

Swim Mencap

Swim either 1 mile or half a mile in a prestigious Olympic venue!

When? **Sunday 20 July 2014**
Where? **Dorney Lake, Windsor**

To find out more call **020 7696 6929**
or email **events@mencap.org.uk**
Register today at **www.mencap.org.uk/swim**



Do something extraordinary to support us!

Take part in Swim Mencap at the stunning Dorney Lake in Windsor.

Challenge yourself to swim either half a mile or a mile in open water, and raise money for Mencap. Everything we do is about supporting people with a learning disability, and their families and carers.

Register online today

It's only £25 to register and £15 for under 16s. You could also swim with your friends or family and register a group of 3 for £60. We ask you to raise a suggested sponsorship of £50, but the more you can raise the more money will go towards our work supporting people with a learning disability.

Mencap's new ambassador Paralympic gold medalist Jessica Jane Applegate says: "I'm really excited to be supporting this great event. I know how much Mencap helps people and their campaigns have allowed athletes with a learning disability take part in the Paralympics. Sign up today to be part of Swim Mencap 2014" Please visit www.mencap.org.uk/swim for more details and to register online.

