

Community Swimming - Organiser Video Audio Description Transcript

Logos appear onscreen Active Kent & Medway, Together Fund and Sport England logos

Titles appear onscreen 'Tackling Inequalities in Kent and Medway – Medway Diversity Forum (Shishu Kishor Club) – Community Swimming'

Upbeat, instrumental music starts

[External shot of a block of flats]

[External shot of the Strood Sports Centre]

[Shot of two women arriving with three children, one of the women is pushing a pushchair]

[Rohima appears onscreen talking]

Rohima: So our Muslim women who wear a hijab, they don't like to go out in the open public and swim openly. So what we've done is created an environment for them, just for them.

[Close up shot of a sign 'Hydrotherapy Pool']

[Wide shot of the pool with women and children swimming and playing]

[Rohima appears onscreen talking]

Rohima: And they don't have to feel like, the fact that they have to take off their hijab or, you know, in their swimming attire, they haven't got to feel ashamed, as such.

[Close up shot of a young girl swimming in the swimming pool]

[Close up shot of a woman in the swimming pool]

[Shot of a woman swimming in the swimming pool]

[Rohima appears onscreen talking]

Rohima: That would be one of the reasons why they wouldn't swim in other places. So we've created that environment for them.

[Shot of two young girls in the swimming pool]

[Rabia appears onscreen talking]

Rabia: We used to have the lifeguards that the centre used to provide. And then we realised we can get a little bit more personal if we did the lifeguard sessions ourselves.

[One of the lifeguards arriving at the swimming pool]

[Close up shot of a lifebuoy at the side of the swimming pool]

[Rabia appears onscreen talking]

Rabia: We did the training through the centre.

[Shot of children and women in the swimming pool]

[Rabia appears onscreen talking]

Rabia: We've created a safe environment for the women, a relaxed environment for them to socialise and enjoy with their young ones.

[Close up shot of a young boy on a float in the swimming pool]

[Rohima appears onscreen talking]

Rohima: It's made me feel very humble. The fact that our elders and my generation, you've given me the opportunity to actually make that difference.

[Shot of a woman in the pool with children around]

[Rohima appears onscreen talking]

Rohima: I mean, I think without that, they would be cooped up at home, cooking and cleaning. And that in itself, it can create a lot of mental health issues and we want to prevent that.

[Shot of a woman smiling with her young daughter]

[Rabia appears onscreen talking]

Rabia: It's a big impact, massive impact on the women, in the sense that they're now they're more confident, their self-esteem built up.

[Shot of a woman swimming in the swimming pool]

[Rabia appears onscreen talking]

Rabia: They can do other things. Some of the women that are, like myself, I wasn't, this is the first time I'm a lifeguard, a part of this organisation. It's just a massive thing. So we've got four other lifeguards and these are women in our community becoming a lifeguard. So that's a big thing for them.

*Titles appear onscreen 'Search for: 'Active Kent and Medway tackling inequalities''
Logos appear onscreen Active Kent & Medway, Together Fund and Sport England logos*