

*****MEDIA RELEASE*****

Wednesday 18 June 2008



Iceberger Winter Warmer Swim for Wheelchair Bound

Rick Selway, Minda Volunteer Coordinator, will don the budgies this Friday 20 June, when he hits the icy waters at Seacliff, for the third year in a row, to raise vital funds for wheelchair-bound clients at Minda.

The avid swimmer will depart the Seacliff Surf Life Saving Club at 9am and swim five kilometres to the Somerton Surf Life Saving Club, where he is expected to arrive some time in between 10.30am and 11am.

An admirable effort considering he will not be wearing a wet suit and the water temperature is an expected 12°C, not to mention that Mr Selway is classified as legally blind.

As if contending with potential high winds, waves and a temperamental tide wasn't enough, each year he has undertaken this swim, Mr Selway has lengthened the course, with this year set to be the longest swim – in Australian waters that is. Previously Rick raised \$10,000 for Minda with an attempt to swim the English Channel. He has his sights set on conquering the Channel in 2009, in what will be his fourth attempt.

"I was never a huge fan of swimming in the ocean but, seven years ago, I decided that it was time to overcome my fear of the sea and embarked on my first swim. Sea swims soon became an addiction and a great source of fitness.

"But I'm doing this to raise money for the worthy cause of replacing wheelchairs for Minda clients and, as some might say, because I'm mad," Mr Selway mused.

Funds raised from this valiant effort will go towards repairing and replacing wheelchairs for Minda clients, as well as to the Multiple Sclerosis Society. The costs of living are extremely high for people with disability and in particular, the costs associated with wheelchairs, with a standard manual wheelchair averaging \$2,000.

Minda, one of South Australia's largest disability organisations, provides a range of services to people with intellectual disabilities, such as accommodation, aged care, day programs, community based in-home support and respite services for clients and their families.

To donate to or to sponsor the Iceberger Winter Warmer Swim, please contact Minda on 8422 6270. To arrange a photograph or interview, contact Julia Hodge on 8422 6513.

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