



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



This is a copy of an excellent article written about Surf Action on behalf of the Royal British Legion by Tristan Nichols (Public Relations Officer South) on 14<sup>th</sup> August 2017. The original article can be found at: <http://www.britishlegion.org.uk/community/stories/support/how-military-families-are-bonding-through-surfing/>



## HOW MILITARY FAMILIES ARE BONDING THROUGH SURFING

If there's a more fun way to learn about sea safety than going surfing, we've yet to hear it. So, when Surf Action came to The Royal British Legion asking for support in running water-activity courses for military families, we were only too happy to help.

14 August 2017

A grant from the Legion has enabled Surf Action to run a series of courses at the beautiful Praa Sands in Cornwall. The courses helped children and their parents learn about sea confidence and swimming in the sea through surfing, paddleboard, and kayaking activities.

Over 70 children and over 100 parents took part in the courses, including Chris, Laura and their daughter Amelia.



**Chris and Laura with Amelia on Praa Sands.**

“I think it’s amazing that the Legion is funding this sort of project,” says Chris.

“You’d never expect that the Legion supports surf lessons and safety in the water sessions.”

“Given Amelia’s autism, sometimes it can be a real mission to motivate her to take part in activities. When we do go to the beach as a family we do find ourselves worrying about Amelia especially as she does her own thing without any real regard to her safety.

“Amelia has sensory needs. In the past, we have taken her to the beach and she has had no concerns about running off into the water. She never considered rip tides, or being out of her depth, and of course that was worrying for us.



**Amelia taking part in the Surf Action courses with other military children.**

“The wonderful thing about these sessions,” says Laura, “is that she and the other kids are meeting people; they’re learning about discipline; and safety in and out of the water.

“She understands the dangers and now, as a family, we feel much safer bringing her to the beach. Amelia cannot wait to get involved in the Surf Action courses. She absolutely loves it and that’s lovely to see.”



**The courses by Surf Action introduce children to sea safety through surfing, paddleboarding and kayaking.**



**Military parents and children are taken through sea safety.**



“Surf Action is bringing families together to help children and their parents best deal with the heavy emotional cycle of deployment,” says Steve Baynes, Head of Social Policy & Grant Giving at The Royal British Legion.

“The surfing sessions help to build self-confidence, encourage teamwork and awareness amongst children and parents who take part in the activities. This assists with a variety of challenges that can arise from having a parent in the Armed Forces.

“This grant highlights the breadth of activities that assist the Armed Forces community and The Legion is proud to continue our financial support of Surf Action’s excellent and unique work.”