

## We Are Undefeatable Transcript

[Text: We Are Undefeatable]

[Soundtrack: Upbeat music plays in the background for the duration of the video.]

[Pictures: Camera panning along sea wall and moving onto different views of Seaham beach, ending on group of people chatting and laughing.]

[Pictures: People walking towards beach]

[Text: Liz Oakes, We Are Undefeatable Project Coordinator, County Durham]

[Liz Oakes] Hi so I'm Liz Oakes and I am the Project Coordinator for We Are Undefeatable, and I work for Culture, Sport and Tourism for Durham County Council.

[Pictures: People in water laughing]

[Liz Oakes] We're here at Seaham today to join the Mental Health Swimmers to just promote exercise and activity and movement for people with long-term conditions.

[Pictures: People in sea and someone on a Paddleboard]

[Text: Rebecca, Swimmer]

[Rebecca] I'm here today because there isn't really anywhere else I'd rather be it's just a brilliant feeling to meet up with the group.

[Pictures: People in sea]

[Rebecca] and to get into the sea together and to then sit around the fire and have our hot drinks afterwards. Being in the sea is the best way to start the day.

[Pictures: Large group of people in the sea]

[Pictures: Two men walking towards camera, one is waving]

[Pictures: Cropped shot of two people walking up beach]

[Pictures: Shot of two women from behind walking in swimwear to top of beach where more people are getting changed]

[Pictures: Black dog running across beach]

[Text: Suzanne Green, Mental Health Swims Seaham]

[Suzanne Green] So the group has been running here since um June 2021 and there are different groups running all around Britain.

[Pictures: Group of people in wetsuits standing against wall]

[Suzanne Green] so if you check out your nearest beach then hopefully there'll be a group there, and if not, we'll try and set one up.

[Liz] We Are Undefeatable is a programme that looks to support and encourage people with long-term conditions to move more

[Pictures: Three women wrapped in warm clothes standing on beach as one drinks out of a flask]

[Liz] working with their condition not against it. So it's doing things that work for you and it doesn't have to be a long period of time it can just be five or ten minutes, just little bits or little bouts of activity are going to make you feel better.

[Pictures: Suzanne drinking a hot drink with another women stood behind her]

[Pictures: campfire with people stood around it.

[Suzanne] It's great to see people who didn't know each other previously come together build up new friendships around the mental health swims.

[Pictures: Durham County Council logo]

[Text: Find out more [www.durham.gov.uk/weareundefeatable](http://www.durham.gov.uk/weareundefeatable) We Are Undefeatable]