

1,000 Acts of *Resilient Defiance.*

The first 1,000 were mine. These are ours.



One promise became 1,000 swims.

No single swim changed anything. But 1,000 of them, one after another, became impossible to ignore. I finished those 1,000 days knowing exactly why I'd started Daily Dip 4 Dave.

The 1,000 doesn't have to be mine anymore. It can belong to everyone who wants Neuroendocrine Cancer to stop being invisible.

What counts as an Act?

Anything you choose to do, deliberately, that makes Neuroendocrine Cancer a little more visible - a dip, a walk, a run, getting back on the bike, ten minutes outside, something you've been putting off.

The size doesn't matter. Showing up does.

— NEED AN IDEA?

Five ways in.

BRAVE

Something you've been putting off.

BOLD

Something outside your comfort zone.

BONKERS

Something harmlessly ridiculous.

KIND

Something for somebody else.

VISIBLE

Something that starts a conversation about NET cancer.

— HOW IT WORKS

There's a ladder, not a cliff.

You don't have to swim in the sea for three years to be part of this. Start wherever feels right, and go further only if you want to.

ONE

Do one act

One dip, walk, run, or small deliberate act. Tell us what it was and add it to the total.

SEVEN / FIFTEEN / THIRTY

Make it personal

Choose something and do it for 7, 15 or 30 days. The activity isn't the point - showing up is.

#IAM1000

Bring your workplace

100 people × 10 acts each = 1,000. A team, a company or a club can take on the whole target together.

BECOME A CHAMPION

Bring your town

Champions carry this into their own community - organising, recruiting, telling the story locally.

— NOT SURE WHERE TO START?

Try the Goggle Challenge.

Take swimming somewhere it doesn't belong. No cold water required - this is the easiest way in, and it works anywhere.

1

Put on your goggles, somewhere you definitely wouldn't normally wear them.

2

Take a photo.

3

Tell people why: "I'm making Neuroendocrine Cancer visible."

4

Post it, tag @dailydip4dave, and add your act on the website.

Add your act.

Register what you did, or find out more about the challenge, National Daily Dip 4 Dave Day (10 October), and how to bring your workplace or town in.

dailydip4dave.com/acts



SCAN TO REGISTER