

Swanswell believes everyone deserves a happier life. We help people free themselves from problematic behaviour by removing the physical and emotional barriers that stand in their way.

get

information

For more information

Call: 0121 233 7400 and leave your details.
We will send you more information.

Email us:
alcoholawareness@swanswell.org

Visit our website:
www.swanswell.org

swanswell

Swanswell
Head Office
Hilton House, Suite 5
Corporation Street
Rugby, Warwickshire
CV21 2DN
T. 01788 559 400
F. 01788 559 419
www.swanswell.org

Swanswell
alcohol awareness groups

alcohol ?

be well

stay well

swanswell

Alcohol can become a problem for anyone; learn skills to keep your own alcohol use in its place and help others to do the same.

All too easily alcohol can move from being a pleasurable activity, to something that is damaging; whether it is your own health and happiness, that of your family and friends or in your local community.

If you want to make changes to the way you use alcohol and develop a healthy lifestyle, we want to hear from you. Drinking regularly above the recommended limits of 2–3 units a day for women and 3–4 units a day for men is harmful. The groups are aimed at people who want to stay healthy themselves, help others, and keep alcohol within low risk limits.



How the groups work

The groups rely on people supporting one another in making the changes they want to make – keeping control of their alcohol use and moving towards a healthier and happier lifestyle. The focus is on staying healthy and getting the most out of life.

The toolkit

The toolkit is a set of handy cards which people can use to get to know more about their alcohol use, make a plan and keep motivated. These cards help everyone to contribute and join in with the group, helping them get the most out of their involvement.

Local groups

Swanswell are starting local groups in your area – to find out more visit our website www.swanswell.org or call 0121 233 7400.

Stay healthy and keep alcohol in its place



Health professionals

If you are a health professional and want to know more about Swanswell alcohol awareness groups, please contact us on 0121 233 7400 or email us on alcoholawareness@swanswell.org