



## **Alcohol Awareness Week**

Alcohol Awareness Week, 11-17 November, is a chance for the UK to get thinking about drinking.

Alcohol is a part of many of our lives. We use it for celebration, for comfort, to socialise, to wind down, to cope. We treat it differently to other drugs; it's legal, socially acceptable, even encouraged.

Yet in the UK one person every hour dies as a result of alcohol. Alcohol harm – mental health problems, liver disease, one of seven forms of cancer, economic difficulties, and so much more – can affect any one of us, from any walk of life.

In England there are an estimated 589,101 dependent drinkers. Less than 20% are receiving the treatment.

Thinking about your drinking but not sure where to start? Here are some tips for cutting back.

### **Drink and think in units**

The UK's Chief Medical Officers (top doctors) recommend not drinking more than 14 units a week; that means about six pints of lager or a bottle and a half of wine. Use our handy unit calculator to help you work out exactly what you're drinking.

### **Keep a drinking diary**

Keeping a drinking diary for a few weeks will help you understand your drinking pattern, so you can work out what you're happy with and what you're not.

### **Pace yourself**

Enjoy each drink slowly, and remember that you don't have to join in with every round! It can help to only drink the drinks you really enjoy and skip the ones you're drinking for the sake of it.

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email [ppgbridgecottage@gmail.com](mailto:ppgbridgecottage@gmail.com)

Information taken from [www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)