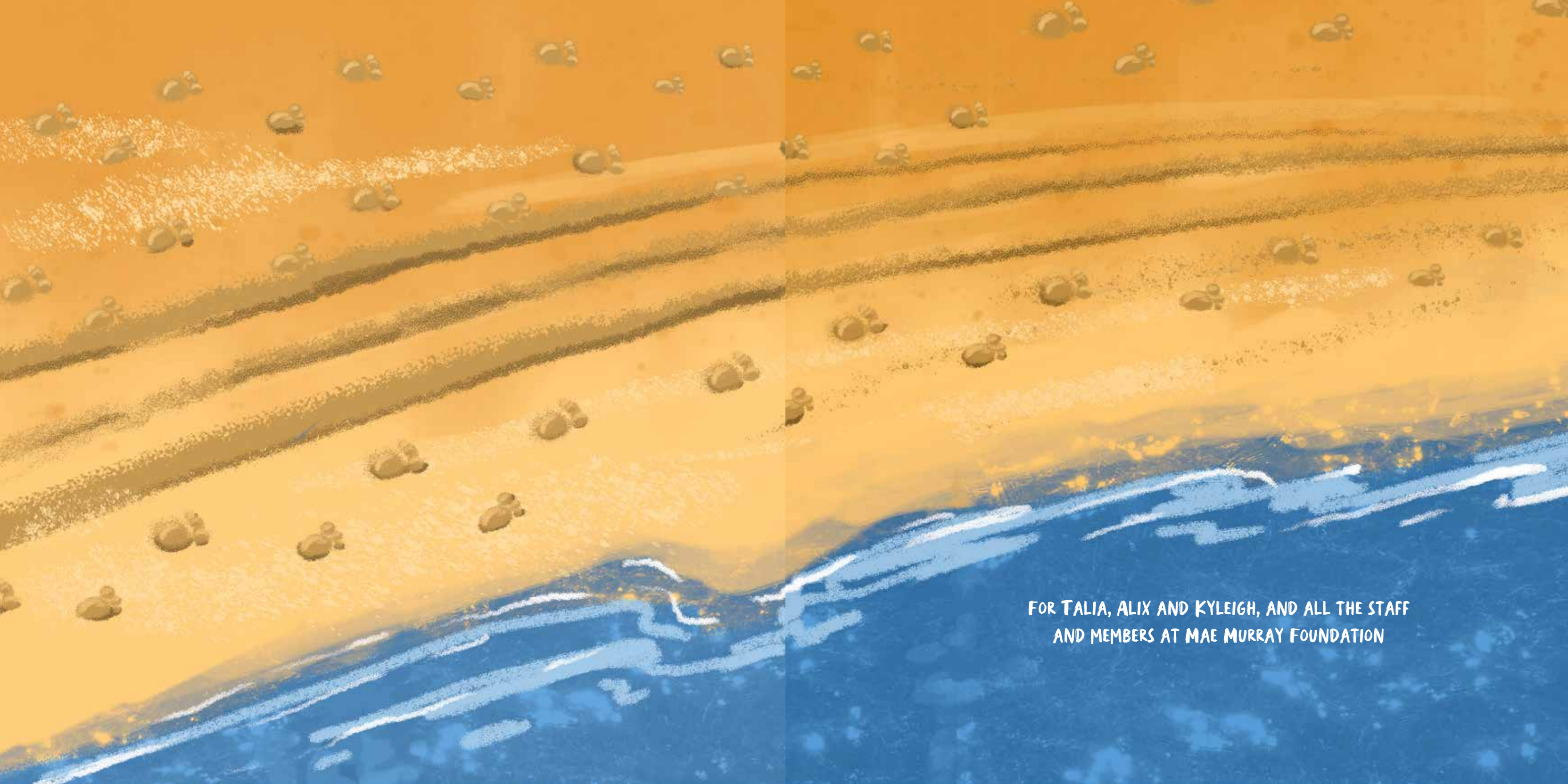


VITAMIN SEA FOR EVERYONE



WRITTEN BY RUTH HUNTER
ILLUSTRATED BY DEIRDRE GRIBBIN



FOR TALIA, ALIX AND KYLEIGH, AND ALL THE STAFF
AND MEMBERS AT MAE MURRAY FOUNDATION

MAC, BOWIE AND VERA ARE
GETTING READY FOR A DAY OUT.
OUR FRIEND MAE IS HERE...YEAH!



LET'S GO TO THE BEACH!
SAID BOWIE





I CAN'T GO TO
THE BEACH SIGNED MAE.
THERE IS NOTHING
FOR ME TO DO THERE

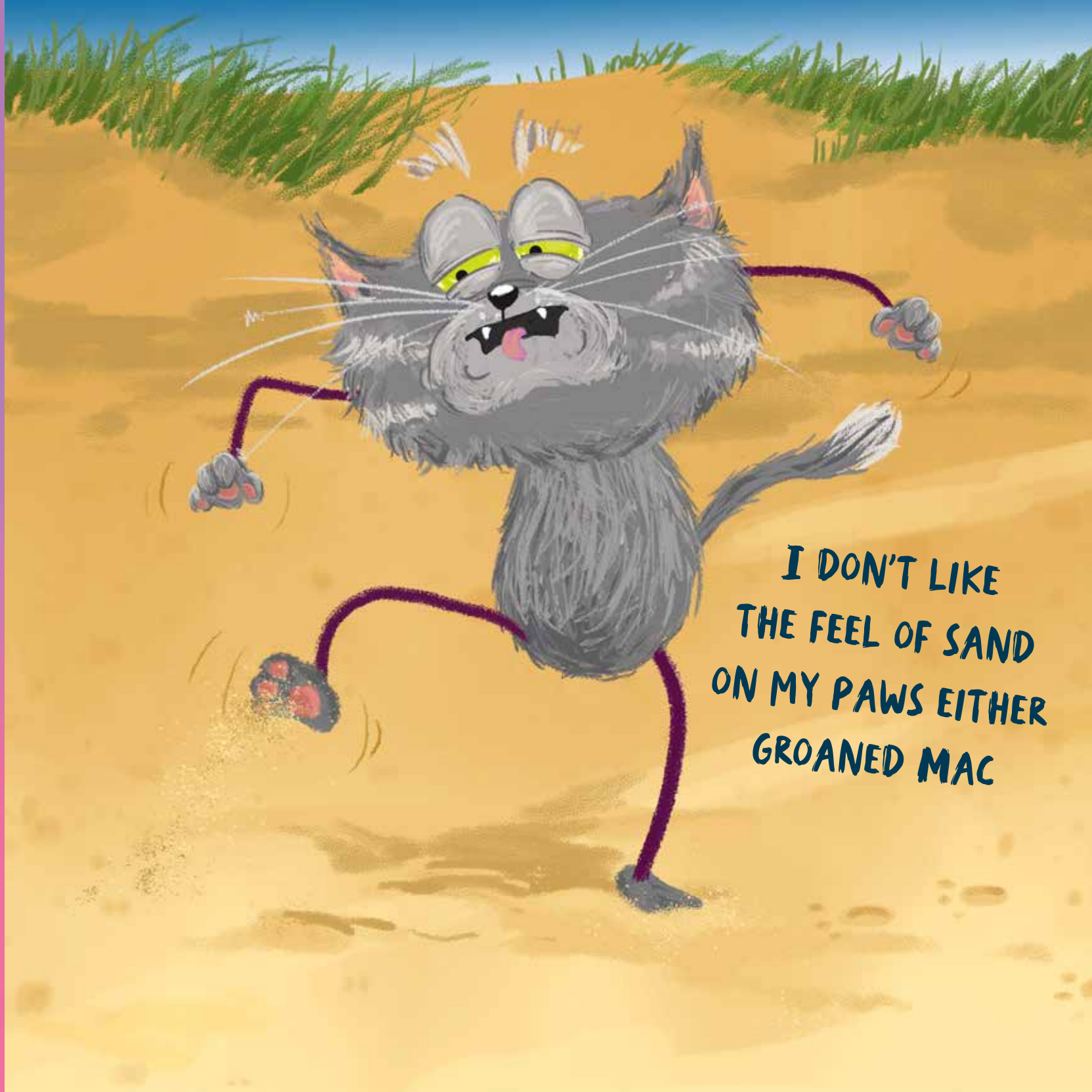


MY WHEELS GET
STUCK IN THE SAND...



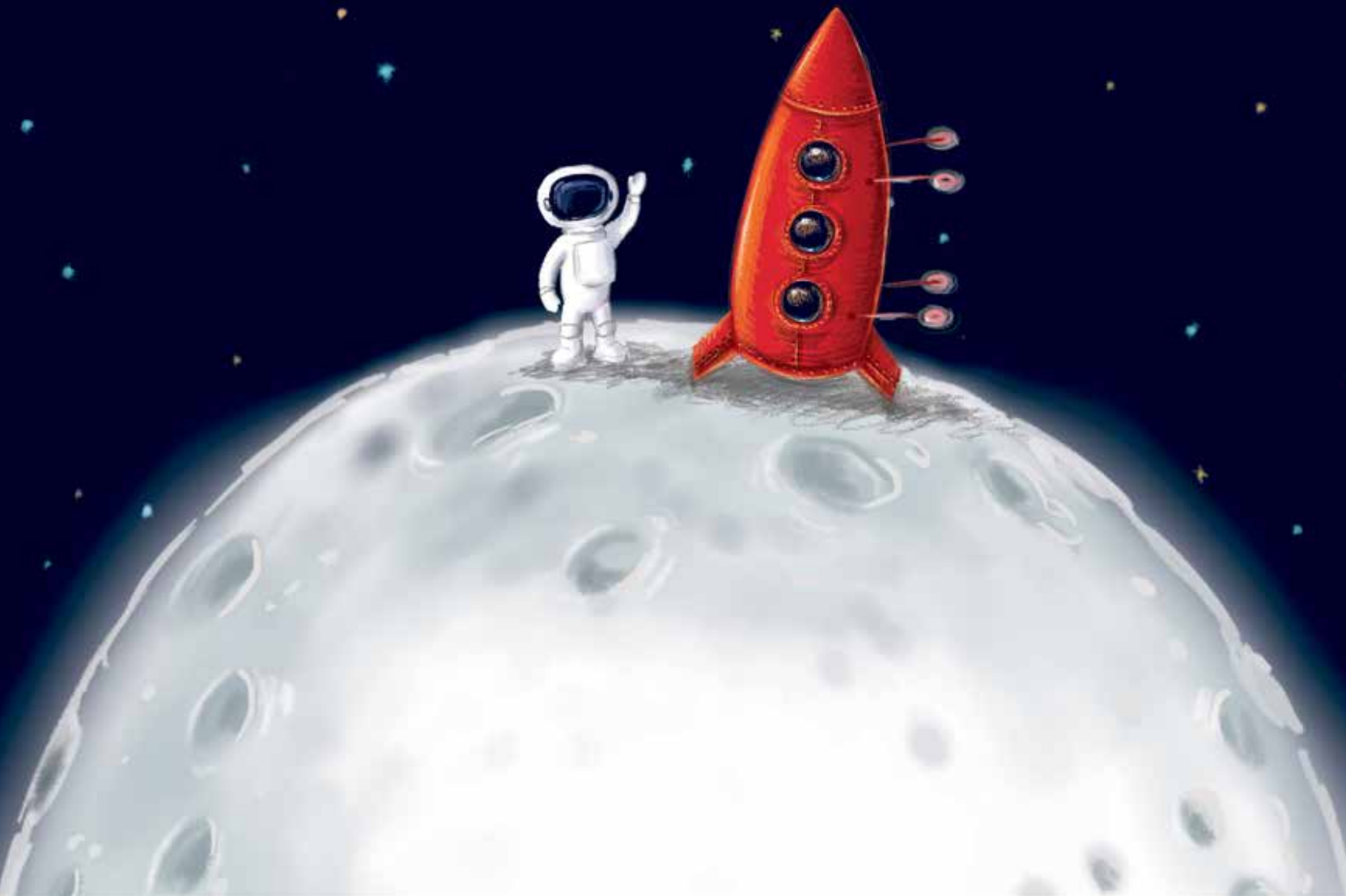


AND I'VE NEVER
BEEN IN THE
SEA BEFORE



I DON'T LIKE
THE FEEL OF SAND
ON MY PAWS EITHER
GROANED MAC

THEY PUT A MAN ON THE MOON,
SURELY WE CAN FIND A BEACH
FOR MAE TO GO TO IN HER
WHEELCHAIR



THERE MUST BE A BEACH
WE CAN **ALL** GO TO
SAID VERA



I'VE FOUND A BEACH WHERE WE CAN
ALL GO **AND** PLAY TOGETHER



LET'S GO TO THE INCLUSIVE BEACH
AT THE NORTH COAST

WOW! THIS
LOOKS AMAZING





WOW, LOOK AT ALL THESE MATS
AND BEACH CHAIRS.

NOW I CAN MOVE
AROUND ANYWHERE
ON THIS BEACH.



LET'S GO SAY
HELLO TO EVERYONE



LET'S GET CHANGED TO GO
SURFING AND PADDLEBOARDING





IT'S LIKE
FREEDOM

THIS IS AMAZING,
MY FIRST TIME IN
THE SEA..

I FEEL LIKE A DAREDEVIL

DO YOU KNOW THE
SEA TASTES SALTY??



LET'S SEE WHO ELSE WANTS TO COME
AND DO A LITTER PICK WITH US

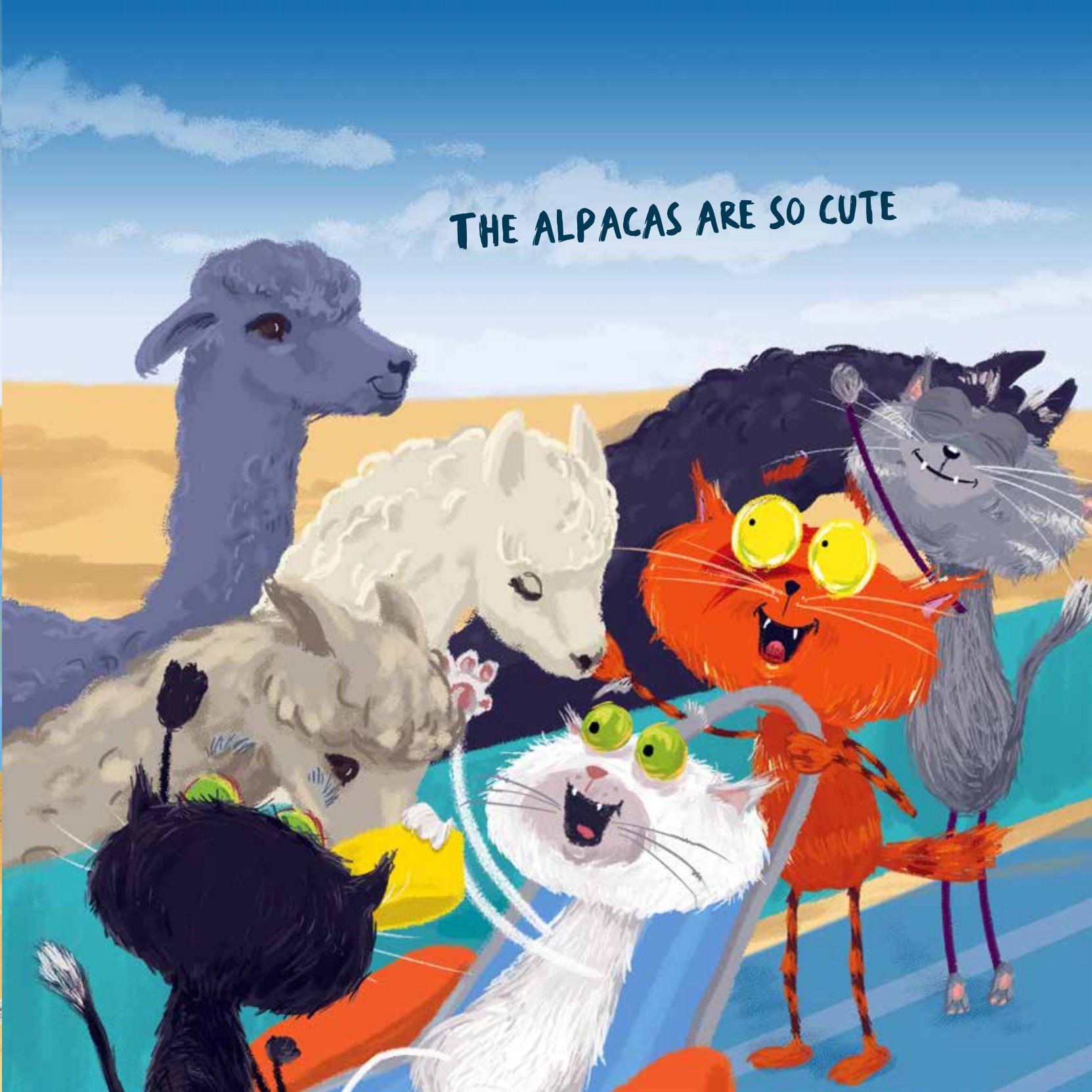


TO KEEP THE BEACH
CLEAN AND TIDY





ABRACADABRA



THE ALPACAS ARE SO CUTE

WHAT A
FUN DAY

I LOVED BEING
OUTSIDE IN
THE FRESH AIR

I GOT TO HANG OUT
WITH MY BROTHER

I FEEL SO FIT
AND STRONG



I GOT TO MEET LOADS
OF NEW FRIENDS

I'LL SLEEP
WELL TONIGHT



I FEEL
SO RELAXED

INFORMATION FOR ADULTS

The **GroundsWell Consortium** is a team of researchers, local communities, implementers and policymakers who aim to better understand and evidence the role of green and blue spaces within wider social, economic, environmental, cultural and health systems. GroundsWell's research is based in Edinburgh, Liverpool and Belfast, where it is being led by researchers at Queen's University Belfast. An aim of GroundsWell is to encourage, enable, and collaborate on community-engagement and community-led research.

GroundsWell launched a Community Innovation Fund programme, where community organisations could be supported in implementing programmes and evaluating impact. We were delighted to be able to partner with Mae Murray Foundation (MMF) to further develop their innovative Inclusive Beach project. An Inclusive Beach is a beach environment that MMF has planned so that people of all ages and abilities can take part, have fun, and be included. Inclusive Beaches will provide access, parking, and disabled toilets. Toilets will always offer hoisting and adult sized changing bench facilities – to full Changing Places standard whenever possible. Inclusive Beaches in Northern Ireland offer free beach equipment loan schemes which support people to access and enjoy the beach, operated as a partnership between MMF and respective beach operators. Having spearheaded the design and implementation of Inclusive Beaches in Northern Ireland, MMF used their experiences of setting up and sustaining their Inclusive Beach model to create ADAPT my Beach, a guide on how to create, manage, sustain and improve an Inclusive Beach. ADAPT: Access, Dignity, All-ability, Participation, Transformation.

Access ADAPT my Beach here:

<https://shorturl.at/ga87R>

The research demonstrates a number of benefits for members and their family on health, wellbeing and social impacts.

You can read more about the research here:

<https://www.qub.ac.uk/sites/groundswell/Projects/MaeMurrayFoundationInclusiveBeach>

The **Queen's University of Belfast**, commonly known as Queen's University Belfast, is a public research university in Belfast, Northern Ireland, founded in 1845. The Centre for Public Health (www.qub.ac.uk/research-centres/CentreforPublicHealth/) is committed to identifying the environmental, epidemiological and genetic risk factors that are important for the health of the individual and of the population and to develop interventions to reduce the burden of chronic diseases in the future. The Centre advances the health of the public at a regional, national and international level, by increasing knowledge and influencing clinical and public health practice and policy.

Mae Murray Foundation (MMF) is a membership organisation which supports people of all ages and abilities to take part in social and leisure settings. Using lived experience of members, they create solutions to overcome the barriers that many people face when joining in with their community. MMF created the first Inclusive Beach in Northern Ireland in 2017, giving beach visitors the opportunity to walk on the beach, swim in the sea and to go surfing and paddleboarding. Thanks to this work, thousands of people of all abilities can now enjoy the beach every year. ADAPT my Beach, is an MMF publication; a guide to support other beach operators to create, sustain and improve an Inclusive Beach using a lived experience model. Mae Murray Foundation is a registered charity: NIC100842

Founded in 1990 in Derry~Londonderry, **Nerve Centre** has grown into a leading creative hub, engaging over 120,000 people each year through arts, film, festivals, education, and community programmes. From Creative Learning Centres to Foyle Film Festival and Our Place in Space, Nerve Centre supports emerging talent across music, film, animation, and digital media — united by one enduring mission: transforming lives through creativity.

Ruth Hunter is a Professor of Public Health and Planetary Health based at the Centre for Public Health, Queen's University Belfast (pure.qub.ac.uk/en/persons/ruth-hunter).

Her research explores how the environment, the climate and where we live can impact our health and wellbeing. She lives in Lisburn with her family and her cat, Mac.

Deirdre Gribbin is a creative media trainer and animator in the Creative Learning Centre, Nerve Centre. She works with teachers and young people helping to bring their creative ideas to life through digital technology.

We also want to thank **Pauline Hunter-Graham** for all her advice when writing the book.



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