

	Questions	Scoring System					Your score
		0	1	2	3	4	
7	How often in the last year have you had a feeling of guilt or regret drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8	How often in the last year have you not been able to remember what happened when drinking the night before?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9	Have you or someone else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10	Has a relative / friend / doctor / health worker been concerned about your drinking or advised you to cut down?	No		Yes, but not in the last year		Yes, during the last year	

**Scoring:** 0-7 = Sensible Drinking, 8-15 Hazardous Drinking, 16-19 Harmful drinking.

### Sensible Drinking

Most people are sensible drinkers. (62% of Males and 70% of Females)

### Hazardous Drinking

#### What are the benefits of cutting down?

- Reduced risk of injury
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risk of liver disease
- Reduced risk of brain damage
- Sleep better and have more energy
- Lose weight / better physical shape
- No Hangovers
- Improved memory
- Improved mood
- Less hassle from the family
- Save money
- Better relationships

### Harmful Drinking

Please seek professional help contact the Community Alcohol Service 0191 383 7800

Please ask us if you would like this document summarised in another language or format.

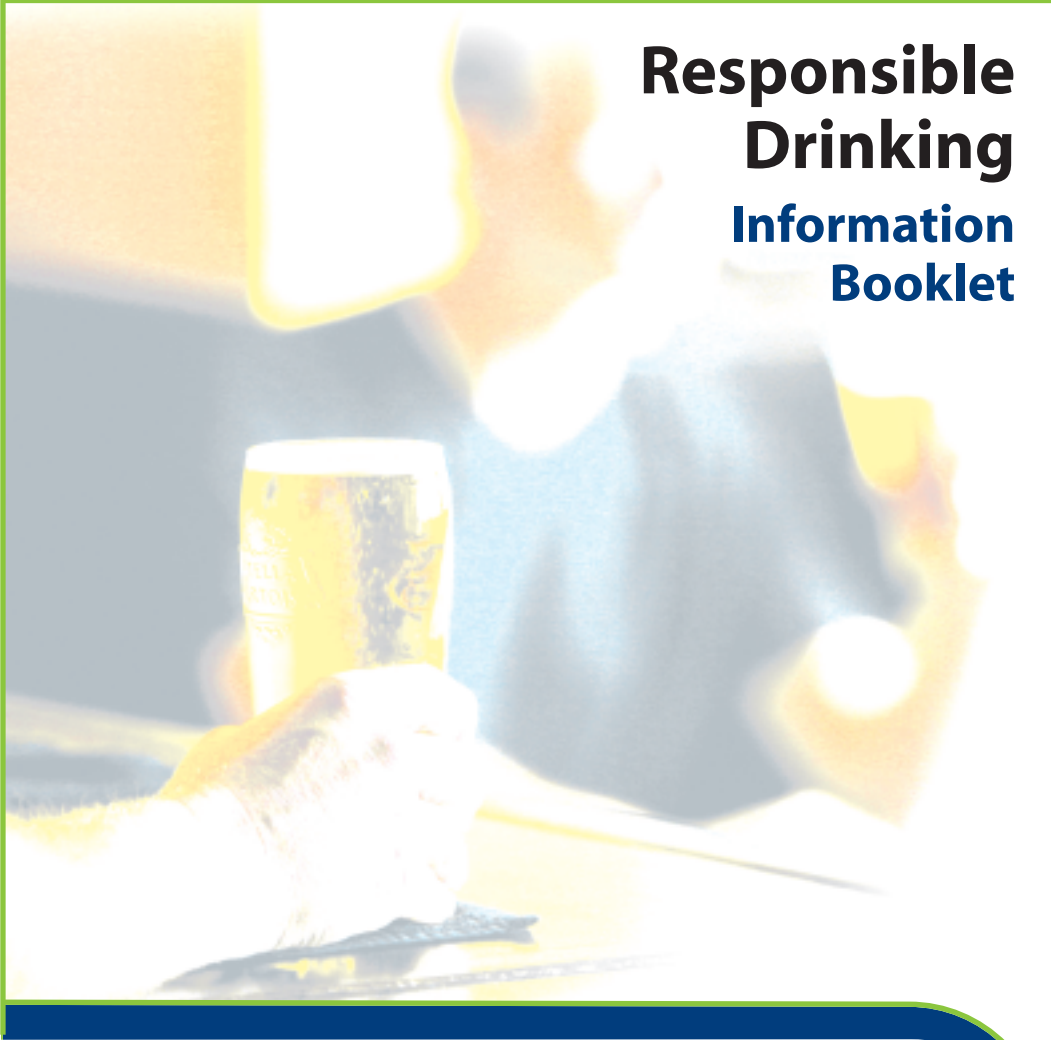
العربية (Arabic) (中文 (繁体字)) (Chinese) اردو (Urdu)  
 polski (Polish) ਪੰਜਾਬੀ (Punjabi) Español (Spanish)  
 বাংলা (Bengali) हिन्दी (Hindi) Deutsch (German)  
 Français (French) Türkçe (Turkish) Melayu (Malay)

[safer.communities@durham.gov.uk](mailto:safer.communities@durham.gov.uk)  
 Tel: 0191 370 8739

Braille Audio AAA Large Print

# The Safe Durham Partnership

## *Altogether safer*



## Responsible Drinking Information Booklet

## Responsible Drinking

Here are a few ways you can have a great night out without regretting it the next morning:

**Eat before drinking:** Food slows down how fast alcohol gets into your bloodstream. It also gives you more energy and lessens the effects the next day.

**Drink lighter beers:** Strong continental beers are popular, but can make for a messy night and a bigger hangover. The difference between a pint of 5% lager, and a 3.5% or 4% one is a whole unit.

**Set a drinks limit:** Decide a drinks limit in advance, and then stick to it or if going out in a group nominate a driver to stay sober.

**Have a strategic soft drink or water:** Try starting off your night with a non-alcoholic drink. It will quench your thirst before you move on to alcohol. Consider alternating between an alcoholic drink and a non-alcoholic drink or at least throw in a non-alcoholic one once in a while to keep the body hydrated, and it will lessen the effects the next day. Drinking water before you go to bed will also help.

**Avoid drinking in rounds:** This can often mean drinking at a faster pace set by someone else in the group. It may also mean that you end up drinking more than you

intended as you accept people returning your kindness after you have bought them a drink.

**Be your own person:** You should never feel as though you have to drink something if you don't want to. If you don't feel like another drink, or want to drink at your own pace say so, real friends will respect that.

**Keep track of how much you've been drinking:** It is hard to say "That's my limit tonight" if you don't know how much you've had. Use more mixers: Diluting a drink with another mixer will make it last longer.

**Drink smaller drinks:** It sounds obvious, but it's better to drink smaller measures of drinks if you have the choice - especially with wine. A large glass of wine in most bars is equivalent to a third of a bottle!

**Plan your journey home:** Don't leave it to chance - think about how you're going to get home, and who with, before you go out. Make arrangements before you start drinking, and make sure you don't get left to walk home alone.

**Don't Drive the next morning:** If you've had a heavy night drinking, you will most likely still be over the limit the next morning. If you drive you could be prosecuted, so don't risk it. Remember it takes your liver an hour to process one unit of

alcohol (e.g. half a pint of beer or half a glass of wine) and flush it out of your system.

**The myth:** It's a common myth that coffee sobers you up. This isn't true. Caffeine in coffee and fizzy drinks is a stimulant, so it might make you more alert, but it won't make you sober. For your body to fully recover from the effects of a

heavy night of drinking, you should avoid alcohol for a full 48 hours.

**For more information on health impacts of alcohol log on to** [www.nhs.uk/units](http://www.nhs.uk/units). If you are concerned about how much alcohol you are drinking you can use the DrinkCheck test at [www.nhs.uk/drinkcheck](http://www.nhs.uk/drinkcheck) or phone drinkline on 0800 876 6778

### Take the test; see what kind of drinker you are. How much is too much?

	Questions	Scoring System					Your score
		0	1	2	3	4	
1	How often do you have a drink that contains alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
2	How many standard alcoholic drinks do you have on a typical day when you are drinking?	1-2	3-4	5-6	7-8	10+	
3	How often do you have 6 or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

**Scoring:** A total of 5+ indicates hazardous or harmful drinking – please continue with the test.

4	How often in the last year have you found you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5	How often in the last year have you failed to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6	How often in the last year have you needed an alcoholic drink in the morning to get you going?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	