

Socialising has never been so much fun

People cut alcohol from their diet for loads of reasons: health, fitness, driving, pregnancy... the list goes on.

As a result, attendance at afterwork drinks seem to become less and less as an alcohol free lifestyle becomes the norm.

Despite this, thinking of things to do that don't involve alcohol is often... challenging.

So here's some inspiration :)

**GOT SOME OTHER IDEAS ?
SHARE WITH US...**

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DRINKLINK

DRINKLINK is a registered charity SC043205



1. Tackle your bucket list

Charities are always looking for corporate teams to take part in some crazy, adrenaline driven activities. Taking part is such a great way to find common interests with your colleagues as well a chance to experience a once in a lifetime activity.

Visit www.mydrinklink.org to take part in the DRINKLINK High 5 challenge.



3. Work it out

Exercise is seen as a necessary evil by some and enjoyment for the others. Either way timing can be an issue. We have teamed up with the Wolf Pack to create a brand new, corporate fitness challenge. Challenge your strength, flexibility, endurance and power as you take on other workplaces from across Scotland. Exercise at work with your very own PT from as little as £13PP.

Sign up at www.the-wolf-pack.co.uk



2. Café Chic

Late night cafes are becoming more and more popular. Enjoy all the comfort of the pub, whilst you indulge in some luxury food and drink. You can even pick up a nice treat to take home. Everyone is happy!

Take a look at www.drinklink.org/tools for some late night coffee recommendations.



4. Try something new

Why not attend a corporate day? Bond as a team as you tear through the countryside on a quad bike or improve your aim with some clay pigeon shooting.

There's lots of options out there and you may even pick up a new hobby.