



NEWBOLD LEGACY TRUST
Enriching and Improving Lives

SwimABLE Scotland –
Impact Report for Newbold
Legacy Trust (Aug 25th 2024
– 20th March 2025) Forres
ASG

Progress and Statistical Report
produced for Newbold Legacy Trust
Published by Glyn Morris & Kev Anderson



SwimABLE
SCOTLAND



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Reporting Period: 25th August 2024 – Present (20th March 2025)

Project Overview

We are pleased to present our updated impact report to the Newbold Legacy Trust. This follows our continued delivery of swimming sessions to children with additional support needs in the Forres ASG region. Building on the successes of the previous academic year, this report reflects the outcomes of the most recent project term, summarising attendance, engagement, and key learnings.

Participant Engagement

Category	Previous Term (2023–2024)	Current Term
Total Children Reached	43	41
Primary-Aged Participants	30	25
Secondary-Aged Participants	13	16
Sessions Delivered	104	69
Waiting List	11	5

- While we observed a small decrease in the number of primary-aged participants this term, we've seen an **increase in secondary-aged involvement**, indicating a shift in demand and interest from this age group.
 - The **waiting list has been significantly reduced** from 11 to 5, highlighting improved capacity and efficiency in our service delivery.
-

Programme Impact (Based on Questionnaire Data)

We collected feedback via questionnaires to understand the impact of our programme. A detailed breakdown of the data is included in Annex 1, 2, and 3. Key insights include:

- Improvements in **confidence in water** and **enjoyment of swimming sessions** across nearly all participants.
 - Positive feedback from children, staff, parents and carers on instructor support and the inclusive atmosphere.
 - A notable increase in interest from secondary-aged participants, aligning with our gala success and peer engagement strategies.
-

Continuity and Growth

In our previous report, we noted the challenges due to staff illness and reduced session capacity. This term, with a returning instructor and growing volunteer base, we were able to better stabilise our delivery and build consistency.

Additionally:

- We've maintained our core philosophy of **person-centred learning**.
 - Structured yet adaptable lesson plans continue to help our learners thrive.
 - The legacy of the Swim Gala has left a strong positive impression, particularly among secondary pupils.
-

Looking Ahead

With the support of the Newbold Legacy Trust, we are on track to:

- Further reduce the waiting list to zero.
- Continue volunteer training and qualify coaches as swimming instructors.
- Create a transition policy to overlook and support swimmers moving from SwimABLE to mainstream swimming clubs.

Strategic Milestones & National Impact

Alignment with Funding Purpose

While our engagement in developing a national case study has the potential for wide-reaching impact, it is important to emphasise that this work is a **by-product of our core mission**; meeting the specific needs of children living in the Forres area. The insights and practices emerging from our local delivery naturally highlight gaps in national frameworks. In seeking the best outcomes for our participants, we found ourselves at the forefront of an important conversation around inclusion - one that began with, and remains grounded in, the needs of our own community.

We are proud to highlight two major developments from the current year that reflect both operational growth and our increasing influence within the wider swimming and inclusion community:

1. Instructor Development & Future In-House Certification

A significant achievement this term is the progression of our Lead Instructor to probationary **Swim Teachers Association Tutor** status. This milestone positions our programme to eventually deliver **in-house instructor certification**. Thus, reducing our reliance on external providers and ensuring our team is trained with the specific values and person-centred approach we have developed. This will enhance

instructor retention and elevate the overall quality and consistency of our teaching team.

2. National Case Study for Learning Disability Swimming

Following early-stage discussions with **Moray Council Sports and Recreation** and the backing of **Scottish Swimming**, we are actively working to develop a **national case study** focusing on swimmers with **high assistance needs**, particularly those with learning disabilities. Through our hands-on experience, we have identified **reasonable adjustments** that are currently **underrepresented in national frameworks**.

This case study aims to:

- Document best practices in teaching swimming to young people with learning disabilities.
- Inform governing bodies and certifying organisations of gaps in current inclusion strategies.
- Promote national dialogue and change by offering our approach as an **educational tool** for coaches, instructors, and programme leaders across Scotland.

This initiative not only affirms the local success of SwimABLE Scotland but also places us at the forefront of inclusive aquatics education on a national scale.

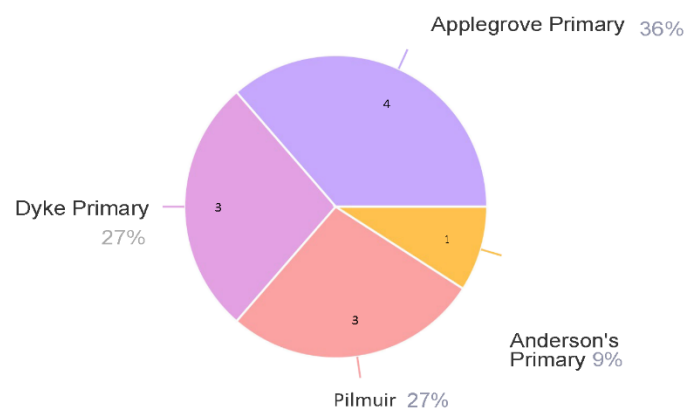
Annex 1. SwimABLE Impact Questionnaire – Primary School Aged Children

SwimABLE Impact Questionnaire (For Primary School Aged Children)

SwimABLE Impact Questionnaire (For Primary School Aged Children)

1. Which School do you attend?

11 Responses



SwimABLE Impact Questionnaire (For Primary School Aged Children)

2. How old are you?

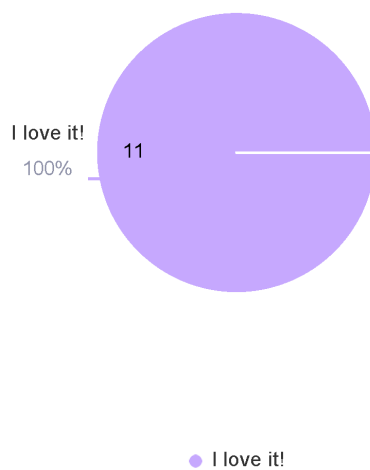
11 Responses

Data	Responses
8	3
10	2
11	2
9	2
7	1
12	1

SwimABLE Impact Questionnaire (For Primary School Aged Children)

3. How do you feel about swimming now?

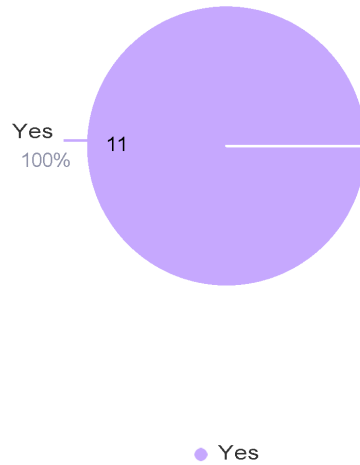
11 Responses



SwimABLE Impact Questionnaire (For Primary School Aged Children)

4. Can you now do something in the water that you couldn't do before?

11 Responses



SwimABLE Impact Questionnaire (For Primary School Aged Children)

5. What new thing have you learned?

(e.g., floating, swimming without aids, putting face in water, using a surfboard in the pool)

11 Responses

Data	Responses
I can go underwater	1
Putting face in water, going underwater, swimming to deep end.	1
The corkscrew	1
Using surfboards in the pool.	1
Using the surfboard.	1
I can swim in the deep end and can stand on the surf boards.	1
How to be safe in the water and learning to swim.	1

SwimABLE Impact Questionnaire (For Primary School Aged Children)

Getting in the pool. I was scared before. I can now jump in the pool from the side. I am learning to float and swim with and without aids. I can put my fave in the water and kick my legs on my front. I have also just mastered using my arms too.	1
I couldn't swim before I started now I am In The deep end. I can also use the surfboard,(almost stand up for more 3 seconds)	1
Diving	1
Swimming in the deep end	1

SwimABLE Impact Questionnaire (For Primary School Aged Children)

6. What's your favourite thing about SwimABLE? (Let us know)

11 Responses

Data	Responses
Going under the water	1
It is loads of fun. I love swimming!	1
I get to learn new moves and dive under water.	1
Surfboards, and the instructors.	1
Getting to meet new people.	1
Jumping in the pool and splashing about	1
I love learning how to swim but I'm still scared to swim on my back, I also like the staff because they are friendly	1

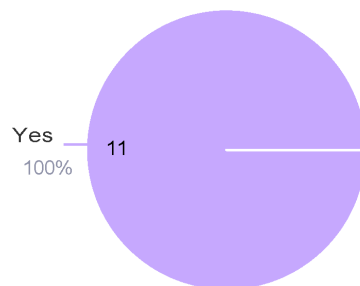
SwimABLE Impact Questionnaire (For Primary School Aged Children)

I love SwimABLE as they help me to get over my fears. They are patient with me and go at my pace. I enjoy seeing the team every week and have built a good relationship with them all.	1
It's taught me I can do it	1
I like everything about it	1
Meeting up with my friends	1

SwimABLE Impact Questionnaire (For Primary School Aged Children)

7. Do you feel happy and safe in your swimming sessions?

11 Responses



● Yes

SwimABLE Impact Questionnaire (For Primary School Aged Children)

8. Is there anything that makes swimming hard for you?
(Tell us if something is tricky)

10 Responses

Data	Responses
The rocket is hard for me	1
I don't like water in my nose	1
I struggle to go underwater without holding my nose	1
Breathing when doing front crawl.	1
No	1
Trying to swim on my back	1
I struggle to understand things due to my autism. I also struggle to deal with new things and need a little time to adjust.	1

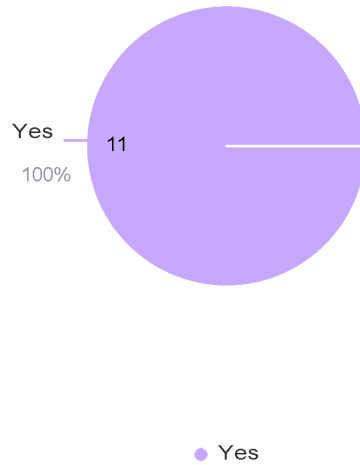
SwimABLE Impact Questionnaire (For Primary School Aged Children)

Coordination	1
When I have to swim under water	1
Brest stroke is really hard	1

SwimABLE Impact Questionnaire (For Primary School Aged Children)

9. Do you want to keep coming to SwimABLE sessions?

11 Responses



SwimABLE Impact Questionnaire (For Primary School Aged Children)

* For Parents / Carers - Please add any other comments here

10 Responses

Data	Responses
Delighted with the confidence my daughter has in the pool now. SwimABLE has been fantastic!	1
This has been a huge game changer for Thea and we cannot thank the team at SwimAble enough for taking her on! It has helped her with her swimming but also her confidence in class.	1
My son loves his swimming session every week. He really looks forward to it. He has made some friends at the pool as well and it is the only time he see them.	1
Brilliant job that Kev and the team do. Kind and attentive and they make all the kids feel involved.	1
It's a wonderful experience to watch your child get confident in the water and watching every stage as they become a really strong swimmer.	1

SwimABLE Impact Questionnaire (For Primary School Aged Children)

<p>My daughter's confidence has come along so much. She had never been to swimming lessons before because we felt she couldn't cope in a "normal" lesson. She's gone from being nervous to asking and having a count down till her next session. Her confidence in herself is also showing in everyday. Really can't thank the staff enough.</p>	<p>1</p>
<p>SwimABLE have been amazing for my son. He has gone from having fear of the water to now jumping in. My aim was to get him confident in the water (especially for going on holiday and using pools abroad) I never thought he would ever swim and I didn't think he understood. SwimABLE have taught him to swim. They are amazing at what they do.</p>	<p>1</p>
<p>His confidence has come on so much, and always looks forward to his swimming.</p>	<p>1</p>
<p>Lexi loves swimming she is eager to get to school on Thursday because she knows its swimming day</p>	<p>1</p>
<p>Massive increase in confidence</p>	<p>1</p>

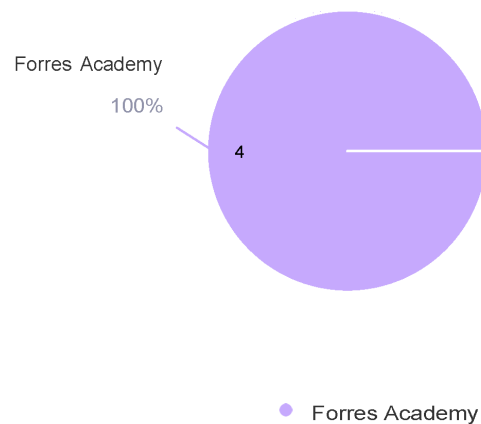
Annex 2. SwimABLE Impact Questionnaire – Secondary School Aged Children & Young People

SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

1. Which School do you attend?

4 Responses



SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

2. How old are you?

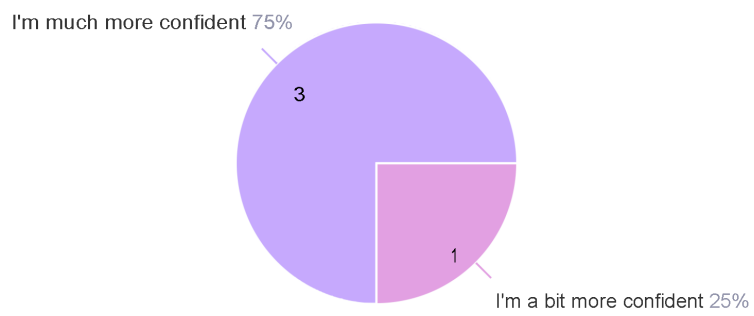
4 Responses

Data	Responses
12	3
14	1

SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

3. How has your confidence in the water changed since starting SwimABLE?

4 Responses



● I'm much more confident ● I'm a bit more confident

SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

4. What new swimming skills have you learned or improved? ⇄ (Please describe)

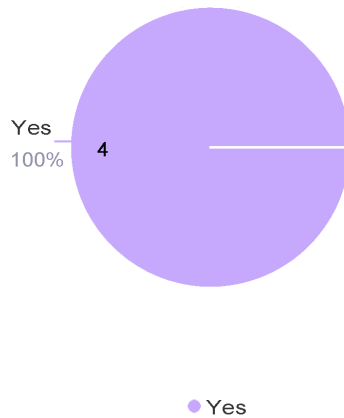
4 Responses

Data	Responses
Breast stroke.	1
Crawl	1
.	1
Front Crawl, Diving	1

SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

5. Have the sessions helped with anything else, like feeling calmer, stronger, or more independent?

4 Responses



SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

🗨️ If yes, how?

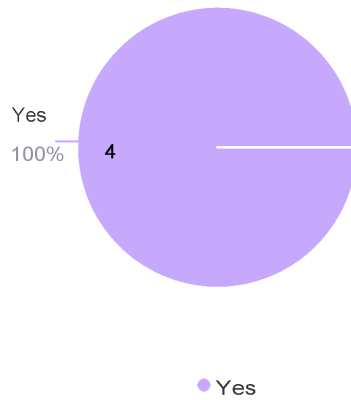
3 Responses- 1 Empty

Data	Responses
Having a break from the school environment without the worry of being bullied for that period.	1
I feel a lot happier.	1
I love going to SwimABLE and feeling like I can swim fast.	1

SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

6. Do you feel respected and supported by the instructors and staff?

4 Responses



SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

7. What part of the sessions do you enjoy the most? (Please share!)

3 Responses- 1 Empty

Data	Responses
The fun sessions	1
All of it.	1
Swim Races	1

SwimABLE Impact Questionnaire (For Secondary School Aged Children and Young People)

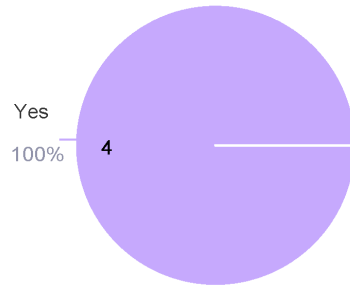
8. Is there anything you don't enjoy or would change about the sessions?
(Your feedback is really helpful)

3 Responses- 1 Empty

Data	Responses
Riley really enjoyed his swimming lessons when the school remembered they were on. He would love to continue again in the future.	1
More fun sessions!	1
Warmer swimming pool please	1

9. Would you like to continue with SwimABLE?

4 Responses

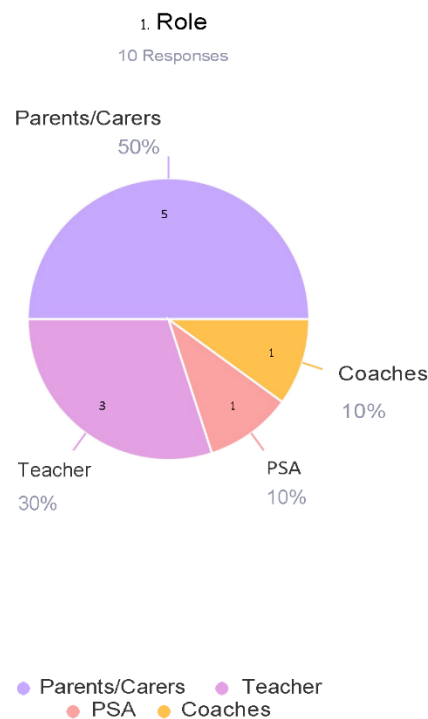


● Yes

Annex 3. SwimABLE Impact Questionnaire – For Parents/Carers, Teachers, PSAs, Coaches

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)



SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

2. Have you observed any improvements in children/young people participating in SwimABLE (e.g., confidence, focus, physical coordination)?

Data	Responses
Absolutely. I've witnessed a vast improvement in not only swimming ability but social skills and general behaviour around peers.	1
Yes! All learners have increased in confidence and really enjoy going to their sessions. The learners I work with show increased resilience, focus and attention and independence skills. They have also shown they are able to be responsible for making safe choices when in the pool and when walking to/from the pool.	1
A pupil attending from the enhanced provision has had transformational change in confidence - used to be scared to go to the pool but now looks forward to the sessions and counts the sleeps until swimming day.	1
There have been improvements in co-ordination observed through attending SwimAble sessions	1
My son is much more confident and happy in the pool- really thriving!	1
My child's confidence has improved in her swimming something she has always struggled with it's also good exercise.	1
Yes. Huge improvements in water confidence, swimming, social interaction and physical mobility.	1

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

Yes! Confidence, daily living skills and fine motor skills are improving due to the changing into and out of swimwear, showering has improved at home due to positive experience of the showers at the SwimABLE sessions. Water confidence for hair washing has improved. Not to mention the actual swimming and water confidence gained. The increase in water skills and confidence is remarkable and is easily the best part of the school week. The water skills are a sensory experience as well as a way for the children to develop social skills without pressure. Learning to swim is a safety skill that every parent appreciates and the way that the children are able to learn through SwimABLE sessions is not accessible elsewhere.	1
My son loves his lessons and tells me regularly it's the favourite bit of the week. When we recently went swimming as a family he showed so much more confidence in the water and a much improved swimming ability.	1

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

3. Have pupils shared their SwimABLE experiences with you?

10 Responses

Data	Responses
Yes. Most have thoroughly enjoyed it. One pupil in particular has used it as an escape from issues in the school environment and has positively thrived in the pool.	1
Every week! They all love to share their experiences with me and their peers, especially if they feel proud of their achievements and progress. As a nurture teacher, this is extremely important to me.	1
The learner is always keen to go and share that he likes the session.	1
Some of the children have talked about what they have been doing.	1
William has always enjoyed his lessons. He had to give up mainstream lessons because they did not appreciate his difficulties and the lessons made him miserable. He loves his swimming now.	1
My child loves to talk about what she's doing in class and what she's learning.	1
Yes diving board	1

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

Yes! Quotes I get to do swimming, I get to be free, I like the water to move about, at the end of the session we play, I really like going swimming, I like going under the water.	1
I always get told about the sessions, sometimes they have been a bit tricky and other times just good fun but they are always the highlight of my son's week	1
Yes! They love it.	1

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

4. Do you think SwimABLE has positively impacted the child's learning or personal development?

10 Responses

Data	Responses
Yes, most certainly.	1
Yes- see above	1
I think that SwimAble has increased the learner's confidence to try new experiences and go to less familiar locations. As this pupil will be transitioning to the Academy, this has been very helpful.	1
The sessions have given the children a different opportunity to develop other skills and there has been an increase in self confidence.	1
Yes, hugely!	1
Yes I think it's positively impacted my child, as her confidence grows and she feels she's part of a group she's learning new skills and feels proud of herself.	1
	1

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

Yes	
Yes. As above. Life skills, physical development, social development, the best part of the school week.	1
Yes definitely	1
Yes. they engage well with the staff and groups and go back to school or home so happy and relaxed.	1

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

5. Are there any additional skills you would like SwimABLE to focus on?

8 Responses- 2 Empty

Data	Responses
I'm unsure here, off the top of my head I cant think of any other route to go down short of a basic life saving course. More surfing, they all loved the surf boards.	1
Unsure- at the moment you are doing wonders!	1
No, just do more of the same.	1
As far as I'm aware there is already multiple skills being learned at swimABLE, my child seems to be happy with what she is learning.	1
Yes ,inflatables	1
The instructors lead child centres sessions and adapt to the needs and strengths of the individuals. They do fantastic work!	1
No, just keep doing what you are doing, my son has come on leaps and bounds from his lessons with you and his confidence in the water is greatly improved also.	1

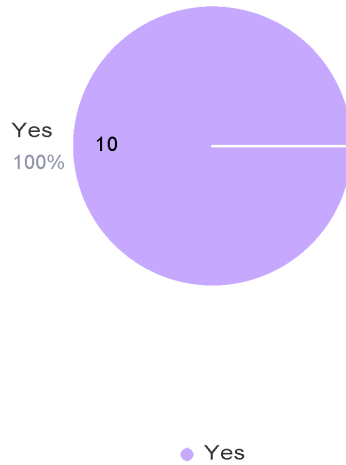
SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

More Surfboard sessions would be great.	1

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

6. Do you think SwimABLE should continue as a program?

10 Responses



SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

Yes/No, why?

10 Responses

Data	Responses
Absolutely. I can think of 2 pupils straight off who could not swim before starting and are now doing lengths of the pool. In my opinion teaching every kid to swim is essential not only for safety but from a social aspect too.	1
We see such progress, not just with swimming skills but with social, emotional and independence skills through the sessions, and are very grateful for them. Thanks you to everyone who helps to make them happen.	1
SwimABLE is a session which is very accessible to young people with neurodiversity. These young people would not get access to the therapeutic experience of swimming without this session.	1
SwimAble offers children a less stressful environment in which to develop a range of skills that can be applied back in school. It improves confidence and self-esteem in ways that being in a classroom cannot always offer.	1
It must continue! So many children and young people can swim because of SwimAble, who otherwise would not. This is both life enhancing and life saving!	1

SwimABLE Impact Questionnaire (For Parents/Carers, Teachers, PSAs)

I think swimABLE should continue as a program as I think it means a lot to the children that participate bringing new skills challenges and building confidence.	1
Yes	1
The benefits for the individual children are many and varied. Swimming is a life skills that will serve them for life but there are additional skills and confidence that are gained through participation in the sessions that are not immediately visible but can certainly be attributed to the development of skills and confidence in many areas. Thank you SwimABLE!	1
Because my son loves them and would be devastated if he didn't get to go. We had tried mainstream lessons for him prior to Swimable and he found it too overwhelming and struggled to take anything in. Through Swimable he is now actually able to swim and loves being in the water.	1
It's a vital support for children with additional support needs to learn to swim	1