

What is Dry January?

Dry January is the annual movement through which millions of people give up alcohol for the month of January. In this article, [Sophia Grant](#), Crew Health Programme Director for the UK P&I Club, shares her experience of participation in Dry January.

Doing Dry January:

- Enables individuals to take control of their relationship with alcohol
- Drives a conversation about alcohol: “Why do we drink it?”, “What does it do?” and “How can we reduce the harm it can cause?”

Giving up alcohol for one month can bring improvements in concentration, blood pressure and blood sugar levels, not to mention the benefits for your liver.

Once again, this year I took part in the Dry January challenge and swapped my recreational alcoholic tittle for a glass of water! Within a couple of weeks into the challenge and I could already feel the benefits and can happily report it is not as difficult as I thought.

Although there might be times where I was tempted to break the abstinence (at social events with friends, business entertaining etc.), my resolve didn't waiver. The biggest benefit I have noticed is increased energy and better sleep. My skin is a little brighter and I feel more alert, particularly in the mornings. These benefits are most welcome after the seasonal festivities during the end of the year such as Christmas celebrations and New Year festivities.



Here are my tips for getting through the month of “Dry January”.

- [Download the app](#) for support and keeping track of your journey
- Share your plans with friends so you can gain their support and they might help you if you feel like being impulsively derailed
- If you do feel tempted, remind yourself why you started in the first place

- Remove the temptation, plan events where alcohol isn't key, (e.g. sporting activities, cinema etc)

At the end of January, there might be a tendency to revert to old habits (especially as my birthday is 1st February). However, after surviving without alcohol for a whole month I might be encouraged to reduce my alcohol intake to continue the healthy lifestyle.

I am sure my health will thank me for it! Additional information and support on Dry January can be found [here](#).

CREW HEALTH ADVICE

The Club was the first to launch a crew health scheme in 1996 due to increasing crew illness claims and a lack of accountability of clinics. Since 1996, the Crew Health programme has become one of the Club's leading loss prevention initiatives. The aim of the programme is to reduce the volume and value of crew illness claims which are caused by a pre-existing illnesses or disease. These underlying conditions often impact on the crew member's fitness for service and can endanger not only the health of the seafarer but also the onboard safety of other crew.

Sophia Grant

Crew Health Programme Director

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Sophia joined Thomas Miller in 1992 and from 1994 worked as a claims handler dealing mainly with French and Spanish Members. In 2004, Sophia became the Crew Health Programme Director. Sophia has undertaken a large number of clinic audits, implemented the standard medical form and clinic guidelines. She has also lead the scheme through the largest period of growth and development with a doubling of approved clinic facilities and a four fold member increase. Sophia is a Director of Thomas Miller & Co. Ltd.

Saidul Alom

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Saidul Alom joined Crew Health from the European Region Service Team in 2004. Saidul provides administrative support to the Crew Health programme and is responsible for liaison with the approved clinics on financial billing matters and ensuring prompt payment of all clinic fees.

Stuart Last

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Stuart joined Thomas Miller in 1998 as a claims trainee for UK P&I Club's Greek Members. In April 2005 Stuart joined Crew Health as the Team Administrator. Stuart is responsible for co-ordination of Member entries and administration for the clinic approval process.