



The project

"Cold Water Swimming for the Prevention of Dementia and Depression" has just launched!

We're thrilled to introduce you to our ambitious endeavor aimed at revolutionizing the approach to mental health in adults aged 50 and above. Our project delves into the therapeutic potential of cold water swimming, exploring its profound impact on preventing dementia and addressing depression.

Project Objectives

- Preventing dementia and tackling depression in people aged 50 +
- Developing an innovative methodology for adults aged 50+
- Testing the methodology that can change the approach towards the treatment of depression and dementia in adults
- Providing professionals, trainers and coaches dealing with adults at risk of dementia or elderly affected by depression with an innovative tool that can change their approach
- Spread a useful method that can be applied all around Europe
- Increasing the cooperation of different type of organisations in combatting depression and preventing dementia in adults over 50 years of age

Target Group

Professionals working with adults such as psychologists, health workers, and social workers.

All adults (especially between the ages of 50 and 70), particularly those at-risk of developing depression.





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Contact us



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Our partnership

Coordinator



Partners



shut up
and
swim!

Our Kickoff Meeting

On March 24, a pivotal kickoff meeting was held in Brussels, marking the official commencement of our project. During this dynamic gathering, the partnership convened to discuss the main objectives, laying the foundation for our collaborative efforts. Ideas were exchanged, enthusiasm ran high, and a sense of purpose permeated the room as we embarked on this interesting journey together.

