

Sunset

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

SEA SPLASH



FRIDAY 20 JUNE 2025

Join AWARE NI for our sunset dip with a difference this Summer Solstice - celebrating the longest day, brighter nights, & positive mental health.

Time &
Location: **Ballyholme Beach**
Registration 8 PM
(Sea dip approx 8.45 PM)

Suggested
Sponsorship: **£75**

Registration
Fee: **£12.50**

includes t-shirt,
hot drinks
& home-baked
desserts

SIGN UP NOW



[AWARE-NI.ORG/SEASPLASH](https://www.aware-ni.org/seasplash)



Registered charity no. NIC100561

Make a **SPLASH** this Summer Solstice for local mental health services!