

Local informal swim groups, usually on Facebook

Brecks

- Outdoor Swimming in Breckland & Broken Nuts (men only)
- Wild Suffolk Swimmers
- West & Mid Suffolk Bluetits

Other groups in East Anglia

- The Crazy Ladies (women only)
- Norfolk and Norwich Wild Swimmers
- Cambridge-ish Open Water Swimmers
- Cambridgeshire and Peterborough Bluetits
- Ely Outdoor Swimming
- FENFINS (Fenland Ely Nene Fabulous Inland Swimmers) (contact through their Facebook page, Fen Swims)
- North West Norfolk Wild Swimmers
- Norfolk/Suffolk Water Tigers – Wild & Free Swimming
- Suffolk Open Water Swimming
- Open Water West Suffolk (page)

There is a longer list for East Anglia in the Wild Suffolk Swimmers group.



In the informal swim groups you can meet other swimmers and learn about swimming in the area. They allow swimmers to share their experience, show people places, pass on tips, and provide company and encouragement (especially valuable in the winter months). Swimming is always at your own risk, with no safety cover, and people expected to read up and ask advice in advance of swimming, in line with the Outdoor Swimming Society Swim Responsibility Statement. Most groups have information in their Files, Featured Posts and discussions (and you can search in the groups). Some groups also use Instagram, WhatsApp and messaging chats, but you will need to make initial contact through Facebook and most connections are done in that forum.

There are groups all across the country, forming a network of varied and supportive swimming communities which you can contact wherever you go.

Many are listed on the Outdoor Swimming Society website, www.outdoorswimmingsociety.com/uk-wild-swimming-groups/

Mental health swims

Hosts arrange meets for people to swim, paddle or just come along. There are some in Norfolk and Suffolk, www.mentalhealthswims.co.uk, and one in the Brecks, meeting at Brandon generally Sundays 11-12, but search for them and check their web page for up-to-date info.

