

EXTRA VOUCHERS AVAILABLE
**SWIM
4 HEALTH**

DARTMOUTH SWIM4HEALTH

Voucher Scheme 2018

**3 FREE
SWIMS**

Get physically fitter, improve your general health, lose some weight and/or make new friends with our swimming scheme that invites you to 3 free sessions in Dartmouth's new indoor swimming pool.

Why Swim?

Regular swimming has many benefits. It's not weight bearing, so better exercise if you have joint or mobility problems. It's good for the heart, prolongs independent living and even helps with depression and anxiety. It can also be helpful rehabilitation following injury or orthopaedic surgery. Many people stop swimming as they get older so our scheme is designed to help you get back to it and to make it fun. You might want to consider coming with a friend. They might also be eligible for this scheme.

Swim4Health will run on Thursdays from 12noon—1pm

Before your first swim, you will need to Either call in to the Leisure centre with your voucher or phone the reception staff on 01803 837010 to arrange your first session. Devi Robins, Aquatic Activity for Health Instructor, will be available to help you use the pool and other Fusion staff will show you where to change, leave your clothes and generally look after you. Don't hesitate to ask if you have any questions or concerns.

How do I get referred?

At the launch, 50 people can refer themselves by simply collecting a voucher from the reception of the GP surgery. The scheme will normally involve being recommended by a doctor or nurse at the GP surgery, by therapists at Dartmouth Clinic or by staff at Dartmouth Caring. We still have vouchers available so please pop in and collect your first voucher.

Is there anything we need from you?

We want you to take this offer seriously and to commit to completing all 3 swim sessions, preferably within a four week period. We need you to complete an evaluation form so we know what is good about the scheme and how we might make it even better.

This pilot enterprise is generously funded by the League of Friends of Dartmouth & District Healthcare, Dartmouth and District Indoor Pool Trust and Dartmouth Medical Practice.

