



Rotherham Hospital
& Community Charity

Double the cheer, double the impact. Rotherham Hospital and Community Charity have two upcoming festive events

Fancy a
challenge?



The event is open to everyone including those who can't swim well or have a disability. It costs £25 to take part and the charity would like participants to raise a minimum of £50. To register email trft.rhcc@nhs.net or call 01709 426 821.

Rotherham Polar Plunge

Date: 23 November

Location:

Manvers Lake, Rotherham

There's still time to sign up to take an exhilarating plunge into the icy waters of Manvers Lake for Rotherham Hospital and Community Charity's Polar Plunge event. In partnership with cold water therapy experts at The Breath Connection.

Cold water immersion and breath work can help boost immunity, improve circulation, manage pain, stress and anxiety. Signing up to a cold water plunge and learning the benefits of breath work is a great way to combat the low mood that can come with the beginning of winter.