



Join the millions and go dry this January!

Join the millions and go dry this January!

The celebrations of Christmas and New Year can involve a lot of eating and drinking, so in January many people enjoy the challenge of giving alcohol a rest.

[Dry January](#) is a campaign to support and encourage people to clear out the Christmas excesses by abstaining from booze for four weeks.

Now about to celebrate it's sixth year of helping people cut down their drinking for January. 2018 is looking to be even bigger, so join in and reap the rewards!

- 79% of participants saved money
- 62% of participants had better sleep and more energy
- 49% of participants lost weight

With these significant benefits - what have you got to lose?

You're more likely to stick with it and feel the benefits if you sign up, so take the challenge, banish the booze and feel like a new you! You can compare progress and swap tips with other people who have taken the challenge. [Find out more here.](#)

More information

- [Find out more on Dry January here](#)
- About [Responsible drinking](#) in People First's information pages
- [The Alcohol Service](#) is an alcohol treatment and support service for the residents of Westminster, Hammersmith & Fulham and Kensington & Chelsea.
- [Drinkaware](#) is a national independent charity whose website has a wealth of useful information and tips
- Take the **One You "How are you" quiz** to see how you can combine this with other tweaks to your lifestyle for a healthier future
 - Visit the [One You area](#) on the People First website for local support in your borough

EMAIL PDF PAGE PRINT