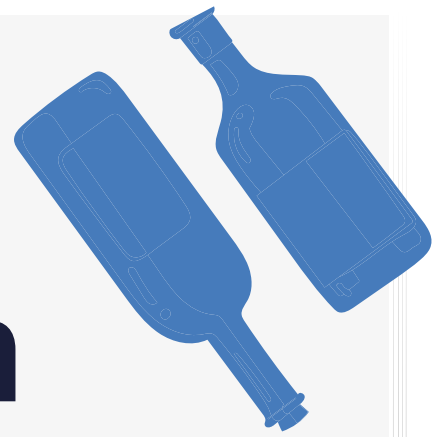


# Alcohol and related harm



Easy read information booklet on alcohol



This leaflet is for people who want to know more about drinking alcohol or think they might have a problem with drinking.

A carer or professional can support you to read this leaflet.

They will be able to answer any questions you may have.

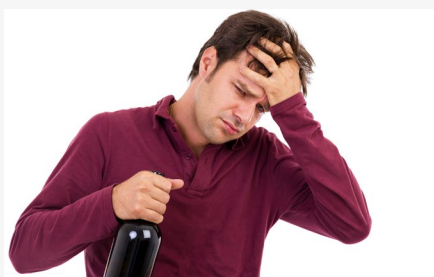
This leaflet tells you about:



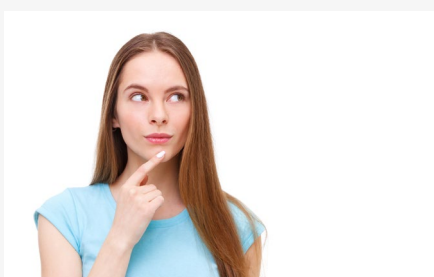
**What drinks have alcohol in them**



**How much alcohol you can safely drink each week**



**What happens if you drink too much alcohol**



**How you can control your drinking**



**Where you can get help to stop using alcohol**

## What is alcohol?



**Alcohol is a liquid chemical made from sugar.**

**Alcohol is in drinks like beer, wine, cider and spirits, like whisky, vodka, gin and brandy.**

**The amount of alcohol in a drink is measured in units. Some drinks have more units of alcohol than others. It depends on how big the drink is and how strong it is.**



**2 units**  
per pint of 3.6% ABV  
**Beer/Lager/Cider**



**2.3 units**  
per pint of 4% ABV  
**Beer/Lager/Cider**



**3 units**  
per pint of 5.2% ABV  
**Beer/Lager/Cider**



**1.7 units**  
per 300ml bottle  
of 5% ABV  
**Beer/Lager/Cider**



**2.8 units**  
per 500ml can of  
5.5% ABV  
**Beer/Lager/Cider**



**1.6 units**  
per small 125ml  
glass of 13% ABV  
**Wine**



**1.3 units**  
per regular 175ml  
glass of 13% ABV  
**Wine**



**3.3 units**  
per large 250ml glass  
of 13% ABV  
**Wine**



**1.5 units**  
per 275ml bottle  
of 5.5% ABV  
**Alcohol**



**1 units**  
per 25ml single shot  
of 40% ABV  
**Spirits**

**ABV = Alcohol by volume** [www.alcoholbychange.org.uk](http://www.alcoholbychange.org.uk)

## How much can you safely drink each week?



**You should not have more than 14 units in one week.**



**You should have at least three days each week where you do not drink alcohol at all.**



**If you are pregnant or think you are pregnant it is better not to drink alcohol. Drinking when you are pregnant could harm your baby.**

## What happens if you drink too much alcohol?



**Some people drink alcohol to relax or have fun. When you do drink alcohol it makes you feel good at first.**



**If you drink too much alcohol you might get drunk and start to lose control.**

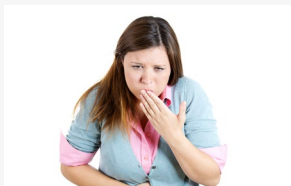


**You might have an argument or a fight.**



**You might feel dizzy.**

**You might fall over and hurt yourself.**



**You might feel sick or be sick.**



**You might make bad decisions or not remember things you have done.**



**You might lose things like your phone, keys or money.**



**The more alcohol you drink, the longer it takes your body to get rid of it. You should never drive if you drink alcohol.**



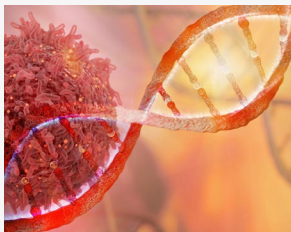
**Alcohol has calories in it. Drinking a lot can make you put on weight.**



**Alcohol can cause problems if you are taking certain medicines. It can stop medicine from working at all.**

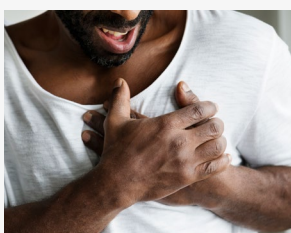


**If you are taking medicine, always ask your doctor if you can safely drink alcohol.**



**If you drink too much alcohol over a long time, it can cause health problems and make you ill. Alcohol can increase your risk of:**

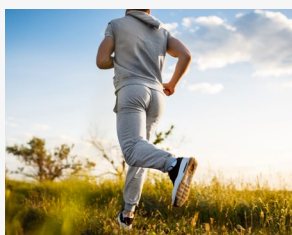
- **Cancer**
- **Damage your liver.**
- **Brain or mental health problems such as anxiety, depression, hearing voices or dementia.**
- **A heart attack. Alcohol can increase your blood pressure and make your heart beat faster.**



## How can you control your drinking?



**Try drinks with no alcohol in them, like fruit juice, milk, tea, coffee or soft drinks.**



**Look for other things to do instead of drinking, such as exercise, going out for a walk.**



**Swap your normal size drink for a smaller drink.**



**Do not drink in the daytime.**



**Always eat food before you drink. If you are full, you will drink less.**



**Do not keep alcohol in the house.**



**Keep a diary of what you drink and when. This will help you decide whether you want to stop drinking or cut down.**

## Where to get more help



**You can get help from your GP or the nurses at your GP surgery.**



**People with learning disabilities can talk to their GP if they have problems with alcohol when they attend their annual health check.**



**You can speak to someone you trust, like a carer, parent or friend.**



**Community Learning Disability Services**

**Telephone: 01226 645237**

**Email:**

**[swy-tr.barnsleycommunityldhealth@nhs.net](mailto:swy-tr.barnsleycommunityldhealth@nhs.net)**

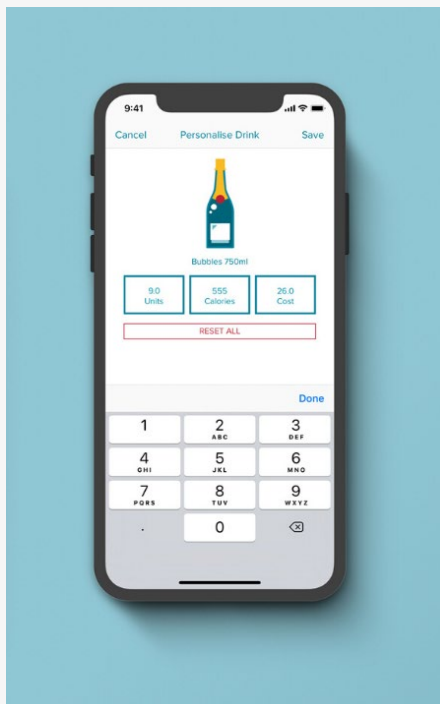


**Recovery Steps drug and alcohol services in Barnsley. They provide you with free and private support if you want to make changes to your alcohol use.**

**Telephone: 01226 779066**

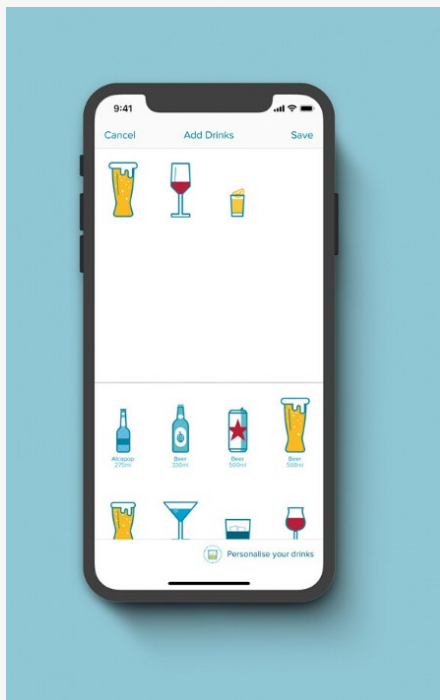
**Email: [brs.referrals@humankindcharity.org.uk](mailto:brs.referrals@humankindcharity.org.uk)**





**Barnsley Council's Public Health team is working with DrinkCoach to create a new digital platform. Residents will have access to free online appointments to help them cut down their drinking.**

**DrinkCoach allows people to assess how risky their drinking is and receive personalised advice online. The website also directs residents or support workers towards the most appropriate local service. It includes the option of connecting via video call to a DrinkCoach alcohol specialist.**



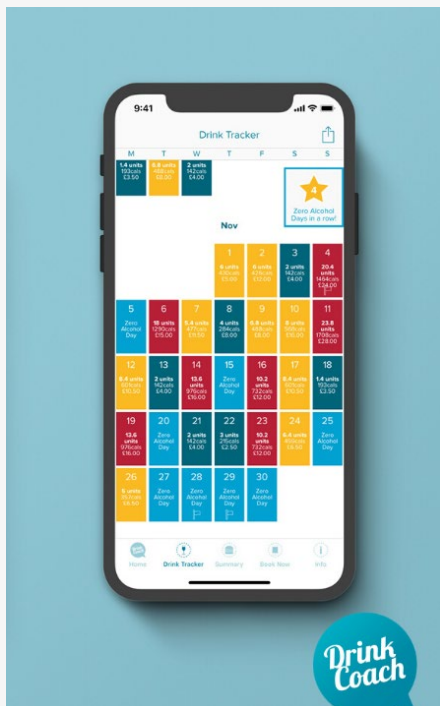
**The DrinkCoach package includes:**

### **[The DrinkCoach alcohol test](#)**

**This is a free, quick and private way for residents to assess their drinking and receive advice and information. The test only takes two minutes; why not take the [DrinkCoach Alcohol Test](#) today?**

### **[DrinkCoach App](#)**

**The DrinkCoach app is free to download and use and available across iOS and Android platforms. It and has a range of features, including a daily tracker for units, calories, cost, goal setting and a diary to record incidents.**



## DrinkCoach Online Coaching Service

Barnsley residents are eligible for up to six free online coaching sessions with an alcohol specialist. Sessions are available seven days a week with daytime, evening and weekend appointments. Residents can select their preferred timeslot, with no waiting lists or travel required. This service is offered via video call. Taking the [Alcohol Test](#) will indicate if individuals would benefit from cutting down with DrinkCoach.