

# SWIM TAYKA

A close-up, low-angle shot of a swimmer's head and arms as they break the surface of the water. The swimmer is wearing a bright pink swim cap and matching pink goggles. Their arms are extended upwards, creating a large splash. In the background, a coastal city with various buildings and a hillside is visible under a clear sky. The water is a deep greenish-blue.

**Annual Report & Accounts  
2023**

A large, stylized blue graphic element consisting of several overlapping, wavy lines that sweep across the bottom right corner of the page, resembling a stylized wave or a modern logo element.



## Teaching The Life Skills Of Swimming and Water Stewardship

SwimTayka, a charity registered in England and Wales (registered number 1176079). Its objectives and powers are set out in its Constitution of a Charitable Incorporated Organisation for SwimTayka

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## Overall Achievements

- **25** successful projects
- **11,034** children affected
- **£321,215** raised
- **86** current volunteers

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TAYKA

## Message from the chair

I'm delighted to introduce this report summarising the fantastic achievements of SwimTayka over 2023, a year in which we went from strength to strength expanding our global reach, our team and our efforts to advocate for drowning prevention. In total we touched the lives of 11,034 children in over 8 countries supported by a heroic team of 86 volunteers. All enabled by a record breaking year for fundraising through our channel swimming efforts.

### Our Global partners

Peru: Our ongoing partnership with Otra Cosa Network in Peru has continued to see success. Through this collaboration, we have provided essential swimming lessons and environmental education, reaching a wider segment of the local community.

Mozambique: We have spear-headed efforts towards gender equality by training local women as swimming instructors. This initiative has empowered women in the community and helped break down gender barriers in swimming instruction and education. The local team will now pursuing their efforts independently, and we wish them every success.

Jamaica: Following a successful partnership in 2023, Jamaica will also move forward independently in swimming and water safety education.



We are delighted to have been able to help them develop their own programme, a key measure of success for the sustainable operations of SwimTayka globally. This underscores the value of empowering communities to sustain swimming and water safety education independently, a cornerstone of our mission.

South Korea: The creative fundraising initiative led by Leyna Biggs in South Korea exemplifies our global influence and the

innovative spirit of our supporters. This event raised substantial funds and demonstrated the potential of engaging young people in our cause through creative means.

Some of our major partners include Zoggs, Henley Swim, Outdoor Swimmer, and the Swimmers Teachers' Association.

## Our team

We were delighted to welcome Dr Neil Rushton to our trustee board who brings a wealth of experience on the medical benefits of cold water swimming plus connections and enthusiasm worldwide. We were also very pleased to welcome Ash Cloninger as our new fundraiser bringing new energy and ideas and Adam Ball to the role of Volunteer Coordinator who has been instrumental already in ensuring our volunteers are supported and able to thrive.

We extend our heartfelt appreciation to Matthew Slater, a departing trustee, who has provided so many valuable contributions around the board table. We also said a fond farewell to Lauren Cambridge whose fundraising efforts have been pivotal to SwimTayka's success, and to Alex Ullmar who for personal reasons had to leave after a brief but impressively impactful time.

## Awareness and Advocacy

Our World Drowning Prevention Day activities, particularly commissioning a mural in the Cotswolds, have significantly raised awareness about water safety. This visual campaign has effectively communicated the importance of drowning prevention to a broader audience.

## Looking forwards

With a strengthened team and new ambitions for partners in Uganda and Jamaica as well as closer to home in the UK, SwimTayka is poised for continued success. The importance of drowning prevention is brought home to us every day so the mission of SwimTayka remains more important now than ever before. We are excited to face the new challenges and opportunities as we continue our mission to empowering communities through swimming and drowning prevention education.

# SWIM TAYKA

## Mission

- It is our mission to prevent children from drowning.

## Vision

Our vision is that no child be denied access to drowning prevention and swimming lessons because of their economic status.

We envisage a world where children grow up with:

- respect for water
- understand how their rivers, lakes and oceans are sources life
- a responsibility around or near water.



# Values

Learning



Community  
Engagement &  
Learning

Involvement



Inclusive Engagement

Sustainability



Sustainable Impact

Innovation



Creative Innovation

Integrity



Integrity & Fairness

Efficiency



Efficient Resource  
Management



## Key points

Following the United Nations resolution on Global Drowning Prevention, we are campaigning and driving programmes within countries that we are working within.

Common questions that came from the non-governmental organisations (NGO's) were "I don't have the resource to teach the children to swim".

We are providing free swimming lessons for school-aged children in low-resource environments.

Providing lessons in drowning prevention further to educate children in responsible behaviour around or near water

Objectives and how we achieve those objectives are financially or grant driven to deliver the training and message from the resources.

# Context

United Nations General Assembly members have adopted an historic resolution, committing to greater efforts to prevent drowning.

An estimated 236,000 people drown every year, although this figure excludes drownings attributable to flood-related climatic events and water transport incidents, so the actual figure is much higher.

Drowning is among the ten leading causes of death for children aged 5-14 years.

The United Nations resolution on Global Drowning Prevention, co-sponsored by Bangladesh and Ireland and adopted by consensus by the 193-member world body, is the first to focus on drowning, establishing July 25 as 'World Drowning Prevention Day'.

"In the Western world, we take learning to swim for granted, but this often isn't part of the culture or curriculum in poorer and lower-income communities in developing countries. That's why we need this focus and for governments to be proactive in promoting swimming programmes and drowning prevention."

SwimTayka promotes drowning prevention by teaching children to swim and to be safe in and around bodies of water and by starting and supporting local swimming programmes. This was born from the fact that many NGO's and charities that were near rivers, lakes and oceans that were supporting children did not have the ability or skills to run swimming lessons. We provide these NGO's with the resources they need to get started and keep running.

The assembly United Nations Security Council resolutions, General Assembly resolutions are not legally binding, they do, however, reflect global opinion.

The assembly stressed that drowning "is preventable" using "low-cost interventions" and called on countries to consider introducing water safety, swimming and first aid lessons as part of school curricula. It is encouraging nations to appoint "a national focal point for drowning prevention", develop countrywide prevention programmes, and enact and enforce water safety laws.

We are following the guidelines of the World Health Organization and adhere to their recommended practice in our programmes as closely as possible.

# Adaption

Following the World Health Organisations advice in the preventing drowning an implementation guide we are only implementing parts of the programme that are directly related to children and teaching swimming, we will be adopting the following interventions:



Safe Preschool  
Childcare Away from  
Water



Swimming and Water  
Safety for Kids



Bystander Rescue  
and CPR Training



Drowning Prevention  
Education for  
Teachers



Promote Water  
Access Barriers



# Strategy



Raise Drowning Awareness



National Water Safety Plans



Collaborative Goal Achievement



Enhance Drowning Prevention with Data and Research

## Five-year plan

As an organisation, the following plan is what we would want to achieve and work towards over the next five years

Within the next five years to be supporting ten programmes around the world.	Support international cooperation by sharing lessons learned, experiences and best practice within and among regions.
Identification around priority countries making sure we spread the risk there. We are diversifying funding sources.	For next two to three years, we will drive the name, the brand and the finance generation.
Follow the World Health Organisations guidance around drowning prevention and following the preventing drowning an implementation guide	Encourage integration of drowning prevention within existing disaster risk reduction programmes, especially in communities at risk of flooding and coastal inundation, including through international, regional and bilateral cooperation.
Developing a drowning prevention programming in line with World Health Organisation recommended interventions, namely, barriers, supervision, swim skills, rescue and resuscitation training.	Promote research and development of innovative drowning prevention tools and technology, and promote capacity-building through international cooperation, for developing countries.
Campaign for the introduction of water safety, swimming and first aid lessons as part of school curricula, consistent with the local government governance framework for education.	To observe 25th July as World Drowning Prevention Day annually in an appropriate manner through education, knowledge-sharing and other activities to raise awareness of the importance of drowning prevention and the need for urgent, coordinated multi-sectoral action to improve water safety, to reduce preventable deaths.
Promote and campaign to include drowning within civil registration and vital statistics registers and aggregate all drowning mortality data into national estimates.	Promote public awareness of drowning prevention and behaviour-change campaigns.
With the Drowning Prevention, we are to go broader and reach out to more and more NGOs in different countries, the reason why is that it will spread the risk and allow for sharing of information between programmes.	Each of the programmes with the NGO's we have a five-year strategy, with the intention that by the time we get to year five, the programme will be self-sustaining, supporting themselves and being run by local individuals and organisations. Including the local business and local government involved in the programmes going forwards.
Over the five years, the funding will be reduced for the programmes to encourage the NGOs to become more locally self-sustaining.	To engage with academics to provide research and provide evidence base information and impact assessments.

# Measure the impact

Creating a self-sustaining programme with little or no dependence on external resources is measured by each year to reduce funding, where possible, by 20% for the programme.

We will record and monitor the skills and competencies taught and reached a level of maturity as defined in the World Health Organisation preventing drowning an implementation guide. These come under the following areas:

- Breathing skills in the water
- Swimming skills
- Survival competencies
- Elementary rescue techniques

We are reducing deaths by drowning in the locations we are working in by measuring the number of drownings year on year.

We will be providing a year-on-year increase to the number of Swimming courses taken by local students, these include but not limited to:

The STA (Swimming Teachers' Association) offers both regulated qualifications and unregulated courses, allowing learners across the globe to gain the necessary training within the leisure industry. They offer unregulated international training for swimming teaching, baby and pre-school teaching and pool

lifeguarding job with confidence anywhere in the world.

- Unregulated Courses by the Swimming Teachers Association (STA)
- STA International Swimming Teacher
- STA International Baby and Pre-School Teacher
- STA International Pool Lifeguard
- STA International Lifesaving Course for Swimming Teachers
- STA International Open Water Coach
- STA International First Aid

## Drowning Prevention: Key Facts





Teaching the life skills of swimming and water stewardship

## What we do?

We provide free swimming lessons and environmental education about clean water stewardship to underprivileged children who live along earth's open water: rivers, lakes and oceans.

## How does SwimTayka work?

SwimTayka connects organisations in low resource waterside communities with volunteer swimming instructors and environmental educators from around the world, in order to develop and promote free swimming and environmental lessons for children. Volunteer programmes run from one week up to two months and include instruction in basic water safety, swimming, first aid and clean water education.



## Mission

It is our mission to give disadvantaged children around the world access to swimming teachers who can not only provide life skills, but create a legacy for today's children, who will grow up and teach the next generation.

Combining swimming with clean water education we are nurturing a generation of world citizens who will act as environmental stewards who love, care for life-giving rivers, lakes and oceans along which they live.

## Vision

Our vision is that no child will be denied access to swimming lessons due to their economic status.

We envisage a world where children grow up with a respect for their environment and understand how rivers, lakes and oceans are sources of wholesome food, provide their livelihoods and play an important part of maintaining a healthy life free from waterborne illnesses.

# SwimTayka wants to teach children worldwide how to swim and care for the water

Drowning is a silent epidemic that claims an estimated 360,000 lives every year, many of them children. Drowning is the 3<sup>rd</sup> leading cause of unintentional injury death worldwide. These are wasted lives and preventable deaths.



There are approximately **42 DROWNING DEATHS EVERY HOUR**, everyday.

## Did you know?\*

- One person loses their lives by drowning every 90 seconds
- Children aged 1 to 4 are most at risk
- Over half the people who drown are under 25
- Most drownings occur in low- and middle-income countries
- These losses of life are largely preventable

\*World Health Organization



## Where we work

We work in counties that need teachers and education, working closely with NGO's and Charities that already have an established relationship with the community.

You may have been on holiday to beautiful beaches, swum in the clear turquoise waters, snorkelling or diving from boats but what you don't realise is that many of the local people cannot swim. They play in the waters every day, they have the confidence in the water, but they don't know how to swim or survive.

Working with communities that live along the earth's open water: rivers, lakes and oceans no matter where they are, we provide the children with free swimming lessons, drowning prevention education and education in clean water stewardship.

## Approach

- Connecting passionate people with existing NGO's and Charities
- Dealing with the issues at a local level
- Creating partnerships - which work
- Leaving a legacy of confident swimmers and clean water stewards
- Encouraging established teaching methods around drowning prevention and swimming teaching
- Teach the teacher and develop sustainability.

## Other solutions

The practical solutions we have developed include:

- Connecting together qualified instructors to teach swimming
- A water education programme that is easy to follow and teach
- Free education lessons for children in low-income communities
- Connecting Swimming professional with existing NGO's and Charities
- Building safety values
- Developing a five-year plan

# DROWNING PREVENTION

## KEY FACTS

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**Drowning is one of the top 10 leading causes of death amongst 1-24 year olds**

**236,000 ANNUAL DEATHS** occur due to **DROWNING**.

Over **50%** of this number consists of those **UNDER 25**.

Drowning is the **5<sup>th</sup> LEADING** cause of death for **AGES 1-4**

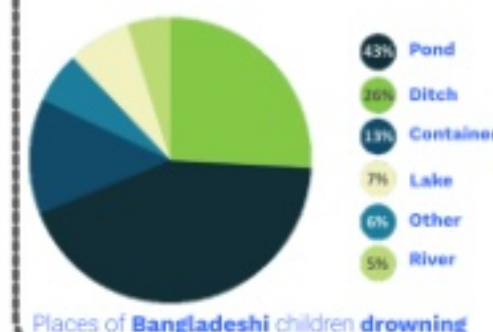
**MORTALITY RATE DUE** due to **DROWNING** worldwide



**Leading killers for children under 15 years of age**



Where there is **WATER THERE IS A THREAT** of drowning (especially in children)



Install **BARRIERS** controlling access to water



Provide **SAFE PLACES** (for example, a crèche) away from water for pre-school children with capable childcare



**IMPROVE FLOOD RISK MANAGEMENT** locally and nationally



**TEACH** school-aged children **BASIC SWIMMING, WATER SAFETY, and SAFE RESCUE SKILLS**



**TRAIN** bystanders in **SAFE RESCUE AND RESUSCITATION**



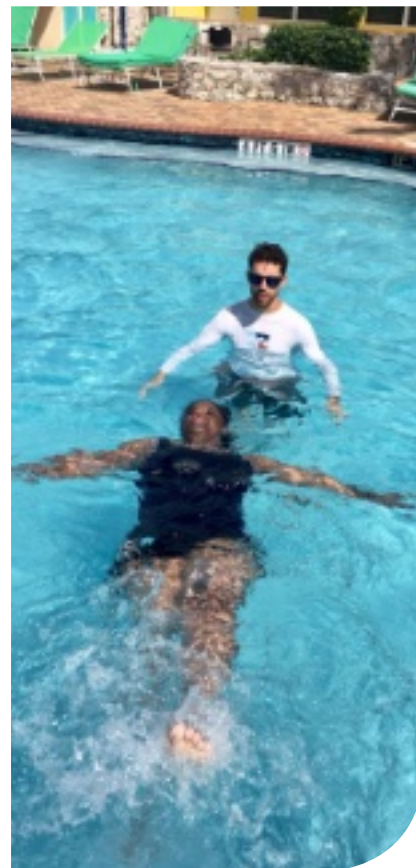
Set and enforce safe **BOATING, SHIPPING, and FERRYING REGULATIONS**



# How does SwimTayka Work?

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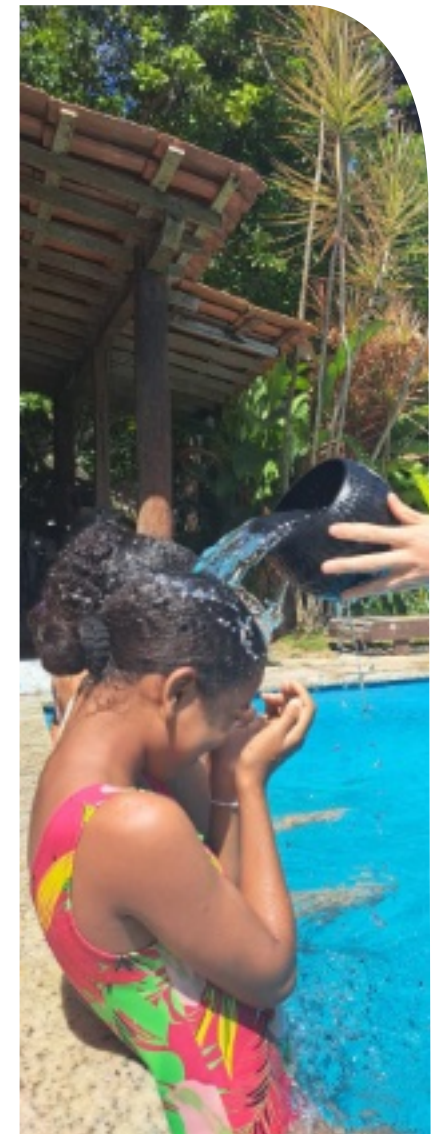
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There are approximately **42 DROWNING DEATHS EVERY HOUR**, everyday.

## Did you Know?

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- One person loses their life by drowning every 90 seconds
- Children aged 1 to 4 are most at risk.
- Over half the people who drown are under 25
- Most drownings occur in low- and middle-income countries.
- These losses of life are largely preventable.



# Programme Report



# Peru



## Transforming Lives Through Swimming and Environmental Education

### Factual Information

In 2023, SwimTayka's programme in Peru achieved remarkable progress in transforming the lives of 60 local children—32 girls and 28 boys—through its focus on water safety, swimming, and environmental education. The majority of the children were aged between 5 and 6 years old, and their growth throughout the programme has been truly inspiring.

In the area of water safety and drowning prevention, the second survey revealed extraordinary improvements:

48 children now feel completely comfortable in the water, a huge increase from the previous survey, indicating a newfound confidence in their ability to float and swim.

Fear of swimming alone has decreased, with 37 children expressing that they would not swim more often even if they had company—an improvement, though still an area for growth.

Financial barriers to swimming have also eased, with only 27 children stating that swimming is expensive, down significantly from 40.

An astounding 37 children are now fully comfortable putting their faces underwater, a massive jump from just 6 in the first survey.

The fear of drowning has dramatically lessened: 43 children now say they are no longer afraid of drowning, compared to only 8 children at the start.

Every single child—100%—agreed that learning to swim means they will never drown, a reflection of their confidence in the life-saving skills they've gained.

Moreover, all 60 children now believe they can use these skills to earn money, whether as lifeguards or swim instructors, unlocking future opportunities for them.

### **Environmental education was equally impactful:**

- 57 children expressed that protecting water and the environment is absolutely important to them, a significant rise from 30.
- 55 children are fully aware that water contamination is a major issue in their community.
- Every child—all 60—recognises that plastic pollution is a serious problem, a strong increase from the 50 who initially understood this.
- 52 children now say they know concrete actions they can take to make water cleaner, a leap from just 5 children previously.
- 51 children reported experiencing illnesses from swimming in or drinking contaminated water, up from 18, highlighting their increased awareness of the risks around them.
- 48 children expressed a strong desire to step up as leaders in their community, ready to take on roles that could create lasting change.

### **What We Did**

In Peru, our volunteer Tom Wood attended the programme, helping the children gain confidence in the water. Tom shared his thoughts: "Volunteering in Peru was a rewarding experience, allowing me to directly impact the lives of local children by improving their water safety and helping them overcome their fears of water."

Throughout the programme, we offered comprehensive lessons focusing on water safety, swimming skills, and environmental stewardship. This included hands-on activities where children learned to float, swim, and take care of their water environments. These lessons were designed to build confidence, foster leadership, and impart essential skills for personal and community well-being.

### **How This Helped the Local People**

The impact of the programme on the local community in Peru has been profound. The children now exhibit greater confidence in the water, with more participants overcoming their fear of drowning. The lessons have equipped them not only with swimming skills but also with an understanding of how to prevent drowning, ensuring their safety around water.

Furthermore, the focus on environmental education has empowered the children to become stewards of their local environment. They have a heightened awareness of water contamination and plastic pollution, which are pressing issues in their communities. This increased knowledge, coupled with their desire to become leaders, signals a shift toward proactive environmental protection and community involvement.

The programme has not only improved their personal safety and skills but also inspired a broader commitment to safeguarding their water resources, ensuring a more sustainable future for the entire community.

# Brazil



## Challenges and Optimism for the Future

### Factual Information

In 2023, SwimTayka's programme in Brazil underwent significant changes and made a lasting impact on the local community. Shifting the programme's schedule to run from September through November, this adjustment helped overcome past recruitment challenges, attracting four volunteers right from the start. With the continued support from the Princess Charlene Foundation, which generously funded the programme last year, SwimTayka was able to continue its vital work in Brazil. This year's programme reached between 100-150 children from underprivileged areas in Itacaré, Bahia, providing free swimming lessons and crucial drowning prevention education.

### Key Outcomes:

**Drowning Prevention Education:** A collaboration with a civilian firefighter and lifeguard provided hands-on demonstrations, including beach rescue techniques and first aid training. The children were taught how to recognise risks in both rivers and oceans, as well as how to seek help in emergencies.

**Swimming Lessons:** Around 150 children aged 7-15 received swimming lessons, building their water safety skills and confidence. Lessons were divided between morning and afternoon sessions to accommodate school schedules, with attendance ranging from 15-30 children per session. A smaller group of 15 children aged 3-7 was also taught water basics, breathing, and floating.

**First Aid Training:** As part of a comprehensive first aid curriculum, students learned CPR, how to handle jellyfish stings, and other water-related injuries.

**Special Needs Inclusion:** The programme welcomed children with special needs, including a boy with cerebral palsy and teenagers with anxiety, ensuring inclusivity and personalised support.

**Environmental Education:** In addition to swimming skills, children learned about the water cycle, climate change, and pollution. They also visited a waste treatment facility to better understand the dangers of microplastics.

### What We Did

This year, SwimTayka's Brazil programme thrived by combining practical swimming lessons with an emphasis on water safety and environmental



stewardship. Our volunteers worked closely with the local team at ETIV-do-Brasil, offering morning and afternoon sessions tailored to the children's varying school schedules.

One of the programme's highlights was our Drowning Prevention Event held in commemoration of National Sea Day. The children, ranging from 8 to 18 years old, engaged in beach rescue demonstrations led by a lifeguard, learning critical lifesaving skills. The event, which drew over 30 canoeists, expanded beyond swimming to teach drowning prevention for water sports.

Additionally, children were encouraged to test their new skills in the open sea. After gaining confidence in the pool, they visited local beaches, navigating the ocean's currents and practicing swimming in natural water bodies. The focus on water safety extended to first aid training, where children learned how to perform CPR and manage injuries caused by marine life. This hands-on approach was designed to empower students with skills they could use both in and out of the water.

Volunteers, such as Brandon Carter, played an essential role in delivering lessons, working side by side with local instructors to manage class sizes and ensure each child received personalised attention. The volunteers also lived within the community, gaining valuable cultural insights while supporting the programme's day-to-day operations.

### **How This Helped the Local People**

SwimTayka's programme in Brazil had a transformative impact on the community of Itacaré, offering more than just swimming lessons. By teaching essential water safety skills, we helped reduce the risk of drowning, a significant concern in this coastal region. The programme empowered children to navigate both pools and open waters safely, which will help save lives in the long run.

The environmental education component fostered a sense of responsibility among the children, encouraging them to become stewards of their local environment. Learning about pollution, climate change, and water conservation has inspired many of the participants to take action within

their communities. The knowledge they gained extends beyond personal safety, equipping them to advocate for cleaner and safer water sources.

Our inclusion of children with special needs and the additional first aid training ensured that every child, regardless of their background or abilities, could benefit from the programme. The training sessions on CPR and first aid have equipped participants with the tools they need to not only protect themselves but also assist others in emergencies, fostering a more resilient and safety-conscious community.

In summary, the 2023 Brazil programme has enriched the lives of children in Itacaré by teaching them crucial life skills that will keep them safe in and around water while also nurturing their sense of environmental responsibility. This comprehensive approach ensures the long-term well-being of both the children and their communities.



# Bali



## Reflecting on Challenges and Successes of the Swimdo Programme

### Factual Information

For several years, the Swimdo programme in Bali has been one of the most popular opportunities for volunteers, consistently attracting applicants eager to make a difference. However, in 2023, we encountered an unexpected and concerning decline in interest. Despite our extensive efforts in promoting the programme through social media and other outreach platforms, there were very few volunteer applications, which was highly unusual given the historical demand.

For the first time in several years, there were no confirmed volunteers for the Swimdo project in Bali, a stark contrast to previous years when we struggled to accommodate all the eager applicants. This decline was a source of concern, especially given how essential the Swimdo programme is for teaching children vital swimming and water safety skills in a region where drowning rates are high.

However, amidst these challenges, we were fortunate to have the ongoing support of a philanthropic foundation that had long believed in the impact of the Bali project. This foundation generously stepped in to provide financial assistance, covering volunteer expenses and offering stipends or grants to attract more participants. While volunteer recruitment was lower than expected, this financial backing offered a way forward and hope for future projects.

## What We Did

SwimTayka played a supportive role in assisting the local Swimdo team in Bali. Together, we worked tirelessly to continue providing essential swimming and water safety lessons for local children. In previous years, volunteers from around the world would come to Bali to participate in the programme, spending two weeks at a time teaching children aged 7-12. These lessons focused on survival swimming, floating, basic swimming strokes, and water safety techniques.

Despite the lower number of volunteers in 2023, the Swimdo team in Bali continued their mission to educate children about water safety. With our assistance, they were able to maintain the core elements of the programme, which not only focused on swimming skills but also environmental stewardship. Children learned about the importance of protecting their water sources, which is a critical issue in coastal communities like Bali.

Although there were no volunteers on the ground for a portion of the year, the financial support from our foundation partner allowed us to explore creative ways to keep the programme going. Discussions were held about how to utilise stipends to attract future volunteers, and we intensified our outreach efforts, leveraging community networks and social media to spread the word about the opportunity.

## How This Helped the Local People

The Swimdo programme, with our assistance, continued to have a profound impact on the children and families of Bali. Over the years, the programme has saved lives by equipping local children with vital water safety skills. For many children, this programme was their first exposure to swimming, an essential skill in a country with one of the highest rates of drowning in the world. By learning to swim, the children gained confidence and safety in the water, significantly reducing their risk of drowning.

In addition to swimming lessons, the environmental education component of the programme instilled in the children a deep respect for their natural surroundings. They learned how to protect their water sources and take action against pollution, ensuring that future generations will benefit from a cleaner, safer environment. This education has empowered the children to become stewards of their community, contributing to its long-term sustainability.

Although 2023 presented recruitment challenges, the support from our foundation partner allowed us to ensure the continuation of the programme. Looking back, the Swimdo programme's ability to maintain its impact despite the volunteer shortfall is a testament to the dedication of the local team and the strength of our partnerships. With renewed outreach and financial backing, we believe that future years will see a resurgence in volunteer participation, allowing the programme to continue saving lives and transforming communities.

# Jamaica



## Overcoming Challenges to Deliver Life-Saving Education

### Factual Information

In 2023, the Jamaica project encountered an unexpected challenge when several volunteers scheduled to provide swimming and water safety lessons withdrew from the programme. This left us with only one remaining volunteer to carry out the essential work. Historically, the Jamaica programme has been one of SwimTayka's key projects, providing life-saving education to children in coastal communities. Recognising the importance of ensuring the project could continue, SwimTayka responded quickly to this situation.

Thanks to the generosity of our donors and the support of SwimTayka Trustees, we were able to redirect funds to cover the critical costs required for the project to move forward. These funds were used for airfare, programme materials such as kickboards and floats, local transportation, and other essential expenses to support the lone volunteer. Despite the volunteer shortage, the Jamaica project proceeded as planned, allowing us to continue delivering essential swimming and water safety education to children in Treasure Beach, Jamaica.

### What We Did

Faced with the challenge of a reduced volunteer team, SwimTayka acted swiftly to ensure that the Jamaica project was not derailed. The reallocation of funds ensured that the remaining volunteer had everything they needed to successfully carry out the programme. This included providing transportation, accommodation, and all necessary teaching materials.

The programme itself focused on delivering life-saving swimming lessons and water safety education to children in a rural coastal area of Jamaica. These children, many of whom had never learned to swim, were taught essential skills that will help protect them in a country where drowning is a leading cause of accidental death among young people.

In addition to the swimming lessons, the programme fostered strong connections within the local community, with local staff from Likkle Swimmers playing a vital role in supporting the volunteer. Despite the difficulties caused by the volunteer dropout, the programme was a success due to the collaborative effort between SwimTayka, our donors, and the local community.



## How This Helped the Local People

The continuation of the Jamaica project in 2023 had a direct and meaningful impact on the children of Treasure Beach. The swimming and water safety lessons provided by the programme are critical in reducing the risk of drowning, especially in this vulnerable coastal community where many children lack access to formal swimming education.

By ensuring that the programme went ahead, SwimTayka helped equip local children with life-saving skills that will protect them in and around water. The strong sense of community and collaboration between SwimTayka, Likkle Swimmers, and local supporters allowed the project to thrive despite the reduced number of volunteers.

Additionally, this experience demonstrated the resilience of our organization and the importance of donor support in helping us adapt to unexpected challenges. The funds we reallocated enabled us to maintain the high standards of education and safety that are the hallmark of SwimTayka's programmes. This ensured that the Jamaica project could still make a lasting impact on the lives of the children we serve.

In summary, 2023 posed significant challenges for SwimTayka's Jamaica project, but through swift action and the generous support of our donors and trustees, we were able to ensure its success. The project continued to provide life-saving swimming and water safety lessons to children in a vulnerable community, demonstrating the adaptability and strength of SwimTayka's mission to use swimming education to save lives and create lasting change.

## Mozambique





## Overcoming Challenges and Achieving Milestones

### Factual Information

In 2023, volunteer recruitment for the Mozambique project was lower than anticipated. Despite this, we were fortunate to have Robert Hamilton on board to lead the programme, with his participation generously sponsored by Love the Oceans, a local organization dedicated to ocean conservation. Although volunteer numbers were small, Robert's wealth of experience and passion for swimming instruction allowed the project to continue with significant impact.

Robert's leadership in the Mozambique Aquatic Training Programme was particularly notable for training four local women as certified swimming teachers—a first for the region. In addition, the programme trained six local men in lifesaving skills through the STA International Pool Lifeguard course. These courses were pivotal in establishing a sustainable infrastructure for swimming and lifesaving education in Mozambique, particularly in communities along the coast where drowning incidents are a significant concern.

### Key Achievements:

**Training of Four Local Women as Swimming Teachers:** For the first time, four women from Mozambique were certified as swimming teachers, marking a significant milestone in the region's swimming education.

**Lifeguard Training:** Six local men participated in the STA Pool Lifeguard course, with three completing the training successfully. The course included first aid and CPR.

**Community Involvement:** The programme saw high engagement, with attendance reaching up to 189 children in a single day.

### What We Did

Despite the challenges in recruiting volunteers, the Mozambique Aquatic Training Programme pressed ahead, with Robert Hamilton at the helm. His extensive experience in swimming instruction and water safety ensured the project's success. Working alongside Love the Oceans and local community officers, Robert conducted both the STA International Swimming Teacher and Pool Lifeguard courses.

The programme was designed to provide much-needed water safety skills to the local community, including both children and adults. The training of local women as certified swimming teachers was a landmark achievement for the region, promoting gender inclusivity and building local capacity for swimming education. Additionally, the lifeguard training focused on

equipping local men with the skills needed for pool rescue and emergency response, with an emphasis on first aid and CPR.

Classes were conducted in both theoretical and practical sessions, with morning lectures covering key concepts and afternoon sessions focusing on hands-on training. Language barriers were overcome with the help of local translators, ensuring that participants fully understood the material. The children who participated in the programme also received swimming lessons, and community engagement was high, with some days seeing nearly 200 children in attendance.

### How This Helped the Local People

The Mozambique programme made a significant impact on the local community, providing life-saving swimming and rescue skills to a region that has long struggled with drowning incidents. By certifying local women as swimming teachers, the programme not only empowered these individuals but also laid the groundwork for future generations to benefit from ongoing water safety education. This marks a critical step towards making swimming lessons accessible to all children in the region.

The lifeguard training programme added another layer of protection for the community. By equipping local men with rescue skills, including CPR and first aid, the programme helped create a safer environment for everyone who lives near or uses the coastal waters. The newly trained lifeguards will play an essential role in reducing the risk of drowning in a region where access to emergency services is limited.

In addition to these direct benefits, the programme's community involvement fostered a greater sense of ownership and responsibility among local leaders. The participation of community officers, such as Pasquale and Mario, ensured that the knowledge gained through the programme will continue to be passed on and implemented in future training efforts. The ripple effect of this training is already visible, with plans to collaborate with local schools to integrate swimming lessons into their curriculum.

In summary, while 2023 posed challenges in terms of volunteer recruitment, the Mozambique Aquatic Training Programme achieved remarkable milestones under Robert Hamilton's leadership. With the support of Love the Oceans, the programme was able to train local women and men in essential swimming and lifesaving skills, setting a strong foundation for future growth. The positive community impact and high levels of engagement demonstrate the importance of this work and its potential to save lives in Mozambique for years to come.

# Maldives



## Navigating Setbacks to Launch a Vital Drowning Prevention Programme

### Factual Information

For six months, SwimTayka had been working diligently with partners in Fuvahmulah, Maldives, to prepare for the launch of a critical drowning prevention programme scheduled for November. Initial engagement was promising, with enthusiastic participation from local stakeholders. The Fuvahmulah Tiger Shark Residence offered their pool for lessons, and local officials expressed full support. Moreover, Mantra Trust secured instructors from Addu Atoll and began developing the curriculum, ensuring all preparations were on track for a successful launch.

However, as the programme's launch date approached, communication with both Fuvahmulah partners and Mantra Trust abruptly ceased in July. Despite repeated attempts by the SwimTayka team to reconnect through emails, phone calls, and video chats, no responses have been received, leaving the programme in limbo. This unexpected communication breakdown has placed the scheduled November launch in jeopardy, creating uncertainty about the future of the initiative.

### What We Did

The SwimTayka team invested significant time and resources into coordinating with local partners in the Maldives to prepare for this vital drowning prevention programme. Collaboration with Fuvahmulah's Tiger Shark Residence and local authorities laid a strong foundation for providing swimming and water safety education to island children. The Mantra Trust's involvement, including the recruitment of qualified instructors from Addu Atoll, further ensured the programme's potential success.

The programme was designed to provide life-saving swimming lessons and water safety training to reduce the risk of drowning on Fuvahmulah, an island surrounded by water. However, the sudden halt in communication has left the SwimTayka team in a challenging position. Unable to finalise logistics or confirm details for the November launch, the team is currently in a holding pattern, waiting for contact to resume with their local partners.

SwimTayka remains committed to seeing this programme through. The team continues to reach out to Fuvahmulah and Mantra Trust, hoping that communication will soon be restored. Once re-established, the goal is to move forward quickly to ensure that the life-saving education the programme offers can begin as planned.

## How This Helped the Local People

Although the programme has not yet been launched, the groundwork laid by SwimTayka and its partners has the potential to make a significant impact on the local community in Fuvahmulah. With drowning being a leading cause of accidental death in island nations like the Maldives, providing children with swimming and water safety skills is crucial for their protection.

The planned programme aimed to equip children with essential skills to safely navigate their water-rich environment, helping to reduce the risk of drowning and save lives. Additionally, the involvement of local instructors from Addu Atoll would create a sustainable framework for continued swimming education in the future.

While the current communication breakdown has delayed the programme's launch, the impact it could have on the Fuvahmulah community remains vital. SwimTayka's dedication to resuming discussions with local partners reflects the organisation's commitment to bringing this essential project to fruition, ensuring that the children of Fuvahmulah receive the swimming and safety training they need.

In summary, the 2023 Maldives programme faced unexpected challenges due to a sudden halt in communication with local partners. Despite these setbacks, SwimTayka remains committed to launching the drowning prevention initiative in Fuvahmulah. By continuing outreach efforts and maintaining a readiness to proceed, SwimTayka is focused on delivering life-saving education to the children of the Maldives, once the necessary connections are reestablished.

## England





## Building Foundations for the Swim Together Project

### Factual Information

In 2023, SwimTayka began laying the groundwork for a new initiative called Swim Together, aimed at providing swimming and water safety lessons to vulnerable children, including refugees. The concept was developed in collaboration with Swim Nature and initially focused on a small pilot project in London. This pilot would serve as a testing ground for a future national expansion, offering life-saving swimming skills to children in need.

The pilot is set to begin during school holidays, using the pool facilities of Swim Nature's existing clients. The programme will target children aged 6-10, with lessons focusing on basic water acclimatisation and safety skills. An important aspect of the project will be carefully pairing refugee children with local children at similar skill levels to foster a supportive and inclusive learning environment.

### What We Did

SwimTayka and Swim Nature have been in close discussions to ensure the successful launch of the Swim Together pilot project. To build a strong foundation, SwimTayka has taken steps to engage with key organisations such as the Royal Life Saving Society (RLSS) and the Swimming Teachers' Association (STA) for feedback and potential collaboration. This approach ensures that the programme is built thoughtfully, with input from respected stakeholders in water safety education.

Before launching the pilot, SwimTayka focused on a few key areas:

**Collaboration and Feedback:** Engaging with RLSS and STA to gather insights, adapt existing programmes, and ensure that the pilot is compliant with safety standards.

**Fundraising:** Recognising the need for financial support, SwimTayka initiated fundraising efforts to cover the costs of materials, pool access, and instructor fees.

**Research and Development:** To avoid copyright issues, SwimTayka began researching existing water safety programmes that could be adapted for use in the Swim Together pilot.

A crucial planning meeting was scheduled for early August to finalise materials, align on next steps, and ensure that the project is ready to launch successfully. The intention is to start small but thoughtfully, with the aim of refining the programme before expanding it nationally.

### How This Helped the Local People

Though still in its planning stages, the Swim Together project has the potential to make a significant impact on vulnerable children in the UK. By targeting refugee children and pairing them with local children in swimming lessons, the programme fosters not only life-saving swimming skills but also social inclusion and community building. Many refugee children come from regions where water safety education is lacking, making these lessons particularly important for their safety and confidence around water.

The collaboration with organisations like RLSS and STA ensures that the programme will be delivered to the highest standards, incorporating best practices from across the industry. This engagement also provides an opportunity to build long-lasting partnerships that could support the expansion of the project across the UK.

Moreover, the focus on water acclimatisation and safety for children aged 6-10 addresses a critical age group where swimming skills are essential for future safety. The project's thoughtful pairing of refugee and local children encourages integration and shared learning, helping to break down social barriers while providing essential education.

In summary, the Swim Together project is poised to provide a vital service to vulnerable children in the UK. By building the pilot project in collaboration with key stakeholders and gathering the necessary resources, SwimTayka is creating a strong foundation for the future. With careful planning, stakeholder input, and a focus on inclusivity, the Swim Together project has the potential to expand nationally and transform the lives of many children by providing them with critical swimming and water safety skills.



# Trustees



**Alice Bunn**  
(chair)



**Bryan Avery**  
(Secretary)



**Robert Hamilton**  
Vice Chair



**Neil Rushton**

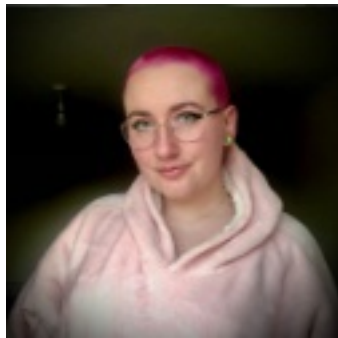


**Mark Scott**  
(Scotty)



**Julie Farmer**

# Staff and Volunteers



Ash Cloninger  
FUNDRAISING MANAGER



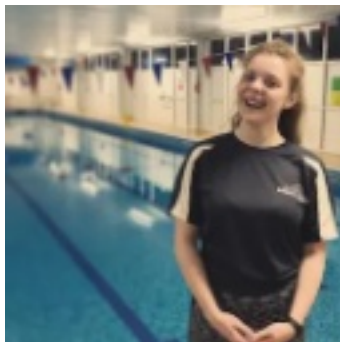
Claire Parsons  
FINANCE OFFICER



Madeleine  
Lablaine  
PROGRAMME  
DEVELOPMENT



Liz Clarke  
SECRETARY



Millie Dorgan  
PROGRAMME  
DEVELOPMENT



Alistair Smyth  
GRAPHIC DESIGNER



Jo Smyth  
PR CONSULTANT AND  
COPYWRITER



Kirsty Hogben  
SOCIAL MEDIA & CONTENT  
EXECUTIVE



Doug Trainer  
PERSONAL TRAVEL  
CONSULTANT

## **Control measures, our risks and safety measures**

# Principles and Safeguarding

## Principal Risks and Uncertainties

SwimTayka operates in low resource communities across the world, often in the face of difficult communications, security, logistics and financial challenges. In delivering all of our objectives we face significant challenges every day. We have robust procedures to evaluate, design and implement effective measures to reduce both the likelihood and the potential impact of these risks occurring.

Our volunteers undertake a risk assessment for each and every project every year, in order to mitigate for any risks anticipated at each location we operate.

Number of accidents/injuries reported to SwimTayka during 2023 was Zero

## Safeguarding policy

We remain committed to safeguarding not only the children, but our volunteers too. We have a robust Safeguarding children policy which is reviewed each year. We also provide the following courses to our volunteers:

### Introduction to Safeguarding Children Training Course (Level 1 Safeguarding)

This course aims to help learners understand their responsibilities for safeguarding children. It explains how to recognise and respond to abuse, how to respond to a disclosure, and how to report and record concerns.

### Advanced Safeguarding Children (Level 2 Safeguarding)

This Advanced Safeguarding Children course aids those who work frequently with children and/or families to learn more about child protection procedures and responsibilities, including recognising and reporting abuse, the safeguarding structure and what happens after a referral to social care is made.

### Designated Safeguarding Officer Training (Level 3 Safeguarding Children)

This Designated Safeguarding Person course helps those with a designated child protection role to learn more about their responsibilities in regards to promoting good safeguarding practices in the workplace, recognising and responding to abuse, working with other services and sharing information.

Number of safeguarding concerns raised during any our our programmes during 2023 was zero

## Volunteer Selection

It is important that the volunteers who come to work with SwimTayka can be entrusted with the care of children as well as fully believing in our values and mission.

To achieve a good quality selection of volunteers we request the following for those who work on our programmes:

- A clear Criminal Background check
- Professional Qualifications verified
- Background references checked
- Criteria for recruiting volunteers:
  - Passion for water/water activities
  - Experiences on outdoor event swimming
  - Working as a teaching assistant in schools
  - knowledge of environmental issues
  - can-do attitude



# Our Plans for 2024

## Partnerships

As an independent organisation, SwimTayka is keen to collaborate with other charitable organisations, non-governmental organisations (NGOs) or other organisations in waterside communities where there exists a need for education in the skills and principles of drowning prevention, water safety, swimming, environmental education and water stewardship.

As our programmes evolve, we strive to follow certain criteria and guidelines for selecting the organisations with which we partner and the projects on which we engage.

As a general principle we approach partnering holistically, taking into consideration personal safety, community needs, project location, comparative costs, collaborative relationships among organisations, and a general subjective feel for things.

The background due-diligence we perform of potential partnerships covers:

- Location
- Safety of our volunteers
- Mandatory criteria
  - They must be a registered charity, NGO or non-profit organisation
  - They must be geographically located in a waterside community
  - They must have programmes in place that serves disadvantaged children
  - They must have a strong presence in the community they serve
  - Safety protocols in place for staff, volunteers and the individuals is crucial

With five successful years now behind us, we plan to expand in 2024 and reach out to more children around the world, and support more organisations to deliver swimming lessons and environmental water stewardship education. To do this, we recognise we need to bring more expertise into the organisation around:

- Strategic Planning
- Fundraising
- Events Management
- Campaign Management
- Legal
- Policymaking

Some of this recruitment is well under way already and plans for the remaining recruitment are afoot.





# Other Activities

In addition to our core programmes, SwimTayka engaged in a variety of other activities throughout 2023.

## Drowning message gets splash of colour thanks to street artist

London street artist EyeSaw – AKA Paul Cottie – has put drowning prevention in the picture by painting a 2m high mural in the Cotswolds.

Carrying the clear message 'Think before you sink', the artwork was created to mark World

Drowning Prevention Day and was commissioned by swimming charity SwimTayka.

Every year worldwide, around 236,000 people drown, and drowning is the third leading cause of unintentional injury death, accounting for 7 per cent of all injury-related deaths.

"We really happy with Paul's artwork, which gives a clear message about water safety," said

SwimTayka founder Bryan Avery, a keen open water swimmer from Swindon. "It's an eye-catching way to remind people that, while the water is great to swim in, they need to respect it and to take care."

The artist Paul Cottie, whose tag is EyeSaw, is an occasional open water swimmer himself, but now says he's now been inspired to go more often.

SwimTayka runs free swimming programmes in countries include Brazil, Peru, Jamaica and

Mozambique, where learning to swim isn't part of the local culture, yet children are at risk because they are living alongside water. It recruits volunteer



swim instructors to visit the programmes, and run the swimming and drowning prevention courses.

By commissioning the mural, SwimTayka hopes to raise awareness of the importance of water safety. Next year, the charity also plans to launch free UK swimming courses.

Much of SwimTayka's funds come through organising yearly Channel relay swims, for those who want to take on the challenge of swimming the English Channel and raise money at the same time. It is now recruiting for its relay teams for 2024.





# Channel swim moves 5,500 miles – to South Korea!

It may seem unlikely that a Channel swim can take place anywhere other than between England and France, but that is exactly what happened when students in South Korea got together to stage a fundraiser for SwimTayka.

American high school junior Leyna Biggs, aged 16, who goes to school in Seoul where she lives with her parents, masterminded the event, which took place in the pool where she's a club swimmer.

She and fellow students split into relay teams, and competed against each other to see who could be fastest to swim 33km – the equivalent distance between England and France, across the Channel.

They were sponsored for their efforts and managed to raise nearly £500 for SwimTayka. We are very grateful for the funds, which will go towards running our swimming programmes around the world.

## So how did Leyna hear about SwimTayka?

"I had volunteered at a mobile health clinic in Peru, and when I was there I really fell in love with Peru and Peruvian culture. Also, I have been a competitive swimmer for a long time and so after my summer in Peru I was looking for something that would combine my interests.

"I did some internet research and came across SwimTayka and of course they run a swimming programme in Peru. I'm not sure I am old enough to volunteer there yet, but I would love to do this one year. It would be a great experience to continue on from what I have already done."

Leyna wanted to look at a creative way to fundraise and spotted the Channel relay swims we run. She couldn't bring the kids to England, so she brought England to Seoul instead!



"Our competitive swim season had just ended, so this was a great finale for the kids. We had a mix of people from the school swim team and some who are regular students."

Leyna hopes one day to take part in an actual Channel relay swim. "We don't have a culture of open water swimming here, but I'd love to test my swimming skills. I'm applying for university for next fall to study pre-med or global health, and if I happen to find myself in the UK I may get a chance."

We're so impressed with Leyna's efforts and a big thank you to her and her fellow students.



# Diabetes proves no barrier for long distance swimmer

When Mark Holmes was diagnosed with type 1 diabetes in 2021, he thought his open water

swimming days were over, but he couldn't have been more wrong. Two years on, and with several

long-distance swims under his belt, he's as passionate now as ever and attributes his swimming to

helping maintain his health and mental wellbeing.



It was in 2021, that technology firm owner Mark Holmes, 44, from Buckinghamshire, found himself in intensive care for six days.

A keen open water swimmer – including being part of a Channel relay team in 2008 – he couldn't understand why he was so ill. He'd been feeling fatigued, constantly thirsty, and over just two weeks had lost 2.5 stone.

The diagnosis took everyone by surprise. Doctors believed the stress of running a business through Covid had switched on the gene that triggers type 1 diabetes. Unlike type 2, which is more dictated by personal and environmental factors, this is a solely genetic condition and it can't be reversed.

"I had started getting really thirsty, going to the bathroom a lot more and experienced rapid weight loss. This happens because the body is unable to utilise the sugar in the bloodstream, and therefore goes into starvation mode, converting fat and muscle into energy.

"I was still trying to exercise and swim but with the loss of muscle mass, and not being able to utilise the glucose, I was fatiguing really quickly and not swimming with the same power. This led to a lot of frustration, as I was unable to complete my swims and had no idea what was going on."

Mark had been a keen swimmer as a child, competing in breaststroke for his school and his then County Middlesex. But around A'levels he drifted away from swimming, and gravitated to rugby instead.

"It wasn't until 2005/06, when I was working in London that I decided to return to swimming. I wanted to do something different so I learnt freestyle, using the total immersion method, which focuses on efficiency of stroke. I was keen to get into long-distance swimming, and to try open water, which is the only place you can really do long-distance."

Mark's first event was the Bosphorus Cross-Continental Swim, of 6.5km (4miles). Coming eighth spurred him on. Next came the Channel relay swim, and he then developed an interest in prison swims, swimming from an island-based prison to shore. Among those he's completed are the three UK/Ireland prison swims – Drakes Island, Spitbank Fort and Spike Island.

But father-of-two Mark feared his 2021 diagnosis was going to put an end to all of this. It was a shock to know he now had to inject with insulin for the rest of his life. He was also pretty frail, due to the weight loss. It was a life-changing moment. He was, by his own admission, in a complete mental funk.

"I thought, how can I swim now? What if I am miles from the coast and I have an episode? Does this mean my open water swimming days are over? How can I compete if I don't have the same energy levels? I had just found something that I loved and felt it was about to be taken away from me."

But a solution was at hand, and one that should give hope to all type 1 diabetics, who have the same concerns that Mark faced.

Essential to ensuring his blood sugar level is correct is to measure via regular finger prick tests – something he clearly can't do mid-swim. Mark's diabetes specialist nurse helped him apply for funding for a continuous glucose monitor. At the time, Mark had to put a special case to the NHS but now, this technology is available to all type 1 diabetics.

A small monitor sits beneath the skin on Mark's arm, which measures his glucose levels, sending readings to an app on his phone. Whenever his levels are too low, he can take action, by taking a prescribed glucose liquid. If too high, he opts where possible to having a short burst of exercise which will bring it down. He can also inject with insulin.

So, how does he manage all this while swimming? Mark has a tow float, which carries his phone in a waterproof bag. The phone connects to his watch, which will beep if Mark's sugar levels are beginning to drop. He can then stop, take a glucose drink while treading water, and carry on. If he's swimming at an event with kayakers and support crew, he can ask one of them to carry his equipment.

The first swim Mark took part in, following his diagnosis, was the Jubilee 10km. He felt quite nervous. "But I had a lot of support with me. I was very diligent with what I ate and drank and checked myself at food stops. Having done that, I knew, with the right equipment and the right food strategy, and level of fitness, I would be OK."

Not only does he swim in the open water, Mark has now also returned to pool swimming and has competed for his local team.

He's passionate about educating people about diabetes and is an ambassador for Diabetes UK. He wants to encourage others to follow his lead; if they are keen on open water swimming, their condition needn't be a barrier, as long as they are careful and follow medical advice. And would he recommend a Channel relay swim?

"I'd recommend it 100 per cent. It's a gateway to doing it as a solo, but for me I loved the team element, being with a group of people and doing a unique event, is amazing. It is a great event and a great accomplishment. It definitely comes into the top three of all the events I have done."

## SwimTayka's success at the Swimming Teachers Association Conference



### Our Exhibition stand:

At the heart of our presence was our meticulously designed exhibit stand. Serving as a touchpoint for learning about SwimTayka's initiatives, the stand featured engaging fliers, eye-catching banners, and SwimTayka-branded merchandise, including swim towels and caps. The different fliers aimed to highlight our English Channel relay for 2024, introduce our newly launched Ambassador Programme, and disseminate general information about our mission at SwimTayka.

### Getting to know you:

Our main focus was to engage with the many delegates present. We chatted to a wide range of people, including swimming instructors, swimming school owners, and representatives from aligned organisations such as RoSPA—The Royal Society for the Prevention of Accidents. Conversations also extended to professionals in marketing who expressed interest in offering pro bono services to SwimTayka, as well as people who are keen to volunteer.

Our stand was a focal point for attracting delegates and having some fantastic conversations with key players in the industry, including the STA itself and other organisations such as Level Water, which provides lessons for children with disabilities.



## The outcome that followed:



For SwimTayka, having a stand at the STA conference was a great success. We had several people signing up as interested in helping us; we launched our new SwimTayka Ambassador Programme; and we now have potential collaborations to look forward to. Plus, we've been promised equipment and funding from others present.

We were also very pleased to note a growing focus on

supporting people with disabilities within the swimming community, part of a positive trend for inclusivity.

The STA Conference 2023 has undoubtedly strengthened SwimTayka's footing within the swimming community. The event not only allowed us to introduce and clarify our mission to a wider audience but also opened several avenues for fruitful collaborations and community engagement. The future looks bright, and we are incredibly excited about the opportunities that await us.

We'd like to extend heartfelt gratitude to the STA, all attendees, organisers, and our own team members for making this event a resounding success. We look forward to using future such events as a platform for impactful actions and collaborations in the near future.



## Creating self-sustaining swim programmes around the world



There is a great proverb that goes, "Give a man a fish, and you feed him for a day; teach a man to fish and you feed him for a lifetime". And this is, in our own way, exactly what we aim to do with our SwimTayka programmes (and it's a bonus that the proverb is water-related!)

At SwimTayka, we don't want to come in, teach a few children to swim and then withdraw. Our aim is to create programmes that becoming self-sustaining within five years. Our mission is to give disadvantaged communities around the world access to swimming teachers who not only provide the life skills of swimming, but create a legacy for today's children, who will grow up to teach the next generation.

So, how does this work?

We partner with local NGOs or charities in the locations we pinpoint as needing our support. Currently, we have programmes operating in Peru, Brazil and Indonesia. For 2024, we have Uganda coming on board.

We work alongside our partners, helping to create a swimming and drowning prevention programme that will give children life-saving skills. At the same time, we will train local people to become swim instructors. As children move through the programme, they may themselves become swim teachers.

In this way, the programmes become self-sustaining as local people take ownership.

Our longest-running programme is in Peru, where we are approaching our fifth year. Here we partner with Otra Cosa Network. The swimming programmes, which runs for several weeks of the year, are now being delivered by a mix of volunteers from overseas and also local Peruvians who want to help their community.



# Putting drowning prevention on the world stage

SwimTayka had the chance to spread the word about the work we do, at the recent World Conference on Drowning Prevention.

The event, held in Perth, Australia, aimed to focus world attention on drowning prevention, gathering together experts in drowning prevention, lifesaving and water safety. SwimTayka was lucky to be represented at the four-day event by Dr Neil Rushton and SwimTayka trustee Robert Hamilton.

Neil, a lifelong swimmer, is an expert in cold water immersion and a lecturer at the University of Exeter.

He said: "We really need a multiagency approach to drowning, because it affects so many different groups of people – refugees, people who've been drinking, those living and work alongside water, non-swimmers, those over-ambitious in how far they can swim. It is shocking that over a quarter of a million people die from drowning every year. The idea behind the conference is to get to zero drownings."

Rob, a swimming coach, said: "I was impressed with how many different areas are coming together, including the drowning prevention side, the swimming side, coastal management and so on. There was a lot of knowledge gathering and knowledge sharing, based on research that has been done. There are things we can do to improve the solution we offer."

Neil added: "There were a lot of academics there, but interestingly, nobody seemed to be doing what SwimTayka does, so this was a great opportunity to spread the word about our drowning prevention programmes. We seem quite unique in our practical approach. Indeed, we offer a solution to many of the problems being identified."

Both Rob and Neil made connections with other delegates and are exploring links with other countries, including Bangladesh, with a view to introducing a SwimTayka programme.

The World Conference on Drowning Prevention is held every two years, and adds to the momentum for drowning prevention strategies to be adopted.

This began building two years ago, when UN

General Assembly members adopted an historic resolution, committing to greater efforts to prevent drowning and introducing a World Drowning Prevention Day. This was followed in 2023 by the

World Health Organization's drowning prevention resolution.

Everyone concluded that World Conference on Drowning Prevention 2023 was a success. It was attended by around 750 delegates representing 50 countries, all sharing a common goal, to eliminate drowning.

And one final message from Neil and Rob. Neil: "Drowning should be history"; Rob: "There's no need for anybody to drown these days."



# Sometimes words just aren't enough!

There was a knock on the door and the delivery driver said he had a few parcels for SwimTayka. A few? He meant a lot!

You see those lovely people from @zoggsuk had kindly sent us some kit to support the projects we run abroad for children.

As he unloaded box after box, bag after bag we found it hard to contain our excitement. Swimsuits, trunks, floats, goggles, water toys and so much more.

These donations will make such a difference to the children in Brazil, Peru, Bali and Mozambique and really help us to help them learn vital drowning prevention skills and life saving water safety skills.

So a big thank you to @zoggsuk and why not check out their ranges of swim aids and swimwear they are fantastic.



# Accounts



# Financial Officer's Report

## For the Year Ended 31st December 2023

I am pleased to present the financial report for SwimTayka for the year ended 31st December 2023. This report summarises our financial activities, highlighting key figures and results, whilst maintaining our commitment to transparency and fiscal responsibility.

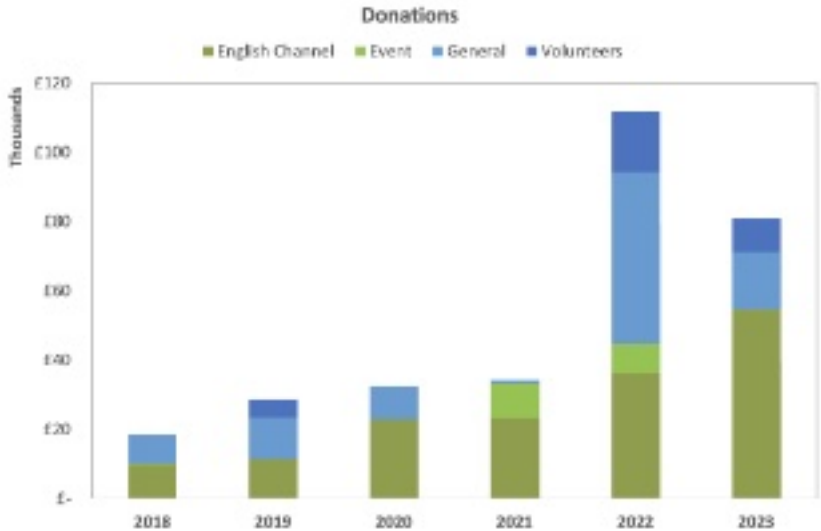
SwimTayka's financial position remained stable in 2023 despite the challenges facing many organisations. We continued to raise funds to support our drowning prevention and water stewardship programmes, thanks to the generosity of our supporters, fundraising efforts, and grants.

For the financial year, total receipts amounted to £89,781, which includes donations, grants, and fundraising income. Meanwhile, total payments amounted to £105,749, leaving a net deficit of £15,881. Despite this deficit, our year-end cash balance remained positive, closing the year at £46,883.

### Receipts

- Donations and Gifts: £80,786
- Gift Aid: £8,995
- Total Receipts: £89,781

Our primary income sources were donations and Gift Aid, which made up the bulk of the funds raised in 2023. While this is a decrease compared to 2022's total receipts of £111,755, the support we received was still significant and allowed us to continue delivering our essential programmes.

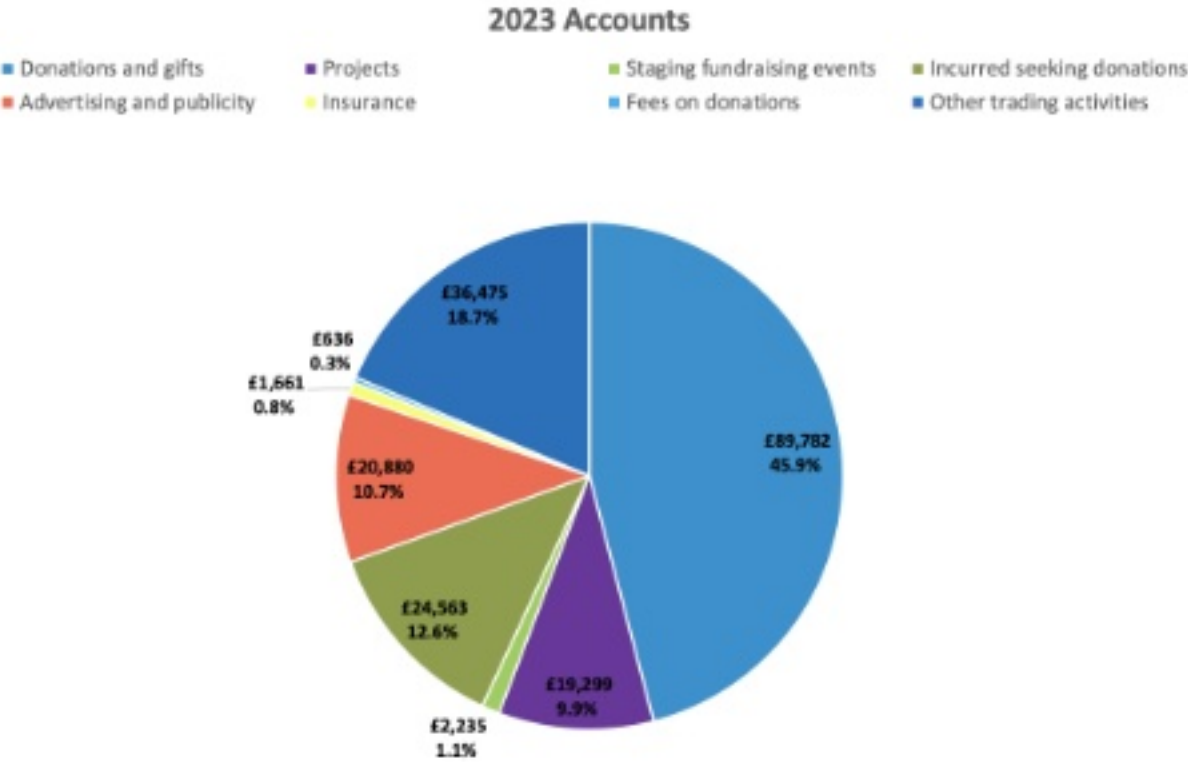


### Expenditure

- Advertising, Marketing, and Publicity: £20,880
- Charitable Activities: £19,299
- Expenditure on Seeking Donations: £24,563
- Other Trading Activities: £36,557
- Total Payments: £105,749

Total expenditure in 2023 rose to £105,749 from £65,780 in 2022. The increase was primarily due to more investment in marketing and other trading activities to support the charity's growth and visibility.

### Net Position



At the close of the year, we recorded a net deficit of £15,968, which reflects our increased spending in comparison to our receipts. However, we are confident that our investment in fundraising and awareness will benefit our future financial stability. The cash reserves at year-end stood at £46,883, a decrease from £62,851 in 2022.

Future Outlook



Looking ahead to 2024, we aim to further diversify our funding sources to ensure the sustainability of our programmes. We are planning new fundraising initiatives and will continue to seek grants to support our mission. The organisation remains committed to minimising costs where possible whilst maximising the impact of our programmes.

I would like to extend my gratitude to all our supporters, donors, and volunteers who made 2023 a success despite the challenges. With your ongoing support, we are optimistic about our continued growth and success in the coming year.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name		No (if any)	
<b>Receipts and payments accounts</b>			
For the period from	Period start date	To	Period end date
	01-Jan-23		31-Dec-23

CC16a

## Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Donations and gifts	80,786	-	-	80,786	98,903
Gift aid	8,995	-	-	8,995	12,852
	-	-	-	-	
	-	-	-	-	
	-	-	-	-	
	-	-	-	-	
	-	-	-	-	
	-	-	-	-	
<b>Sub total (Gross income for AR)</b>	<b>89,781</b>	<b>-</b>	<b>-</b>	<b>89,781</b>	<b>111,755</b>
<b>A2 Asset and investment sales, (see table).</b>					
Bank balance		-	-	-	16,876
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>16,876</b>
<b>Total receipts</b>	<b>89,781</b>	<b>-</b>	<b>-</b>	<b>89,781</b>	<b>128,631</b>
<b>A3 Payments</b>					
Advertising, marketing, direct mail and publicity	20,880	-	-	20,880	13,678
Expenditure on charitable activities <sup>1</sup>	19,299	-	-	19,299	15,503
Incurred seeking donations	24,563	-	-	24,563	21,309
Operating charity shops	2,215	-	-	2,215	
Other - Other trading activities	36,557	-	-	36,557	15,390
Staging fundraising events	2,235	-	-	2,235	
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>105,749</b>	<b>-</b>	<b>-</b>	<b>105,749</b>	<b>65,780</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>105,749</b>	<b>-</b>	<b>-</b>	<b>105,749</b>	<b>65,780</b>
<b>Net of receipts/(payments)</b>	<b>- 15,968</b>	<b>-</b>	<b>-</b>	<b>- 15,968</b>	<b>62,851</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>62,851</b>	<b>-</b>	<b>-</b>	<b>62,851</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>46,883</b>	<b>-</b>	<b>-</b>	<b>46,883</b>	<b>62,851</b>

CCXX R1 accounts (55)

1

21/09/2024

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash funds	46,883	-	-
			-	-
			-	-
	<b>Total cash funds</b>	<b>46,883</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
CCXX R1 accounts (55)		1		21/09/2024



# Acknowledgements

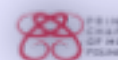
SwimTayka is immensely grateful to the individuals and donor partners who supported our work throughout the year. Their contributions have made a significant impact, enabling us to provide swimming and water safety programs to underserved communities and create positive change. We extend our heartfelt appreciation for their dedication and generosity in helping us fulfil our mission of promoting water education and safety worldwide. With their continued support, we are confident in our ability to make a lasting difference in the lives of those we serve. Thank you for being a part of our journey towards a safer and more inclusive aquatic environment.

## Our Project Partners

- Otra Cosa Network
- ETIV-do-Brasil
- Love the Oceans
- Swimdo
- Likkle Swimmers

## Supporting organisations

- Zoggs
- STA
- Princess Charlene of Monaco
- Dover Channel Training



In our efforts to maintain our accountability to stakeholders, we continue to include statistical information throughout this report. Given the breadth and depth of our work, we acknowledge the difficulties in measuring this; we have used our own monitoring systems to compile the data, and figures have been rounded as appropriate. We have worked hard to avoid any double counting when identifying the numbers of people we reach, however, there is likely to be some overlap between specific activities, as some individuals will be supported in more than one area of our work.

We value your feedback on the information contained in this annual report. Please contact [feedback@swimtayka.org](mailto:feedback@swimtayka.org) with any comments or suggestions you may have.



SwimTayka, a charity registered in England and Wales (registered number 1176079). Its objects and powers are set out in its Constitution of a Charitable Incorporated Organisation for SwimTayka

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## **Teaching The Life Skills Of Swimming And Water Stewardship**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name

SwimTayka

No (if any)

1176079

## Receipts and payments accounts

CC16a

For the period  
from

Period start date

01-Jan-23

To

Period end date

31-Dec-23

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations and gifts	80,786	-	-	80,786	98,903
Gift aid	8,995	-	-	8,995	12,852
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	-	-	-	-	
	-	-	-	-	
	-	-	-	-	
	-	-	-	-	
	-	-	-	-	
<b>Sub total (Gross income for AR)</b>	<b>89,781</b>	<b>-</b>	<b>-</b>	<b>89,781</b>	<b>111,755</b>
<b>A2 Asset and investment sales, (see table).</b>					
Bank balance		-	-	-	16,876
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>16,876</b>
<b>Total receipts</b>	<b>89,781</b>	<b>-</b>	<b>-</b>	<b>89,781</b>	<b>128,631</b>
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Other - Other trading activities	36,557	-	-	36,557	15,390
Staging fundraising events	2,235	-	-	2,235	
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>105,749</b>	<b>-</b>	<b>-</b>	<b>105,749</b>	<b>65,780</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>105,749</b>	<b>-</b>	<b>-</b>	<b>105,749</b>	<b>65,780</b>
<b>Net of receipts/(payments)</b>	<b>- 15,968</b>	<b>-</b>	<b>-</b>	<b>- 15,968</b>	<b>62,851</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>62,851</b>	<b>-</b>	<b>-</b>	<b>62,851</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>46,883</b>	<b>-</b>	<b>-</b>	<b>46,883</b>	<b>62,851</b>



## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash funds	46,883	-	-
			-	-
		-	-	-
	<b>Total cash funds</b>	<b>46,883</b>	<b>-</b>	<b>-</b>
(agree balances with receipts and payments account(s))		OK	OK	OK
<b>B2 Other monetary assets</b>	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
CCXX R1 accounts (SS)	1			21/09/2024





Section A

Independent Examiner's Report

Report to the trustees

Charity Name

SWI MTAYHA

On accounts for the year  
ended

31st December 2023

Charity no  
(if any)

1176079

Set out on pages

1 & 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2023.

Responsibilities and  
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [ ] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

Christopher David Watchman

Date:

25/7/24

Name:

CHRISTOPHER DAVID

WATCHMAN

Relevant professional  
qualification(s) or body

F.C.C.A



(if any):

**WATCHMAN ACCOUNTANTS LIMITED**

48 The Causeway, Chippenham

Wiltshire SN15 3DD

Company No: 13800518

Email: [chris@watchmanaccountants.com](mailto:chris@watchmanaccountants.com)

Tel: 01249 658059

Address:

## Section B

## Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.