

Date: 23rd July 2026

Take part in the Shrink the Drink 30 Day Challenge

A limited number of places are available for WUTH colleagues to take part in the award winning Shrink the Drink 30 Day Challenge, thanks to funding from Unite the Union 629 Branch at WUTH.

The opportunity is open to all staff, regardless of union membership.



The 30-day challenge is designed to help people better understand their relationship with alcohol and offers practical, confidential support for anyone looking to take a break from alcohol, reduce how much they drink or explore the impact alcohol may be having on their health and wellbeing.

Alcohol can affect sleep, energy levels, mood, concentration and overall wellbeing. The programme provides practical tools and strategies to help participants make positive, sustainable changes in a supportive and non-judgemental environment.

The challenge is led by Jason Currill, a positive psychology behavioural and mindset coach whose own lived experience of alcohol dependency inspired him to help others change their relationship with alcohol.

Participants will receive:

- Daily video coaching
- Practical behaviour change techniques
- Strategies to help manage cravings
- Optional online peer support
- One to one support
- Lifetime access to programme resources

People who have completed the challenge have reported improvements in sleep, energy levels, concentration and anxiety, while feeling more in control of their health and wellbeing.

Taking part is completely confidential and no identifiable information will be shared with WUTH.

To find out more, access the [Shrink the Drink website and voucher code via the staff intranet](#).

For further information, please contact nicolagriffiths1@nhs.net in confidence.