



# EVERYDAY SWIM news

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Editor Nicola Polley

## Welcome to the February edition of Everyday Swim News!

*In this edition* - Seaham School pool is opened in Easington, an inspirational swimmer is nominated for an award in Telford and Wrekin, and Wirral continues to develop pool programmes and opportunities across the borough. Plus the Everyday Swim DVD is now available for viewing online!

More information on Everyday Swim can be found at [www.everydayswim.org](http://www.everydayswim.org) alternatively any comments or queries will be welcomed at [everydayswim@swimming.org](mailto:everydayswim@swimming.org) or on 0117 3302667.

Enjoy your reading! Nicola Polley, Everyday Swim Officer, the asa



### Wirral Round-Up

#### Adult Swimming Lesson Promotion

To encourage new adult swimmers Wirral are running a promotion for their adult Learn to Swim lessons. The offer entitles new learners to 'buy 3, get 3 free' and is predominantly aimed at Over-50s. To support demand new adult Learn to Swim classes have been launched at The Oval swimming pool.

#### New Classes

Everyday Swim has supported swimming teachers in Wirral to become qualified to deliver Aquafit and Aqua Jogging classes. These classes run successfully at pools across the borough and Woodchurch Leisure Centre are the latest pool to add both Aquafit and Aqua Jogging classes to their newly launched 2009 pool programme.

#### Health & Well Being Day

To launch the re-opening of The Oval swimming pool after a major refurbishment a Health and Wellbeing day was offered to older residents in partnership with the Primary Care Trust's POPIN team



(Promoting Older Peoples Independence Network). The event welcomed residents to view the new facilities and take part in taster sessions in the pool.

### Swimming for Fitness

Developing the 'gym culture in the pool' will be easier in the Wirral now as swimming teachers and level 2 dry-side instructors are being given the opportunity to take the asa Swimming for Fitness qualification.

The course will develop teachers' skills to instruct public coaching sessions for people who are able to swim but would like to improve their technique, or participate in a more structured training programme in the pool, outside of the traditional swimming club environment.

Everyday Swim Coordinator Fiona Pantrich said, "We have had a number of enquiries from people wishing to improve their stroke but who do not feel confident enough to join a master swimming session, so these new classes will offer them an opportunity to get involved. In addition these sessions will provide a great instructor led session for anyone needing a bit of poolside motivation, guidance, or support, to keep active."

### EVERYDAY SWIM DVD AVAILABLE ONLINE

A short DVD providing an insight to the learning of Everyday Swim is now available to view online at [www.everydayswim.org](http://www.everydayswim.org) and [www.britishswimming.org](http://www.britishswimming.org). Offering you inspiration to change the future of swimming!



People involved with the Everyday Swim project across the pilot areas have been given a voice through this DVD, an opportunity to tell others about their experience of Everyday Swim and what they have found to be key messages for 'what works' at getting people into our pools.

This fantastic free resource is for all people across the country involved with the delivery of swimming, don't miss it!

The Swim for Fitness sessions will be adding a new aquatic opportunity to the current pool programme whilst not taking away any pool time as, once the workforce is qualified, the sessions will be offered initially to run alongside public sessions (in a lane-rope section of the pool) which then can be reviewed as demand grows.





## Glendene School mainstreams swimming opportunities

As part of the commitment to tackle obesity in young people and increase activity levels in the district as a whole, Everyday Swim Easington has assisted Glendene school in accessing swimming lessons at the local leisure centre for the last school year.

Following this initial commitment from Everyday Swim, the school has been so impressed with the progress made from the key stage 3 children that they plan to continue the classes into 2009 and fund them themselves. The school, for pupils with varying degrees of special needs, has identified the impact the Friday swimming lessons have had on the children's development both in and out of the water and hope more children can benefit in future months.

Elaine Smith, a swim coach for the District of Easington Schools Sports Partnership said: "At the start many of the pupils were unable to swim or were poor swimmers and some afraid of the water altogether. What a difference a year makes! Friday afternoons are now the highlight of the week, an enjoyable experience for one and all."

"The positive effect this swimming programme has had on these pupils and the progress made and confidence gained has been phenomenal. Many of the pupils now swim in their own time on a regular basis with family and friends."

"I personally feel that apart from gaining a life skill it has also been a valuable social experience for the pupils."



## Everyday Swim supporter nominated for award - Fiona's story

It was 18 years ago that 40-year-old cancer survivor Fiona Stevenson from Dawley (Telford), discovered a benign breast tumour. Since this time Fiona has battled against ill health and undergone twelve operations.

When Fiona had a mastectomy in April 2007 she was left with virtually no movement in her left arm and was at her lowest point.

"I had lost all my self confidence," she said. "When you have been active and your life changes it's difficult to accept and adjust. I just wanted to be normal and go back to work but I was struggling to accept what I could and could not do."

"In the middle of all this I decided I wanted to go swimming because I just loved swimming and it would bring back some normality."

Fiona's passion to go swimming grew when she came across Everyday Swim Telford & Wrekin, who have supported her to take up swimming. Small adjustments such as access to private changing area for Fiona have helped her to feel at ease at the local pool and as her confidence has grown she has been inspired to encourage others to go swimming.

Fiona is modestly unaware of how courageous she is and what an inspiration she is to others, but now hopes to continue to support local swimming opportunities after recognition of the impact swimming has had on her life. In particular, Fiona is to become one of the first 'buddies' for the buddy



scheme in Telford and Wrekin which will provide support for new adult swimmers across the borough.

"It was a wonderful day when the council announced they would run the 'buddy' scheme. To be able to make life happy for others following this horrid road helps make me feel complete. I had a huge boost to my confidence when I was asked to be a first 'buddy' myself. Everybody is different and if you push someone they won't do it. They have got to feel ready themselves but maybe my story can inspire them."

Everyday Swim Co-ordinator, Matt Shields, said "Fiona is a shining example of what can be achieved with a little support and encouragement. Everyday Swim is about removing the barriers to participation so people like Fiona can enjoy swimming. Without the initial support and the welcoming staff she would have dropped out for good."

Further to Fiona's personal achievements she has also recently been nominated to receive an award, courtesy of *Fabulous* magazine who have been searching for truly inspirational women who should be recognised for their continuous fighting spirit.

Paula Hanson, who nominated Fiona said: "I hope Fi is considered a worthy winner; despite her being in constant pain, her determination to campaign for other cancer sufferers is an inspiration to all who meet her."

## SCHOOL POOL OPENS IN EASINGTON

Everyday Swim Easington and national leisure operator Leisure Connection have joined forces to facilitate the opening of the school pool at Seaham School of Technology to offer a programme of aquatic sessions to the community.

The extended use of this facility, beyond the population of the school, is a milestone for Everyday Swim Easington. The district only has one public swimming pool in the locality but with Seaham School pool also offering activities it is hoped that more local young people will become involved in swimming.

Malcolm Grinstead, Contract Manager for Leisure Connection said: "This is a fantastic opportunity for the community in Seaham and we are delighted to be able to work with the school to offer such a great range of activities for children and adults."

### Everyday Swim projects & contact details

#### AREA

Suffolk (East)  
Suffolk (East)  
Wirral (North West)  
Easington (North East)  
Telford & Wrekin (West Midlands)  
Islington (London)  
Woking (South East)  
Lewisham (London)

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