

## **NUDE AWAKENING - Hundreds of brave Brits strip off to mark the autumn equinox with mass skinny dipping**

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The autumn equinox saw hundreds of brave Brits join a mass skinny dipping session in the North Sea Sept. 22 morning. The event, which takes place every year in Druridge Bay, Northumberland, marks one of the two days of the year on which the sun's path exactly follows the equator, and raises money for mental health charity mind.

***Hundreds joined a mass skinny dip in the North Sea Sept. 22 morning***

***The annual event, known as the North East Skinny Dip, marks the autumn equinox***

***The autumn equinox is one of the two days of the year on which the sun's path exactly follows the equator***

***The gathering also raises money for mental health charity MIND***

***Participants pay an entrance fee of £12, which is donated to the charity***

***It's founders it is a 'celebration of life and of our own, unique, physical bodies'***

***The event takes place in Druridge Bay, Northumberland***

***Over 600 people attended last year's event***

***The average temperature in the North Sea is around 18C***

***The event sees people gather from 5.30am***

***Organisers say the event grows every year***

***Since its inception in 2012, the event has raised Â£40,000***

- The Sun