



DRINK, DRUGS & SAUSAGE ROLLS

HEALTH AND WELLNESS PROGRAMME

Ah yes, life on the beer as a student. So many bars and so little time. Here's our guide to having a great time but minimising your chances of: getting your stomach pumped / getting a good kicking / getting arrested / getting pregnant / catching a disease you didn't want / suffering blinding hangovers / developing a humongous beer gut and / or bingo wings and a big arse / wasting loads of cash.

Covered in this programme:

Drink

- Alcohol... the effects
- Adult Drinking Guidelines
- Watch your drink... Spiking
- Staying Safe
- Have a good night... without the regrets
- A Word of Warning



Eat

- Healthy Eating
- Eating well on a budget
- Exam time
- Freshers 15 – The Weight Gain, aaaghhh!!

Move

- Step One – Getting started – off the sofa and onto your feet
- Step Two – Don't overdo it and hold off on the gym membership
- Think that's an excuse?

Stress

- New Relationships
- Accommodation
- Studies
- Money (or lack of it!)
- Top tips to avoid stress

Drugs

- Drugs & their effects
- Social Effects
- Worried? What to look out for
- How to react