



WAVES FOR HOPE



Impact Report

Surf Therapy Intervention

November 2022 - May 2023, Balandra, Trinidad & Tobago

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Co-Founders and Directors

Waves for Hope is a local non-profit organization, offering youth and community development programs in under-served communities on the east-coast of Trinidad. Our mission is to reduce poverty and create better opportunities by providing education and mentorship to young people from under-served communities on the north-east coast of Trinidad.

Waves for Hope was founded in 2019 by former professional surfer Chris Dennis from Balandra and Swiss-born Manuela Giger who is an Ayurveda Nutrition and Life Coach and has a Diploma in Social Innovation.

Waves for Hope is part of a **world-wide mental health alliance (Wave Alliance)**. To this day, we have worked with over 60 beneficiaries and can show a positive impact in their overall well-being.

Our vision is to see the members of our communities, especially young people, strive and create better opportunities for themselves.

We want to reduce poverty, crime and dependency while creating positive, aspiring and healthy communities.

01.



PROGRAMS



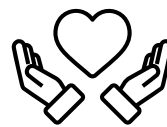
Surf Therapy

Mental health intervention to promote overall well-being.



Waves for Hope Club

Sports, workshops, learning opportunities for surf therapy graduates.



Young Leaders Training

Creating young leaders through education and training.



School assistance

School supplies, homework assistance, exam preparation.

02.

WHY SURF THERAPY?

PROBLEM

Adolescence and young adulthood are times when **growing up in poverty can hamper educational performance, increase the risk of unemployment and lead to risky behaviors**, such as substance abuse, involvement in gangs and other criminal activities.

These factors can have a **detrimental impact on the physical, emotional, and social development of young people**, threatening their life chances and risking the creation of intergenerational poverty.

SOLUTION

With the Surf Therapy intervention, Waves for Hope aims to **empower the young people of marginalized communities** and offer them opportunities to **improve their coping skills and their overall well-being** (physical, emotional and mental well-being) with the goal to **end the poverty trap and create striving communities**.



03.



PROGRAM FACTS

23 sessions, weekly between November 2022 and May 2023.

The sessions took place on **two beaches**, depending on swell size.

14 beneficiaries were enrolled, of which 4 dropped out of the program:

- 2 were unable to continue because the parents reconsidered
- 2 showed low attendance and were excluded from the program.

A total of **10 beneficiaries graduated** and became WFH club members.

Beneficiaries came from the communities of Sangre Grande, Balandra and Cumana.

40% of the beneficiaries were **female**.

Beneficiaries **ages ranged from 9 to 16**. **Average age was 13**.

2 young leaders plus 2 senior facilitators (mentors) lead the intervention.

A driver was employed for **transportation** from Balandra to the beaches.

Average session attendance was at 87%.

04.

IMPACT

DATA COLLECTION

The **World Health Organisation Five Well Being Index (WHO-5)** was used in pre and post surveys to **measure current mental well-being** (time frame the previous two weeks).

The WHO-5 is suitable for children aged 9 and above. All measures were administrated before the start of the surf therapy intervention and at the end.

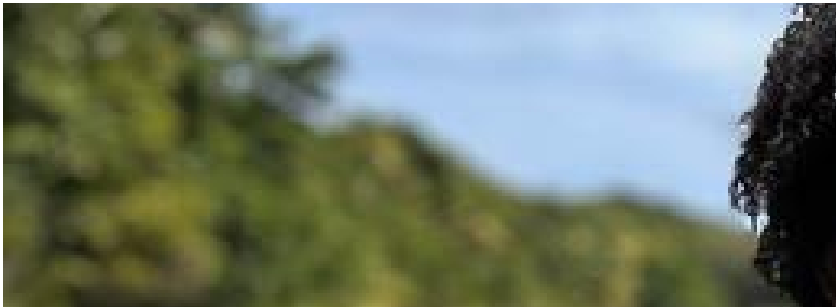
Session participation, duration and gender distribution was captured using an **attendance app**.

In addition, the **beneficiaries' access to social support alongside satisfaction scores** were assessed. To support the data, qualitative feedback from the beneficiaries, mentors, guardians and stakeholders was collected.

All 10 graduates submitted usable data from the pre and post surveys.

It should be noted that the sample size is quite small and spikes in one or the other direction are likely.

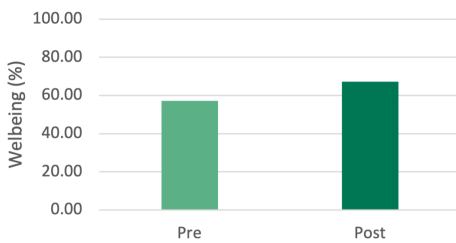




OVERALL WELL-BEING

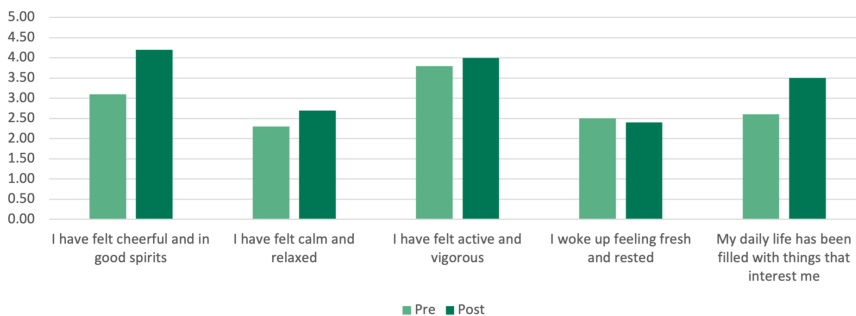
An **significant increase of 10% in overall wellbeing** can be noticed in the beneficiaries at the end of the surf therapy intervention.

Overall Wellbeing Changes (as %) using WHO (FIVE) Wellbeing Index



Four individual wellbeing items that are part of the overall wellbeing index show a **positive change** after the intervention. The item "feeling fresh and rested" shows a slight decrease.

Wellbeing Changes using WHO (FIVE) Wellbeing Index





SOCIAL SUPPORT SYSTEM

A **positive development can be seen in the social support system** of the beneficiaries.

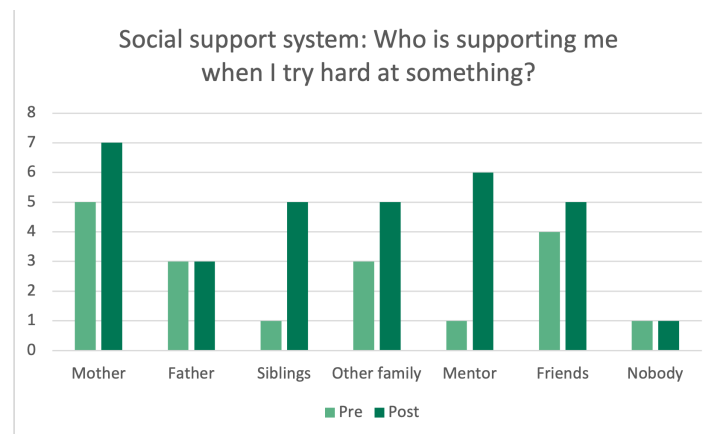
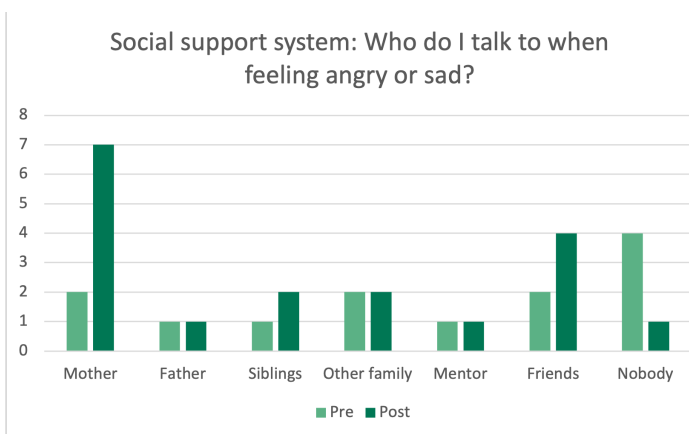
The total number of support options went up by 14 points of support for the item "Trying hard at something" and 8 points for the item "someone to talk to when feeling angry or sad".

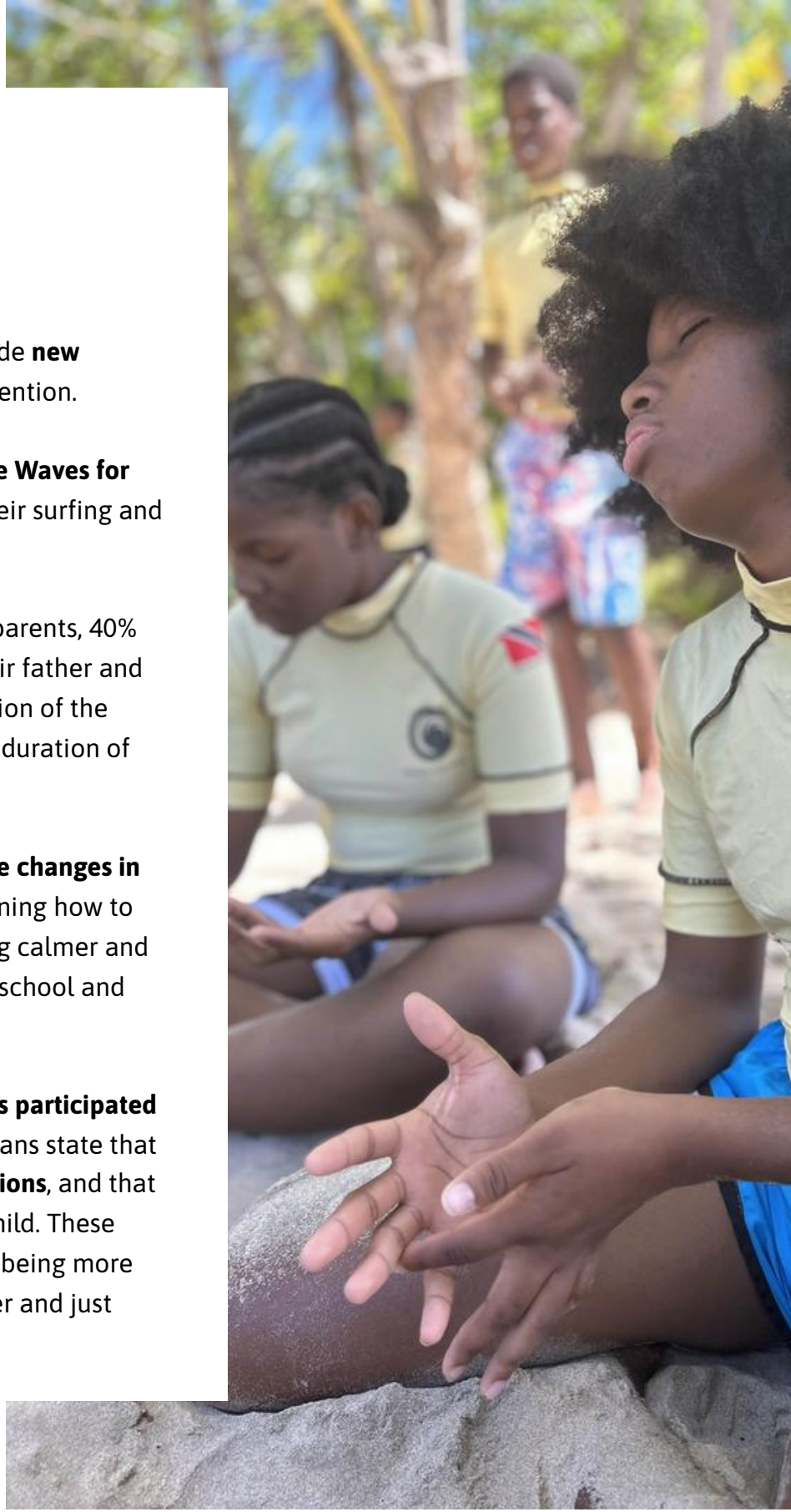
The mentors of the surf therapy intervention have seen the biggest increase

when it comes to support when trying hard at something.

Mothers play a bigger part in the beneficiaries social support system than fathers.

60% of the beneficiaries indicated the **mentors of the surf therapy intervention being part of their social support system.**





OTHER FINDINGS

All beneficiaries indicated that they made **new friends** thanks to the surf therapy intervention.

9 out of 10 beneficiaries want to join the Waves for Hope Club program to continue with their surfing and spend time with their new friends.

40% of the beneficiaries live with both parents, 40% live with their mother. 10% live with their father and 10% with other people. The living situation of the beneficiaries did not change during the duration of the intervention.

8 out of 10 beneficiaries noticed positive changes in themselves. These changes include learning how to communicate their feelings better, being calmer and more relaxed, paying more attention in school and having more patience and confidence.

The **parents/guardians of 5 beneficiaries participated in a feedback survey.** All parents/guardians state that their child **enjoyed the surf therapy sessions**, and that they **noticed positive changes** in their child. These changes include showing more respect, being more disciplined and committed, being calmer and just having a better behaviour overall.



OUTLOOK

SKATE THERAPY

In addition to the surf therapy intervention, we are introducing skate therapy. This intervention will be open to all surf therapy graduates and will offer a reinforcement of the self-determination theory. Skateboarding is new to the community of Balandra and will attract interest from beneficiaries who do not like surfing too much.

06.

QUOTES

BENEFICIARIES

"My best memory with Waves for Hope is when we played what we like about each other with the ball and the first time I ever caught a wave. Learning to surf helped me to believe that if I put my mind to something I can achieve it and that really helps me at school and even at home. I never thought that I would like surfing or even get the opportunity to do it. The mentors are great and really easy and fun to get along with and I think they do a really great job."

Beneficiary, 15 years old

"My best memory is when everyone started catching their first waves and their facial expressions when it happend. I learnt to use the Take 5 (meditation) which helped me a lot since I used to often get angry quick at home and school. I have more patience and am more confident. I like to surf and it became something I look forward to on weekends and could see myself doing in the future."

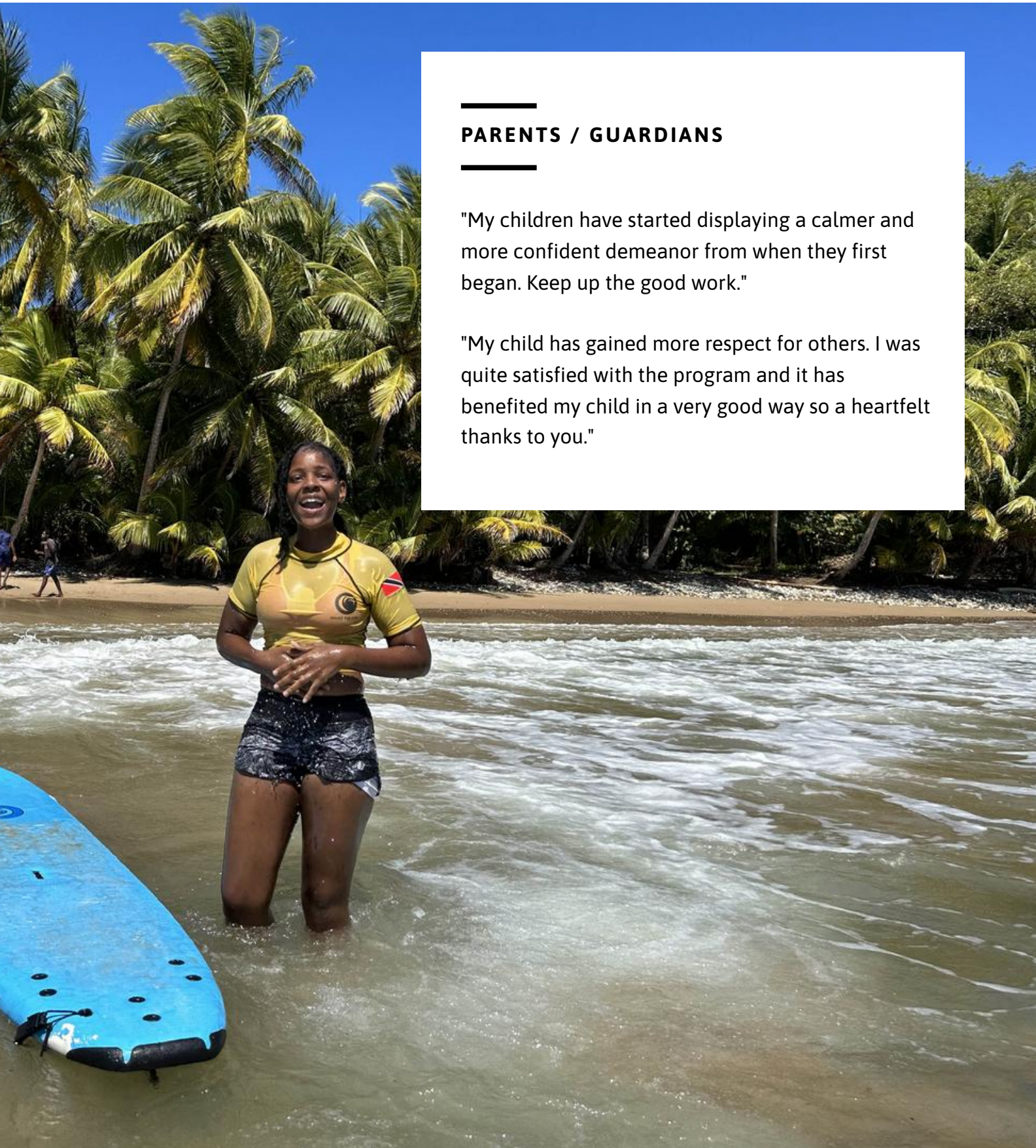
Beneficiary, 11 years old



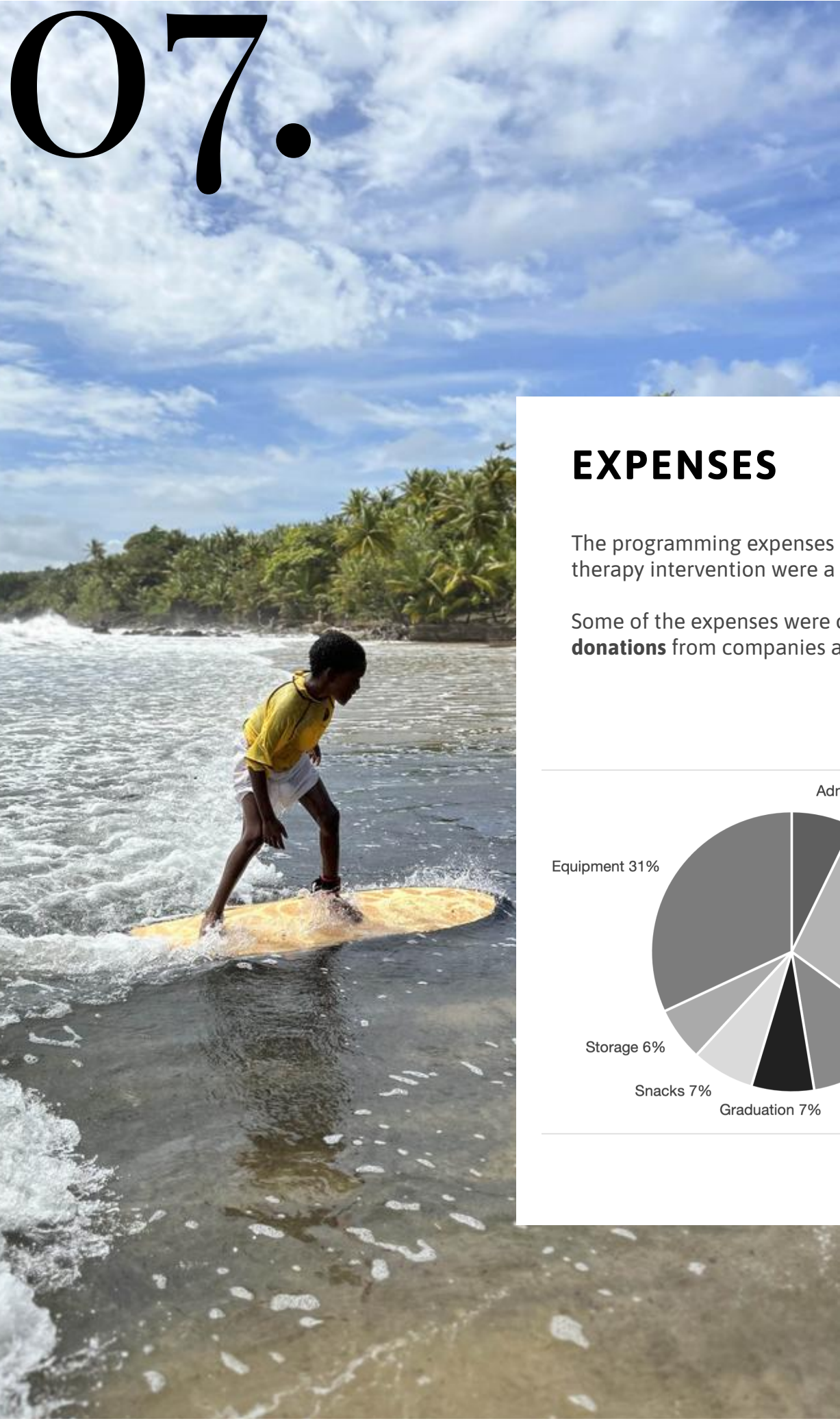
PARENTS / GUARDIANS

"My children have started displaying a calmer and more confident demeanor from when they first began. Keep up the good work."

"My child has gained more respect for others. I was quite satisfied with the program and it has benefited my child in a very good way so a heartfelt thanks to you."



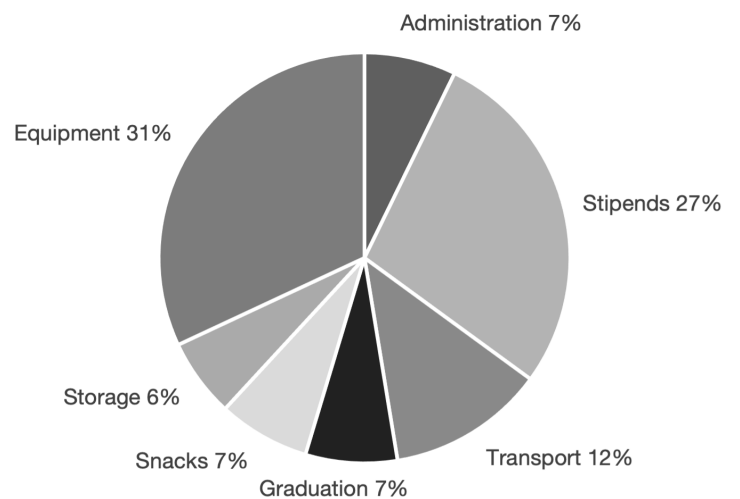
07.



EXPENSES

The programming expenses for this surf therapy intervention were a **total of USD 2400**.

Some of the expenses were covered by **in-kind donations** from companies and individuals.





WAVES FOR HOPE



Thank you!

Thank you to our partners and supporters:

Maritime Financial | Massy Foundation | Positive Vibe Warriors | XM Surf |
Wave Alliance | Vans | Friends & Family

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Proud member of The Wave Alliance

