

SYNOPSIS

Changing the Narrative (The Documentary Series)

The "Changing the Narrative" series is a compelling documentary that uses a direct-to-camera approach to explore the lives of young Black individuals in London, highlighting various aspects of their daily experiences, challenges, and perspectives on swimming. The documentary highlights their daily realities through their personal experiences and interactions at home, work, and social settings such as hair salons, gyms, and local bars. At its heart, the film confronts the crucial issue of limited participation in aquatics among African, Caribbean, and Asian communities by engaging these individuals in conversations about their experiences and the broader social implications. Through candid direct-to-camera conversations and interviews on swimming, a variety of topics including mental health, physical health, aquatic career pathways, family challenges, dietary choices, religion and culture, media and entertainment and so much more are also explored.

Accompanied by traditional studio interviews, "Changing the Narrative" uncovers personal stories, anxieties, and insights, supported by concerning statistics from the latest Active Lives data, revealing low participation rates in swimming in the Black and Asian communities, therefore calling for a shift in perspective.

With a strong focus on empowering the younger generation, the documentary emphasises the importance of integrating swimming into youth culture. By highlighting the role of the young ones as future parents, leaders, and policymakers, it calls for a collective effort to overturn these longstanding challenges. As the narrative unfolds, the film offers a raw, introspective journey that captures the producer's bold vision, inviting viewers to engage in the important conversation about breaking the cycle of low engagement in swimming across ethnicities.

About Changing the Narrative

"Changing the Narrative" is a Fly-On-The-Wall documentary series that explores the lives of two young Black individuals and the people around them, uncovering their challenges and perspectives on swimming while addressing cultural barriers to participation. Through personal stories and candid interviews, it calls for a shift in societal attitudes towards aquatics in Black and Asian communities.