



Helping People Help Themselves

MEDIA RELEASE
Thursday, 21 June, 2007

Winter Solstice Swim for Minda

Rick Selway, Volunteer Coordinator at South Australia's largest disability organisation – Minda Incorporated, will this morning swim from the Seacliff Hotel to the Somerton Park Surf Lifesaving Club to raise money.

Thursday 21st June is the Winter Solstice, which is the shortest day and the longest night of the year.

Rick, an avid ocean swimmer, will plunge into the icy waters at Seacliff and swim to Somerton Park, stopping briefly at the Brighton Jetty. Previously Rick raised \$10,000 for Minda with an attempt to swim English channel. What makes these feats more remarkable is that Rick is classified as legally blind.

He has been receiving pledges and donations for the swim and hopes to raise more than \$500.

The expected maximum is 14 degrees and water temperature is likely to be around 12 degrees.

Minda provides a range of services to people with intellectual disability, such as accommodation, aged care, day programs for adults, community based in-home support and respite services for clients and their families. Money raised by The Winter Solstice Swim will go towards continuing this high level of service.

All money raised will be donated to Minda Incorporated and Multiple Sclerosis Society.

Rick's Swim

Seacliff Hotel	8.45 till 9 am	Into water
Brighton Jetty	9.30 till 9.45	Continue heading North
Somerton SLSC	10.30 till 11.am	Warm up with coffee until 1pm!