

# **Cheap & nasty ?**



**Pre-loading with alcohol at home before a  
night out means that your night is  
2.5 times more likely to end in violence**

**Pace yourself -stay safe - have fun**

**If you're worried about your own, or  
someone else's drinking,  
then give us a call**

**PUKE (under 25's)**

**Luton - 01582 723434**

**Bedford - 01234 344133**

**james kingham project (over 25's)**

**Luton - 01582 723434**

**Bedford - 01234 344133**



**alcohol services for the community**

Napier House  
17-21 Napier Road

Luton  
LU1 1RF

Tel: 01582 723434 Fax: 01582 417745

**[www.alcohol-services.co.uk](http://www.alcohol-services.co.uk)**