



## HOW TO SIGN UP

- 1 GO TO DRYJANUARY.ORG.UK OR DOWNLOAD THE DRY JANUARY & BEYOND APP**
- 2 FILL IN YOUR NAME AND YOUR EMAIL ADDRESS**
- 3 GET ACCESS TO OUR APP, TIPS AND TRICKS, SUPPORT, FUNDRAISING TOOLS AND MUCH MORE!**

[DRYJANUARY.ORG.UK](http://DRYJANUARY.ORG.UK)



# JOIN THE FIVE MILLION GOING DRY THIS JANUARY

- ▷ SAVE MONEY
- ▷ MAKE A DIFFERENCE
- ▷ FEEL GREAT

TO SIGN UP FOR DRY JANUARY VISIT:

[DRYJANUARY.ORG.UK](http://DRYJANUARY.ORG.UK)

[#DRYJANUARY](https://twitter.com/DRYJANUARY)

# THROUGH DRY JANUARY MILLIONS OF PEOPLE ACROSS THE COUNTRY CHANGE THEIR RELATIONSHIP WITH ALCOHOL, FOR JANUARY AND BEYOND.

## What is Dry January?

Doing Dry January means giving up alcohol for the month of January. Dry January:

- ▷ **Enables you to take control of your relationship with alcohol.**
- ▷ **Drives a conversation about alcohol: why do we drink it, what does it do, and how can we reduce the harm it can cause?**

Alcohol Concern brings together an amazing network of individuals and organisations, including partner charities who work on issues associated with alcohol. Together, we will reduce the harm caused by alcohol.

## Why do Dry January?

There are loads of reasons for taking part in Dry January. Here are just a few:

- ▷ **New year, new you - do Dry January and feel healthier and happier as you sleep better, your skin improves and you lose weight.**
- ▷ **More money in your pocket.**
- ▷ **Get healthier - through giving up alcohol for a month you do your insides a lot of good.**

## Why sign up?

People who sign up are more likely to stay dry for the whole month. That's because when you sign up you:

- ▷ **Get access to our free app, which helps you keep track of your month with features like a calorie calculator, unit tracker and tool to show how much you've saved.**
- ▷ **Receive regular support emails with tips, tricks and information from experts in alcohol to make your month easier and more fun.**
- ▷ **Have help on hand: if you're struggling, we'll support you.**

## Why fundraise?

Dry January will make a difference to you – but it can make a difference to others too. Sign up and fundraise for (or give what you save from not drinking to) one of our official partner charities, who all work on issues closely-related to alcohol:

- ▷ **Action for Children**
- ▷ **Breast Cancer Now**
- ▷ **British Liver Trust**
- ▷ **Crisis**
- ▷ **Hospice UK**
- ▷ **World Cancer Research Fund**

80% goes to them and 20% goes to us - Alcohol Concern. We work to end the harm caused by alcohol.