

Thinking about Alcohol?

You may be starting to think about cutting down, generally feeling *meh* or have been having nagging concerns for a while... Perhaps you'd like ideas on alternatives, or a vision that it is actually possible to cope better with stresses, be less irritable and have a more enjoyable and relaxing time that doesn't focus around alcohol there's loads to go at here. You're not alone. Many people are struggling to manage their use of alcohol or drugs during the Coronavirus shut down or before. Even though things seem to be easing up at the moment, restrictions and stresses are set to remain for the foreseeable. You may be struggling, or it may be a family member, or friend. There's no better time to make some changes Here's a list of many services who can offer support, by telephone or internet. They're not judgemental, and they are all confidential. There's a book list to help below too if you'd like a longer read off -line. Enjoy ☺

Change Grow Live (CGL)

Change Grow Live offer support at whatever stage you might be with your use of alcohol and/or drugs. From trying to avoid using anything, and struggling, to finding that what was once an enjoyable leisure activity feels like it's slipping out of control, to realising that when you try to stop, you're feeling ill.

Their contact number 0161 945 8772 is available 9-5. When you phone them they spend time helping to work out what support would suit you best

Check out the website-there's loads of useful stuff
<https://www.changegrowlive.org/>

Drink Aware has loads of tips for getting better sleep and cutting down alcohol at home: <https://www.drinkaware.co.uk/tools/>

Cutting down tips include:

Watching your measures-using an online tracker you can put on your phone can really help to keep an eye on how much you are drinking as well as those calories which can help to set goals



Try a small Glass or use a measure-home measures often can be more generous meaning it's easy to be drinking more than you think

Drink Free days-help by limiting days you drink alcohol with cocoa nights or getting used to substitutes and nights off

Get inventive with alternatives-whip out cordials flavoured tonics juices and ice for treats that take away calories and grogginess

<https://www.drinkaware.co.uk/alcohol-facts/drinking-habits-and-behaviours/alcohol-and-coronavirus/isolation-how-to-cut-down-on-alcohol-at-home/>



Adaction-
adaction.org.uk

Supports people with drug, alcohol or mental health problems, and their friends and family.

Adfam-
adfam.org.uk

Information and support for friends and family of people with drug or alcohol problems.

The Alliance-
m-blliance.org

User-led organisation that provides information and advocacy for people accessing treatment for drug and alcohol problems.

FRANK-
0300 123 6600
talktofrank.com

Confidential advice and information about drugs, their effects and the law.

National Association for Children of Alcoholics-
0800 358 3456
nacoa.org.uk

Provides information, advice and support for everyone affected by a parent's drinking, including adults.

Narcotics Anonymous-
0300 999 1212
ukna.org

Support for anyone who wants to stop using drugs.

Release-
020 7324 2989
release.org.uk

National charity that gives free and confidential advice about drugs and the law.

Turning Point-
turning-point.co.uk

Provides health and social care services for people with drug, alcohol and mental health problems.
Alcohol Free Online Communities to Help You Stop Drinking

Alcoholics Anonymous (AA)
is for people struggling with alcohol. They have a 24 hour telephone support line: 0800 9177 650

They usually hold meetings in various localities, but at the moment, they're offering online zoom meetings.
You can find more information through their website
<https://www.alcoholics-anonymous.org.uk>

For local meeting information try
www.manchestermeetingslist.com
Contact with support specific to south Manchester and Cheshire is 01618392881

Websites and online groups –where to find them and what they offer

This Naked Mind & The Alcohol Experiment Community and Facebook Group-I'm proud to say that the This Naked Mind community has more than 6,000 members discussing the role of alcohol in our lives openly, honestly and without judgement. No matter where you are on your journey –if you love to drink but are 'sober-curious', if you are moderating and loving (or hating) it or if you no longer drink –you are welcome here. It is a friendly, safe, honest and, best of all, fun place to talk about your hopes, inspirations, fears, regrets; anything that comes to mind.

One Year No Beer- Based in the UK, the OYNB 90 Day Challenge focuses not on what you give up when you stop drinking, but what you gain. If you're looking to kick the drink while also becoming happier, healthier, wealthier and more, I encourage you to check out their website. Membership plans range from £59 – £250 and provide a wealth of information and community support and are based around time challenges of 30 days to 1 year.

Living Sober- Living Sober is an exceptionally positive and encouraging worldwide community. I signed up and was instantly welcomed by the group. They took real interest in me and it was clear that it was a safe and positive place to be. You can be anonymous or not while writing blog posts, joining groups, posting photos and messaging other members directly. Living Sober was founded by Mrs. D – author of *Mrs. D Is Going Without* – who is still actively involved and blogging weekly.

Hello Sunday Morning- Hello Sunday Morning is a unique social community. Operating as both an app and a community – think of it as Facebook for sobriety. Fellow members post blogs, photos and words of encouragement as a means of supporting each other to take a break from alcohol. One of my favourite features is the Instagram campaign where you can share your hangover free Sunday morning using the hashtag #hellosundaymorning. Chris Raine, HSM Founder & CEO, says "It's easy to get swept up in a drinking culture. Every now and then we need a rope to pull us back to dry land. Hello Sunday Morning is that rope." This is a truly non-judgmental community, no matter if you want to moderate, simply stop drinking alone or attempt an alcohol-free life, you are welcome at HSM.

Club Soda- Club Soda is a UK based alcohol-free online community with a simple motivation. In the founder Laura's words: "We feel happier and healthier because we've changed our drinking, and we want to make it possible for more people to do the same and be successful" They are a positive, uplifting mainstream community that I enjoy. Their membership is free and always will be.

SMART Recovery- This is a world-wide community which includes free, self-empowering, science-based mutual help groups. The program teaches self-empowerment, self-reliance, and self-directed change; provides educational and supportive meetings; encourages individuals to recover from addiction to live satisfying lives; and evolves as scientific knowledge in addiction recovery evolves.

Soberistas- Soberistas is a paid site that allows 50 free page views before charging you for membership. This community includes blogs, articles, advice from doctors and so much more. I liked the diversity of its members and how everyone can find someone they can relate to – young, old, new to recovery or a seasoned pro. It is a site focused 100% on women and 100% on sobriety (meaning they do not believe in moderation). The founder of Soberistas, Lucy Rocca, is an inspirational author. She launched the website in November 2012 after closing the door on a 20-year-long stint of binge drinking.

Reddit Stop Drinking- This subreddit is a place to motivate each other to control or stop drinking. They welcome anyone who wishes to join in by asking for advice, sharing experiences and stories, or just encouraging someone who is trying to quit or cut down.



Longer Reads: Books for reflection, Plans and Support

- This Naked Mind – control alcohol – Annie Grace
- The Unexpected Joy of Being Sober – Catherine Gray
- The Easy Way to Control Alcohol – Alan Carr
- 28-Day Challenge – Andy Ramage
- The 30 Day No Alcohol Challenge – James Swanwick
- The 30 Day Sobriety Solution – Jack Canfield and Dave Andrews
- Alcohol Explained – William Porter
- Alcohol Lied to Me – Craig Beck
- Between Breaths: A Memoir of Panic and Addiction – Elizabeth Vargas
- Blackout: Remembering the Things I Drank to Forget – Sarah Hepola
- Drink – The Intimate Relationship Between Women and Alcohol – Anne Dowsett Johnston

- Dry: A Memoir – Augusten Burroughs
- Girl Walks Out of a Bar – Lisa F Smith
- Guts – Kristen Johnston
- A Happier Hour – Rebecca Weller
- Kick the Drink Easily – Jason Vale
- Mrs. D is Going Without – Lotta Dann
- The Outrun – Amy Liptrot
- Quit Like a Woman – Holly Whitaker
- Rachel's Holiday – Marian Keyes
- Recovery – Russell Brand
- Rewired – Erica Spiegelman
- Sober and Staying that Way – Susan Powter
- Sober Curious – Ruby Warrington
- The Sober Diaries – Clare Pooley
- The Sober Revolution – Lucy Rocca & Sarah Turner
- Why Can't I Take a Break from Drinking – Rachel Hart