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Heart TV Chris Marston Drivetime heart 97.1 96.4 Change Station

NOW PLAYING Bonfire Heart by James Blunt  


NEWS
Heart's 'Sleeps 'Til Santa' 2013 - Audio 



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 **SUFFOLK CONSTABULARY**
Taking pride in keeping Suffolk safe

Stay Safe this Christmas
Alcohol affects everyone in very different ways

THINK AGAIN before you drink another 



On Air Schedule Christmas Photos

THINK AGAIN before you drink another 

Safer Suffolk Communities - Safety advice for w...



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Safer Drinking

Here are some tips for a great night out:

- * Think again before you drink another drop – alcohol affects everyone in very different ways. Remember drinking too much can make people aggressive, it can make you feel disorientated and whilst under the influence of alcohol you are more likely to find yourself in a vulnerable situation... Think again before you drink another drop.
- * You know your limit - stick to it! Try alternating your alcohol drinks with soft drinks, your more likely to last the whole night that way.
- * Remember to eat something before you start drinking
- * Never leave your drinks unattended; even soft drinks can be spiked.
- * Don't ruin the weekend by overdoing it on

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