"Waves for Change taught me to be independent and have a hope for tomorrow. If I fall, I know that I can rise again. Life is full of challenges, but I should not give up!"
Waves for Change (W4C) provides child-friendly mental health services to children and young people in under-resourced communities through evidence-based surf therapy, Surf Therapy combines the positive health benefits of surfing and physical activity with activities proven to help young people build protective relationships, identify emotions, self-soothe and build a positive image of their future.

This year, W4C will reach 1,800 children who have been exposed to above-average levels of trauma or face exclusion due to different abilities including Autism Spectrum Disorder.

YOUTH SURF MENTORS

W4C Beach Hubs and trained community surf mentors create a safe space where children who are identified as “at-risk” are referred to find belonging, learn new skills, build confidence, and create positive behaviours toward mental wellness.

40 Surf Mentors from communities are trained in Surf Coaching, First Aid, Counselling, and Child Safeguarding.

All Youth Mentors have access to a debrief psychologist to share experiences and adequately refer children where needed.

After two years, after receiving their own transition mentorship, coaches exit the organisation.

REFERRALS

W4C works with networks of community referral partners, including Quintile 1 state schools, social workers and local hospitals. Referral partners identify children, aged 11-14 years, that require access to Surf Therapy and mental health services.

Hospitals and adolescent psycho-social services refer children after experiencing serious abuse or trauma. Through an adapted morning service, W4C reaches 120 children with Autism Spectrum Disorder (ASD) with weekly Surf Therapy.

FINDINGS FROM THE W4C Heart Rate Variability Study.

- Chronic exposure to adversity and trauma; for some, show early signs of anxiety and depression.
- Children over-regulate and/or ‘shutdown’ to deal with toxic stress
- Surf therapy helps children find a ‘happy medium’
CORPORATE PARTNERSHIPS

Businesses have an important role to play in community well-being. By partnering with Waves for Change, you will have a positive impact on children’s mental health and a chance to express the values of your business, customers, staff, and stakeholders.

Waves for Change is a youth-led, Public Benefit Organisation (PBO) and nonprofit trust, governed by a board of trustees.

HOW WE CAN PARTNER

Here are some of the ways in which you as a business can partner with W4C:

- Corporate Social Investment (CSI)
- Socio Economic Development Contribution (BBBEE)
- Sponsorship
- Skills sharing
- Youth mentorship
- Gifts in Kind

WHAT IS NEEDED?

Waves for Change requires the following to operate a Surf Therapy Site:

- Surf Mentors: creating jobs for unemployed youth.
- Safe Beach Hubs: bring surfing to new communities
- Transport: access weekly Surf Therapy session
- Beach and Surf Equipment: tools to provide Surf Therapy
- Debrief Psychologists: psychosocial support to youth mentors
- Child Safeguarding: safety through a network of support
- Training and Management of an evidence based curriculum

In 2021/2022, each of the 1,800 child participants will have access to weekly surf therapy over nine months at around R7,300 per annum each, including all salaries, programmatic, research, and operating costs. Detailed costs are available upon request.

W4C MISSION

By fusing the rush of surfing with mind/body therapy, W4C provides a child friendly mental health service to vulnerable and differently-abled youth living in under-resourced communities.
"When it comes to the ocean, just sitting on a chair and just feeling the breeze breathing in and out is therapeutic in itself. So you add stuff like meditating and surfing - that's extraordinary."
CHEMICA - SENIOR WAVES FOR CHANGE SURF MENTOR

"It really is a breakthrough, like kind of smashing into the wave would be a physical breakthrough, for her it was kind of like 'wow' like a mindset. 'I can do this'.
ANELE TYHOBEKA - SENIOR WAVES FOR CHANGE SURF MENTOR

"At Waves for Change we use surfing as the hook to give children access to safe space and safe adults."
ANNELISSA, SENIOR WAVES FOR CHANGE SURF MENTOR
CONTACT
Ronell Jordaan
Business Development Manager
Waves For Change
Church Road, Muizenberg

E-mail: ronell@waves-for-change.org
Website: www.waves-for-change.org

NPO 087106
PBO 930 034 834