

DRY JANUARY 2019 – GWCC

Key Messages:

Drink Less

Have Drink Free Days



There are two free apps that are endorsed by Public Health England and the Department of Health - they can be downloaded for free onto smart phones and are useful for those wishing to address their drinking:

Drinkaware - Track and Calculate Units App



Drinkaware App

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<https://www.drinkaware.co.uk/tools/app/>

One You Drink Free Days



The apps can help individuals to track their alcohol use and also measure how many units they are consuming.

Safe use of alcohol – NHS Guidelines

Men and women who drink regularly should consume no more than 14 **units** a **week** - equivalent to six pints of beer or seven glasses of wine. If people drink, it should be moderately over three or more days and that some days should be **alcohol-free**.

Pregnant women should not drink at all.



 <p>Standard glass of wine (175ml) 11.5% ABV 2 units</p>	 <p>Large glass of wine (250ml) 12% ABV 3 units</p>	 <p>Bottle of wine (750ml) 12% ABV 9 units</p>
 <p>Pint of strong lager or beer 5.3% ABV 3 units</p>	 <p>Pint of normal strength lager or beer 3.5% ABV 2 units</p>	 <p>Can of normal strength lager (500ml) 4% ABV 2 units</p>
 <p>Spirits double (50ml) 40% ABV 2 Units</p>	 <p>Alcopop bottle (275ml) 5% ABV 1.4 units</p>	 <p>Spirits single (25ml) 40% ABV 1 unit</p>

Anyone who regularly drinks increases their risk of developing health problems such as liver problems, reduced fertility, high blood pressure, increased risk of various cancers and heart attack are some of the numerous harmful effects of regularly drinking more than the recommended levels.

Local Services

If any parent wants to talk to a professional in confidence - refer them to CGL Basis. They are based at Royal Arsenal Medical Centre (0203 696 2640).

Alcohol Change

This is the new Alcohol Concern website – they have a good section on info about alcohol and parents/families.

<https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-and-families>