

TIDE WITHIN



A nature & wellbeing programme for all young people age 10-14

Tide Within is a free programme equipping young people with life skills to support emotional, social, and physical wellbeing during puberty. They will experience fun, creative & educational sessions that connect them to their local ocean, woodlands, parks & themselves.



Funded by:



We run two 2026 programmes:

Spring/Summer: March - July 2026

Autumn/Winter: September - December 2026

Mondays term time, 5-7pm, Stonehouse Tennis Club/Plymouth

The programme includes:

- 14 weekly sessions, running 2x in 2026 at Stonehouse Tennis Club, indoors & outdoors
- Special outings & trips: e.g. visit to local parks & green spaces, canoe trips, scavenger hunts
- Wellbeing tools that help emotional regulation & support mental health
- Creative activities inspired by nature
- A chance to make new friends
- Healthy snacks
- Time in nature
- Guidance from experienced youth mentors, marine biologists, creatives & outdoor facilitators



Register now:
www.big-sis.org



"My daughter is so much more positive and open since doing Big Sis."