

Surf Action – Changing Minds

Surf Action is delighted to offer Community Family Ocean-Therapy Courses to support the physical and psychological resilience of families and the community in Cornwall, commencing on Sunday 25th July 2021, funded by; The Community Fund



‘Changing Minds’ is an innovative health and wellbeing project, aimed at people living in Cornwall aged between 7 and 65 who are living with medical, mental health and/or emotional/behavioural difficulties which are limiting their lives and their ability to fully participate in the community.

Surf Action is offering two 6-week, community ocean therapy courses at Gwithian on Sundays (09.00 – 12.30). The two courses will run concurrently each Sunday morning and will commence on Sunday 25th July and end on Sunday 29th August. All family members are encouraged to go into the water! All boards and wetsuits are supplied for free.

(Arrangements may be subject to change depending on the current government Covid-19 guidance in force at the time).

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