



September Sea Swim Challenge 2024



Childline
by **ISPCC**
CHY 5102

Who We Are

For many, childhood days are full of joy and laughter, but for others, they can be very challenging.

The degree of worries and concerns, that children and young people experience varies.

Access to trusted, FREE services and supports is vital.

Childline is here for **all** children and young people and we want to ensure they know that.

By listening, supporting, and empowering them, we strive to ensure they are better equipped to face life's ups and downs and to reach their full potential.

No concern or worry is too small or too big to reach out for support.

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How Your Support Helps Children Across Ireland

Each year, up to **70%** of our funding needs to be raised from donations. We need to continually fundraise to provide our suite of services and supports.

To ensure our 24hr support line is available 24/7, 365 days. €12,000 is needed each day.

Alongside our **FREE** 24hr support line, we provide Childline Therapeutic Supports, Digital Self-Care programmes for children and young people experiencing low to moderate anxiety, and a library of self-help resources and topical information on childline.ie

4,361

Were on the CAMHS waiting list in August 2023

HSE February 2022

40%

of adolescents reported levels of depression

My World Survey 2 – The National Study of Youth Mental Health Ireland

100K+

contacts answered annually

Childline 24hr support line

49%

of adolescents reported levels of anxiety

Fundraising can be fun, educational and rewarding!

We want everyone to **get involved** so that much needed **awareness and funds are raised** and we can continue to ensure children and young people always have somewhere to turn.

Benefits of Sea Swimming

1. Skin

The ocean water contains a wealth of vitamins and minerals like magnesium, sodium, calcium, chloride, and sulphate, which act as organic skincare products. People with conditions like psoriasis and eczema may find it especially advantageous. Additionally, the magnesium present in seawater helps decrease cortisol levels, promoting a soothed nervous system and reducing the chances of stress-related skin problems.

2. Immune System

When you immerse yourself in both nature and cold water, you will naturally come across more germs. This isn't necessarily negative, as long as you have received your flu vaccine and take measures to warm up promptly after exposure. Taking regular dips in cold water aids in the regulation of antioxidant processes in the body, which in turn lowers the risk of heart disease and cancer.

Seawater contains trace elements and micro-organisms with antibacterial properties, making them function like natural antibiotics. These elements are absorbed by the skin, contributing to the improvement of overall health and well-being.



Benefits of Sea Swimming

3. Mental Health & Well-being

Hydrotherapy, commonly known for aiding individuals with chronic joint pain and arthritis, has also demonstrated its ability to reduce anxiety and depression levels. Studies reveal that water therapy boosts the production of beta-endorphins, often referred to as the 'feel good' molecules. Notably, consistent swimmers have been shown to require fewer visits to mental health professionals.

Immersing oneself in deep, cold water creates a profound body shock, compelling complete focus on the present moment. It serves as the ultimate form of mindfulness, akin to a calming meditation, where attention centers solely on one's breath. The controlled breathing associated with swimming effectively slows down the mind and body, resulting in reduced stress.

Seawater, rich in magnesium, possesses the ability to relax muscles and facilitate deep sleep.

4. Respiratory Issues

Due to its salinity, seawater offers advantages for individuals experiencing sinus problems. It can bring relief by naturally acting as a saline solution, effectively opening up the nasal passages.



Benefits of Sea Swimming



5. Weight Management

The body contains two distinct types of fat: white fat and brown fat. While white fat is more prevalent and typically stored, research indicates that cold water exposure can activate the rarer brown fat. Brown fat plays a role in generating body heat, which results in the swift burning of calories, making it beneficial for weight management and helping to shed excess weight.

6. Cold Water Therapy

A blast of cold water has its own health benefits:

- Builds mental strength – immersing yourself in cold water on a regular basis produces a positive pain-like effect that provides benefits to your body and mind
- Reduces muscle pain – cold water and bathing in ice have long been linked with helping to reduce inflammation and speed up muscle recovery
- Increase blood flow and circulation – nutrients and skin significant hormones can quickly travel to the surface resulting in a lit-from-within glow.



Swim Tracker

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Thank You
For Supporting
Childline!



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