

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 for your activity

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



What you'll need

- Strong willpower
- Dedication
- a T-shirt, banners, balloons from MRF (you can request these)

Raising money

- Create a JustGiving page - go to www.justgiving.com/mrf and click 'fundraise for us'. You can then create a page all of your own
- 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!
- The most successful pages are shared to social media 13 times, on average - so get sharing!

For more information contact
fundraising@meningitis.org

Top tips

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

Post event

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



www.meningitis.org

"Don't give up!"

- Fliss Lamburn