



For children aged 8-13 experiencing anxiety, low mood or loneliness

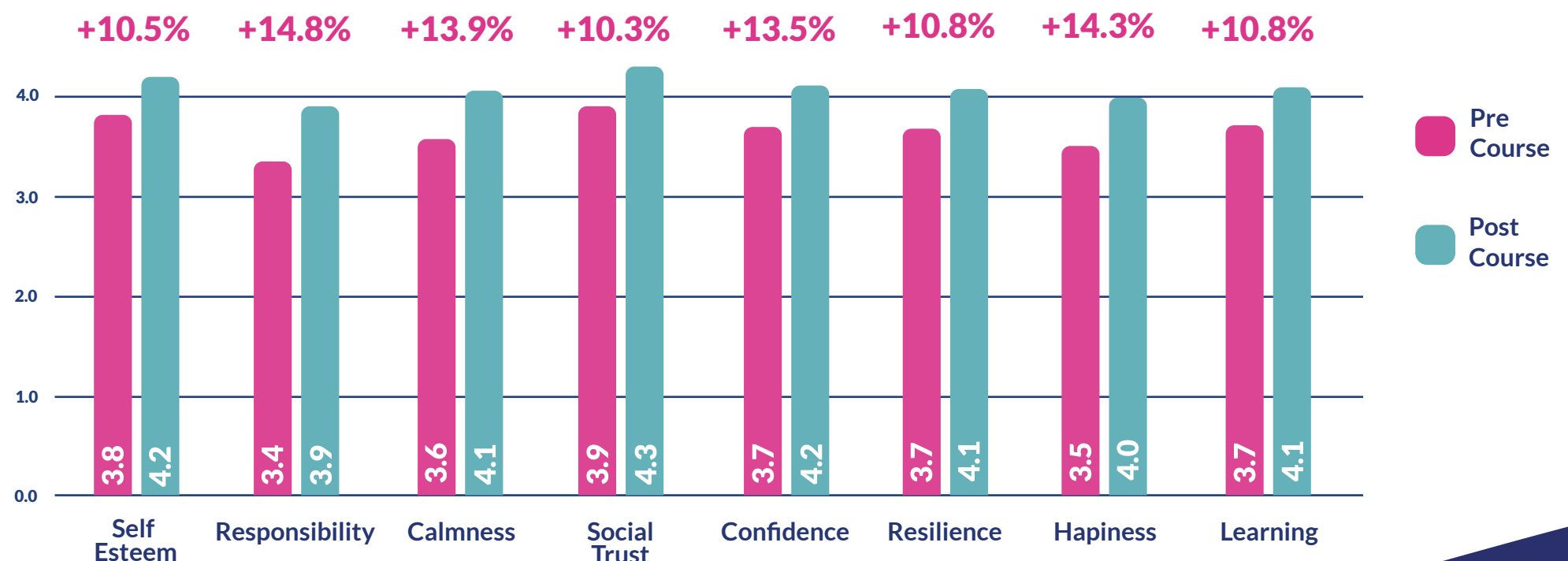
Backed by the NHS, Prescription Surf is a 6-week evidence based surf therapy course to improve confidence, resilience, self esteem and reduce anxiety.

Group mean wellbeing scores on a 5 point scale (n=318, 2019):



I am happier, a lot happier. Because they are all really nice. I am happier at school, happier at home.

- Child



Funded by:



Ask your GP or link worker about 'Prescription Surf!'

