

The next group starts on:

Session 1:

Session 2:

Session 3:

Session 4:

Session 5:

Session 6:

Arrive at:

Recommended alcohol consumption levels



Men: 14 units per week.
No more than
2-3
units per day



Women: 14 units per week.
No more than
2-3
units per day



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18 Dartmouth Street
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If you are interested in learning more about the group, please contact the service on the details below.



WDP Merton

7-8 Langdale Parade, Upper Green East
Mitcham CR4 2YS

Tel: 0300 303 4610

Email: info.merton@wdp.org.uk

Alcohol Harm Awareness & Reduction Group

Who is the group for?

This group is suitable for people who have been assessed by our service as being **not alcohol dependent**.

It is likely to be suitable for people who drink more than the recommended guidelines for alcohol but who:

- **Do not** experience physical withdrawal symptoms from alcohol (shakes, sweating, morning anxiety, fits, seizures).
- **Do not** need a drink in the morning to feel better.
- **Can go all day, or more than one day, without a drink.**

Despite the above, they are still concerned about how much they drink, do things they regret when they drink, get into trouble when they drink, or are experiencing relationship, work, or health problems because of alcohol.

They want help to reduce their drinking to get closer to government guidelines and reduce the risk of harms associated with high levels of alcohol use.

How does it work?

When you contact our service to ask for help with your drinking (or are referred by someone else such as your GP), a member of our team will give you an **assessment appointment**.

This appointment can take about an hour because we need to find out about your history with alcohol, your current drinking habits, and if you experience any unpleasant side effects (withdrawal symptoms when you don't drink).

We will also ask you about your reasons for wanting to cut down or stop drinking.

This helps us understand whether the course will support your needs and goals.

After your assessment you will be allocated a keyworker. If you and your keyworker agree that this group would be suitable for you, they will let you know when the next group starts, what to expect, and also review the group boundaries.

You will join a waiting list (the course runs at regular intervals throughout the year).

About the group

The course runs for **six weeks** and usually between 5-7 people start each group.

The aim is to cut down alcohol consumption in small, manageable steps of 10% per week. So over the six-week course that could be a reduction of 50%.

Your keyworker will arrange to see you for a 1-2-1 session once you have completed the course, to see if you need any further support.

Group boundaries

Part of attending a group and ensuring that everyone gets the most out of it, is respecting the group's boundaries.

These include: **not turning up drunk or on any other substance, confidentiality, respect, time keeping, keeping a drink diary, and setting goals each week.**

We know that some people find it hard to open-up in a group, and you will never be forced to speak. But we hope everyone will feel safe enough to contribute, share their thoughts about cutting down, and give one another support, encouragement, and ideas.