Notting Hill Carnival is one of the biggest in the world and whether you are participating, attending or living nearby it can be a fun experience. We want to ensure that the people we support, staff and community partners get the most out of it so we've come up with a handy guide to help you stay safe whilst having fun.

**PLAN AHEAD**
You may experience triggers, cravings or difficult situations. There will be lots of alcohol and possibly drugs about, so it’s important to plan ahead how to manage these situations. Speak to one of our helpful members of staff for details on managing these situations.

**STAY SAFE**
Let your friends know where you’ll be, what you want to do and when you want to start and end your carnival experience. Make sure you have a fully charged phone on the day.

**KEEP YOUR BELONGINGS SAFE**
Take what you need to have a good day out (comfy shoes, water, tissues and sunscreen).

**PACE YOURSELF**
Carnival runs for a whole weekend and you can take in as much or as little as you want. Make sure you’re well rested and refreshed.

We hope this guide will help you to make informed and safe choices.

wellbeing.turning-point.co.uk/centrallondon
@TurningPointUK
@BlenheimCDP

To find out more about our services visit us online

If you are going

100%
IF YOU ARE IN THE AREA

Not everyone who lives nearby goes to Carnival and the local area can be massively affected over the weekend, in particular local transport.

MAKE ALTERNATIVE PLANS
It’s not compulsory to participate in Carnival, have a plan B in place by reconnecting with friends or family who aren’t at Carnival themselves.

STAYING SAFE
Ensure you keep yourself and your possessions safe by not letting strangers into where you live to either party or to use the facilities.

MAKE TIME FOR YOURSELF
Don’t feel pressured to entertain friends and neighbours who are enjoying Carnival, it’s as much your Bank Holiday weekend as it is theirs.

ABOUT US
The Drug and Alcohol Wellbeing Service (DAWS) provides substance misuse support and recovery services to the London Borough of Hammersmith & Fulham, the Royal Borough of Kensington and Chelsea and the City of Westminster. The service is run by Turning Point and Blenheim who support residents, families, friends, employers and the community to make positive changes to any issues they may be having around drugs and alcohol.

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DAWS is FREE