

## Swims for Shonah – Wild Swimming in the East & the West

**Prestwick:** Tuesday 6<sup>th</sup> September 2022 8.00am  
**Portobello:** Tuesday 13<sup>th</sup> September 2022 5.00pm  
**Location:** Exact Meeting Point will be confirmed by email  
**Cost:** Minimum Donation £5  
**To Book:** Donate [here](#) including your name please  
Members/Non-Members submit details [here](#)  
**Register by:** Monday 5<sup>th</sup> September 2022

These events are raising funds for MCR Pathways



Event organiser: Hannah Lloyd  
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**Registration queries:**  
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During the pandemic there has been a nationwide increase in wild swimming – Past Chair of the Highlands & Islands Branch Hannah Lloyd is among those who took to the water and now can't stop preaching the benefits and sharing the joy she has got from plunging into cold, fresh, wild waters!

Shonah Howison, sister of current Central Scotland Chair Mairi Murray and Associate Director at Scottish Future's Trust passed away suddenly in October 2021 – a well-known member of the Scottish Construction Industry we wanted to hold an event in her memory. Scottish Future's Trust have fundraised for MCR Pathways – a charity Shonah supported – and we are continuing that mantle. MCR Pathways aim to help young people unlock their potential, no matter their circumstances. Working together with their inspiring mentor community and partners, they help young people to realise their skills and progress onto a positive destination. Their vision is for all young people to experience equality of education outcomes, career opportunities and life chances.

So we're giving you the opportunity to join us and take a dip – whether it's your first time or you swim regularly we'd love to see you – and to raise funds for MCR Pathways in Shonah's memory.

Clothing : whatever you prefer – wetsuit, swimming costume, shorts and t-shirt, leggings and tops. If you have swim shoes / tow floats please bring them. Bring your own hot drink and snack for post-swim and we'll be in touch with further details once you've booked. Any questions please email Hannah Lloyd – [hannah.lloyd@scottishlandandestates.co.uk](mailto:hannah.lloyd@scottishlandandestates.co.uk) **\*Note swimming is at your own risk and it is advised that you are a competent swimmer to attend.**



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