



DRY JULY NZ 2023 TOOLKIT FOR WORKPLACES

EVERYTHING YOU NEED TO KNOW
AND DO BEFORE, DURING
AND AFTER DRY JULY





WHAT IS DRY JULY?

Dry July is a fundraising campaign run by Dry July NZ Trust (a registered New Zealand charity).

Dry July asks people to give up alcohol in July and raise funds for people affected by cancer.

SIGNING UP IS AS EASY AS...



Sign up, then create a workplace team



Give up alcohol together in July



Raise funds for people affected by cancer

WHERE DOES THE MONEY RAISED THROUGH DRY JULY GO?

Funds raised will help New Zealand cancer charities to support local people in your community.



Free programmes to help people touched by cancer to connect with others and regain their confidence



Raising the bar on survivability and quality of life beyond diagnosis



Helping people affected by all types of cancer through rehabilitation

WHY DO WORKPLACES GET INVOLVED IN DRY JULY?

It's a win for your workplace, for your overall health, and for people affected by cancer. That's a triple win!

BENEFITS OF A DRY JULY

BENEFITS FOR TEAM MEMBERS



A clear head



Better sleep



Healthier skin



Weight loss



Increased energy levels



A great sense of achievement

BENEFITS FOR YOUR ORGANISATION



Enhance leadership skills



Strengthen teamwork



Build resilience



Stimulate creative thinking



Promote healthy lifestyle changes



The ability to give back and support your community

HOW DO WE SUPPORT YOUR WORKPLACE TEAM'S DRY JULY?

We know you've got plenty to do at work so you can rest assured knowing you'll have plenty of support for your workplace team members and workplace team leader.

WORKPLACE TEAM MEMBER



On-boarding journey including tips & tricks to a successful Dry July



Pre-written emails for fundraising



Downloadable materials including fundraising posters, a Dry July countdown calendar, social media images and more



Fundraising tips



Weekly email support & progress updates



Health & Wellness information and tools

WORKPLACE TEAM LEADER



Team focussed on-boarding journey



Social media assets for workplaces



Downloadable team posters, email signatures, virtual backgrounds and more



Team fundraising ideas



Support from our Workplace Engagement team



Access to our Health Hub resources



EVERYTHING YOU NEED TO KNOW ABOUT INVOLVING YOUR WORKPLACE IN DRY JULY

THINGS TO DO **BEFORE** DRY JULY (MAY & JUNE)



Nominate your **Dry July Team Leader** and **Dry July Champions** (people to help with fundraising and supporting your Dry July Workplace Team).



Host a **Dry July info session** to inform and excite colleagues. Email us at team@dryjuly.com if you'd like us to attend.



Before May register your interest in Dry July at [Register-your-interest](#)
From early May sign up at www.dryjuly.co.nz



Have your **Dry July Team Leader** sign up as an individual first, then **create your Workplace Team**. Don't forget to **set a fundraising target** so your team will know where they are heading.

Not sure what fundraising target to set your team? Start at \$800 NZD for a team of 5 – you can update your target at any time.

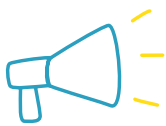
THINGS TO DO **BEFORE** DRY JULY (MAY & JUNE)



Invite your workmates to join your Dry July Workplace Team. Just share the URL to your team page or have them scan the QR code.



Plan and diarise your fundraising events and team challenges.



Promote your Workplace Team's involvement in Dry July using our online assets. Visit [Fundraising for Workplaces](#) to see all the materials available for download and easy sharing.



Start your fundraising (starting before July is not too early!)

FUNDRAISING TOOLS FOR YOUR WORKPLACE

Email signatures, posters, social media images, video meeting backgrounds, fundraising ideas and more can be found right [here](#).





THINGS TO DO **DURING** DRY JULY



Fundraise with passion (see “[Who and How to Ask for Donations](#)” for help around asking for donations).

- Host a **fundraising event** or activity with your workplace team. See our event/activity suggestions [here](#).
- Share your workplace team’s Dry July on social media. Add **#DryJulyNZ @DryJuly NZ Trust @dryjulynz** so we can see and share your posts too.
- Check your **fundraising target**. Your workplace team’s fundraising target can be changed at any time.
- **Mark off** your dry days with downloadable [Dry July Tick Off posters](#).
- Check the [Dry July Health Hub](#) for some great articles on fitness, life and nutrition.
- Check out the competition on our **Dry July leaderboards**.



THINGS TO DO **AFTER** DRY JULY (AUGUST)



Make a **final call for donations** (it's never too late to donate, however the end of August is usually when we close for donations directly to individuals and teams at www.dryjuly.co.nz).



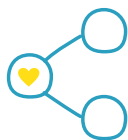
Check with your organisation about **donation matching**.



Ensure all **offline donations are banked** and the **offline donation form** has been sent to Dry July Foundation.



Thank your donors. Find our **Thank You graphics here**.



Share the great outcomes of Dry July with your organisation. Look out for our emails and social media posts with funding updates.



Complete the **Dry July Workplace Team Leader Survey**. We'll send a survey link to the Team Leader (we love feedback).



Celebrate your Workplace Team's Dry July achievement.

**HAVE QUESTIONS
OR WANT TO
KNOW MORE?**

Get in touch with our Dry July Support Team at team@dryjuly.co.nz or call us on **0800 DRY JULY (0800 379 5859)**

