

## **The Big Splash for Aware (<https://www.activelink.ie/node/108539>)**



### **Want to make a Big Splash for a cause that matters?**

#### **Join the Big Splash for Aware on Saturday, 14th September**

Join people all over Ireland for the most important swim of the year at the second annual Big Splash for Aware. Take the plunge solo or get a gang together for a dip at your favourite swim spot. Along with benefitting your own mental and physical health by taking part, you'll be raising vital funds to ensure we can continue to deliver our essential and free mental health services nationwide.

Whether you're a seasoned swimmer, a 'dipper', or complete beginner, this event is for everyone!

When you register, you'll receive your exclusive swimming hat featuring the Aware sun icon symbolising hope. We hope to see you all wearing them proudly on the day to show your support for mental health (and keep you warm-ish!). Registration is €23 inclusive of all charges.

Go on, be part of a Big Splash that makes a BIG difference!

#### **More information. (<https://www.aware.ie/splash/>)**

##### **Region**

Nationwide

[More Information \(<https://www.aware.ie/splash/>\)](https://www.aware.ie/splash/)

##### **Date Entered/Updated**

27th May, 2024

##### **Expiry Date**

27th Jul, 2024

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