



Go Sober for October

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Be a Soberhero and go 31 days without alcohol this October - say no to the booze and yes to raising money for people living with cancer.

And just like every hero's trusty sidekick, [Macmillan](#) will be with you every step of the way to help you along your sober journey.

By signing up to the challenge you're doing something amazing for people with cancer. All the money raised by those Going Sober this October will help [Macmillan](#) support even more people facing cancer.

So thank you for taking part in Go Sober, raising a glass (of water) and standing proudly beside people facing cancer.

More information

- For support, information or if you just want to chat, call [Macmillan](#) free on 0808 808 00 00 (Monday to Friday, 9am-8pm) or visit [macmillan.org.uk](#)

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