



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



6 WEEK VETERANS' WATER-SPORTS COURSE AT WHITSAND BAY

Surf Action is delighted to announce the start of a new, free, six week water-sports course for veterans at Tregonhawke Beach, Military Road, Whitsand Bay, Cornwall, PL10 1JZ commencing on Saturday 15th August 2015. The course will run for 6 consecutive Saturdays (22nd and 29th August, 5th, 12th and 9th September) commencing at 11.30 and ending at 14.30. The course is open to 10 veterans so early booking is essential. This will be done on a referral basis either by self-referral or a referral by another organisation. The self-referral forms can be downloaded from the Surf Action [website www.surfaction.co.uk](http://www.surfaction.co.uk) under the 'Downloads' Tab or you can contact Surf Action on 01736 365645 or by email to info@surfaction.co.uk. We have changed the day from Wednesday to Saturday in response to the many veterans who told us they are unable to attend during the week.

The course will be mainly surfing based and will let veterans master a new skill/sport and improve their physical and psychological fitness at the same time. Wetsuits and boards will be provided but you will need to bring a towel and any snacks/soft-drinks which you want.

Please contact Surf Action on 01736 365645 or info@surfaction.co.uk for further details.



Directions:- Tregonhawke Beach is 2/3 of the way along Whitsand Bay directly below Whitsand Bay Holiday Park. **We will meet at 11.00** at the top of the cliff path right next door to Eddystone Beach Cafe. Access is steep and stepped in places so please allow 10 minutes for the walk down. Please inform us in advance if you have mobility issues.

From Plymouth: Come across on the Torpoint Ferry and follow signs to Antony. Upon entering Antony Village, turn left at the 'Ring O Bells' pub and proceed up the hill. Continue for 2 miles and turn left at the T

Junction. Just after rounding a sharp left hand bend at Tregantle Fort, turn right onto the Cliff road (military road) and follow for 2 miles. The Holiday Park is approx 1/2 mile from the village of Freathy.

Parking:

Spaces are limited after mid day, particularly during fine weather. There is a lay-by at the top of the cliff and also parking along the grass verge but please ensure all your wheels are off the tarmac. There is also a large field open for parking during the summer months half way between Freathy and Tregonhawke.

Bus Services:

32 City Bus from Royal Parade to Cremyll (see traveline southwest for other stops) runs every hour during the week and takes approx 1 hour from City Centre to the top of the Cliff path at Whitsand Bay Holiday Park.

On the beach:

There is a cafe with toilet and a safe place to leave your belongings whilst in the water.

