



Jim's Swim

Saturday 28th June

FAQ

What's Jim's Swim all about?

Named after Jim Candy, who launched it four years ago, Jim's Swim is a 'swim-sational' cold water challenge at Adrenalin Quarry in Menheniot. Dig out your swimming costume (or wetsuit!) and make a splash for Cornwall Mind to help raise awareness and funds for better mental health across the Duchy.

The quarry lake is 300m in length and 22m deep, so choose your distance, enjoy the stunning scenery and embrace the moment!

Jim organised the event as he found that swimming outdoors greatly helped in his own recovery from depression, and he wanted to share this with others who may benefit from the same therapeutic effects.

At Cornwall Mind, we're passionate about the benefits that exercise and cold-water swimming can bring, as well as the positive effects from connecting with others; Jim's Swim is an active fundraising event with this same emphasis.

When and where?

It takes place on Saturday, 28th June 2025. Registration is between 8.45-9.00am and all participants need to attend a full health and safety briefing before entering the water at 9.45am. There may be a staggered start time (this will be communicated pre-event). Full address is: Adrenalin Quarry, Lower Clicker Road, Menheniot, Liskeard PL14 3PJ. There is plenty of free carparking onsite.

What's the distance?

Participants can choose their own distance, and this is where the fun begins – it's your own personal challenge! Dip your toes into the chilly depths or swim a dozen lengths – the choice is yours! **Bear in mind the water is cold and there are no stopping points.**

The full length of the lake is 300m*, so:

2 lengths – 600m

4 lengths – 1200m

6 lengths – 1800m

And so on!

There is an option to just swim widths OR you can just jump in and out!

**One length of the quarry is approximately 300m, however this is not precise and we cannot guarantee the exact length.*

Is Jim's Swim suitable for everyone?

This event is all about embracing cold water swimming in a stunning setting. There's no salt, seaweed or waves to contend with but participants **must** be confident swimmers. The Adrenalin Quarry waiver must be signed by all participants which stipulates that anyone entering the water **must** be able to swim 1000m in open water without stopping or support. That's the equivalent of 40 lengths of an ordinary swimming pool. We also advocate using a brightly coloured tow float for extra visibility and safety.

Can I register on the day?

Tickets can only be purchased from Eventbrite in advance. Here is the ticket link: [Jim's Swim! Tickets, Sat 28 Jun 2025 at 09:00 | Eventbrite](#)

Can my child attend?

Children aged 12 years+ are welcome to participate if they are able to meet the minimum swimming requirement of the quarry. **Under 18s** (children aged 12-17 years) must be accompanied by a responsible adult 18yrs+ (Max 3 per adult). Children are the responsibility of their parents/carers at all times.

How do I enter?

Tickets are available here [Jim's Swim! Tickets, Sat 28 Jun 2025 at 09:00 | Eventbrite](#) and full event information can be found on our website [Jim's Swim for Cornwall Mind - Cornwall Mind](#) Entry is £15 (+fees) for One Adult or One Child (12-17years). Every swimmer taking part will be gifted a complimentary, silicone

swimming hat – kindly sponsored by Jim himself and designed by Wyvern Swimwear - which **must** be worn for water visibility.

Grab a discount - There is 25% off ticket sales for the first ten days of tickets sales and 15% off ticket sales for the remainder of May. Advice is to book early!

Do I need to raise sponsorship?

Your sponsorship will make a huge difference! We ask every participant to aim to raise **a minimum of £31 sponsorship**. With 31% of us now experiencing high levels of anxiety, doing exercise and taking part in the swim could be a great start to prioritising your own wellbeing, while raising money to support better mental health for all. Anyone who raises £100 or more will receive **a FREE zip wire** from Adrenalin Quarry with our grateful thanks – a fabulous experience for yourself or if it's not for you, it can be gifted! There will also be a prize for the swimmer who raises the most in sponsorship – watch this space for more details!

You can start fundraising by setting up your own JustGiving page [Jim's Swim for Cornwall Mind - JustGiving](#) and clicking on the orange **START FUNDRAISING** button. Every penny raised and donated will support our wellbeing and recovery groups for those experiencing mental health problems here in Cornwall.

£10 - Will pay for us to answer a call from someone in need of support.

£50 - Will pay for someone to receive one to one support, helping them connect with others and feel less alone.

£100 - Will pay for someone to benefit from a wellbeing course, helping them to build confidence and improve quality of life

What should I expect on the day?

Information will be sent in advance to all participants. Please also follow our Facebook event page for further details - [Jim's Swim | Facebook](#)

What about refreshments?

Please bring a reusable water bottle with you on the day. Refreshments will be available on site from 10.00am.

Will you take photos?

Cornwall Mind and Adrenalin Quarry may take photographs and video which may be used in both promotional material and social media. Everyone will be rewarded with access to our photo gallery.

What about health and safety?

Your safety is our priority. There will be a full safety briefing provided by Quarry staff before entering the water. There will also be an Adrenalin Quarry lifeguard on a boat in the water throughout the event. All participants must wear the brightly coloured swim cap provided - this is a safety precaution ensuring visibility while in the water. We also strongly recommend using a tow float. Thanks to the generosity of [Salty Swims - Swimming, Cold Water Swimming Sessions](#), we have the loan of 20 tow floats which you can book on a first-come-first-served basis via Eventbrite. Lockers are available for personal items.

All participants are responsible for their own health and safety on the day. Participants are responsible for ensuring they are physically and mentally fit enough to take part in the event. Anyone unsure must seek medical advice from a GP before registering or attending the event. By taking part, you understand that there is the possibility of conditions outside of our control that could lead to unforeseen risks. First aid facilities will be available on the day.

How do I get in touch with the Cornwall Mind team?

Please email lucy@cornwallmind.org with any event specific questions.