**TAG**: Wild Water: Diving in to the cold water swimming community at England’s highest beach.

**Keywords & Phrases**

friendship, exhilarating, fun, community, wellbeing, personal, mental health, cold water, swimming, environment, nature, in the hills, on the moors, Northern England, identity, highest beach in England, recovering, recuperation, refreshing, bonding, challenging.

**60 words**

The Wild Water feature documentary is a dive into Gaddings Dam's cold water swimming community, home to the highest beach in England. What drives somebody to swim in a freezing reservoir, and what do they find on the other side? The film tracks the landscape and the people as they use the restorative powers of cold water to reconnect with their mental health, identity, nature and each other.

**90 words**

Water provides a glimpse into the world of cold water swimming at Gaddings Dam, the site of the highest beach in England. The film showcases the breathtaking landscape and the people drawn to the restorative power of cold water swimming. It explores how the community uses the icy waters to reconnect with their mental health, identity, nature, and each other. Viewers get an insight into the lives of the wild swimmers at Gaddings Dam and the positive and fun impact that cold water swimming can have on wellbeing.

**120 words**

A new documentary film called Wild Water provides a glimpse into the world of cold water swimming at Gaddings Dam, the site of the highest beach in England. The film showcases the breathtaking landscape and the people drawn to the restorative power of cold water swimming. It explores how this community uses the icy waters to reconnect with their mental health, identity, nature, and each other. Viewers will get an insight into the lives of the wild swimmers at Gaddings Dam and the positive impact that cold water swimming can have on one's wellbeing. The film promises to be a compelling exploration of the intersection of nature and mental health.

**150 words**

Gaddings Dam is a reservoir hidden in the West Yorkshire moors 780 feet above sea level, posing a steep twenty-minute trek up a snaking footpath for those drawn to its beauty in all seasons; always the same, always different. Cast in a bleak yet romantic landscape steeped in the poetry and prose of Ted Hughes and the Brontës, it hosts England’s highest beach. This strip of sand acts as a magnet to a vibrant community of swimmers, day-trippers, walkers, livestock, bikers and runners. Hardened locals brave the wind, rain and snow to wild swim for escape, comradeship, to keep the black dog at bay or just for the sheer thrill and spiritual release. As the water envelops their body, all experience the same visceral hit, taking away everything except the moment; time stops, and the world is at peace.