

I DO LIKE MONDAYS.

Reflections on Sport for Confidence for OT report.

Since joining Sensory Swim, Mondays are my new favourite day of the week. To be able to get out of the wheelchair and into the pool is such a feeling of freedom and physical ease and support, and the session is really great fun. There is such a wonderful vibrant energy with all the participants having an enjoyable time.

The OT, OTA and coaches are really supportive and helpful. Full of encouragement. Working with you to find the best flotation devices to support what you are looking to achieve. Taking time to go over all information about equipment so you are safe.

I have noticed various improvements in my body since I began these sessions. I have recently moved into a new property with a steep-ish ramp. I had been suffering pain and discomfort in my spine from pulling the wheelchair up the ramp with my arms and bars. The swimming using a noodle and a hand held float allows me to stretch my spine and build up strength in the spinal muscles at a better angle and my back is no longer hurting.

I also usually pull my wheelchair around the house with one good leg but since swimming has allowed my body to use different muscles in two legs whilst being supported I noticed that my body is returning to often using two legs to move the wheelchair around the house. I've also been able to practice walking in the water and doing various leg exercises as I'm fully supported by floats and water.

I have recently joined in with the Stronger My Way session. This is so much fun. The games really make me laugh, which is very beneficial. There are some games that are not quite as easy for me due to the wheelchair and I can feel a bit sad, however, the team always find a way for me to be included, so, if they can find a way to say 'yes' to me being included, I find a way to raise my spirits and find my 'yes' to joining in. It's always worth finding a way to make it work. I've noticed that this session acts as a warm up for the swimming after it. I have managed to complete much more improvement in swimming since beginning this class.

Reflections and Learning:

- Two floats are too many for swimming unless you want to feel like you're drunk in the bath.
- OT's, OTA's and coaches are some of the most amazing people on the planet when their job allows them to help others really thrive and flourish
- Joy is a greater precursor to improvement than improvement is a precursor to joy, for myself in this situation
- The body is remarkable at adjusting and adapting if given the right support
- Sometimes you can find your inner courage with the right people and equipment to assist you

For more joy and liberation in your life contact Sport for Confidence. A place where you never have to feel ashamed of how you are. Not even a little bit.