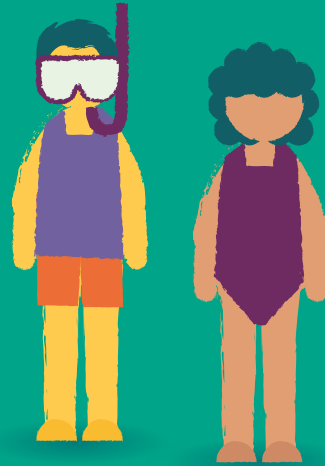


SAMARITANS

Take the plunge



Ideas and inspiration for setting yourself a swimming challenge

Thank you for joining #TeamSamaritans!
With your support we can be there for people when they need us most.

Whether you're a seasoned swimmer or want to challenge yourself to take up cold water swimming, turning your passion into a fundraiser will help Samaritans save lives.

John raised £2,765 by swimming in the sea every day of the year in memory of his daughter Jess.

“ I knew that one day I would like to do something meaningful in memory of Jess. Two years after Jess passed away, I finally felt up to it, and I am so glad I did it.

Apart from a few rough days it all went swimmingly (excuse the pun) and I ended up swimming in 7 seas, covering 181 miles.

At the end of the challenge, joined by friends and family for my final swim, I felt like I was not the same person that had started the challenge – I met so many people and it helped me move on to the next stage of coming to terms with it all. ”





Fundraising ideas

- Cold dip – brave the open water and take a dip in chilly temperatures, ideally in the cooler months. A lake, the sea or an unheated lido will work nicely. You could align your dip with an awareness day like the Suicide Prevention Day in September or pick any date that suits you.
- Cold water swimming – if you love a cold swim or it's something you want to get into, why not challenge yourself to do a week, a month or a year of swims every day?
- Swim the Channel – if you're looking for the ultimate swimming challenge, take on the 21 miles of the English Channel. Read more at the [Channel Swimming Association's website](#). You could also take on the challenge at your local pool or beach, swimming the equivalent distance.
- Distance challenge – set yourself a goal you'd like to reach in a month or two, and use this as your motivation to get to the pool.
- Organised swimming events – there are multiple swimming events across the country that you can take part in by buying your own entry. One of the most iconic ones is [Swim Serpentine](#) in London's Hyde Park. This is the perfect option if you want to be a part of a bigger group event.

If you're new to swimming, make sure you have the right gear. A swimsuit is a must, but if you're looking to get into cold water swimming, you might want to invest in a wetsuit, gloves and boots – especially as a complete beginner. Be aware of the dangers of cold water shock and start carefully.

Fundraising tips

- Set up a [JustGiving](#) page and let everyone know what you're up to. Every £5 raised can help us answer one potentially life-saving call.
- Set yourself a fundraising target and offer to take on the swim in fancy dress if you reach your target before the big day.
- Organise a get-together at the beach or pool to celebrate your achievement. If you're doing a swimming challenge over a longer period of time, challenge your friends and family to join you for your final dip or swim. Bring along refreshments and boost your donations by selling homemade baked goods and snacks. If it's a chilly day, hot drinks and cosy blankets are a must.
- We'd love to hear from you! Let us know what you're up to by completing [this form](#). If you have any questions or would like materials like a t-shirt or a collection box, email us at community&events@samaritans.org.

£5 could help us answer a call for help that could save a life



Paying in your fundraising

By cheque

Make the cheque payable to 'Samaritans' and post to:

Community and Events Team,
Samaritans Registered Office,
The Upper Mill, Kingston Road
Ewell KT17 2AF

Remember to include a note with your details so we can say thank you.

Online

Go to samaritans.org/donate/pay-in

By phone

To make a donation over the phone, you can call our Supporter Care team on **03709 00 00 32**

By bank transfer

Get in touch with us on **03709 00 00 32** or at supportercare@samaritans.org