

We're Social!



# Surf Action

SUPPORTING THE ARMED FORCES  
EMERGENCY SERVICES & THEIR FAMILIES

Surf Action is a charity who supports serving and former members of the Armed Forces, Emergency Services and their Families who suffer the effects of Physical or Psychological Injury or have difficulty re-adjusting to civilian life.

## SUPPORTING FAMILIES

Service families may suffer psychological injuries which are not visible wounds, but the effects these wounds have on families can be devastating. The impact on children is often lost amongst finding support and the journey to recovery.

Change can be unsettling for any child, and Forces children experience more than most. Routine is an important factor in coping with change.

Our surfing activities help families to engage with regular activity, build friendships and have fun.

**"GET ON BOARD"**



# www.surfaction.co.uk

## We can help...

- Are you new to the area? ■ Are you having trouble adjusting?
- Do you need someone to talk to?
- You can have a friendly chat with like-minded people
- We can sign post you in the right direction for help

**PLEASE CALL US ON 01736 365645  
OR EMAIL US: INFO@SURFACTION.CO.UK**

