



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



3rd March 2016

Surf Action is delighted to have been awarded some funding by the West Cornwall Youth Trust to run its 'Surf Action Sharks' project for service and civilian youngsters during 2016.

The project will explore and evidence the benefits of early intervention to support the mental health and well-being of children in families of former and military personnel and in doing so reduce the increasing demands for services the Children and Adolescent Mental Health Services (CAMHS). We will do this through a programme of vigorous activities that integrate children from forces and non-forces families through surfing and beach related activities. Recently published academic research based on our delivery has evidenced the link between surfing/beach activities and increased mental health and wellbeing. We want to explore the benefits of this approach for military children and will also be able to measure the benefits for children in non-forces families and the differences between the two groups.

We will be running a series of back to back 8-week Ocean Therapy courses at Newquay (RAF St Mawgan children) and Praa Sands (RNAS Culdrose children) with 10 children/course.



Financial help for youth charities in Cornwall

At West Cornwall Youth Trust we believe that life is for living. In our view, young people who take part in challenging and broadening experiences come out the other side with invaluable life lessons – which help as they continue on the path to adulthood.

We recognise that activities are often expensive because of the costs associated with travel, equipment or a number of other factors. Consequently, not every family can pay for the kind of activity which their children may enjoy taking part in.

That's where West Cornwall Youth Trust comes in. We established the trust in 2010 to provide support to deserving young people in Cornwall, with a view to enabling them to take part in worthwhile activities that they may otherwise not be able to afford.

The primary way in which we achieve this is by offering financial assistance or grants to charitable organisations who can, in turn, help young people in West Cornwall – generally those who live west of an imaginary line between St Austell and Newquay, including the Isles of Scilly.

We specifically aim to help young people between the ages of 10 and 21, who may be:

- Underprivileged
- Seriously financially constrained
- Socially disadvantaged
- Disabled

Other categories are also considered on a case-by-case basis at the Trustees' discretion.

Further details can be obtained from our website at : <http://westcornwallyouthtrust.org/>

Telephone: 07837 067585 | **Email:** info@westcornwallyouthtrust.org

Post: West Cornwall Youth Trust, PO Box 321, Marazion TR18 9BZ

West Cornwall Youth Trust is registered in England and Wales as a charitable company limited by guarantee.

Company no. 07090738. Charity no 1133411.

Registered address: Lowin House, Tregolls Road, Truro, Cornwall, TR1 2HA

