



Friendly Resource Company



With the festive season approaching it's a good time to think about our health and well-being. An important issue which is affecting lots of people at the moment is alcohol.

Many people with disabilities and/or autism now live in the community leading independent lives with varying levels of support and may be exploring alcohol with their friends and family.

Our new DVD and workbook about Alcohol produced by the Friendly Information Company supports people to understand what alcohol is and what the health risks are from drinking too much. The resource explores units of alcohol, when and where to seek help and gives good advice about saying 'no' or 'I've had enough thank you'.



This resource can be used individually to remind and support a person living alone, watched in groups to stimulate debate, or used as a learning resource together with the workbook which can be used alongside the DVD.

[To find out more and watch a sample of this DVD, click here.](#)

All the resources are accessible and jargon free and suitable for anyone, not just people with disabilities and/or autism.

1 DVD and 1 workbook £30

1 DVD and 10 workbooks £70

Extra 25 workbooks £80

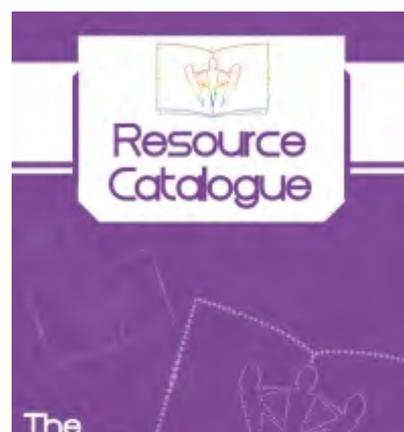
Email your order to

orders@friendlyresources.org.uk or ring 01709 710199.

You can order the DVD which can then be sent in the post with an invoice to pay later.

To look at and buy other resources we make, click on www.friendlyresource.org.uk and download the catalogue.

To find out more about this DVD or to make an order you can [email info@friendlyresources.org.uk](mailto:info@friendlyresources.org.uk) or [phone 01709 710199](tel:01709710199).



www.friendlyresource.org.uk



The Friendly Resource Company is a Social Enterprise.
It is campaigning to make information accessible for all.
It is run by and for people with learning disabilities.

We help people with learning disabilities find work
and provide a work based experience.

Our catalogue shows all the resources we have made which have
been used by Local Authorities, Social Service Departments,
Schools, Colleges, Libraries, Resource Centres and lots more to
help people they work with to access good, clear information.

www.friendlyresource.org.uk

[unsubscribe from this list](#) | [update subscription preferences](#)