**12/18/2015 08:12:03**

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January campaign, people feel healthier, sleep better, lose weight, but more importantly it helps them to change their behaviour around alcohol for the whole of the rest of the year. It won't just be the bars that will be busy, so will ambulances and accident and emergency departments. Will nothing has one of the highest rates of hospital admissions for alcohol related injury. This support worker believes a longer term solution is targeting cheap alcohol. Most of them have preloaded drinks, it is not unusual to see people drink a whole bottle of vodka and then start the night. That doesn't end well. You want to be at least tipsy. The majority of Nottingham is out and all drunk. For me now, I don't drink too much before. Some nights you drink so much that you cannot remember the taxi ride into town.

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This December, Britain will spend #2.3 billion getting into the Christmas spirit. As the hangover clears, contemplating a dry January might be just the tonic. We are all warned, aren't we? Just take it easy. That is my little message to the world. Is that your policy? Not really, but there you go. A new study has shown around 2000 cases of serious birth defects such as spina bifida could've been prevented if the government had followed advice to fortify flour with folic acid. 78 countries including the United States add folic acid to cereal grain and flour, with many health experts believing the UK should follow suit. We have been asking people in Manchester what they think. If you are putting it in there, you know the child is getting it so I think it is a good idea. Personally I do think it is a problem to take in tablet form. Obviously if you don't know you are