



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



Surf Action - Serving/Veterans Partner's Project

Meeting at Lakeside Café, Coronation Lake, Helston each Wednesday
morning from 10 until 12 from the 3rd May-21st June 2017



If you are the partner to either a serving armed forces member or a veteran then this is for you!

The project is designed to provide a weekly opportunity for you to have an all too rare couple of hours away from the family and the time to concentrate on yourself and your own wellbeing within a supportive group of fellow partners.

Each Wednesday for 8 weeks the group will meet at the Lakeside Cafe at Coronation Lake in Helston where there will be the opportunity for a quick drink and catch-up before going on to participate in a group activity in the beautiful local area.

By participating in regular healthy physical activity in the natural environment, learning a few new skills along with the social engagement and interaction should be a welcome boost to your own resilience and wellbeing.

To book a place or for further information please email; info@surfaction.co.uk



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