

## Calling all Canoeists & Kayakers

Help needed at the 1 mile charity swim at Roadford Lake on Saturday 24th September



**Come and help our 500+ swimmers achieve their goal.** We need canoeists and kayakers to help at the Hospiscare outdoor one mile swim challenge at Roadford Lake, Okehampton. You will need to be a competent canoeist/kayaker and available from 8am– 3pm on Saturday 24 September 2011. For your help you will receive one complementary night camping at Roadford lake, breakfast and lunch on the day of the swim, and a great day out with a chance to meet fellow canoe/kayak lovers from around the county!

**If you can help we would love to hear from you. Please contact Jen Waldron on [j.waldron@hospiscare.co.uk](mailto:j.waldron@hospiscare.co.uk) or call 01392 688052.**

**Thank you.**