

It's **CHRISTMAS!!!** Party season will be in full swing soon so here are some Great tips to keep you safe over Winter!!

EAT BEFORE YOU DRINK

Your friends may say 'eating is cheating' but it's not. **ALWAYS** eat before you go on a night out

WRAP UP WARM

Remember to always wear a jacket when you go out to stay cosy in the cold nights.

STICK WITH YOUR FRIENDS

Always stick with friends when on a night out and make a point where to meet in case you get lost.

DRINK WATER

Why not try drinking a glass of water in between each drink. It is important to stay hydrated!
It may even help with the **HANGOVER!**

THINK ABOUT YOUR DRINK

Remember one capful of spirit (Vodka) is 1 unit!

Be aware the recommended allowance are 2-3 units or woman and 3-4 units for men per day.

PACE YOURSELF

Putting alcohol into other bottles seems a great option but it can be hard to know how much you are drinking! Be Careful. •

