



AUTHOR EVENT
Chantal McFeely

WAVES OF CHANGE

How swimming helped me to push through grief
and turn a dream into a reality

Pushing through grief is a task we all have to face in our lives. But when that grief comes to us far too early, the pain can be deep and overwhelming.

Chantal McFeely lost her soulmate, and father of her 2 youngest sons, Robin, to addiction in 2020. Coming back from Robin's funeral Chantal had an epiphany. She knew that in spite of her deep sadness she wanted to honour Robin's memory by raising awareness and reducing the stigma of those struggling with their mental health and addictions.

That was when the idea of a 'swim challenge' took root, and that in turn developed into an 'open water swimming' challenge. The craggy coast around Ayrshire offers many opportunities for such wild swimming.



Thursday 18 April 2024, 7pm - 8.30pm



Free event but booking required T: 01292 476 769



Prestwick Library, 14 Kyle Street, Prestwick KA9 1PQ



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