Daily Dip 4 Dave

RESILIENT DEFIANCE.

A voice made from water.

REGISTERED CHARITY 1218481

1000 ACTS OF RESILIENT DEFIANCE.

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

OUR NEXT 12 MONTHS.

A growing calendar of dips, challenges and a little resilient defiance. Every one counts towards 1,000 acts.

NOVEMBER 2026

10 NOV
Bobble Hat Day
World NET Cancer Day. Wear your bobble hat, wherever you are.

ALL MONTH
10 for the 10th
Get 10 new people to follow @dailydip4dave and tell them why it matters.

DECEMBER 2026

13-24 DEC
12 Acts to Christmas
12 small acts of resilient defiance, one a day, counting down.

24 DEC
Christmas Eve National Dip
A festive dip, Santa hats welcome.

JANUARY 2027

ALL MONTH
31 Day Daily Dip 4 Dave Challenge
The sole focus for January. One act a day.

FEBRUARY 2027

14 FEB
Valentine's Day Swim
Bring someone you love and get them to follow DD4D.

MARCH 2027

FRI 26 MAR
Wear Your Defiance Day
Wear something pink or orange, share a photo, tell someone about DD4D.

28 MAR
Easter Sunday National Dip

APRIL 2027

1-4 APR
Four for Four Challenge
Four days, four acts: one for yourself, one for someone else, one for your community, one for awareness. Then raise any combination of 4 through April: £4, £14, £44 and so on.

MAY 2027

1-3 MAY
The First Time Challenge
Bring a newbie to a swim, or encourage someone to try something new. Bank holiday weekend.

JUNE 2027

DATE TBC
National Daily Dip 4 Dave Garden Party

SUN 20 JUN
Father's Day Dip

JULY 2027

ALL MONTH
DD4D Step Challenge
Together, reach 1,000,000 steps. Walk, hike, run or just move a little more.

AUGUST 2027

ALL MONTH
Seven Sunrises Challenge
Get outside early on seven mornings.

MON 30 AUG
Family Splash Day
Kids, grandparents and dogs welcome.

SEPTEMBER 2027

ALL MONTH
Pass It On
Introduce one new person to DD4D and what Neuroendocrine Cancer is.

DATE TBC
Dip With Your Dog Day

28 SEP
Goggle Day Anniversary
Goggles on, somewhere unexpected.

OCTOBER 2027

SAT 9 OCT
4th National Daily Dip 4 Dave Day
The big one, back again.

SEND US YOUR IDEAS!

Got an idea? **Dip safely. Paddling counts.**
Dates may change.

Any month: The 1000 Together Challenge · The Pink & Orange Challenge
dailydip4dave.com/events