

Surf Action Changing Minds

Surf Action is delighted to offer Community Sea Swimming Ocean-Therapy Courses to support the physical and psychological resilience of families in the Community



‘Changing Minds’ is an innovative health and wellbeing project, aimed at people living in Cornwall aged between 7 and 65 who are living with medical, mental health and/or emotional/behavioural difficulties which are limiting their lives and their ability to fully participate in the community and lead fulfilling lives. Participants are expected to attend all 6 weeks. The course is for anyone who would like to improve their wellbeing, by boosting positive emotion through sea swimming, engaging in work and by using signature character strengths and personal resources. (your wellness will be monitored throughout to identify areas for intervention and support.

Gyllyngvase Beach Falmouth

Saturday 29 April—03 June 2023

10 June—15 July 2023

22 July—26 August 2023