

## SURREY CARE TRUST BLUESPACE SESSION – 5TH JULY 2022

Surrey Care Trust (<http://www.surreycaretrust.co.uk/>) provides learning, training and mentoring to support young people and adults in improving their chances in life.

AquaPaddle approached Surrey Care Trust to see if they would like to take up the opportunity to bring a group of young people to benefit from being out on the water and potentially, learning a new skill to improve their confidence and well-being.

This would be a new outlet for them, and they were keen to explore the offer and see the impact and improvements to the young people's well-being.



Getting warmed up before heading out onto the water.

A date in early July 2022 was chosen and AquaPaddle worked with our local Delivery Partner in Godalming to provide the session. There were 8 participants including their Keyworker. The Local AquaPaddle Delivery Team explained the equipment and safety, in a fun and informative manner. They then got the group to warm up through some fun games and exercises.

After that, it was out onto the water and one of the AquaPaddle team went first to make sure all the participants managed to get onto the water safely. Once all grouped up, they discussed the next stages of what was turning out to be a fun adventure. Worries of shore and home life soon disappeared as they concentrated on paddling and eventually standing up on the boards.



### Skills learnt

#### Board Control

The participants learnt to control a paddle board safely, get in and out of the water and even cross roads with their board.

#### Teamwork

Working together to keep a large “Snake” of boards moving forwards in the same direction and with some control.

#### A sense of accomplishment

All the participants were able to stand and control their boards. They all went home happy and having achieved a new skill



Starting the Snake off



Getting confident and standing up

## Quotes from the participants

*“My mentee loves paddleboarding! So much so that she wants to be a paddleboard teach when she is older.”*

*“I was nervous to get on the paddleboard, but all the helpers gave me confidence I didn't think I would have”*

This is what Surrey Care Trust had to say

*As part of our Nurture through Nature work, we want to say a big THANK YOU to Aquapaddle.*

*AquaPaddle is another local charity who gave some of our mentees the opportunity to go paddle boarding for the day! Such access to 'blue space' gave the young people the chance to do something new and to really engage with nature – all of which benefits their mental health and wellbeing.*

## Donate

To help with further sessions to continue the support for vulnerable groups, please do consider giving us a donation. Every little helps and your funds could make the difference to a person in need, that will then put them on the path of recovery.

Please use this link to make a donation - <https://donate.kindlink.com/AquaPaddle/4769/0>

## [Mentoring Activity Day - Paddleboarding](#)

