

Fliss' Dry November

Fliss gave up drinking alcohol for the whole of November to raise a total of £408 for a charity close to her heart!

Getting ready

- Let colleagues, friends and family know that you're planning on giving up alcohol for a month
- Set up a JustGiving page

What you'll need

- Dedication
- A t-shirt, banners, balloons from Meningitis Research Foundation (you can request these)

Raising money

- Create a JustGiving page - Add a photo and a target to your page and write a bio about what you're doing and why
- Once you're happy with how it looks, you can start sharing your page with friend's and family!

Top tips

- Don't give up!
- Think of the cause!
- On your JustGiving page, make sure to explain the importance of the charity

Post event

- Share the total raised with those who donated, and thank everyone for contributing
- Send some photos to the Meningitis Research Foundation fundraising team



"Don't give up!"

- Fliss