JANUARY

TARGET AREA: ALCOHOL

Have you thought about how you can cut down on alcohol?

What's available?

Drink Free Days App

Cutting back on the booze can be a really effective way to improve your health, boost your energy, lose weight and save money.

Any reduction in the amount you drink every week will be beneficial – and with the right support, it's easier than you think.

Download the NHS Drink Free Days app on the Apple Store or on Google Play for some simple tips and tools to help you start cutting down today. Let's do this!

GET IT ON Google Play

Download on the App Store

Alcohol Services in Rushcliffe

Your Health Notts provide FREE guidance on safer alcohol drinking across all of their lifestyle services.

Where alcohol is identified as the main priority, their experienced staff and volunteers support clients to reduce their drinking to a healthier level or to reach and maintain abstinence through one to one and peer support, group work alongside digital support.

Scan or search 'Your Health Notts'

Alcohol Quiz

ALCOHOL CHANGE UK

Many people don't always know how much alcohol they drink and whether their drinking could have any impact on their health.

If you want to find out more about your drinking check out how healthy your drinking is with this quick quiz

Scan or search 'Alcohol Change Check Your Drinking'

Try Dry January

Have you been thinking about your drinking? Dry January means going alcohol-free for the month of January.

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Why not sign up now to take part in #DryJanuary and give yourself the best start to the year. You can now download Try Dry, the Dry January app to help.

Scan the QR code to find out more

Even after January you can still use it all year to help cut down!

Scan or search 'Alcohol Change Dry January'

Top Tips

If you regularly drink more than 14 units of alcohol a week, you may be at risk of developing alcohol-related problems.

Scan the QR code and try these simple tips to help you cut down.

Scan or search 'NHS tips on cutting down alcohol"

Rushcliffe Borough Council

Rushcliffe Primary Care Network

For more info visit *rushcliffehealth.org/phm*
Next months topic… OBESITY