

# Aquatic Activity and Swimming for Health elearning programme

## Promotional toolkit

### About the Aquatic Activity and Swimming for Health elearning programme

Swim England with support from NHS England elearning for healthcare, Aquatic Therapy Association of Chartered Physiotherapists and University of Nottingham has developed a new elearning programme on the unique health benefits of aquatics and swimming.

The resource, has been created following research that highlights how healthcare professionals intuitively believe swimming and aquatic activity provide unique health and wellbeing benefits, ideal for people with long term health conditions, but they lack the knowledge and skill to make this a more routine conversation with patients.

To address this issue, the 20-minute session raises awareness of the benefits of aquatic activity on health and wellbeing and will enhance learners' confidence in identifying patients who would benefit most.

It is aimed at healthcare professionals of all types who may have an influence on an individual's decision to be active, including social prescribing link workers and leisure professionals.

Please keep Swim England informed on how you intend to promote this programme as we wish to track and evaluate its impact over time.

You can access the elearning programme here – general access is now available so anyone within the UK will be able to access it – For international access, please speak to Andrew Power, Water Wellbeing Specialist at Swim England: [andrew.power@swimming.org](mailto:andrew.power@swimming.org) : <https://www.e-lfh.org.uk/programmes/aquatic-activity-and-swimming-for-health/>

Imagery and video clips to be used in social media promotions are [here](#) – please use @tags and #hashtags provided below, particularly on twitter

### Website / news article copy

Please find the Swim England press release for the eLearning programme below.

## NHS England launch a new eLearning programme on aquatic activity and swimming for health

The healthcare benefits of swimming and aquatic activity for people with long-term health conditions is the focus of an eLearning resource launched by NHS England, in partnership with Swim England.

Research conducted by Swim England has highlighted how healthcare professionals intuitively believe aquatic activity provides unique health benefits but they lack specific knowledge to make this part of routine conversations with patients.

To plug the knowledge gap, a 20-minute eLearning session raises awareness of the benefits of aquatic activity on health and wellbeing with the hope of enhancing learners' confidence in identifying who would benefit most.

The resource, also developed in partnership with the Aquatic Therapy Association of Chartered Physiotherapists (ATACP) and University of Nottingham, is aimed at healthcare professionals of all types who may have an influence on an individual's decision to be active, including social prescribing link workers and leisure professionals. General access is available for this which means anyone in the UK should be able to access it after registering.

Andrew Power, Swim England water wellbeing specialist, said: "The benefits of swimming and aquatic activity are numerous and being active in water is often recommended for people with a range of long term health conditions or impairments for a number of reasons.

"However, despite the clear benefits to individuals and communities, water based activity is an option that can still be overlooked and so it is hoped this eLearning programme will further raise awareness of the importance of activities like swimming, exercise in water and services such as aquatic physiotherapy."

The introduction of the resource follows the launch of the national governing body's Swimming as Medicine series earlier this year, which encourages healthcare professionals to consider recommending swimming and aquatic activity to their patients as an effective way of improving health and wellbeing.

Healthcare professionals can be a crucial link in highlighting the opportunities and services that exist in the community to help overcome barriers to physical activity participation – and therefore improved health and wellbeing.

Sarah Cox, education committee member and foundation programme tutor from the ATACP, commented: "An accessible eLearning on a national platform has been an ambition for the past five years.

"As the national group of aquatic physiotherapists, our plan is to improve understanding of the unique properties and specific changes that happen to a person when entering the water, therefore assisting with confidence in signposting of where and how to safely enjoy these benefits.

"There are patients who enjoy and rehabilitate extremely effectively in hydrotherapy pools and we want these patients to become participants in aquatic activity for their own health and wellbeing. This is a small but important step in sharing knowledge and linking different providers together for the benefit of people with a long term health condition."

Fiona Moffatt, associate professor from the University of Nottingham, School of Health Sciences, added: "Long-term conditions affect around one in four people in the UK. They impact wellbeing and take up a considerable proportion of healthcare expenditure.

"Significantly, large inequalities in the burden of disease are concentrated in conditions such as chronic pain, diabetes, depression, and cardiovascular disease.

"The School of Health Sciences at the University of Nottingham is committed to supporting practical, accessible, and equitable approaches to preventing and managing these long-term conditions.

"Raising awareness of the benefits of aquatic exercise is critical to this endeavour. This new resource will help health professionals feel confident, competent and capable to support people into aquatic activities."

The national governing body are keen to see the eLearning being accessed widely by healthcare and leisure professionals alike. Click [here](#) to access with an existing learning hub account or to register.

To find out more about Swim England's wider work around health and wellbeing, visit the [Swim England health and wellbeing hub](#).

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**ENDS**

## **Note to editors**

### **About Swim England ([www.swimming.org](http://www.swimming.org))**

Formally known as the Amateur Swimming Association, Swim England is the national governing body for swimming in England. It helps people learn how to swim, enjoy the water safely, and compete in all aquatic sports.

Swim England's vision is of a nation swimming and it strives to inspire everyone to enjoy the water in the way that suits them. Each month millions of people are able to enjoy swimming, diving, water polo and artistic swimming, having been through the Swim England Learn to Swim Programme.

Swim England also supports its members, clubs and athletes, and runs qualification and education programmes to develop the workforce. For more information visit [swimming.org/swimengland](https://swimming.org/swimengland).

Swim England's Health and Wellbeing Benefits of Swimming report, launched in 2017, highlighted the many benefits to physical and mental health that can be attributable to swimming. In 2020, further research conducted by Swim England identified the important role of healthcare professionals in helping to influence individuals, particularly those with long term health conditions, to experience the benefits of being active in water.

In addition to physical health benefits, swimming has also been shown to have positive effects on mental health. According to another study by Swim England in 2018, swimming has helped to reduce symptoms of anxiety and depression in 1.4 million adults in Britain, while also reducing visits to healthcare professionals and medication costs whilst boosting self-esteem and improving mood.

## Social media

### Suggested posts:

@Swim\_England have worked with @NHSE\_TEL @ATACP @UniofNottingham to develop a new elearning programme on the unique health benefits of aquatics and swimming. Access it for free here: <https://www.e-lfh.org.uk/programmes/aquatic-activity-and-swimming-for-health/>

Healthcare professionals including GPs, physios and social prescribing link workers can learn to have more routine conversations with patients on the unique health benefits of aquatic activity and swimming with this new elearning by @Swim\_England @ATACP @UniofNottingham @NHSE\_TEL: <https://www.e-lfh.org.uk/programmes/aquatic-activity-and-swimming-for-health/>

*Where possible and dependant on character count, please include:  
@NHSE\_TEL @Swim\_England and #WaterWellbeing*

## Email / newsletter copy

**Heading:** NHS England launch a new eLearning programme on the health benefits of aquatic activity and swimming

### Copy:

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