

Dry January Challenge

Challenge yourself to give up alcohol for the whole month of January.

Getting ready

- Start advertising your Dry January Challenge to friends and family and on social media
- Ask for donations for the whole event or a donation per successful no alcohol day
- Get friends and family involved - the more people taking part, the more donations!

During the month

- Make sure you post updates on your social media. Let everyone know how it's going and keep them all in the loop.

Top tip

- Every time you post something about your challenge, make sure you include a link to your JustGiving page.

