



CELEBRATING LONDON

with **Nathaniel Cole**, co-founder of

SWIM DÉM



HOW DID SWIM DEM COME ABOUT?



It originally started as three friends - myself, Emily and Peigh all swimming together at London Fields Lido. After doing that for a year, we decided to open it up and create a community of swimmers instead.





HOW DOES IT WORK?

Swim Dem is open for anyone who needs it. Sometimes that's lonely Londoners, otherwise it's people looking for a new challenge or light in their life. Whoever comes through our doors needs to have an understanding of the culture we come from.

We're desperate to reinstate our learn-to-swim lessons next year when pool space is made available to us.



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