

Using alcohol sensibly ..



This week (16 to 22 Nov) is **Alcohol Awareness Week**.

The aim of the week is to get people thinking and talking about the health risks, social problems, stigmas and taboos of drinking, and to challenge stereotypes about who is likely to be drinking too much.

A number of factors may cause an increase in a person's use of alcohol, and evidence that someone is drinking more may indicate other underlying and possibly un-diagnosed issues - depression, isolation, mental health issues, or issues around retirement, or bereavement.

Special alcohol health events happening locally during the week:

- [Foundation 66 are running several events in Kensington and Chelsea](#)
- [The Community Alcohol Support Service \(CASS\) are running several events in Hammersmith & Fulham](#)
- [Alcohol Awareness events in Westminster](#)
- [See all events and activities on People First](#)

Dry January

Alcohol Concern are running the annual campaign to encourage people to refrain from alcohol for 31 days. Evidence suggest collaborative, group-support initiatives like this are more likely to help people succeed in cutting back on alcohol consumption. [Full details here](#)



Advice and information on alcohol issues

People First has a section [on responsible drinking](#). See also our pages on [support for alcohol or drug problems](#) with lots of local and national resources.

[The Invisible Elephant](#) website is a local alcohol and drug resource specifically covering the 3 boroughs of LBHF, RBKC and WCC.



[The Drinkaware website](#) has a lot of useful tool with an emphasis on self-awareness, self-help ; including a mobile app for recording alcohol co you go.

[Drinksmeter](#) is a similar mobile app, which logs consumption.

[Alcohol Concern](#) is an independent charity with a range of useful resources with an emphasis on campaigning.

[The Institute of Alcohol Studies](#) is a useful on-line resource of research and statistical information highlighting trends and developing issues with alcohol.

[Change 4 Life](#) has tips and advice on cutting down on alcohol consumption.