



FOR IMMEDIATE RELEASE

Don't let alcohol get in the way of a healthy lifestyle

Swanswell start two new alcohol awareness groups in Birmingham

10 February 2010, Rugby - Five-a-day, 30 minutes of exercise a day, less salt in your diet - many of us try in some way to move towards a healthier lifestyle, but this can all be undone by overdoing the alcohol. Swanswell, a national charity that helps people overcome alcohol, drug and other problem behaviour so they can feel well and stay well, is starting two new community-based groups in Ladywood and Soho. The groups will help people to make sure alcohol doesn't get in the way of a healthy lifestyle.

Paul Hartley, project lead said: *'We're increasingly aware that eating well and taking exercise will help us stay well, but less aware that drinking alcohol can undo a lot of our hard work. Alcohol has become part of our lifestyle and we can easily move from moderate consumption to harmful consumption.'*

The regular demonstration groups are aimed at people who want to make changes to the way they use alcohol. Swanswell have devised a toolkit to support these changes and help people take positive steps towards staying healthy. Paul adds: *'Alcohol consumption has actually increased amongst middle and older age groups and our demonstration groups are an opportunity for people to both give and get support enabling them to improve the quality of their lives and the lives of the people around them.'*

Groups will start at Ladywood Community and Health Centre, Vincent Street West every Saturday, at 1 pm from 13 February and Soho Health Centre, Louise Road (off Soho Road), Handsworth every Thursday at 1 pm from 18 February.

For more information email: alcoholawareness@swanswell.org or call 0121 233 7400.

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Notes for editors

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About Swanswell

Swanswell is a national charity that helps people overcome drug, alcohol and other problem behaviour. We believe that everyone deserves the chance to change and to be happy. We help them to remove the things that stand in their way, whether physical, emotional or practical. So, as their lives improve, they can feel well, do well, and stay well. Swanswell has a reputation for innovation and is a leading developer of new services which help people to change their behaviour for the better.