

Alcohol Awareness Week 2014

It's easy to take part What you can do

Join the thousands that will pledge to do something positive during this week of alcohol action. This year you can choose from a range of options, one that is right for you.



Starts 17th November 2014





Give your liver a break
by staying off alcohol for
2-3 days each week

Right for you if:
you want to keep your total alcohol intake down and regularly give your liver time to recover. If you've got a smartphone, try 'Spruce', a free service that will support you to take three dry days in a row each week - search spruce app or visit www.spruceapp.co.uk

Sign up to
Dry January 2015

Right for you if:
you want to kick-start a change for the rest of the year. With clever marketing and 24 hour alcohol sales, regular drinking can creep up on you, added on to every occasion. Prove to yourself that you can stop drinking whenever you want to. Search Dry January or visit www.dryjanuary.org.uk

Help protect children
from alcohol

Right for you if:
you think that the price of alcohol is too cheap, that the £800 million spent on advertising and marketing of alcohol is all too common, and that the Government needs to do more to protect the health of our communities. Join the Drink Wise campaign www.LookAgainAtAlcohol.org.uk

More help in Manchester if you need it
Text DRINK to 81025 for a free Drink Smart pack
www.manchestercat.org or phone 0161 234 5055

