# Brighton prepares for The Big Dip to support Switchboard's 200th anniversary



This weekend, Brighton will play host to The Big Dip, designed to support Switchboard, a national helpline that marks its 200th anniversary this year. Saturday afternoon near Brighton's Sea Lanes will fill with hundreds of enthusiastic swimmers ready to brave the chilly waters in the name of charity.

The Big Dip is organised by Pride Swim, a group committed to connecting the LGBTQ+ community through swimming events across the UK. This event will be the latest addition to the 20 Pride Swims that have taken place nationwide throughout the year, yet it marks the first occurrence of such an event in Brighton.

The event will be ceremonially opened by Michael Gunning, a former professional swimmer and LGBTQ+ activist. Gunning expressed his enthusiasm, highlighting the significance of water as a central element in his life. "I can’t wait to join everyone at The Big Dip to share this special moment with the community," he noted. His presence aims to bolster the message of unity and community spirit, key themes surrounding the event.

Polly Shute, the founder of Pride Swim, is equally excited about the initiative. As she explained, Brighton was chosen due to its longstanding association with the LGBTQIA+ community. “The Big Dip is a fun dash into the sea and a great way to highlight how swimming can connect the queer community in supporting both physical and mental wellbeing,” said Shute. She also expressed a wish to see The Big Dip evolve into an annual event for the city.

The swim, scheduled for 2pm tomorrow (Saturday), is designed not only to raise funds but also to underscore the importance of inclusive spaces that promote wellbeing within the LGBTQ+ community. Participants will plunge into the sea, set against the picturesque backdrop of Brighton, for a quick but meaningful dip, highlighting the bond swimming can create amongst individuals.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://switchboard.lgbt/news/pride-swim-brighton> - Corroborates the event details of The Big Dip at Brighton Beach, including the date, time, and location.
* <https://uk.news.yahoo.com/hundreds-swimmers-plunge-beach-charity-040000831.html> - Confirms the event's purpose of supporting Switchboard and the participation of hundreds of swimmers.
* <https://uk.linkedin.com/company/switchboardlgbt> - Supports the information that 100% of the profits from The Big Dip go to Switchboard.
* <https://international.switchboard.lgbt> - Provides details about the event and Switchboard's role as a UK national LGBTQIA+ support line.
* <https://twitter.com/BrightonJournal/status/1847645303555707138> - Mentions the event, including the date, time, and the involvement of Speedo and Pride Swim.
* <https://switchboard.lgbt/news/pride-swim-brighton> - Highlights the significance of the event as the first of its kind in Brighton and its connection to the LGBTQIA+ community.
* <https://uk.news.yahoo.com/hundreds-swimmers-plunge-beach-charity-040000831.html> - Details the chilly waters and the charitable nature of the event.
* <https://uk.linkedin.com/company/switchboardlgbt> - Mentions the community aspect and the support for Switchboard through the event.
* <https://international.switchboard.lgbt> - Explains the role of Switchboard as a vital resource for the LGBTQIA+ community.