

HOW TO START A FLURO FRIDAY AT YOUR LOCAL BEACH

ONE
WAVE





WHO IS ONEWAVE?

WHAT WE DO

OneWave is a non-profit surf community raising awareness of mental health with a simple recipe... saltwater therapy, surfing and fluro. Sometimes OneWave is all it takes.

Since launching in Bondi in 2013 OneWave has held Fluro Friday events at over 200 beaches worldwide, raising awareness around mental health, reducing stigma and helping people free the funk.



200+ beaches
across
50+ countries



Starting **1 million**
conversations
about mental
health



25,000+ Fluro
Friday and School
Program attendees
each year

WATCH VIDEO 

WHY WE CREATED ONEWAVE?

Around one in four people will suffer some kind of mental health disorder, yet about 60% of sufferers don't seek help.*

Worldwide we lose someone every 40 seconds to suicide.*

Suicide is the leading cause of death among 15-24 year olds in Australia and New Zealand. Globally suicide is the second leading cause of death among 15-29 year olds.*

*World Health Organization

HOW IT STARTED?

"When I was diagnosed with bipolar in 2012, it was surfing with my family and my mates that helped me most. Sometimes onewave really is all it takes.

I want anyone experiencing mental health challenges the chance to ride waves and talk about mental health without being judged."

Grant Trebilco - OneWave Founder



THE ONEWAVE RECIPE



SALTWATER THERAPY

Rinsing off the bad vibes.

You never regret jumping in the ocean.

"Blue Mind - a mildly meditative, relaxed state we often experience in, on or under water."

Wallace J Nichols



SURFING

The best escape and funnest thing ever!

"Studies show a clear and scientific link between surfing and happiness. The sea spray and negative ions released from the water as a result of waves create a biochemical reaction that increases serotonin (the happiness chemical) and oxygen flow in the bodies of surfers; resulting in higher alertness, decreased drowsiness, and increased mental energy."



FLURO

Wearing bright colours has been proven to increase people's happiness and it also makes an invisible issue visible, by inspiring conversations about mental health.

Wearing your fluro anti bad vibes suit on Friday also gives you a new sense of confidence, because you are part of the fluro tribe and helping people feels awesome.

ONE WAVE

OUR VALUES



KINDNESS

Being kind to ourselves and others.
Helping people help people.



FUN

We are passionate about bringing colour
to mental health in a fun, light hearted way.



KEEPING IT REAL

We create a space where people feel safe
enough to be vulnerable and share real
stories. It's ok not to be ok.



COMMUNITY

For surfers, sufferers, survivors and
supporters - everyone is welcome.

ONEWAVE PROGRAMS

COMMUNITY



FLURO FRIDAY

We run free weekly Fluro Friday sessions where we dress up in bright fluro outfits and share waves and stories to raise awareness of mental health.



VIRTUAL FLURO FRIDAY

We provide free weekly Fluro Friday community events on Zoom to help people free the funk.



FREE THE FUNK SURF LESSONS

At some beaches we partner with local surf schools and provide people free surf lessons at Fluro Friday.

SCHOOL



FREE THE FUNK SCHOOL PROGRAM

Helps young people understand that it is OK not to be OK, alongside a newfound appreciation of surfing and fluro as valuable mental health tools. Primary, Secondary and University programs.



VIRTUAL FREE THE FUNK SCHOOL PROGRAM

Virtual free the funk session on Zoom to help students understand it's OK not to be OK and learn tips for freeing the funk.

WORKPLACE



FREE THE FUNK WORK PROGRAM

Helps start much needed conversations about mental health in the workplace. We can run the program in the office or at the beach.



VIRTUAL FREE THE FUNK WORK PROGRAM

Fluro free the funk session on Zoom to help start much needed conversations about mental health in the workplace.

We can create bespoke programs and workshops to suit you and your team.

HOW CAN YOU HELP US HELP MORE PEOPLE?

Become a OneWave Tribe Leader and start a Fluro Friday at your local beach

OneWave is best known for it's weekly Fluro Friday sunrise sessions where the community dress up in the brightest outfits possible and share stories, surf, swim and do yoga to raise awareness for mental health.

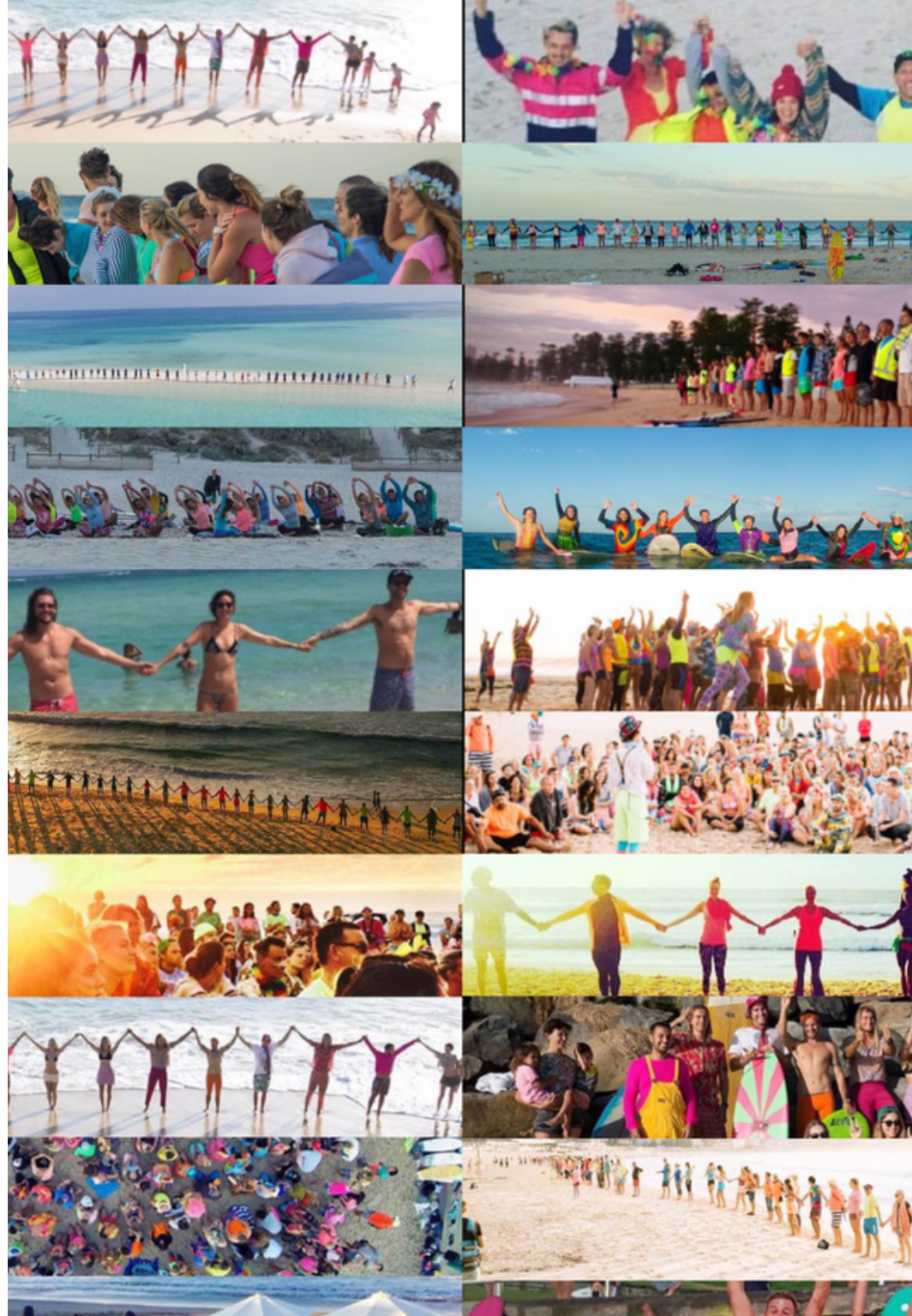
What started at Bondi Beach in 2013 has now spread to more than 200 beaches worldwide.

"I thought If I can just make it to Fluro Friday I might be ok. Fluro Friday actually saved my life."
OneWave Tribe member

Starting a Fluro Friday is as easy as grabbing a few mates, dressing in fluro and going surfing and sharing stories to help people free the funk. It can be a weekly/biweekly monthly event or even once a year. You can even run a fluro surf event on Saturday or Sunday if the weekend works better.

Please stay safe and salty and follow all local Covid-19 rules at the time of the event.

If you want to find out more about starting a Fluro Friday contact grant@onewaveisallittakes.com and we will jump on the phone and chat about making it happen. Yew!



FLURO FRIDAY'S - STAYING SAFE

Tribe Leader Disclaimer

If you are keen to start a Fluro Friday to bring colour to mental health in your community we would love to chat. Please head www.onewaveisallittakes.com/tribeleader-signup and complete the OneWave Tribe Leader Sign Up Form. Please stay safe and salty and follow all local Covid-19 rules at the time of the event

As part of the sign up form you will be asked to agree to the Tribe Leader Disclaimer:

By selecting 'Yes' below, as an organiser of a OneWave event I agree that:

- A. I shall check and follow all relevant Government laws, guidelines and health directions. In particular, I shall consider all weather and other related risk factors including my own health and capability. I shall only organise a OneWave event, after giving full consideration to those laws, guidelines and risks.
- B. I will ensure that I have the contact details of the local emergency and mental health support with me prior to and during the OneWave event.
- C. I will check and follow all relevant laws and health guidance when organising a OneWave event and if it is not safe to organise a OneWave event I will cancel the event.
- D. I agree and accept all risk associated with my participation in a OneWave event, including but not limited to the risk of visiting the beach and/or entering the water, using surf equipment (whether my own or not) or being near others using surf equipment.

FLURO FRIDAY'S - STAYING SAFE

Attendee Disclaimer

Please get attendees to Sign Up before the OneWave event by completing the Sign Up form - www.onewaveisallittakes.com/attendee-signup.

When you Sign Up for the event OneWave requires attendees to agree to the following:

- A. I shall check and follow all relevant Government laws, guidelines and health directions. In particular, I shall consider all weather and other related risk factors including my own health and capability. I shall only participate, after giving full consideration to those laws, guidelines and risks.
- B. I agree and accept all risk associated with my participation in a OneWave event, including but not limited to the risk of visiting the beach and/or entering the water, using surf equipment (whether my own or not) or being near others using surf equipment
- C. If I am 15 years old or younger, I will not participate in a OneWave event unless my parent or guardian also attends the event.

HOW DOES FLURO FRIDAY RUN?

WHAT WE DO?

We surf/swim/do yoga and share stories in fluro to raise awareness of mental health. We wear fluro because bright colours and dressing up make people happy, but it also makes an invisible issue visible and helps start conversations about mental health. We find it really helps to have 2-3 OneWave Tribe Leaders to help organise the Fluro Friday, so that there is always people to bounce off and have each others backs.

WHEN WE DO IT?

Some beaches do it every Friday. Some beaches do it every second Friday or once a month. Some beaches run it once a year for OneWave's birthday. Most beaches run it at 6.30am, but you can run it at the time that works best for your beach. Some beaches run the events on other days and call them 'Free the Funk' events. Just roll with whatever is the best day for fluro surfing at your beach.

HOW IT RUNS?

1) Making new people feel welcome

Try and take down some spare fluro zinc and welcome new people and see if they want some zinca on their face and intro them to the rest of the crew

2) Anti bad vibes circle

- Before we hit the water we sit down in anti bad vibes circle. This is about creating a safe space to check in with the crew and giving people the chance to share their stories. If no one wants to share that is totally cool, as long as everyone knows why we dress in fluro.
- To start we do a quick intro about OneWave intro (see example on next page)
- We then either organise a person to share why they are so passionate about Fluro Friday or we will pick a different mental health topic to spark conversations.. The key thing is giving people the chance to share, but because most of us are not mental health professionals it's about raising awareness, letting people know it's ok not to be ok and where they can get help, rather than being a mental health support group. It's good to keep it really chilled like you're just checking in with your mates. Usually goes for about 10-15 minutes but some beaches chat for longer or shorter. See next page for example of Free the Funk sharing starters.

3) Surf/swim/do yoga/share stories (whatever your recipe is for freeing the funk)

4) Breakfast hangs if you have time before work



ANTI BAD VIBES CIRCLE CHAT INTRODUCTION EXAMPLE

INTRO

OneWave is a non-profit surf community that is tackling mental health issues with a simple recipe...saltwater therapy, surfing and fluro. We dress up in fluro and go surfing and share stories on Friday because too many people are facing mental health issues alone. We wear fluro because bright colours and dressing up make people happy, but it also makes an invisible issue visible and helps start conversations about mental health.

SHARING REAL STORIES

If OneWave Tribe Leaders are open to sharing why you are passionate about being part of the OneWave Community and starting Fluro Friday's at your local beach that would be awesome.

Then after you have shared your story it would be unreal if you could check in with the fluro tribe and give them a chance to share their story.

Here are few examples of how to get the crew talking:

- What is your recipe for freeing the funk?
- How can you help someone going through a funk?
- Why are you so passionate about OneWave and Fluro Friday's?
- What is one piece of gold that has happened this week and one funky thing?
- How do you stay present when there's so much going on in your life?
- If you could teach one person to surf who would it be and why?
- How do you silence the self doubt and turn it into self love?
- What is something you want to get off your chest? In the UK they did a rad thing where they write on a rock something they wanted to get off their chest and then threw it into the ocean.



SUPPORTING SOMEONE GOING THROUGH A FUNK

We are so stoked to have you spreading the love and good vibes at your local Furo Friday. Thank you for your amazing support! We understand that being a OneWave Tribe Leader in your community is not easy sometimes, so we wanted to provide you with some information to ensure you feel comfortable if one of the community needs support.

Here are some basic tips and resources which can help you support someone in the community who might be going through a funk:

- Remember we are not professionals and we are not saying we can fix it, we are just sharing our recipe of saltwater therapy, surfing and fluro that has helped us make things that little bit easier.
- Just letting them know you are there for a chat can make all the difference. Just listen and give them a big hug and ask them how you can help.
- If your feeling they need professional assistance or could benefit from counselling encourage them to see their GP
- If you need urgent support or are worried about someone, remember you are not alone. Please contact your local doctor and/or use the numbers in the Global Mental Health Directory below to ask for help. If your need is life threatening, call the Police. This Global Mental Health website has local mental health websites and emergency numbers for different countries:
<https://checkpoint.org.au/global/#1510553225792-bf99088f-24c>

We also have contact numbers on the **Need Help** section on our website - www.onewaveisallittakes.com.

Getting a local OneWave GP on board

What we have done in Manly is get a local GP on board who is an amazing human and surfs and bulk bills to any of the OneWave community. Having someone the crew can relate to helps make that first step of asking for help that little bit easier.



HOW TO SUPPORT SOMEONE IN A FUNK?



CHECK IN

How's your headspace?
R U really OK?
How are you, really?
Stoke factor from 1-10?



ENCOURAGE A CHECKUP FROM NECKUP

Have you told anyone else? Have you talked to a doctor/mental health professional? If no, do you want me to come with you?



JUST BE THERE

You don't have to know how to fix it.
Ask if they feel like talking about it?
Listen. Give them a hug.
Ask if there is anything you can do to help?



KEEP CHECKING IN

Mental health comes in waves.
When you keep on showing up for people when they need it most, it can honestly change their life.

HOW TO PROMOTE FLURO FRIDAY'S

To get Fluro Friday's started you can set up an event on your personal Facebook page or you can create a local Fluro Friday page. If you're setting up a local page we recommend going for setup below, so that its' easy to find all of the different Fluro Friday communities.

Here is an example of how to setup the Byron Bay page address....

facebook.com/flurofriday_byron
Instagram @flurofriday_byron

Here is an example of the about section the OneWave Facebook page that you could use on your page -

www.facebook.com/onewaveisallittakes

OneWave is a non-profit surf community raising awareness of mental health through a simple recipe...saltwater therapy, surfing and fluro.

OneWave started Fluro Friday events at Bondi Beach in 2013 which consist of surfing/saltwater therapy and a "anti-bad vibes circle" allowing people to We believe that everyone should have the chance to ride waves and openly talk about mental health without being judged. share stories in a safer environment. Wearing bright colours makes people happy and help start conversations about an invisible issue.

Fluro Friday's are a free community event and everyone is welcome.

OneWave also runs a Free the Funk School Program and a Corporate Program to help bring more colour to mental health.

Check out the OneWave programs at www.onewaveisallittakes.com and we would be so stoked to go fluro surfing with you soon!



POSTERS TO PROMOTE FLURO FRIDAY

Here are some examples of posters. If you want us to create a poster email grant@onewaveisallittakes.com or feel free to create your own.

You can find the [OneWave logos here](#)

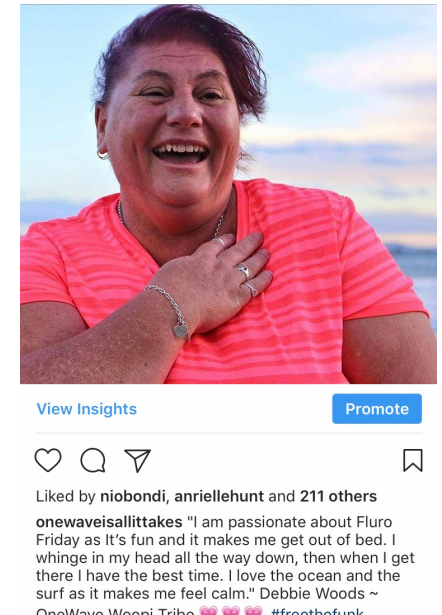
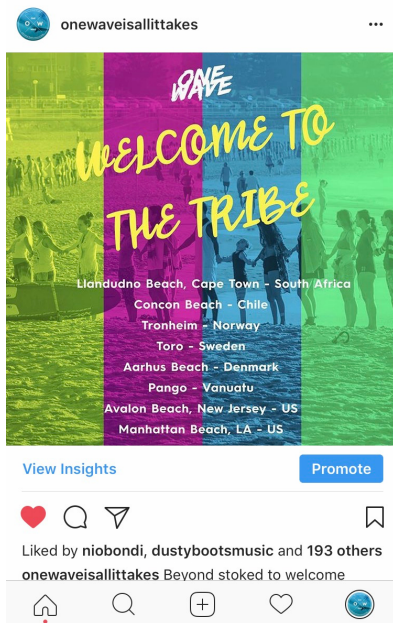
You can find [OneWave pictures here](#)



EXAMPLES OF SOCIAL MEDIA POSTS

We believe that everyone is fighting a battle you know nothing about. We believe that every one has a story that needs to be shared. We believe that it's totally ok not to be ok. We believe to really know what happy feels like you need to have experienced what sad feels like. We believe that sometimes OneWave is all it takes. We are not saying that we are professionals or that we can cure it, but we are saying that we want to share our magic little recipe of saltwater therapy, surfing and fluro to help free the funk.

Our social posts are a mix of fun and colour with inspiration and hope. We love sharing real stories and helping people help people, because helping people is awesome and it feels awesome. Here are a few examples and feel free to grab any of the content on the @onewaveisallittakes Instagram.





THANK YOU FOR
YOUR AMAZING
SUPPORT!

Send us an email if you have any questions:
grant@onewaveisallittakes.com

  @onewaveisallittakes

www.onewaveisallittakes.com

