



Media Release

30 December 2014

NEW YEARS EVE:

Plan ahead, have fun, stay safe and think about the consequences

With New Year's Eve celebrations almost upon us, The Salvation Army is asking Australians to plan ahead, consider their choices so that their celebrations are safe and memorable – not full of heartache and regret.

For most people, New Year's Eve is an enjoyable and memorable time of celebration with family and friends. However, for some people, New Year's Eve can also be remembered for all the wrong reasons, such as the consequences of binge drinking through to the dangers of illegal drugs.

Salvation Army spokesperson, Major Bruce Harmer, says the recent death in Sydney from illegal drugs should serve as a reminder to all people about the potentially fatal consequences of consuming these dangerous substances.

"Quite simply, you don't know what you're buying or what you're putting in your body," Major Harmer said. "Just say no to drugs... illegal drugs are dangerous and if you happen to be taking something from a bad batch it could very well cost you your life."

Tips to make New Year's Eve celebrations safe and fun for all involved:

- Look out for your family and mates;
- Balance your alcohol intake with food and water;
- Nominate a designated driver or plan to use public transport; and
- Say no to drugs.

Major Harmer says it is important everyone look out for their mates during the New Year period, because at this time of the year, people are particularly vulnerable to taking things a bit too far.

"We're not saying people should stay at home and watch the fireworks on the television," Major Harmer said. "But we all have a responsibility to make New Year's Eve celebrations a safe time not just for ourselves, but also our friends, family and the whole community."

ENDS

For more information or media comment, please contact:

The Salvation Army Media Office – (02) 9266 9820