



**Dementia
Friendly
Swimming**



Dementia Friendly Swimming

If you're living with dementia, or care for someone who does, come and try one of our new Dementia Friendly swimming sessions.

With accessible equipment and facilities, and assistance from specially trained staff, you can relax and enjoy your swim in a safe and supportive environment.

Join us for a session at:

Venue: South Reading Leisure Centre
Address: Northumberland Avenue, Reading, RG2 8DF
Contact: 0118 9373399
LAUNCH DATE
Monday 9TH March 2020
Time: 11-12noon
Tea and Coffee 12-1pm
Cost: Free
Usual cost: £4.00 (Carer free)
www.swimming.org/dementiafriendly

