



Mindful Sport Swimming

with Tibbs Dementia

Every Tuesday, 11am to 12pm
 Kempston Swimming Pool, MK42 8SZ
 Starting Tuesday 17th October 2017

Relaxed swimming club for people with dementia & family/carers.

Come & join in the supervised swimming session in a friendly, welcoming & supportive environment. Use the entire pool space & café area.

Led by Tibbs Dementia - 07795 177948



£2
per person

These weekly sessions aim to improve mental health through physical activity & social engagement. Sessions are designed to support people who experience dementia.

#JustTurnUp - No need to book - Just pay on the day

Let's Be Open About Mental Health To
Break The Stigma

ONE YOU



Tibbs Dementia Foundation

For more information, please contact Robert Lindsay:

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