



Alcohol Awareness Week 2021

WDP Merton Newsletter

Many people saw their drinking increase during the lockdowns of the COVID-19 pandemic, and At WDP Merton, it is alcohol awareness week every week of the year:

“20% of UK adults may be drinking more after three lockdowns”

[YouGov poll](#)

Since last year’s Alcohol Awareness Week, we have helped over 200 Merton residents improve their health by changing their relationship with alcohol.

102

Stopped
drinking
alcohol

110

Cut down
to less
harmful
levels

We have also given a range of talks, workshops, and trainings about alcohol use. Here are some of the events we have hosted:

- **Alcohol Use During the Pandemic** - for Merton Covid Champions
- **Alcohol, Mood and Mental Health** – an online wellbeing workshop in partnership with Merton Uplift
- **Alcohol and the Menopause** - with special guests from Tamworth House Medical Centre and the Menopause Service at St George's Hospital
- **Cancer Awareness event** with North Merton PCN at Vestry Hall
- **Alcohol Brief Interventions During NHS Health Checks** – an online briefing for Merton Health.

For Alcohol Awareness Week 2021 and beyond we have more activities planned to raise awareness around alcohol in the Merton community. Please share these events with your networks where possible!

- **15 November: Online appointments for confidential information and advice about alcohol** - email Annabel.Hudson@wdp.org.uk to book a slot.
- **17 November: Confidential drop-in alcohol advice session** at Wimbledon Library
- **18 November: Alcohol and Mental Wellbeing** - online session with One You Merton.
- **1 December: Launching GP-based alcohol advice and support sessions** - a pilot with East Merton PCN, at Rowans Surgery.

If you would like WDP to deliver any sessions for your colleagues or service or if you would like to find out more information about our Alcohol Awareness Week events, please email our Service Manager Helen O'Connor (helen.oconnor@wdp.org.uk).

WDP Merton provides free, confidential, and non-judgemental advice and support for Merton residents aged 18+. We also offer help to families or carers of people with alcohol and drug problems.

There are several ways to refer yourself or someone else for support:



By visiting or writing to our service

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

(Monday to Friday, 10:00 - 17:00)

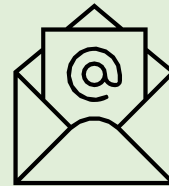
By giving us a call



0300 303 4610

(Monday to Friday, 10:00 - 17:00)

By sending us an email



merton@wdp.org.uk



By visiting our website

Any professional, such as a housing support worker, social worker, GP, or nurse, can make a referral and email it to us on your behalf.

www.wdp.org.uk/merton