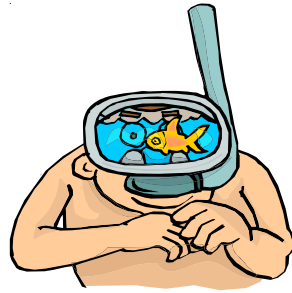


Swimming with a Tracheostomy/Laryngectomy



We have had a lot of our customers asking if they can go swimming even though they are a neck breather and the answer is yes, swimming with a Tracheostomy/Laryngectomy is very possible for most people.

It involves a training course and the use of special breathing apparatus. Training courses are held at Merseyside, Liverpool by Mrs Doreen Griffiths on every 2nd or 3rd Sunday of the month. There is also information meetings held on every third Wednesday of the month at a local church. You must attend at least three training sessions and already be an experienced swimmer. Doreen will show you how to use the apparatus needed to swim with a Tracheostomy/Laryngectomy. The apparatus itself you may be able to borrow from Mrs Griffiths depending on your stoma size for use while training or she can purchase one in your size for you.

Training is mandatory before swimming with a Tracheostomy/Laryngectomy, but when you have mastered it you can use your local pool with permission from the manager. If you would like anymore information on this matter or want to book yourself in for training please call Mrs Griffith via NALC on 020 7730 8585. Furthermore there is an article in the September 2006 edition of the Clan newsletter about swimming with a Tracheostomy/Laryngectomy if you would like a read of this ring Vivian on 020 7730 8585 and request a copy.

