

Have **Fun**, stay **Safe**

Wishing you a happy and safe Xmas and new Year!



Get ready - eat before you go out.



Start later - last longer.



Pace yourself - have a soft drink after every alcoholic drink.



Plan your trip home - make sure you and your friends get home safely.

For further information please visit the Outer Hebrides Alcohol & Drug Partnership website:

www.outerhebadp.co.uk