

SWIM TOWARDS A HEALTHIER YOU

Welcome guide

WELCOME TO SWIM22

There's no better feeling than diving into a challenge you love knowing each length completed can lead to a healthier you and a better future for people living with diabetes.



There are currently 4.8 million people living with diabetes in the UK, and a further 12 million at risk of type 2 diabetes.

The money you raise by taking on Swim22 will help fund the vital work we do here at Diabetes UK including the development of life-changing treatments.

And you won't be swimming alone. You'll be joining thousands of others taking to their local pools for an epic channel crossing challenge.

Find out how your fundraising will help change lives at www.diabetes.org.uk

Rosy's dad has had type 1 diabetes for over 60 years, and when she took on Swim22 in 2020 she wasn't going to let anything stop her.

"If my Dad can live with injecting 4 times a day for over 60 years I think I should be able to swim the width of the English Channel in 3 months."

**"MY DAD WAS
MY MOTIVATION"**



THE JOY OF SWIMMING

Whether it's to start regular exercise, lose weight or simply reignite your love of swimming, Swim22 can work wonders for your body and mind.

What's more, regular lengths can help people with type1 diabetes manage their condition or support people with type 2 diabetes reduce their risk and even go into remission.

What's not to love about swimming?

Swimming Tips

- Warming up and stretching is important before you start swimming, try not to jump into the pool 'cold'.
- Once you've pencilled in a swim session, try to stick to it like any other appointment in your diary.
- Rest days are as important as swim days. You can help your body repair with yoga, stretching or by treating yourself to a massage or by doing nothing at all – whatever works for you.
- Make sure you take a couple of days off if any of your joints or muscles are hurting.
- Finally, for advice on swimming with diabetes please visit the Swim22 toolkit and download our guide swim22.diabetes.org.uk/toolkit



Join us on Facebook to connect with other swimmers, and share tips and encouragement. Simply search '[Swim22 Facebook Group](#)' on Facebook.

“SWIMMING IS
A CHANCE FOR
RELEASE FROM
TENSION AND
STRESS”

Alison, Swim22 conqueror 2020



TOP TIPS TO GET FUNDRAISING

Spread the word

Tell people why you're doing Swim22. Then keep them updated with photos, videos and blogs as you chalk off your lengths.

Share milestones

Completed your first swim? Let people know how it went. The journal on your platform is a great way of keeping family and friends up to date.

Match Funding

Match Funding is a fantastic way to boost your fundraising. Speak to your line manager or HR department to see if your employer offers this.

“THE LAST MILE WAS EMOTIONAL”

Catherine,
Swim22 conqueror 2019

CHECKLIST

- Shared my Swim22 online profile page
- Got my first donation
- Joined the Swim22 Facebook Group
- Gathered my kit
- Planned my swims
- Dived in and logged my first lengths!

NEXT STEP... DIVE ONLINE

Swim22.diabetes.org.uk is jam-packed with everything you'll need to dive into your challenge.



It's where you'll log the lengths you complete and keep track of your fundraising.

You'll also find recipes, virtual badges and your Swim22 journal to keep your supporters up to date on your progress.



As soon as you get your first donation, you'll receive your exclusive Swim22 hat, so the sooner you get fundraising the sooner you'll look the part!

GOOD LUCK, AND DON'T FORGET YOU'LL RECEIVE A SWIM22 HAT WITH YOUR FIRST DONATION!

Get prepared for your Swim22 at
swim22.diabetes.org.uk

Pay in your fundraising

Please make any cheques payable to Diabetes UK.

Post to:

Swim22
Diabetes UK
126 Back Church Lane
London E1 1FH.

Or to pay over the phone,
call 0345 123 2399.

Any questions?

Email the team at
swim22@diabetes.org.uk
or call 0345 123 2399.

Share your progress

#Swim22
@diabetesUK

**“SWIMMING IS NOW VERY
MUCH A PART OF MY LIFE”**

Martin, Swim22 Ambassador