



Get ready to take the plunge!

Your guide to hosting a successful cold water dip fundraiser for Marie Curie



Thank you for organising a festive cold water dip! By braving the cold to raise money for Marie Curie, you'll be helping us spread care, comfort and joy this Christmas.

Set the date and location

Your dip can take place however, whenever and wherever you'd like. Go solo or organise a day trip to the coast, a nearby lake or river (making sure to find somewhere for a lovely drink to warm you up afterwards) or ask your local lido if you could host it there. If you can't travel, you could even use your bath!

Boost your fundraising

Set up a [JustGiving page](#) to share your plans and collect entry fees and donations. Add a target, photo and why you're supporting Marie Curie to supercharge your fundraising by up to 40%. Tell your workplace too – some will match your total or donate, making it an easy way to add to your fundraising total.

Spread the word

Let everyone know about your Christmas fundraiser on social media, WhatsApp groups and email, asking people to sign up or sponsor you and your fellow dippers. Remember to include your [JustGiving link](#). If you're holding it at a venue,

ask the manager to share details with suppliers to spread the festive cheer. You can also download posters, invitations and social media files.

Keep your dip safe

Cold water dips are a lot of fun when done safely. Make sure you read the safety guidance from the [RNLI](#) and the [Outdoor Swimming Society](#) before taking part. If you have any underlying health conditions or any other medical conditions that might be affected by exposure to cold water, or if you are pregnant, then please seek medical advice.

Freeze the day!

Grab your bags, bobble hats and warm layers – the big dip is here! Make sure to take lots of pictures to share with your sponsors later with a short message letting them know how it went – and remind them to donate! Finally, don't forget to check the weather before you head off.

If you're at a pool or lido, why not make it feel festive by decorating with our bunting alongside your own baubles and tinsel? You could

also get spectators involved by hosting other fundraising activities like a bingo or a quiz.

Bank your donations

Pay in any cash donations by phone on 0800 716 146. Or send a cheque to Marie Curie Supporter Relations Team, PO Box 23897, 14 Links Place, Edinburgh EH6 9AB. Please include a note with your full name and how the funds were raised, so that we can thank you.

The finishing touches

Add offline donations to your online fundraising page total so your supporters can see how much you've raised. And don't forget to thank them and let them know how they've helped people at the end of live have the best possible Christmas.

Thank you so much for braving the cold for Marie Curie!

[Find all your downloads here!](#)

