



# Our Sea Dip is back for 2023!

**Sunday 14<sup>th</sup> May, 9am**  
**Ramsey Beach**

To celebrate **Mental Health Awareness Week** join us, Ramsey Crookall, and our amazing local community to support each other's mental health through the powers of sea dipping.

**SIGN UP NOW** at [islelisten.im/seadip](https://islelisten.im/seadip)

Generously supported by



**Ramsey Crookall**  
Established 1946

Members of the London Stock Exchange



**£10**  
Adults

**£5**  
Children

  
**ISLE LISTEN**  
Because Minds Matter