

Public Health

Alcohol Awareness Week:

How Alcohol Affects Our Relationships.

Free training provided by Leicestershire County Council



For Alcohol Awareness Week 2021 Leicestershire County Council will be hosting a day of free virtual workshops on Thursday 18th November. All the workshops have been developed to help people across Leicestershire understand the impact of alcohol on relationships. All events are available free of charge. To book your place, please click on the Eventbrite link and register your details and we will send out the joining details closer to the time. Events are available to ALL, including members of the public, so please share widely within your networks.

- Workshop 1 9:30-10:15 - Trauma informed practice and alcohol - Lillie Green from Leicestershire County Council <https://www.eventbrite.co.uk/e/trauma-informed-practice-and-alcohol-workshop-tickets-188415524907>
- Workshop 2 11:00-11:45 - A film with experts by experience who will tell their story about their lives and alcohol. Talking about the effects on their lives, family and how they turned their lives around <https://www.eventbrite.co.uk/e/alcohol-dependency-reflections-on-the-impact-of-relationships-tickets-188417460697>
- Workshop 3 12:30-13:30 - Effects of alcohol on the body overview (45 mins), and overview of the alcohol platform and how to use it (15 minutes) – Speaker Drew Jagger from Turning Point <https://www.eventbrite.co.uk/e/effects-of-alcohol-on-the-body-overview-how-to-use-the-alcohol-platform-tickets-188418955167>
- Workshop 4 14:00- 14:45 - Outline of domestic violence, effects on victim/children, and the links between alcohol and domestic violence – Speaker Ruth Devonshire from Turning Point <https://www.eventbrite.co.uk/e/domestic-violence-effects-and-link-between-alcohol-and-domestic-violence-tickets-188420971197>

My Turning Point is a digital treatment tool that provides online support to help manage drinking. The platform is free to access and available to people in Leicestershire and Rutland. Fully accessible on smartphone, tablet and computer, My Turning Point provides 24/7, unlimited access to a range of guided and self-help sessions that can help residents understand and control their alcohol consumption. This is achieved through a variety of methods including teaching techniques to manage a healthier lifestyle and reclaim control, educational resources and signposting to further support that is available.

Please visit My Turning Point website for further information: <https://www.turning-point.co.uk/services/drug-and-alcohol-support/leicestershire-alcohol-support-check>

My Turning Point

My Turning Point is a free digital treatment tool that provides online support to help manage drinking and drug use.

