



WELLBEING FROM COAST TO INLAND

Comparing Surf Therapy programme outcomes across beaches and inland wave pool settings in the UK

Evaluation of 2025 programme monitoring data

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The Wave Project has long expanded access to community-led mental health support in coastal communities and, more recently, pioneered its Surf Therapy model in inland wave pool settings serving more urban populations. The Wave Project is a UK-wide charity operating across 15 hubs and 22 delivery sites, supporting children and young people aged 8-18 who are experiencing challenges with their mental health, emotional wellbeing, confidence and social connection. This report compares programme outcomes across beach-based and inland wave pool delivery to explore whether positive outcomes are observed across both settings.



WHY COMPARE?

Improving access and inclusion in mental health support

At The Wave Project, we believe that young people should be able to access early, community-based mental health support, regardless of where they live.

Yet access remains uneven. In 2025, the Centre for Young Lives examined the published plans of 21 Integrated Care Boards in England and found that only two had a dedicated children and young people's mental-health strategy. Its analysis of local spending also identified substantial regional variation and limited investment in non-specialist community-based support.¹

Place—understood here as the wider social, economic and environmental conditions affecting young people's lives—shapes both need and routes into support. In coastal communities, University College London's (UCL) Coastal Youth Life Chances research programme has highlighted limited education, employment and leisure opportunities for young people.² Longitudinal research has also found that young people who grew up in England's most deprived coastal neighbourhoods experienced poorer mental health into young adulthood than peers who grew up in comparably deprived inland areas.³

Young people living inland, including those in and around major urban areas, may face different combinations of pressures and access barriers. Urban environments can create opportunities, but they can also concentrate socioeconomic pressures and inequalities in access to safe, welcoming public spaces.⁴ UK research with young people suggests that water, open space and views can provide opportunities for escape, connection and care, while the quality and usability of local environments shape whether those benefits can be realised.⁵

Access to blue space is itself uneven. In 2026, national statistics estimated that only 37% of households in England were within a 15-minute walk of accessible waterside, including waterbodies such as ponds, lakes, rivers, canals, estuaries and the sea.⁶ Proximity alone, however, does not show whether a space is safe, accessible or suitable for a young person, or whether supported activities are available there.

Access to impactful nature- and blue-space-based support can also be limited. Changing the Lens found that provision for children and young people remains relatively underdeveloped. Providers also identified practical barriers to participation, limited capacity, challenges securing suitable local spaces, and the importance of trusted relationships and effective referral routes in enabling people to engage with provision.⁷

For The Wave Project, inland wave pools therefore offer an additional delivery opportunity: purpose-built outdoor water settings within reach of young people living away from the coast, including populations in and around Bristol and Edinburgh. They may extend the geographical reach of Surf Therapy, although they do not in themselves remove barriers such as transport, referral access, and unequal inclusion.

This raises the central question for this report:

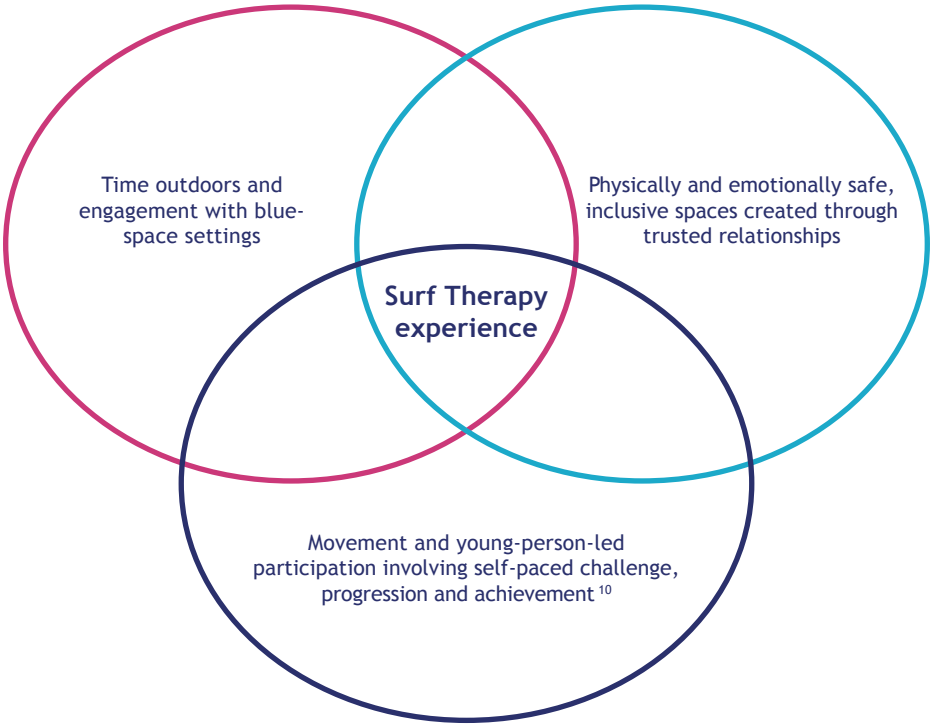
ARE POSITIVE OUTCOMES ALSO OBSERVED WHEN SURF THERAPY IS DELIVERED AWAY FROM THE COASTAL BLUE SPACES?



For this report, **setting** means the specific environment and delivery context in which Surf Therapy takes place. We use **blue space** as a broad umbrella term for accessible outdoor environments in which water is the prominent environment feature, whether natural or purpose-built. Beach programmes therefore take place in natural coastal blue spaces, while inland wave pools are purpose-built blue-space settings. Including both within this broad category does not imply that they are environmentally equivalent or experienced by young people in the same way.⁸

In 2025, the evaluation compared programme outcomes across 22 coastal beach sites and two inland wave pool settings: The Wave near Bristol and Lost Shore Surf Resort near Edinburgh.⁹ The comparison examines whether positive outcome patterns are observed across both forms of delivery and where differences may warrant further investigation. It compares whole delivery contexts; it does not isolate the independent effect of the physical environment.

Our current Surf Therapy programme theory brings together three connected conditions for change:



Why this matters

The purpose of this comparison is not to treat our diverse beach-based and inland wave pool settings as equivalent, or to assume that natural and purpose built water environments are experienced by young people in the same way. It is to examine whether positive outcome patterns are observed when Surf Therapy is delivered across these distinct settings.

Understanding what appears consistent—and where differences emerge—can help The Wave Project identify the elements of Surf Therapy that should be protected, while considering how delivery may need to adapt to different places, settings and communities.

In turn, this contributes to the evidence needed to develop and test The Wave Project's BLUEprint as a potentially scalable approach to widening access to trusted, community-based mental-health support delivered through blue space settings.



WHAT WE COMPARED

Statistical analysis conducted independently

This evaluation analysed complete matched pre- and post-programme data from 360 young people who took part in Surf Therapy during the 2025 delivery season:⁹

- 302 attended beach-based programmes;
- 58 attended inland wave pool programmes;
- participants were aged 7 to 23.

For the analysis, participants attending The Wave near Bristol and Lost Shore near Edinburgh were pooled into a single inland wave pool group and compared with participants attending beach-based programmes.

The evaluation examined whether young people's wellbeing, confidence and relationships changed, and whether outcome patterns differed by setting.

Young people completed questionnaires at the start and end of the 6-week programme. The evaluation measured:

- emotional wellbeing, using the WHO-5 Well-Being Index;¹¹
- relationships and social connection, using the Inclusion of Other in the Self scale (IOS);¹²
- belief in themselves;
- ability to keep going through difficulties;
- pride in their achievements.

****At programme completion, young people also answered questions about their experience, including having fun, confidence, feeling valued, being themselves and making new friends.**⁹**

HOW TO READ THE REPORT

Term	What it means
Pre- and post-programme measurement	Outcomes were measured at baseline and again at the end of the 6-week programme.
Improvement over time	Whether scores increased from the beginning to the end of the programme within each setting.
Difference between settings	Whether beach and wave pool participants had different scores at a particular point.
Difference in improvement	Whether the amount of change differed between settings. This is the main test of whether outcomes changed differently by setting.
Statistical significance	Results were treated as statistically significant where $p < .05$.
Effect size	This shows the magnitude of a difference or change, separately from whether it is statistically significant.

A note on certainty

- This evaluation used routine programme-monitoring data and did not include a comparison group of young people who did not take part. The findings therefore show changes observed during the programme, but cannot establish that Surf Therapy alone caused them.⁹
- The inland wave pool group was much smaller than the beach group (58 compared with 302) so estimates for this group carry greater uncertainty.⁹
- The analysis includes only young people with complete matched pre- and post-programme data.



HIGHLIGHTS

Positive outcomes across both settings

Surf Therapy was associated with significant improvement across every measured pre- and post-programme outcome in both beach and inland wave pool programmes. Young people reported improved wellbeing, self-belief, ability to keep going, pride and connection to others from the start to the end of the programme.⁹

Positive outcomes were observed across both settings, while inland delivery may benefit from creating additional space for informal peer-to-peer interaction alongside structured surf sessions.

Every measured outcome improved

Young people's wellbeing outcomes improved significantly across all measured pre- and post-programme outcomes in both settings.

Most improvements were comparable

For self-belief, ability to keep going, pride and IOS connection to others, there was no statistically significant difference in improvement between beach and inland wave pool programmes. The technical analysis confirms that the setting-by-time interaction was non-significant for each of these outcomes.

Wellbeing increased more at beaches

WHO-5 wellbeing increased by:

 **20.1** points in beach programmes;

 **10.6** points in inland wave pool programmes.

Both improvements were statistically significant. The difference in improvement was also significant, with a larger wellbeing gain in beach programmes ($p = .003$).⁹

Friendship was the main experience difference

Most participant-experience measures were high and comparable across settings. However:

 **81.5%** of beach participants reported making new friends;

 **69.0%** of inland wave pool participants reported making new friends.

This was the only statistically significant difference in participant experience ($p = .049$).⁹

Different starting points

Inland wave pool participants began with higher average scores on several measures, including wellbeing, self-belief and connection to others. Both groups therefore improved from different starting points.⁹

Practical implications for delivery

******In outcome terms, inland wave pools provide a viable setting for Surf Therapy, with improvements comparable to beach-based programmes on most measures.*******

Practitioner insight

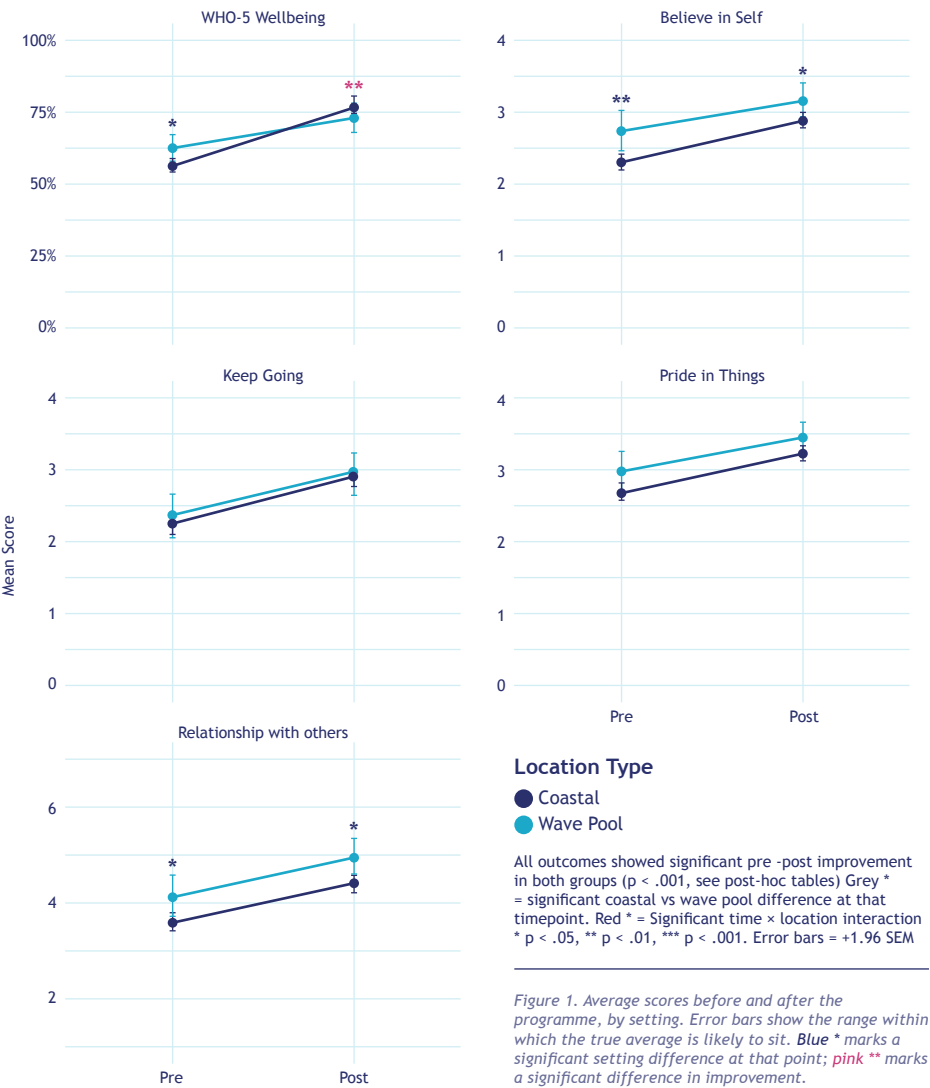
The lower friendship figure in inland wave pools may reflect differences in how sessions are structured, including less informal time for peer-to-peer interaction. This is a practitioner interpretation and was not directly tested by the evaluation.



OUTCOMES AT A GLANCE...

The chart below shows all five continuous measures, before and after the programme, for each setting. Dark blue is coastal, light blue is wave pool. Wellbeing (top left) is the only panel with a red marker, showing the significant difference in improvement between settings.

Figure 1: Outcomes Pre- and Post-Programme by Location Type



WHO-5:

Emotional wellbeing improved in both settings

Emotional wellbeing was measured using the WHO-5 Well-Being Index, a widely validated measure of mental wellbeing. Scores range from 0 to 100, with higher scores indicating better wellbeing.¹

Improvement over time

BEACH PROGRAMMES

Average wellbeing increased from **56.4** to **76.5**
—a rise of **20.1** points.



INLAND WAVE POOL PROGRAMMES

Average wellbeing increased from **62.5** to **73.1**
—a rise of **10.6** points.



Both settings showed statistically significant improvement over time ($p < .001$). Effect sizes were large for beach programmes ($d = 1.08$) and moderate for inland wave pool programmes ($d = 0.57$).

Difference between settings

Wave pool participants started with higher average wellbeing. By the end of the programme, both groups had reached broadly similar levels.

Difference in improvement

The increase was **9.5 points larger** for beach participants. This difference was statistically significant ($p = .003$), indicating that setting influenced the size of the wellbeing improvement.

MEASURE	WHO-5 WELLBEING (0-100)
Beach change	+20.1 points
Wave pool change	+10.6 points
Statistically significant?	Yes, $p = .003$

Why this matters

Emotional wellbeing is an important dimension of young people’s mental health and everyday functioning. The WHO-5 is a widely validated measure of subjective wellbeing, including for adolescent populations.^{11 13}

The significant improvements observed in both settings show that Surf Therapy was associated with better wellbeing across beach and inland wave pool delivery.⁹ Emotional Wellbeing was the only measured outcome where setting significantly influenced the size of improvement.⁹

The larger beach-based gain should, however, be interpreted cautiously. Inland wave pool participants began with significantly higher average wellbeing scores, and other differences between participant groups may also have influenced the pattern observed. The evaluation cannot establish that the natural coastal environment itself caused the larger improvement.⁹ Repeated delivery and larger inland samples will help establish whether this difference persists over time.

BELIEF, PERSEVERANCE AND PRIDE

Improved in both settings

Three outcomes assessed how young people felt about themselves. Each was rated on a 0-4 scale, where higher scores indicated a more positive response:

- self-belief (*Believe in Self*);
- perseverance (*Keep Going*);
- pride (*Pride in Things*).

Improvement over time

All three outcomes improved significantly from the beginning to the end of the programme in both settings.⁹

MEASURE	COASTAL CHANGE	WAVE POOL CHANGE	BOTH IMPROVED?	SETTING AFFECTED GAIN?
Believe in Self (0-4)	+0.59	+0.43	Yes (p < .01)	No (p = .30)
Keep Going (0-4)	+0.67	+0.59	Yes (p < .001)	No (p = .62)
Pride in Things (0-4)	+0.54	+0.48	Yes (p < .001)	No (p = .71)

Pre-post effect sizes were $d = 0.60$, 0.65 and 0.54 respectively for beach programmes, and $d = 0.43$, 0.50 and 0.50 for inland wave pool programmes.

"Setting affected gain?" tests whether the improvement was bigger in one setting than the other. None reached significance, so improvements were similar across settings.

Difference between settings

Inland wave pool participants reported significantly higher self-belief scores at both the beginning and end of the programme.⁹

Pride scores were slightly higher overall among inland wave pool participants, although the differences at the individual start and end timepoints were not statistically significant.⁹

There was no significant difference between settings in perseverance.⁹

These were differences in score levels, not evidence that one setting produced greater improvement.

Difference in improvement

There was no statistically significant difference in the size of improvement between settings. Young people therefore made comparable gains in self-belief, perseverance and pride across both beach and inland wave pool programmes.⁹

Why this matters

Self-belief, perseverance and pride reflect young people's growing sense of agency: confidence to take on challenges, recover from setbacks and recognise their own progress. These qualities may be supported through trusted relationships, achievable challenge and opportunities for mastery, rather than being understood simply as individual "resilience".¹⁰

Upcoming research with former The Wave Project participants suggests that confidence developed through Surf Therapy and Surf Club may transfer into everyday life, including trying again, speaking up and navigating social situations.¹⁴ This evidence should be treated as exploratory rather than established.

Comparable gains are consistent with these programme mechanisms operating across both settings.



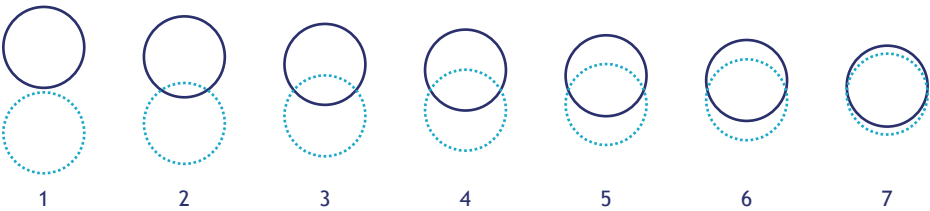
CONNECTION TO OTHERS

Improved in both settings

Social connection was measured using the Inclusion of Other in the Self (IOS) scale. This visual measure uses seven pairs of overlapping circles. A score of 1 represents little or no closeness, while 7 represents a very strong sense of connection.¹²

Which picture best describes your relationship with other people in general?

 You  Other people



Improvement over time

Closeness to others improved significantly in both settings.

SETTING	WEEK 0	WEEK 6	CHANGE
Beach programmes	3.6	4.4	+0.80
Inland wave pool programmes	4.1	5.0	+0.83

Pre-post effect sizes were similar across settings: $d = 0.49$ for beach programmes and $d = 0.53$ for inland wave pool programmes.

Difference between settings

Inland wave pool participants reported significantly higher average closeness scores at both Week 0 ($p = .023$) and Week 6 ($p = .011$). These were differences in score level, rather than evidence that the inland setting produced greater improvement.⁹

Difference in improvement

The size of improvement was almost identical across settings. There was no statistically significant difference in improvement ($p = .932$), indicating comparable gains in young people’s connection to others across both settings.

Connection to The Wave Project

At programme completion, participants reported strong connections to The Wave Project staff and volunteers:

- Beach programmes: 5.15 out of 7
- Inland wave pool programmes: 5.41 out of 7

The difference was not statistically significant ($p = .222$), indicating similarly strong reported connections across both settings.⁹

Overall, young people became more connected to others in both settings and reported similarly strong relationships with The Wave Project at programme completion.

MEASURE	COASTAL	WAVE POOL	DIFFERENCE	SIGNIFICANT?
Relationship with others - change	+0.80	+0.83	Similar	Both improve, $p < .001$
Relationship with The Wave Project (end only)	5.15 (SD 1.51)	5.41 (SD 1.52)	-0.27	No ($p = .222$)

Relationship with Wave Project Family (Post-Programme)

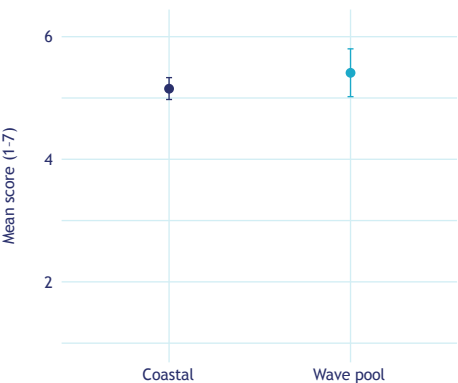
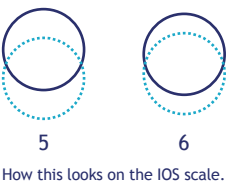


Figure 2. Average connection to The Wave Project at programme completion. Scores did not differ significantly between settings.

Error bars = 1.96 SEM (approximate 95% CI). Welch’s t-test: $t(80.1) = -1.23$, $p = 0.222$. $n = 302$ coastal, 58 wave pool.



Why this matters

Social connection is an important protective factor in adolescent health and wellbeing, supporting belonging and access to supportive relationships.¹⁵ Research with The Wave Project Surf Mentors also highlights the central role of trusted one-to-one relationships in creating safety, supporting engagement and mediating young people's experience of Surf Therapy.¹⁶

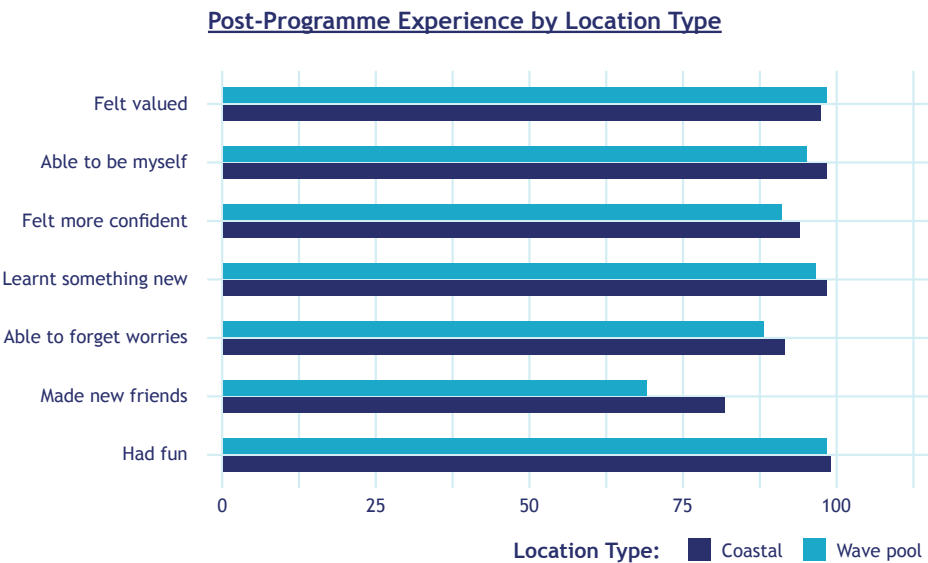
The comparable gains across settings, alongside similarly strong relationships with The Wave Project at programme completion, are consistent with this relational element of Surf Therapy being present across both beach and inland wave pool delivery.



PROGRAMME EXPERIENCE

At the end of the programme, participants answered seven yes/no questions about their experience. The table shows the percentage answering “yes” in each setting.

EXPERIENCE (% ANSWERING YES)	COASTAL	WAVE POOL	SIGNIFICANT DIFFERENCE?
Had fun	99.3%	98.3%	No
Made new friends	81.5%	69.0%	Yes (p = .049)
Able to forget worries	91.1%	87.9%	No
Learnt something new	98.0%	96.6%	No
Felt more confident	94.4%	91.4%	No
Able to be myself	98.0%	94.8%	No
Felt valued	97.0%	98.3%	No



Significant difference between groups (Fisher’s exact test, p < .05). All other comparisons not significant. n = 302 coastal, 58 wave pool.

Figure 3. Percentage answering yes to each experience question, by setting.
The * marks the one significant difference (making new friends).

Making new friends

81.5% of beach participants reported making new friends, compared with 69.0% of inland wave pool participants. This was the **only participant-experience item meeting the statistical-significance threshold** ($p = .049$).⁹

Why this matters

Young people's sense of connection, belonging and access to trusted relationships can play an important role in wellbeing and participation.^{15,16} Across both settings, participant-experience scores were consistently high, suggesting that young people generally experienced Surf Therapy as enjoyable, supportive and inclusive.⁹

The difference in friendship formation raises a practical question for inland delivery: how to create more opportunities for informal peer connection while retaining the benefits of structured mentoring.

Practitioner insight – Not an evaluation finding

A wave pool practitioner reflected that beach sessions may create more informal time for young people to connect “between sets” or on “flatter days”. Wave pool sessions follow a more structured schedule, with consistent waves every few minutes, which may concentrate more session time around surfing and the mentoring relationship.

This provides useful context for interpreting the finding, but **the evaluation did not test why friendship formation differed between settings.**



IMPLICATIONS FOR DELIVERY AND FUTURE DIRECTIONS

Organisational interpretation and future ambition – not direct evaluation findings

Learn, iterate and protect the core

The analysis support continued learning across both beach and inland wave pool delivery. Most outcomes improved by comparable amounts, while beach programmes showed a larger wellbeing gain and higher friendship formation.⁹

Comparable gains across most outcomes are consistent with the idea that what transfers across settings is not surfing alone, but a relational and experiential model built around trusted relationships, young people's agency, movement and achievable challenge.^{10,16} This remains an interpretation rather than evidence that any individual mechanism caused the changes observed.

The next stage should:

- protect trusted one-to-one mentoring, young-person-led challenge, movement and safe engagement with blue-space settings;
- explore opportunities for greater informal peer connection within structured wave pool delivery;
- involve young people in interpreting findings and shaping programme adaptation;
- use participant experience and repeated outcome data to refine delivery and compare results year on year.

Young people should be partners in this process. Evaluation is more likely to inform practice when intended users contribute to defining priorities, interpreting findings and deciding what changes should follow.¹⁷

'BLUEPRINT':

Consistent core, adaptable delivery

The 2025 programme monitoring data analysis strengthen the case for inland wave pools as a **viable setting in outcome terms**, with improvements comparable to beach delivery on most measures.⁹

They do not establish long-term scalability or sustainability. Instead, they provide a foundation for developing and testing a clearer The Wave Project 'BLUEprint' that defines:

- the core components that should remain consistent;
- the elements that can adapt to different places, settings and communities;
- the partnerships and infrastructure required for safe, inclusive and high-quality delivery.

Widening meaningful access across blue spaces

Future development could explore carefully adapted delivery in other inland blue-space settings, including lakes, lochs, rivers and canals. Activities such as stand-up paddleboarding should be treated as potential future delivery options requiring their own evaluation, rather than as interventions whose therapeutic effectiveness is established by this study.

Any expansion would also need to consider **water quality, permissions, safeguarding, physical and sensory accessibility, transport and appropriate local infrastructure**. The APPG Outdoors for All report supports improving responsible access to inland waters, but does not establish the effectiveness of particular therapeutic activities.¹⁸

More broadly, access should be understood as **meaningful participation**, not simply geographical availability. Future evaluation should therefore consider whether young people can reach a programme, afford to participate, feel safe and welcome, access it through trusted routes, participate fully and continue into Surf Club or other local opportunities.⁷



CONCLUSION, LIMITATIONS AND NEXT STEPS

Positive outcomes across both settings

The 2025 evaluation found significant improvement across every measured pre- and post-programme outcome in both beach and inland wave pool settings. Improvement was comparable on most measures.⁹

Two differences warrant further investigation: wellbeing increased more in beach programmes, while friendship formation was also higher among beach participants. Inland wave pool participants began with higher scores on several outcomes, reinforcing the importance of considering different starting points when interpreting these findings.⁹

Overall, the evidence supports inland wave pools as a **viable setting for Surf Therapy in outcome terms**. The findings support further development of a **model with the potential to be developed and tested across a wider range of coastal and inland communities**.

What to keep in mind

This evaluation used routine programme-monitoring data and did not include a non-participating comparison group. It therefore shows changes observed alongside Surf Therapy but cannot establish that the programme alone caused them.⁹

Participants were not randomly assigned to settings, so differences may reflect **who attended each programme as well as the delivery environment**.

The inland wave pool group was considerably smaller—58 participants compared with 302 beach participants—so estimates for inland delivery carry greater uncertainty. The two inland sites were also pooled into one group, meaning possible differences between individual sites were not examined.⁹

The findings cover one delivery season and do not establish long-term outcomes, operational or financial sustainability, or whether patterns differ across the broad **7-23 age range** or between different participant groups.⁹



Next evidence steps

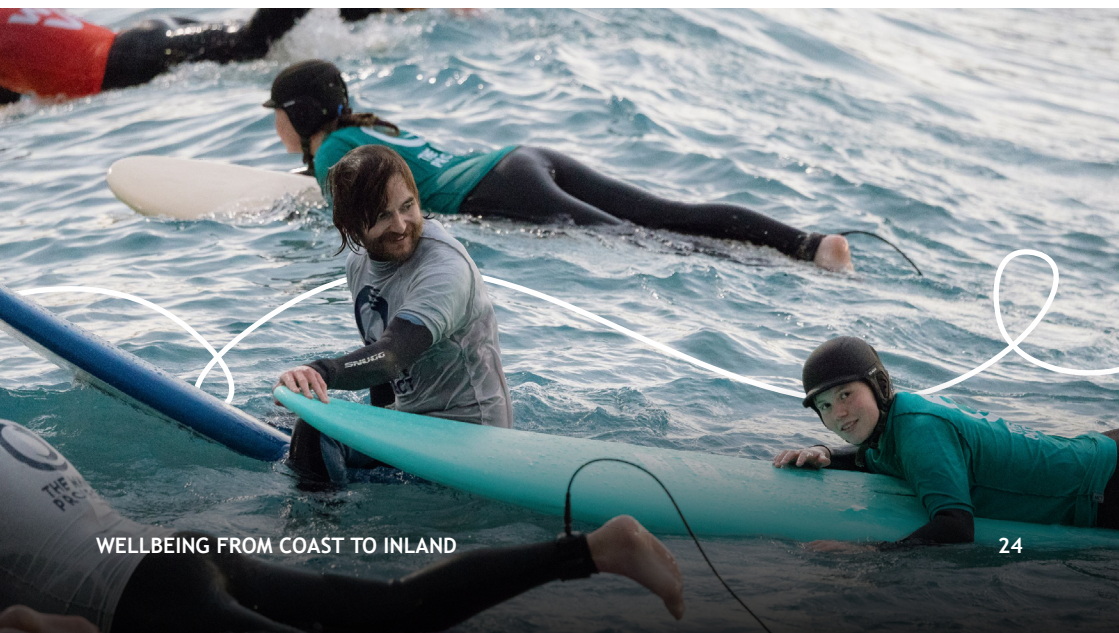
Year-on-year comparison will be needed to establish whether these patterns are sustained, identify emerging trends and provide a firmer basis for conclusions about differences between settings.

Future evaluation should:

- increase the inland participant sample and examine site-level variation;
- explore outcomes by age and relevant equity characteristics;
- add qualitative work to explore why wellbeing and friendship patterns may differ;
- establish youth interpretation sessions and record how young people's recommendations influence programme design.

Ways to get involved

The Wave Project relies on your support to help young people access life-changing Surf Therapy. There are lots of ways to get involved: set up a regular donation, volunteer your time, partner with us through your business, or take on a fundraising challenge. You could also make a one-off gift, organise your own community fundraiser, support us through events, or help spread the word. However you choose to get involved, you'll be helping more young people build confidence, resilience and connection through the power of the ocean (and other blue spaces).



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WE THANK YOU

for your continued support

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