

Dr Mark Harper tells us about a sea swim challenge to raise money for the city's hospitals...

Chill – the cold water swim cure

Dr Mark Harper is a consultant anaesthetist at University Hospitals Sussex and a keen open water swimmer in the sea in Brighton.

He has done extensive research into the positive effects of cold-water swimming, showing it can contribute to recovery from depression. He is currently on sabbatical, working in southern Norway where he's been swimming in even colder water than usual!

On Thursday 21 April he's giving a talk about the benefits of cold water immersion and launching Friends of Brighton & Hove Hospitals 2022 Sea Swim Challenge. There will be a special appearance from the star of Vindication Swim, Kirsten Callaghan.

Doors open 6.00pm

The Hove Club, Fourth Avenue, Hove

Tickets £5.00 – please visit the website for details:

www.brightonhospitalfriends.org.uk

Proceeds to Friends of Brighton & Hove Hospitals

We asked Mark to tell us about the challenge...

The best way to find out about Friends of Brighton & Hove Hospitals 2022 Swim Challenge is to come along to the event or visit our website: www.brightonhospitalfriends.org.uk

What are the benefits of sea swimming?

Sea swimming and any outdoor swimming has benefits on many levels. These include the proven benefits of exercise, being outdoors in nature, a sense of community and a sense of overcoming challenge. But it also has a unique physiological effect which is mainly linked to its effect on inflammation. Modern lifestyles tend to raise our baseline levels of inflammation and daily stresses take it to harmful levels rather than helpful levels. Immersing yourself in cold water reduces these excessive fluctuations and reduces baseline levels of inflammation. Inflammation is at the root of many common chronic and degenerative diseases.



My book "Chill - The Cold Water Swim Cure" will be available on Amazon from 7 July 2022.

You swim with Brighton Swimming Club. Tell us more about the club...

BSC is the oldest swimming club in the UK – over 150 years old. For many years it was more of a pool swimming club but it actually started out as a sea swimming club. Of course the reason Brighton is what it is today is thanks to Dr Richard Russell and his sea cure.

How can people donate?

You can donate via our website: www.brightonhospitalfriends.org.uk

What will the donations pay for?

All donations will support the work of our local NHS hospitals and services. We will also be funding a restorative sea-swimming course for NHS staff at Ocean Set this summer for the second year.



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