

Freebies and Events for Dry January & Feelgood February



The Belfast Drug & Alcohol Coordination Team are offering a series of free events, competitions and motivational packs to support anyone trying to cut out alcohol for Dry January. The initiative stretches into February as part of the “Feelgood February” campaign which encourages us to be mindful of our alcohol use and focus on activities which promote emotional wellbeing.

SIGN UP TO DRY JANUARY AND RECEIVE YOUR FREE MOTIVATIONAL PACK

CREATIVE ALTERNATIVES

Are you a resident in the Greater Belfast Area? Why not sign-up for online creative arts and emotional well-being classes, and receive your free art pack. Limited spaces for those who sign up to the Dry January / Feel Good February campaign.

Contact: james@bdact.info

HSC Public Health Agency
Project supported by the PHA

drugsand alcoholni
Addressing drugs and alcohol together

Belfast DRUG & ALCOHOL

UP! CULTURE + ARTS

DRY JANUARY
FEEL GOOD FEBRUARY • FEEL GOOD FEBRUARY

The poster features a purple and orange color scheme. The top half has a purple background with white text. The middle section shows a woman painting at an easel in a studio. The bottom section has an orange background with white and purple text. There are several logos at the bottom, including HSC, drugsand alcoholni, Belfast Drug & Alcohol, and UP! Culture + Arts. A circular logo on the right side of the poster features a white silhouette of a person holding an umbrella, with the text 'DRY JANUARY' and 'FEEL GOOD FEBRUARY' around it.

To receive further information you can register your interest [here](#) or email james@bdact.info.

The Trust's [BWell website](#) also features useful information on alcohol including a unit calculator and further sources of support.