—Morning (09.30-12.00)

Course 2: Sunday 5th July – Sunday 9th August—Morning (09.30-12.00)

Course 3: Saturday 4th July – Saturday 8th August—Afternoon (13.00-15.30)

Course 4: Sunday 5th July – Sunday 9th August— Afternoon (13.00-15.30)

We hope to run some additional courses commencing in mid August.

Email: info@surfaction.co.uk for more information and to register!



Surf Action, Carnon Building, Wilson Way, Redruth,
Cornwall, TR15 3RS
T: 01209 210350 | Email: info@surfaction.co.uk

**ARMED FORCES
COVENANT
FUND TRUST**

Prior to the start of the courses we changed the venue to Gwithian near Hayle which provides more regular surf conditions and this proved to be very successful.





At the half-way point the families have all experienced a wide variety of weather and surf conditions and demonstrated resilience and teamwork.



We are now in the process of offering two follow-on courses as demand has proved to be very high.



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



Surf Action Community Integration & Wellbeing Project
Surf Action is offering two extra Armed Forces Community Family Ocean-Therapy Courses to support the physical and psychological resilience of the Community



We are already running four armed forces community families courses and can now offer two more free, 6-week surfing courses at Gwithian on Saturday mornings for children/young people aged 7-18. Parents are encouraged to join their children in the water! All boards and wetsuits are supplied free.

Course 5: Saturday 15th August — Saturday 19th Sept—Morning (09.00-12.30)

Course 6: Saturday 15th August — Saturday 19th Sept—Morning (09.00-12.30)

Email: info@surfaction.co.uk for more information and to register!



Surf Action, Carnon Building, Wilson Way, Redruth,
Cornwall, TR15 3RS
T: 01209 210350 | Email: info@surfaction.co.uk

**ARMED FORCES
COVENANT
FUND TRUST**

