Prescription Surf!
Surf therapy on prescription

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):

- Self Esteem
- Responsibility
- Calmness
- Social Trust
- Confidence
- Resilience
- Happiness
- Learning

Pre Course
Post Course

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!'