

Know the signs. Meet the charity. Join the challenge.

01 — NEUROENDOCRINE CANCER (NET)

The cancer that hides in plain sight.

NET symptoms are commonly mistaken for IBS, menopause, anxiety, or asthma - which is part of why it's so often missed.

6,000

New NET diagnoses in the UK, every year

36,000+

People currently living with NET in the UK

4.5 years

Average time to a correct diagnosis

DIGESTIVE

New IBS-type symptoms over 50, persistent bloating

RESPIRATORY

Persistent dry cough, asthma-like wheeze

HORMONAL

Flushing without sweating, palpitations

GENERAL

Fatigue, unintentional weight loss

No single symptom points to NET on its own - a pattern that doesn't resolve is worth raising with your GP.

02 — ABOUT THE CHARITY

Daily Dip 4 Dave

Started as one woman's promise to swim in the sea every day for the man she loves, Daily Dip 4 Dave is now a registered charity working to make Neuroendocrine Cancer harder to miss, shorten the wait for diagnosis, and fund research - for Dave, and for everyone living with NET.

✓ Raising awareness ✓ Earlier diagnosis ✓ Funding research

03 — THE NEXT CHAPTER

1,000 Acts of Resilient Defiance.

The first 1,000 were mine - 1,000 consecutive days in the sea. Now it's everyone's turn. An Act of Resilient Defiance is anything you choose to do, deliberately, that makes NET a little more visible. The size doesn't matter. Showing up does.

BRAVE

BOLD

BONKERS

KIND

VISIBLE



SCAN TO ADD YOUR ACT

dailydip4dave.com/acts.html

Starts 10 October · National Daily Dip 4 Dave Day · Act #1