



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



## The Surf Action 'Blue Health Recovery Pathway'.

Surf Action is delighted to have been awarded funding for a 2-year project by:



As part of their '**Positive Pathways Programme**'.

The Blue Health Recovery Pathway encourages veterans to experience the proven, natural, physical and psychological health benefits from participation in low-impact, enjoyable, high intensity group activities including surfing, kayaking, games and other shore activities in the stunning west country coastal environment with the assistance of other veterans and professionals.

The Covid-19 situation has naturally delayed some of our delivery but we are now back in the water with the veterans and amending our delivery as the associated rules are changed and relaxed.





We recognise that strong family relationships are central to achieving long-term resilience and integrate their families in our 'Community Integration and Resilience Project' when possible to the benefit of all concerned.



