

# THE BIG SWIM



## About The BIG Swim

### What is The BIG Swim?

The BIG Swim is our summer fundraising challenge supporting phase two of THE BUILD including the vital new hydrotherapy pool for children with life-shortening conditions.

We're asking you to swim 21 miles throughout June and July, the equivalent of swimming the English Channel! You can take part in a pool, or open water.

Whether you're a regular swimmer or just dipping your toes in, every length makes a difference.

### Who can take part?

Anyone who enjoys swimming and wants to support a great cause and challenge themselves! While it's a perfect challenge for regular swimmers, it's open to all ages and abilities, whether you're swimming solo, with family, or as part of a team.

## How to get involved

### Step 1: Choose your swim style

- Front crawl, breaststroke, doggy paddle, it all counts!
- Swim in a pool, open water, or wherever you're comfortable.
- Do it solo or with a team, you can split the 21 miles!

### Step 2: Set your goal

Swim 21 miles (33.8 km) over June and July at your own pace. That's roughly 1/3 mile per day, or just under 600 metres if you're swimming three times a week.

### Step 3: Sign up

Scan the QR code below to register and set up your JustGiving fundraising page.

### Step 4: Make a splash!

Start swimming, logging your miles, and fundraising to help us build the hydrotherapy pool children truly deserve.



### Need help?

Email: [getinvolved@martinhouse.org.uk](mailto:getinvolved@martinhouse.org.uk)

Call: 01937 844569

Visit: [martinhouse.org.uk](http://martinhouse.org.uk)



**Martin  
House**  
Children's Hospice

Here when families  
need us most

# Frequently asked questions

## Who can take part in The BIG Swim?

Anyone! This challenge is open to adults and children. You can take part as an individual, family, school group, or team.

## Do I need to be a strong swimmer to take part?

Not at all! This challenge is designed to be inclusive. Whether you're a seasoned swimmer or just getting started, you can complete the 21-mile goal at your own pace across June and July—solo or as part of a team. Stay safe, please only swim in safe, supervised environments and follow local guidelines, especially when swimming in open water.

## How do I track my distance?

Use a swim tracker, smartwatch, or a fitness app like Strava or Swim.com. If you're swimming in a pool, you can count your lengths, 64 lengths of a 25m pool = 1 mile. Just keep a simple log of your swims to track your progress.

## What if I can't swim 21 miles?

21 miles is a suggested target, but every stroke counts. Set a distance goal that works for your ability and time, whether that's 5, 10, or the full 21 miles. You can even split the distance as part of a team challenge!

## How do I share my progress?

Post swim updates, pool selfies, or milestone celebrations on social media using the hashtags #TheBIGSwim and #SwimForTheBuild. Don't forget to tag @martinhousech for a chance to be featured!

## Is there a minimum fundraising goal?

There's no set minimum, but we encourage swimmers to aim for £200 or more to support the hydrotherapy pool. Every donation helps bring comfort, therapy, and joy to children at Martin House. Set your page up [here](#).

## Can I participate with a group?

Absolutely! Families, schools, swim teams, and workplaces can join in together. Split the 21 miles among your group or take on your own targets, it's all about teamwork and making a difference.

## Are there resources to help me fundraise?

Yes! Once you sign up, you can download a digital fundraising pack with ideas, templates, social media assets and a progress tracker. You'll have everything you need to make a splash!

# Why your support matters

**Every pound donated and every brick laid brings us closer to our goal, to transform the hospice for children with life-shortening conditions, and their families with a new hydrotherapy pool at its heart.**

Join us and be part of something truly life-changing, as we embark on the biggest project in our history, THE BUILD. Help us raise £2 million so we can provide comfort, care, and the specialist facilities like hydrotherapy that families need now and for generations to come.



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