



WOULD YOU LIKE TO JOIN THE 'TAKING THE INITIATIVE' NETWORK?

DO YOU FEEL YOU COULD MAKE A DIFFERENCE IN YOUR COMMUNITY AND HELP REDUCE THE IMPACT OF ALCOHOL?

Do you know that alcohol is a drug? The worlds favourite drug. Like all drugs it has an impact on our body which includes mental and physical ill health.

Alcohol misuse affects not just the individual user but all of us as individuals, friends, families and the communities in which we live.

BE PART OF A NETWORK THAT OFFERS...

- Up-to-date resources and information on support services tailored to the needs of your audience
- Access to networking opportunities focused on the realities of alcohol and how it can impact our everyday lives
- Newsletter updates covering key topics such as funding opportunities, changes in legislation and new services
- Training opportunities including learning skills on how to conduct basic awareness sessions
- Tailored support from a local Development & Training Officer



www.healthallianceni.com

HOW CAN YOU GET INVOLVED?



You can make a difference in a range of ways:

Alcohol Information: looking after an alcohol information point in your local Community Centre, Church or workplace.

Alcohol Awareness: identification of alcohol needs in your own community and helping to meet those needs through engagement with training providers including community trainers.

Alcohol Training: delivering awareness raising sessions to make others more informed of the impacts of alcohol.

1 to 1 Interventions: following appropriate training, deliver alcohol brief interventions and/or other interventions at an individual level.

MEET OUR TEAM OF DEVELOPMENT & TRAINING OFFICERS WHO WILL OFFER SUPPORT IN YOUR AREA



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PLEASE BE AWARE:

If you have URGENT SUPPORT needs you should contact your GP.

Dalriada Urgent Care on (028) 256 63500 (out of hours service) or

LIFELINE freephone 24/7 helpline 0808 808 8000.