

Evaluation Report

Lumley & Number 2 Beach Pilot

June 2020



An evaluation of the impact of surf therapy on 25 children between the ages of 9 to 18 from Lumley and Number 2 beach who are affected by poverty, exclusion and trauma.

Mission Statement

We are Pipul Pikin Charitable Foundation, a not-for-profit child-focused organisation. We run the surf therapy programme in Lumley and Number 2 Beach and, we work with children between the ages of 10 and 18 who are affected by poverty, exclusion and trauma.

We provide a child-friendly space with caring adults who support these children with an evidence-based surf therapy.

We engage and empower children to enable them deal with negative feelings, and have a sense of belonging in society as well as improve their mental health, which help them to be independent, free from violence, be positive and work with their peers.

We work on a diversity of community issues including education, psychosocial and emotional support, and ending violence against children. Always with the intention of being part of the solutions for local communities, doing no harm, and taking into account how the social, economic and environment impact children norms, and their community on all fronts.

Pipul Pikin is a Krio phrase meaning 'someone's child'.



Background

This pilot surf therapy programme supported young people from two beaches including Lumley Beach and River Number 2 Beach. The programme initially started in Lumley beach but later moved to River Number 2 Beach due to the local interest generated from River Number 2 Beach given that majority of the participants came from Number 2 beach. Participants from both beaches met in Number 2 Beach for regular weekly sessions.

River Number 2 Beach is located just 16 kilometres from Sierra Leone’s capital city of Freetown on the Western Area Peninsula. River Number 2 Beach was voted by The Guardian readers as the most beautiful beach in Africa. “Some 16km out of Freetown's dust and noise is a piece of unexpected paradise. River Number Two beach” — The Guardian. River Number 2 Beach is about 30-minute drive from Lumley Beach, which is Freetown's main public beach. Facing the Atlantic with white sands, Lumley beach is home to world class shops, restaurants, hotels, a golf course, as well local clubs all within easy distance.

The challenges faced by young people in Number 2 Beach and Lumley Beach aren’t different from the rest of the beaches in Sierra Leone. Sierra Leone has gone through a decade of war. Mental health issues are on the rise among youth in the country due to social economic vulnerabilities and drug abuse but hardly anyone ever gets treated for the conditions. Poverty and lack of relevant activities and social services can lead to increased exclusion of young people. Disengaged young people with nothing to do are at an increased risk of them participating in drinking, crime and other anti-social behaviour in the beaches.

The surf therapy programme began in 2019 and implemented by the Pipul Pikin Charitable Foundation to help provide a safe space, caring mentors, fun activities and coping skills to young people in the community. Two representatives from the organisation participated in a Wave Alliance surf therapy training and vetting process in Cape Town, South Africa. The training was supported by Comic Relief, Swedish Postcode Lotto, and Messeh Leone Foundation Trust. The Ministry of Tourism and National Tourist Board also provided some support. This has helped the organisation design surf therapy programme that aligns with the needs of the young people in Number 2 Beach and Lumley as well as best practice and evidence globally.

The young people on the surf therapy programme are taught to surf, and given coping strategies, such as trust-building activities between each other and with caring mentors, that help them prevent and deal with mental health challenges.

Project aims

The aims of the project are as follows:

1. To teach young people with basic surfing skills, and use the power of surf and other coping skills to empower them to become independent citizens, leaders in the community, and champions for change.
2. To provide a safe space and opportunities to young people to interact and engage in positive activities and programmes that can foster aspirations and relationships, skills and overall well-being and inclusion which are vital to health and development of our young people.
3. To provide empowerment programmes, mentorship, and life skills achievement initiatives for young people in the beaches and at-risk communities to help build self-esteem, self-confidence, self-reliance.



Participants

Twenty-one (25) participants were referred to the surf therapy programme. However, 20 completed the programme. The one participant was not able to complete the programme due to personal challenges hence disengaged from the programme. Participant who disengaged relocated to different community with the parents. There was also one participant who travelled to the United States.

Table 1 Participant gender/age

Age	8 to 11	12 to 14	15 to 17	18 to 22
Male	6	4	0	0
Female	6	4	0	1

There are sixteen ethnic groups in Sierra Leone. The majority groups are Temne, Mende and Limba. The programme engaged children from the various tribes. The table below grouped the participants into their respective tribes.

Table 2 Participants gender/ethnicity

Ethnicity	Temne	Mende	Limba	Others
Male	2	0	2	6
Female	3	1	2	5



Intervention

The Pipul Pikin Foundation Surf therapy programme was designed based on the community driven demand and the programme was implemented with strong community involvement. The Number 2 Beach and Lumley Beach pilot was modelled on a surf therapy programme ran by the charity organisation- Waves for Change, based in South Africa.

Following a two weeks training in South Africa, members of Pipul Pikin Foundation established the surf therapy programme in the community. The programme aligned with the needs of the local community. The Pipul Pikin Foundation was accredited as a member of the Wave Alliance for Sierra Leone. The alliance provides ongoing support and a curriculum on surf therapy/mental health course.

Wetsuits were provided for the participants. Funding for transport fare for the mentors was provided by The Messeh Leone Trust Foundation and the The Wave Alliance through the Wave Alliance. The programme was led and managed by the following coordinators Isha Marrah, Femi Leone, Sarah Kamara and Festus Conteh. The coordinators were supported by local mentors including Edna Lebby, Alie Kamara, Anna Bell and Foday Sesay.

The programme lasted for six months. Sessions ran during the weekends (on Saturdays) from 3:00 pm to 5:00 pm. Participants met at one of the mentors' house who also serves as the deputy chief of the community. Children from Lumley joined the sessions on a weekly basis. Participants changed into their wetsuits and walked just few meters to the beach. The session always starts with fun activities and mental health and physical fitness games before commencing any session.

The Wave Alliance provided session materials in PDF, word document, and picture or audio/video format. The programme was remotely monitored by an android application provided by the Wave Alliance in which all data of all participants were stored and our weekly activities were recorded.

The Messeh Leone also assisted with child protection assistants and shadow mentors to monitor and ensure the programme was safe for the children. Training on water safety was provided for mentors and lifeguards were always present to supervise the children in the water.

Evaluation Measures

The evaluation was one of the most important parts of the programme, to determine whether the success of the programme, with a view to measure the programme outcomes and impacts. A pre and post-test were conducted to determine the impact of the programme on the children. A questionnaire was developed and given to the participants and parents determine changes in the lives of the participants before they joined and after the pilot programme.

As the participants were minors, steps were taken to ensure that they were comfortable completing the questionnaire, that they understood it was not a test, and that they could refuse to answer any question they were uncomfortable with.

This evaluation utilised the Stirling Children’s Well-being Scale (SCWBS). This scale was developed by the Stirling Council Educational Psychology Service (UK) as a holistic, positively worded measure of emotional and psychological well-being in children aged eight to 15 years.

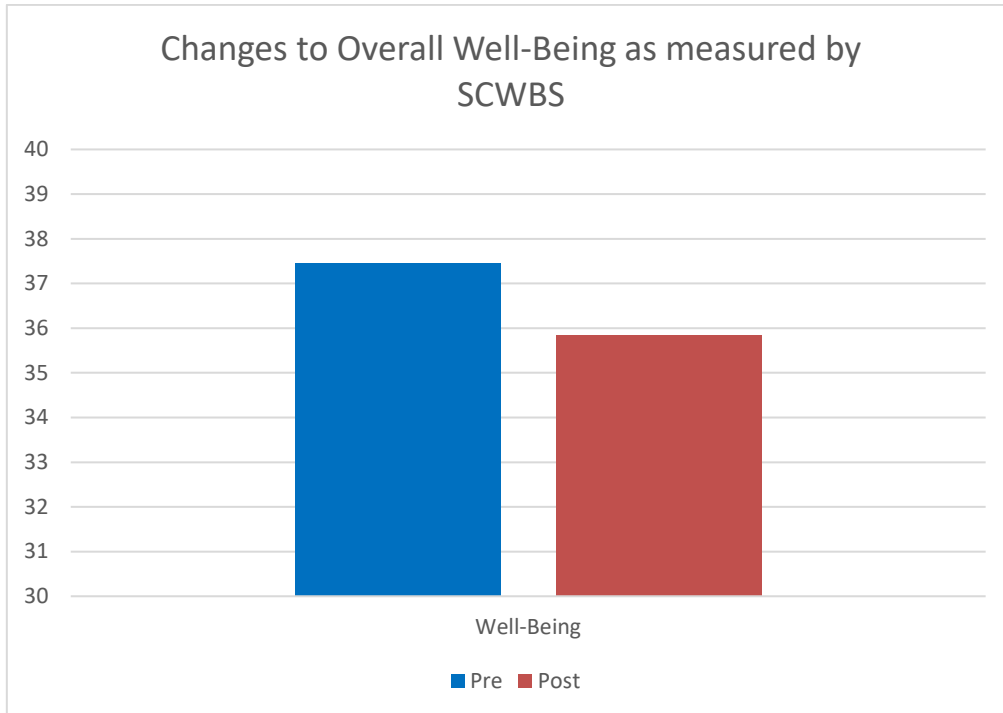
Drawing on current theories of well-being and Positive Psychology, the scale measures the effectiveness of interventions and projects designed to promote children’s well-being and emotional development. It has proved to be a reliable and valid measure of well-being meeting the benchmark criteria set out for measurement validation and has been used effectively to assess interventions in a wide range of contexts. Satisfaction scores related to fun, safety and wish to continue participating in surf therapy were also assessed as part of the evaluation.

All measures were administered before surf therapy commenced and after the culmination of a surf therapy curriculum cycle to measure any changes over the course of the intervention. Qualitative feedback was also gathered at the culmination for the curriculum cycle from participants, parents, and other key stakeholders.

More information on the scale used can be found at the following reference: Liddle, I., & Carter, G. (2015). Emotional and psychological well-being in children: The development and validation of the Stirling Children's Well-being Scale. *Educational Psychology in Practice*, 31(2), 174-185.

Quantitative Data

Table 4. Changes to participants’ wellbeing (group mean)



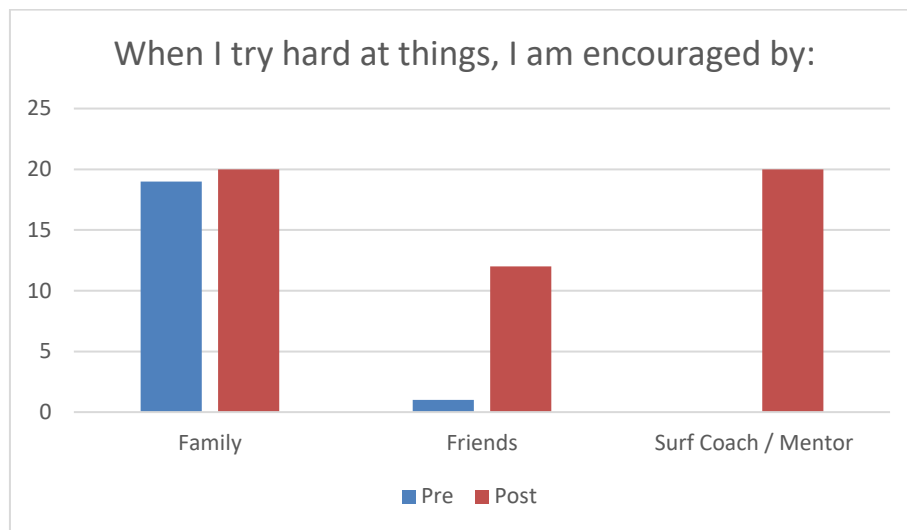
The quantitative data showed no significant change in participant well-being which contrasts to the positive findings within qualitative data. We believe this may be down to issues linked with attendance and consistency that we address later in this report. While these quantitative findings are not what we initially hoped for, the learning around them are of huge importance to continuing and improving the program.



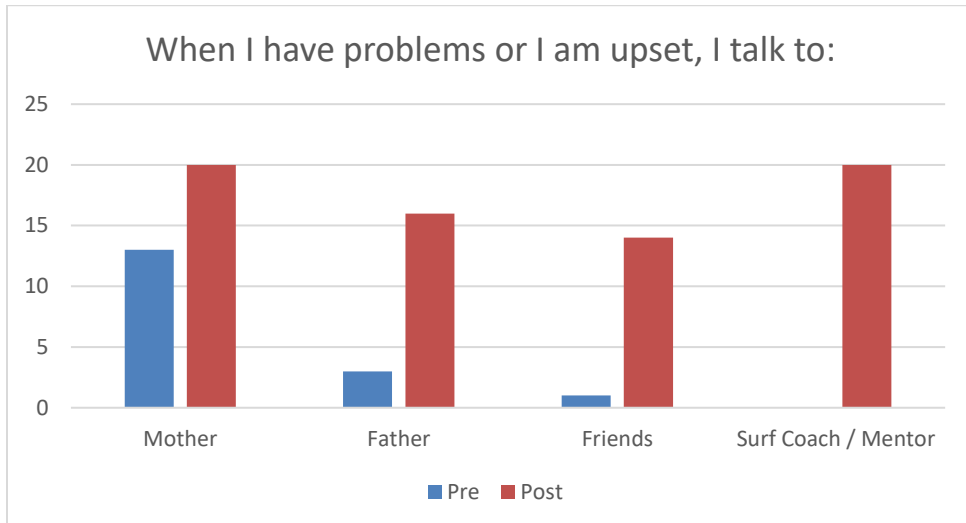
Social Support

In order to assess access to social support provided by the surf therapy program we asked participants about their social support both before and after the intervention. Social support was explored in relation to who encouraged participants in day to day life and what social support participants engaged with when they have problems or are upset.

Twenty participants submitted usable paired data from before and after the surf therapy for this evaluation report.



As can be seen in the above results the surf therapy delivered is associated with improvements to social support in terms of encouragement. While there is only a slight change of within family social support, participants appear to have felt more encouraged by their friends and peers as part of the intervention. The biggest change is the fundamental role surf coaches/mentors played in supporting participants by the end of the intervention.



The graph above highlights changes to social support in terms of overcoming negative emotions before and after the intervention. As can be seen participants were more willing to talk to their friends and family about problems after attending surf therapy which ties with curriculum items focused on sharing and overcoming problems together. The importance of surf coaches/mentors is once again highlighted. Before the intervention no participants considered surf coaches/mentors valid social support in difficult situation whereas by the end of the intervention all twenty participants would talk to surf coaches/mentors about their problems.



Participant Satisfaction

While I was surfing...	
I felt safe	100%
I had fun	100%
I made new friends	100%
I want to join a surf club	100%

100% satisfaction scores across all measures speak for themselves within the intervention. Surfing is a new sport in Sierra Leone so safety was of paramount importance.

The fact that all participants felt safe highlights the success the intervention had in this regard.

Fun is an important part of any youth intervention while the new social connections may triangulate with the additional social support discussed above. The fact that 100% of participants want to continue taking part in the intervention highlights the demand for a continued surf therapy service within the local community.



Participants' descriptive words.

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During the evaluation process, participants were asked to list how they feel being part of the surfing therapy. This was designed to give a different insight into their experiences.

More frequently occurring words have been written in a bigger font:



Participant's feedback

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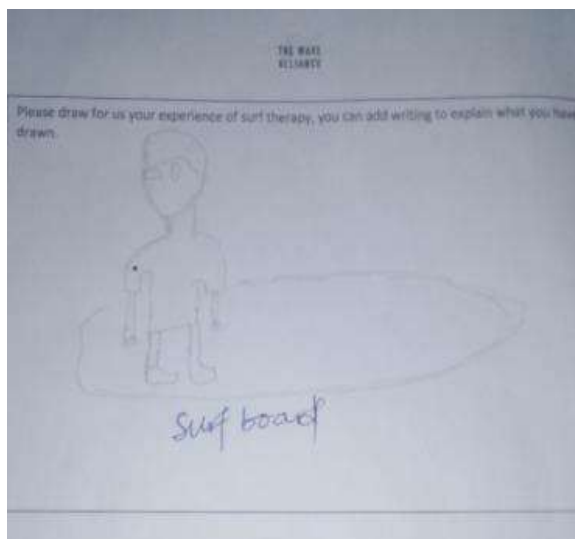
Participants were asked to describe what made them felt different, and what they achieved from participating in the surf therapy programme. The participants wrote their feedback anonymously on a paper which they shared with mentors. The following comments were common among participants and appeared frequently from the feedback received.

"I feel so good being around friends, learning new things about copying with stress including take five and power object. They help me in my school work I have become very much outspoken." Surf Therapy Participant

"I always learn positively during any session. I think I can become a great asset if the project continues because I would have learned a lot." Surf Therapy Participant

"I like to Learn new things and I love to swim. I love to swim and I love to play with my friends during session." Surf Therapy Participant

"I like our mentor and my friends. I like whenever our coach is talking, I also love to surf. I like take 5, power hand." Surf Therapy Participant



Alongside written feedback we asked participants to draw about their favorite elements of the programme. This picture shows a child standing on a surfboard while surfing through the waves

Comments from parents/guardians

We also asked parents and guardians to offer feedback on how the Surf Therapy affected participants. Their feedback was very positive but also informed us how to improve the project further.

‘If these children are raised and trained by you till they reach their youthful age, they can easily change this country. My child has improved in all aspects of life. I don’t know how you guys did it but I thank you. I will recommend this project to anyone’. Parent of Surf Therapy Participant

“Since he started this session, my child has been very conscious of his hygiene. He dresses well, humble to elders, helpful and has been doing great in his school work.” Parent of Surf Therapy Participant

“I want to thank you, now my kid can read well. From the day he started attending the therapy, he has been responsive and hard working with his school works.” Parent of Surf Therapy Participant

“My two children are doing great since they joined your therapy session. My kid can now manage stress and also help in house work.” Parent of Surf Therapy Participant

Comments from Community Leaders

Feedback was also gathered from local community leaders such as Headmen and Teachers. Their feedback was also positive highlighting the need for continued service provision.

“As the headman of this noble community, I am happy in no small measure for such a project. It’s has been so helpful in shaping the children”. Mr. Jalloh, The Headman of Number 2 River Community.

“I am one of the mentors so I seldomly be with the children in running sessions. I must say this project is a blessing in disguise. The children have been introduced to different coping skills, fun activities and a safe space. Hence this will result to a united Sierra Leone”. Mrs. Anna Bell, Community Mentor and deputy headman

“I have from my class four children in the project I always heard them talking about things that are new to me even. Things like, Take 5, Power Hand and the likes. They are doing well with their school works. Mr. Kamara, Local Teacher

“This project will serve as a breeding place for children to change their ways of doing things and instill in them a positive mindset”. Mrs. Coker, Community Elder



Key Findings

This evaluation presents the results of a quantitative and qualitative study of surf therapy pilot in the Number Beach and Lumley community targeting 25 children between the ages of 9 to 18 who are affected by poverty, exclusion and trauma, and to help improve their psychosocial wellbeing and prepare them with key coping and lifelong skills for their personal development.

Findings from this evaluation build on a previous study by the Waves for Change in South Africa and contribute to a growing body of evidence on the effectiveness of surf therapy intervention for young people, to shape forward-looking community programmes and policies in this field. The programme was evaluated against the following four pillars of the Surf therapy programme: safe space, caring mentors, fun activities, coping and life skills. Below is a summary of key findings of this evaluation:

The failure to address persistent levels of stress and exposure to trauma, insecurity, and lack of positive relationships, can have **long-term physical, emotional and cognitive effects on young people**. This evaluation found that elements of the surf therapy programme can help in transforming the lives of young people who are affected by poverty, exclusion and trauma. Participants can now discuss their problems with friends, parents and surfing coaches and have access to new caring adults and safe spaces. They feel confident and safe when participating in the program as well as having a lot of fun. Despite these clear findings within the qualitative data from participants and parents, quantitative data did not show an effect on participant well-being. It seems this was down to consistency of delivery and barriers to attendance such as distance travelled to the beach. These factors meant, despite the positive instances reported in qualitative data, participants were not receiving a large enough dosage for changes to be found in the quantitative data. Clear steps to overcome these challenges post pilot have been laid out below.

The programme was **highly relevant**. It was implemented at a time when the communities were beginning to recover from the ebola crises following a decade civil war that had seen a near collapse of health and social services. There was therefore an apparent need to promote mental health prevention and support programmes engaging and placing young people at the forefront. This was highlighted by the importance placed by participants on the access the programme gave them to new safe spaces and caring mentors.

The surf therapy **programme design** and its activities were also well aligned and in line with the national efforts in engaging and empowering young people and addressing mental health needs of young people in a country where half the population is young people as detailed in Sierra Leone Youth Policy and Blue Print for Youth Development. The design positioned the programme to contribute to country level efforts towards achieving the Sustainable Development Goals (SDGs) particularly Goal 3 of the SDGs: 'Ensure healthy lives and promote well-being for all at all ages including prevention and treatment and promote mental health and well-being'; Goal 16 of the SDGs: 'promote peaceful and inclusive societies for sustainable development'; and Goal 4: 'Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all'

Participants reported that the programme was **effective** in facilitating the availability of and increasing access to mental health and services, increasing awareness and knowledge of mental health in the community, as well as providing young people with life skills opportunities. The surf therapy programme was led by specifically a team of dedicated local mentors and coaches. The programme coordinators oversaw the entire management of the programme and had the technical support of the Wave Alliance initiative. The Wave Alliance and the Messeh Leone Foundation provided support to the programme including finance, coordination, monitoring and evaluation. The evaluation report and positive feedback from participants and parents are indicative of a good value for money in view of the limited funds invested in the project.

The coordinating team made efforts to ensure **sustainability** of the programme including establishing mutually beneficiary partnerships with community stakeholders and ensuring active involvement and participation of the community and local mentors in the implementation of the programme. The Wave Alliance wrote letters to the local community and Government (Ministry of Tourism and Cultural Affairs and Ministry Social Welfare, gender and Children's affairs and National Tourists Board), which enables the team to continue engaging the government to assist the programme and making sure that young people receive the necessary support to access appropriate and safe spaces in the beaches and provide storage for the surf boards.

It is important note that the surf therapy programme has also helped in promoting tourism and beautification of the beaches. Many young people go to the beaches and their presence on the beaches generated attractions to tourists. The surf boards are generating massive interest in the beaches and most of the mentors on the programme have secured some roles in the community in the tourism sector.

Local mentors were trained in providing surf therapy and mentors are going to continue engaged in the programme as it also remains the mandate of the Pipul Pikin Charitable Foundation to achieve its objectives of the programme in providing a safe space and opportunities to young people to interact and engage in positive activities and programmes that can foster aspirations and relationships, skills and overall well-being and inclusion which are vital to health and development of our young people.

Overall, the surf therapy programme achieved some important successes and made significant learnings to improve the intervention in the future. The programme helped increased awareness of mental health issues among young people and the community. The project also provided young people with access to new and important safe spaces and caring adults. There was a consensus among participants and parents that the programme was very helpful in engaging and empowering young people. These assertions are consistent with the social support indicators in which participants appear to have felt more encouraged by their friends and peers as part of the intervention.



Challenges

Overall feedback from participants and parents was very positive, but some also made suggestions for improvements. These included:

Community Engagement and Parental consent

The first big challenge for implementing the surf therapy programme was engaging young people and securing safe space in the community to run the programme. Obtaining the consent of the participants and parents was also challenge. Some delays and holdups were encountered in securing the safe space and the parents in Lumley were not keen to send their children to the programme. The programme was later moved from Lumley Beach to Number 2 Beach when the team could secure a space in Lumley in time to run the program. Losing some of the children

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who started the programme in Lumley took away some of the interventions initial aims to support the children in Lumley.

However, due to sensitisation efforts deplored in the Lumley community on the importance of the programme, the parents later changed their minds to send their children. Unfortunately, not all the children were accepted as the programme was already full. Children were admitted in the programme on a first come, first serve basis.

Consistency and change of location

Initially, it was a difficult task of retaining participants, especially for a new programme in the community. There was a challenge of trying to keep the young people interested and engaged. The mentors did not have enough time to engage the children and their parents. One of the lead coordinators had to leave the programme and move to another part of the country to support his mother who was unwell.

The move from Lumley beach to Number 2 beach was also somewhat challenging. The surf boards were a huge attraction and driving force. Whenever the children see the surf boards, they would rush to the mentors and walk together to the beach. The children loved surfing and that unique experience kept them coming for sessions

The issues around inconsistency in delivery, largely due to factors outside of coordinators control listed above, certainly had an effect on the programme and is likely the primary reason for discrepancy between qualitative and quantitative findings. Consistent mentors and regular attendance is necessitated for participants to receive a large enough dose of the intervention and curriculum. Without sufficient dosage, longer term well-being changes cannot be achieved. The following next steps section details steps that are being taken to address these challenges.



Funding and support to the programme

The programme received some support from The Wave Alliance and Messeh Leone but the support was limited. Funding was a major challenge and the programme struggled to cover travel costs for children who were coming from long distance especially those from Lumley. Participants always asked for food after sessions. As the budget was small, the local mentors and coordinators admitted having to “squeezed from their pocket” to feed some the participants. The good news is that some funds have now been provided by the Messeh Leone and The Wave Alliance to provide some snacks and drinks for the children.



Health and Safety concerns

The Messeh Leone Trust Foundation and Wave for Change provided some of the good quality wetsuits available, but a few participants complained of feeling cold or feeling hot sometimes. The parents were concerned about the health of their children as they complained about the programme not providing medication for the children. This is largely due to lack of knowledge about the programme and traditional beliefs. As things evolved and the parents started seeing some changes in the wellbeing of their children, the parents became excited and were always sending their children to the programme.

The parents were also assured that first aid and medical support would be provided in the event that their children became sick while on the programme. The programme recorded no incidents. All the participants were safe and each child was allocated to a mentor while in the water. Training on water safety was

provided to all the participants and mentors, using the curriculum and training provided in the Wave Alliance.

The programme coordinators worked really hard to ensure the programme was suitable for every child regardless of their health condition or backgrounds. For those children who disengaged because they relocated to new place and have returned to the community, they will be considered for the next cycle of the programme. There is a plan to provide travel assistance to children coming from outside the community.



NEXT STEPS

Funding for transport and food.

Funding is extremely important in every programme as it enables effective implementation and provision of services, facilities, safe space, fun activities. Access to transport is a significant issue that affects the community at large due to isolating geography of the Number 2 Beach. Young people, who may not have access to transport due to their age or for financial reasons are likely to be left out from the programme. The difficulty that young people face in accessing transport has been acknowledged by the mentors and parents. The negative consequences for this poor access to transport for young people includes disengagement from social networks and support services, lack of access to education, and increased difficulty in accessing support in the community.

There is a need to secure funding to be able to cover the travel costs for all mentors and participants. A mini-bus for the programme could help greatly. Funding is also required to cover costs for food for the children as many complained about feeling hungry after the sessions. Letters have been drafted and the plan is to distribute the letters to local businesses including hotels and wealthy individuals in the community to support the programme with food.

The Messeh Leone and Wave Alliance have also indicated that a project proposal will be developed to secure grant for the programme on a long term basis. There is need to engage strategic partner to support the programme. There is a plan to provide intensive project management training including financial management to aid in seeking funds for the programme.



Spaces for Young People.

There was a strong need that emerged from the evaluation around securing safe spaces on the beach that were more inclusive of young people. There was a feeling amongst participants and mentors that there isn't much of an offering of safe spaces that accommodated the needs of young people to be fully engaged in the surf therapy programme. The team felt that most places on the Number 2 beach catered for mostly visitors and tourists however did not have much to offer local young people.

One of the other key issues raised was around access; even when there are some great places in the beach for young people they can be hard to access due to restrictions and ongoing activities organised by adults and visitors. One barrier was the negative perception and stigma sometimes held by the broader community about young people 'hanging out' in the beach and asking for money from visitors.

One of the solutions offered by the group was to build more 'inclusive' safe spaces that met the needs of a diverse group of young people and that also encourage youth connection and engagement, rather than designated spaces for particular groups. The safe spaces could be designed to enable young people to run their own surf therapy session and activities. At the time of preparing this evaluation,

meetings were ongoing between the local community and the government officials from the National Tourist Board to help allocate a safe space for the programme in Number 2 Beach. The plan is to further engage the relevant stakeholders to secure the safe space.



Consistently engaging with young people through weekly sessions.

Some parents and young people gave feedback that community does not always effectively engage with young people. Engagement in this context refers to the ability to communicate with young people and engagement through events, activities and youth development programs. One of the identified barriers to effectively engaging with young people was that community does not have the required resources and mentors and there are limited channels and programmes to engage and communicate effectively with young people; traditional community programmes have limited reach. We have also introduced steps to ensure the consistency of surf mentors with back up plans to mitigate against unforeseen events as experienced in the pilot. Part of this includes training up more local youth mentors from the community.

The weekly surf therapy session was a welcome programme and suggested as a solution to young people engaging better in the community. The other suggestion was to expand the scope and variety of programs on offer to young people in order to engage with those that may not be interested in surfing only programme. There was some discussion around how young people can be involved in decision making, including community decision making processes. One participant commented that " young people are only seen are not heard in important decisions that affect them in the community".

Moving forward, in addition to the surfing activity, there is a recommendation for the programme to also offer youth empowerment and education activities including homework assistance. There is also a plan to launch a community-led feeding programme to help children from underserved- families and households. We have also taken



Programme Coordinators Report

The programme was noted to be highly effective in raising awareness and increasing knowledge mental health and youth development issues among young people. It also promoted tourism in the beach and is likely to create future job opportunities for young people. Such a programme should be replicated in other communities with some adjustments, which should include allocating more and widens its reach.

To ensure continuation of activities for a programme that heavily relies on local mentors who are mostly volunteers and prone to mobility, there is need to put in place a very strong system that enables trained mentors to effectively transfer similar skills to their peers and have a well-defined system of doing so. The programme may develop a graduation model in which those local mentors have a defined timeframe in which they are taking the responsibilities of leading surf therapy programme and handover their responsibilities to the next group of volunteer local mentors in a formal way.

This success of the surf therapy programme was a result of a combination of factors including the community-led implementation approach, involving and

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ensuring active participation of young people and stakeholders in the community. The challenges encountered were a huge inspiration as the coordinators did not give up and felt the need to find local solutions. The coordinators conclude that this programme has generated good lessons and is the type of programme that can be replicated with some adjustments fit local context to optimise impact in young people as well the local community.

Throughout the pilot programme, the Pipul Pikin Charitable Foundation ensured that the surf therapy programme remained relevant and appropriate by keeping participants, parents and local stakeholders in the community aware of the programme activities through ongoing community meetings. There were weekly Wave Alliance meetings at the National Tourist with government officials and organisations delivering similar programmes in other beaches. The deputy chairwoman for the community was very much involved and served as the host and lead coordinator for the programme.

The programme coordinating team would like to thank all the participants, parents, stakeholders and individuals who contributed to the successful execution of this pilot Surf therapy programme in Lumley and Number 2 beach and the production of this evaluation report. We are especially grateful to the programme participants and parents for sharing their experiences with the support they received from Surf therapy programme in the period under review.

We appreciate the invaluable recommendations and next steps they suggested which should strengthen the future course of the surf therapy programme. We sincerely extend our gratitude to those individuals who provided in-depth feedback of change and gave permission for their photographs to be used in this evaluation.

Many thanks go to The Wave Alliance based team whose insightful mentorship and lessons learned from their programming experience with Waves for Change in South Africa positively contributed to further support and provided insights into the evaluation of the programme that has been facilitated by the Researcher Jamie Marshall and possible ways such a programme may be further strengthened.

We thank the Pipul Pikin Charitable Foundation board members, staff and volunteers who contributed in various ways in supporting this programme. We are grateful for the support provided by the Messeh Leone and the Wave Alliance in bringing surf therapy to Sierra Leone. We also acknowledge the contribution of the Ministry of Tourism and Cultural Affairs, the Ministry of Social Welfare Gender and Children's Affairs and the National Tourist Board whose commitment is recognised and reflected through the entire implementation of the pilot surf therapy programme.

From coordinators at the Pipul Pikin Charitable Foundation

Sierra Leone Surf Therapy

Isha Marah, Femi Leone, Festus Conteh , Sarah Kamara, Deputy Chairlady

