



**ADVICE** **DRUG** **ALCOHOL** **INFORMATION** **GOALS** **WORK** **ACHIEVE**  
**ONE-TO-ONE** **ENGAGE**  
**GROUP-WORK**  
**VOLUNTARY** **SUPPORT**  
**NON-JUDGEMENTAL**  
**YOUNG-PERSON-LED**  
**FLEXIBLE**  
**EMPOWERING**  
**DIVERSIONARY**  
**ACTIVITIES**  
**INFORMAL**  
**POSITIVE**  
**FOR 11-18 YEAR OLDS INCLUSIVE**

In2change offers a fantastic Care for the Family parenting course called 'How to Drug Proof your Kids', free!!

If you would like to make a referral, to book sessions at youth clubs or schools, or would like some advice then please contact us on the details above.

Please contact Elise or Carly on 01978 295629

Voluntary engagement ● Tailored and flexible support ●  
Education on all drugs & alcohol ● Sessions at venues chosen by young people ● Diversionary activities for individuals & groups

One to one support ● Education ● Harm reduction ●  
Relapse prevention ● Planned reductions

Education sessions in schools, colleges & youth clubs on a number of topics: Alcohol awareness ● Drugs & the law ● Energy drinks ● NPS (Illegal highs)

Advice & support for professionals ● Professionals training ●  
Customised sessions to suit your needs





# Christmas Newsletter

Tis the season to be jolly tra la la la la . However unlike the main man who has the ability to drink a glass of sherry and eat a mince pie in every household, and then go on to deliver shiny presents to the children of the world without the alcohol he has consumed having any negative effect on his liver, and the mince pies turning him so obese that the reindeers can't fly him home . You my friends do not possess these magical powers.

As one of Santa's little helpers I can't divulge how his body survives this massive one night binge however I will send a few tips to help you stay safe and merry throughout this festive season...

1. Firstly Santa wears that big red coat for many reasons, yes red is a festive colour, yes he thinks he is top when it comes to Christmas fashion; but most importantly **IT KEEPS HIM WARM**. When you have had a couple of cheeky drinks your skin feels warm or hot, and you can get flushed and start sweating a little bit. It usually starts in the cheeks and face then spreads to the rest of your body ( no wonder Santa always looks rosie on Christmas eve ).

There's a big sensation of warmth, but it's just surface-level because it's literally only your skin that's warm. You're actually losing heat from your skin's surface, so your core temperature drops. Therefore it doesn't matter how sparkly you look in that Christmas party dress if you don't wear a coat you are going to look a hot mess when your nose looks like Rudolf the red nose reindeer because you have practically caught pneumonia

2. Plan your night out. Do you think Santa just jumps on the sleigh and off he goes no no no . There is a lot of planning that goes into Christmas Eve present delivery. So make sure you tell someone where you are going and when you will be back, no one wants to be worrying about where you are at Christmas when there is pigs in blankets to be eaten.

3. Eat food before you start your festive drinking. Even the traditional sprout will help with this, food slows the absorption of alcohol into your bloodstream and means you don't get drunk too quickly this means your more likely to be in control of your actions when someone comes around with mistletoe

4. Swap that alcoholic egg nog for a banana milkshake or that vodka lime and lemonade for just lime and lemonade no one will know the difference but you. This will ensure you don't get to tipsy; you don't have to do this with every drink but every so often just have a cheeky nonalcoholic one so you stay the right side of Merry at Christmas.

5. Ever seen the Grinch? He wanted to ruin everyone's Christmas and just left rubbish in place of presents and the Christmas tree. I'm not saying that someone is going to sneak into your house on Christmas Eve and do that to your tree; but if you don't keep an eye on what your drinking someone could easily swap it or spike it with something that is going to make you feel really rubbish.

6. Appoint a designated driver. You don't know this but to ensure every present gets delivered safely Santa always has a wing man someone who doesn't touch a sip of sherry or a mince pie. It is a great responsibility to make sure everyone gets their presents but also gets home safe. By making sure you have a designated driver not only can they make sure you are delivered home safely; they can also keep an eye on you merry bunch when your out to make sure you're not to drunk and doing things that you will regret the next day ; like trying to ride the fake reindeers that are there for decoration and not to be manhandled by you rowdy bunch.

I hope after reading this you are all ready for too many mince pies, too much turkey and the occasional sprout; but most importantly spending time with your friends and family and keeping safe over the festive season.

Must go now have many important elf jobs to do before the big day . Have a fantastic Christmas but just make sure its not to ' Merry '



If you have concerns about a young person aged 18 or under who may benefit from support around their substance use please contact in2change where we can work with them to achieve their goals.