## **Halberg**Foundation



## **Meet Nathan Page**

Nineteen year old Nathan Page can now put his head under the water and swim with a kick board, thanks to a Halberg Activity Fund grant for swimming lessons.

The Westport resident has Cerebral Palsy, and his aim is to swim unaided by the end of 2020. So far the swimming lessons have helped him to have more confidence in the water, and he can also use his leg and arm better because the swimming helps him to stretch them out and use the muscles correctly.

Nathan says he is learning lots! He is really enjoying the swimming and has said thank you for giving him the opportunity.

His swim instructor says Nathan is making steady progress and gaining strength in his legs.

This feedback is great because Nathan's newfound confidence in the water is paramount to his dream of going sailing on the Spirit of Adventure!

We wish Nathan all the best for his exciting dream of adventures on the high seas, what a fabulous goal to have!

