

Free alcohol awareness session

15th December - lunchtime session, City Business library, 12:30-13:30

Want to know more about alcohol? What is 'sensible drinking' and what are the risks of drinking above the guidelines? Want to learn about what options are available when drinking becomes a problem?

Attendance is free if you work or study in the City of London.



What will I learn?

Most people do not know the recommended guidelines or how many units are in common drinks. This free session will provide an understanding of 'safe' drinking, categories of alcohol misuse and the impact of alcohol on society. It will also explore options for those who might need further information or support and provide free resources and materials.

Why is this being provided?

The Alcohol Academy has been commissioned to research the drinking habits and perceptions of the City workforce. The research findings will ensure the best services and support are provided to individuals and organisations.

The Academy is providing the session as part of this project. It will help raise the profile of the project and the confidential survey that employees in the City of London are being asked to complete.

The survey should take no more than 5 minutes to complete and respondents can choose to receive confidential feedback on whether their drinking could be affecting their health.

If you'd like to complete the short survey, click here:

<http://www.surveymonkey.com/s/city-alcohol-survey>

Please circulate the survey link to colleagues and staff within your organisation.

How can I sign up to the free alcohol awareness session?

To sign up to the session email fizz@alcoholacademy.net or call Fizz on 07764 349679. Places are limited and allocated on a first come first served basis.

If you'd like to find out about receiving further support for your organisation on alcohol issues, email fizz@alcoholacademy.net