



It is a fact that less people have successfully swum The English Channel than have climbed Mount Everest! We are about to increase the number of swimmers by one!

Alex Fordyce, is a volunteer for the charity he works for FHC Ltd who support the charity. He has long held an ambition to solo swim the channel and has been in a training regime for many months now, having had to put weight on and spend every other weekend swimming in Dover harbour. he had to complete a 6 mile sea swim even to be allowed to attempt the feat. There are very strict rules attached to the challenge, he is accompanied by a supervisor boat, which he is not allowed to touch and has to swim continuously. no mean feat in water below 13 degrees. Above is a photo of him in training in June in 13 degree water.

The swim itself is 21 miles at the shortest point (34km's) he hopes for a time around 15 hours but that is totally dependent on the tide, weather and conditions at sea etc.

He is due to swim on the spring tide on the 29th of August.

He is hoping to arrange as much sponsorship as he can for the feat, all of which will go to Second Chance. He has set up a Just Giving web page site to channel the donations. Here it is...

<https://www.justgiving.com/fundraising/alex-fordyce>

But equally I am sure he wont mind if you want to send a cheque to him, made payable to The Second Chance Children's Charity at 'Alex Fordyce, FHC Ltd, Calpe House, St Thomas Street, Winchester, SO23 9HE'

Send him a message of encouragement before he starts or through the Just Giving Page - he will

actually see it as he swims in real time or email him at [alex.fordyce@f-h-c-ltd.co.uk](mailto:alex.fordyce@f-h-c-ltd.co.uk)

Funds are always short at the charity and this is a great and fun (for us!) way of supporting the charity. Please get behind Alex and encourage him over this. Not long to go now before he starts.

Kindest regards

Doug Hulme  
CEO