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**Alcohol Awareness Week is 1 - 7 July:**Transform Your Drinking Habits

Alcohol Awareness Week is a chance for us to think about drinking and understand alcohol harm and the centre-stage role that it plays in our lives.

Alcohol is all around us. It’s promoted as we watch our favourite sports, advertised as we travel to work, and placed in our favourite films. It’s time for alcohol to take less of a leading role.

To help people take charge of their drinking habits and enjoy a healthier lifestyle Living Well would like to shine a spotlight on DrinkCoach, an online quiz designed to help people make informed decisions about alcohol.

**Try the DrinkCoach 2 minute Alcohol Test.**

<https://drinkcoach.org.uk/barnet-alcohol-test>

It’s a free, quick and confidential quiz that takes just two minutes. Work out how risky your drinking is, get personalised advice online and find out where you can get support if you need it in Bradford district.

**DrinkCoach also offers FREE coaching for people in Bradford district.**

<https://drinkcoach.org.uk/bradford-page>

If you, or someone you know, is using alcohol to cope with stress, anxiety or low mood, or having a glass of wine each night to unwind or drinking every day (no matter how much) DrinkCoach is a great place to start, to help you drink less. They’re an established online alcohol service offering free 1-to-1 coaching with an alcohol professional who will provide tailored advice and tips. Whether you’re just curious about making a change or have tried and feel you could benefit from additional support, their specialists can help. Coaching sessions are held online via Zoom or Teams with weekend and evening appointments available.

Face to face support is also available from New Vision Bradford who have hubs across the district. You can find out more about New Vision when you visit the DrinkCoach website.

There are so many alcohol myths! The truth is alcohol harm affects far more of us than we realise. Cutting down and managing alcohol can help us to feel better, improve our mood, sleep better, increase our energy levels, strengthen our relationships and save money!

**Do you know how many units are in your usual drinks?**

<https://drinkcoach.org.uk/unit-and-calorie-calculator>

If you’re having a BBQ why not mix up some delicious mocktails instead of your usual alcoholic beverages, there are lots of recipes available online, you don’t ned alcohol to have fun, to feel happy, or to relax.

**You can also find out more on the Living Well website.**

<https://mylivingwell.co.uk/drugs-alcohol/alcohol/>