

## Introduction & Objectives

Swimming is a popular activity for children in the UK. However, even with the skill of being able to swim, only a minority continue to swim regularly through adolescence and into adulthood. Swimming is an acceptable activity for individuals living with haemophilia regardless of joint status and offers a marvelous opportunity for cardiovascular and musculoskeletal health. To maximise the value of swimming, boys need to engage with swimming technically and require inspiration and support to help establish it as part of their lives.



## Method

The Buddy Award Swimming Academy, sponsored by Novo Nordisk UK, was developed by an eight-member steering committee, consisting of leading doctors, nurses, physiotherapists and swimming coaches. The academy aimed to inspire boys living with haemophilia to improve their swimming technique and see it as a fun healthy activity. The inaugural group training session provided haemophilia specific and swimming specific training. Jack Bridge, a young Paralympic (London 2012) breast stroke specialist, aged 19, who has severe haemophilia A and a history of an inhibitor, provided the key inspirational link between haemophilia and swimming excellence. Jack and two Team GB swimming coaches, also part of the steering committee, helped to design and deliver the swimming programme.



## Brave Rocco inspired by meeting with swim star

By Caroline Chick

christian@... of the ...

CHRISTMAS came early for brave St Austell schoolboy with a rare bleeding condition when he met a Paralympian swimmer.

Rocco John Phillips, who was born with haemophilia, was whisked up to London to meet 2012 athlete Jack Bridge, who also lives with the genetic bleeding disorder.

The sports-mad 11-year-old joined 23 other boys, who also have haemophilia, after being nominated by his mum.

Rocco, who lives with his mum Jo Clappett, dad Graham, and younger sister Tilly, at Roseland, said his mum:

"This summer, after a series of bloods, the Bishop's Cleeve school pupil spent several weeks in a wheelchair."

However, his mum Jo, 33, said Rocco has not let his condition stop him living the life he loves.

Jo said: "My dad has a career so there's change Rocco would have."

"He was tested a year and it was really hard to have it as it happens."

"This is amazing, I own treatment, which

using a needle daily - I think for a child of his age he is incredibly brave. It is a typical boy and very fit in all times."

Haemophilia is an uncommon genetic condition that only affects men. It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.

It only men and it is passed on from mother to son.



## Paralympian's masterclass for Dylan

Holmfirth youngster meets Young boy inspired by swimming hero

An 11-year-old boy with a rare bleeding disorder had the chance to meet a Paralympian athlete at a unique swimming academy for boys with the condition.

Srdjan Milivojevic, who lives in Hackney, suffers from haemophilia and was put forward to attend The Buddy Award Swimming Academy, hosted by swimmer Jack Bridge, at Finsbury's Ironmonger Row baths.

The athlete, who holds six British swimming records and also has severe haemophilia, took part in a question and answer session with 24 boys.

The specially tailored day also featured coaching and advice from physiotherapists.

Amazing Srdjan's mum Sanja accompanied him to the Academy at the baths, in Norman Street.

She said: "Srdjan was over the moon to be nominated for the Swimming Academy and he had an amazing day."

"Having a rare disease that many people don't understand can be quite isolating, so the opportunity to have a fun day with other boys in the same position was one Srdjan wouldn't have missed for the world."

"The icing on the cake was meeting Jack, a world-class athlete who hasn't let haemophilia hold him back."

Around 6,000 in the UK have haemophilia, a genetic condition that can affect blood vessels.

## Boy with rare blood disorder gets chance to quiz athlete

Fiona Evans

A BOY who lives with a rare condition was given the chance to quiz a Paralympian swimmer.

William Wainwright, 11, from Hallifax, attended a unique swimming academy in London for boys with a rare bleeding disorder after being nominated by a nurse at his local haemophilia centre.

The Buddy Award Swimming Academy, hosted by Paralympian swimmer Jack Bridge, brought together 24 boys for a specially tailored day which included swimming coaching, advice from physiotherapists and a question and answer session with the London 2012 athlete and holder of six British swimming records, who has severe haemophilia A.

William's parents, Stephanie and Simon, who accompanied their son to the academy, said: "William was over the moon to be nominated for the Buddy Award Swimming Academy and he had an amazing day."

"Having a rare disease that many people don't understand

can be quite isolating, so the opportunity to have a fun day with other boys in the same position was one William wouldn't have missed for the world."

"The icing on the cake was meeting Jack, a world-class athlete who hasn't let his haemophilia hold him back in any way."

The Buddy Award Swimming Academy was developed by some of the UK's leading nurses,

physiotherapists, consultants and swimming coaches to create a fun programme that inspires and supports children with haemophilia to take up swimming, and continue swimming in the future.

Hart, consultant haematologist at the Royal London Hospital, said: "The Buddy Award Swimming Academy was so much more than just a fun day out. For many of the boys there it was the first time they had met someone around their age with the same or similar condition, never mind someone with severe haemophilia who competed at London 2012."

As well as bringing the boys together, the academy aimed to promote the benefits of swimming, particularly for people with bleeding disorders, so giving the physio helped get that message across.

Around 23,700 people in the UK have a bleeding disorder and condition that can cause bleeding into joints and muscles.



## Conclusion

A programme roll out is planned to follow up progress and engage new recruits. It is hoped a national academy event for boys living with haemophilia will provide an attractive focus for on-going training, improvement and contact with buddies.

The Buddy Award Swimming Academy was funded by Novo Nordisk Ltd.

## Results

Twenty-four boys (aged 9-13 years) from 16 UK haemophilia centres attended the inaugural event in November 2013. Of the participants 13 described their swimming capability as "strong", 7 as "intermediate", 4 as "beginner" prior to the event. **Before they attended the Academy, 23 boys had never met any other boys with haemophilia and only one boy had other 'buddies'.** A media campaign was developed, resulting in a range of print and online coverage, with a combined circulation of 165,000.

## Authors:

1. Great Ormond Street Hospital, London
2. Royal Free Hospital, London
3. Paralympics GB Athlete
4. Performance and Development Coach
5. Novo Nordisk UK
6. The Royal London Hospital

changing possibilities in haemophilia®

