

SMALL CHANGES



DRINKING LESS

1

BETTER HEALTH

Drinking less starts with one little step

For adults. A small change can help you look after your health and save money.

Before you cut down

If you shake, sweat, feel sick or anxious when you go without alcohol, get medical advice before cutting down or stopping. Stopping suddenly can be dangerous if your body depends on alcohol.

Know the guidance

There is no completely safe level of drinking. To keep risks lower:

- Do not regularly drink more than 14 units a week.
- If you drink this amount, spread it over at least three days.
- Do not save your weekly amount for one evening.
- If it is safe for you, plan several drink-free days.



You do not need to drink alcohol. If you already drink less than 14 units, there is no reason to increase it.

A glass is not always one unit

The size and strength matter. For example:

- A small glass of wine, 125ml at 12%, has 1.5 units.
- A single spirit measure, 25ml at 40%, has 1 unit.

Home measures can be larger than you realise. Check the label and measure what you pour.

Choose one small change

- Choose a smaller drink.
- Swap an alcoholic drink for an alcohol-free one.
- Write down what you drink for one week.

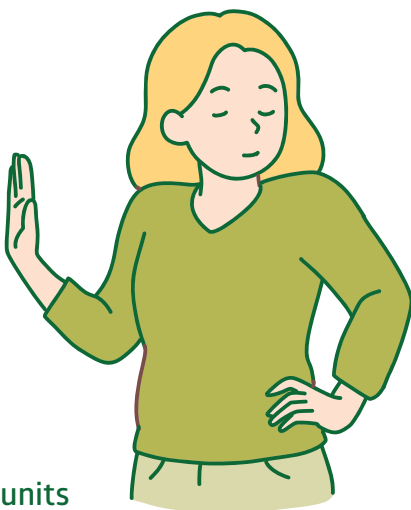


My little step

This week, I will:

.....

I will review it on:



Trusted advice

NHS alcohol units

www.nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/



Marsh Medical Practice
www.marshmedicalpractice.com

SMALL CHANGES FOR BETTER HEALTH
Working with you



DRINKING LESS

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BETTER HEALTH

Make a plan that fits your day

Try a different evening routine

If drinking has become a habit, plan something else for that time:

- Phone a friend.
- Listen to music or enjoy a hobby.
- Take a short walk when the route and weather are safe.
- Choose an indoor activity on wet or windy coastal days.

You do not need to travel or spend money to start. The free NHS Drink Free Days app can help you keep track. A notebook works too.

Remember the next morning

Alcohol can still be in your blood the next day. You may still be over the driving limit, even after a night's sleep.

It can affect your reactions, judgement and balance. This matters when driving, operating machinery or working at height, including using a ladder.

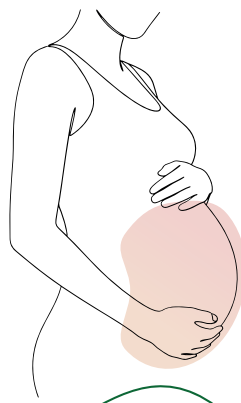
Feeling fine does not prove you are safe. Do not rely on a unit calculator to decide when you can drive or do hazardous work.



Plan ahead

- If you need to drive or do hazardous work the next morning, the safest choice is to avoid alcohol the night before.
- Arrange transport before going out, especially where buses or taxis are limited.
- If you may still be affected, do not drive, operate machinery or work at height.

Other reasons to ask for advice



If you are pregnant or planning a pregnancy, the safest choice is not to drink. Ask a pharmacist if alcohol is safe with your medicines.



My little step



I will change this part of my routine:

.....

.....

Trusted advice

NHS Better Health Drink Less
www.nhs.uk/better-health/drink-less/
THINK morning-after advice
www.think.gov.uk/campaign/morning-after/
Health and Safety Executive alcohol
and work guidance
www.hse.gov.uk/alcoholdrugs/



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SMALL CHANGES



DRINKING LESS

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BETTER HEALTH

Get support when you need it

When to ask for professional help

Contact your practice team if drinking is hard to control, you need a drink in the morning, or alcohol is affecting your health, relationships or daily life.

If you get shaking, sweating, sickness or anxiety when you miss a drink, get medical advice before cutting down. If these symptoms have already started, seek prompt help from your GP or NHS 111.



Call 999 for severe shaking, confusion, seeing or hearing things that are not there, or a seizure after reducing or stopping alcohol.

Free Lincolnshire support

One You Lincolnshire Drink Less offers individual support, including up to six telephone sessions over 12 weeks.

It supports adults drinking 14 units a week or more who live, work or are registered with a GP in Lincolnshire. Contact the team to check suitability.

Telephone: 01522 705 162

Confidential telephone advice

For advice about your own or someone else's drinking, call the free national Drinkline service: **0300 123 1110**.

Monday to Friday, 9am to 8pm. Weekends, 11am to 4pm.



My next little step

I will contact:

When:

Trusted advice

One You Lincolnshire Drink Less
www.oneyoulincolnshire.org.uk/pathway/drink-less

Telephone support can help when transport is difficult. Explain if phone access, work or caring responsibilities make appointments difficult.

This coaching service does not replace medical care for alcohol withdrawal. Your GP can help you access specialist alcohol treatment if needed.

NHS alcohol support
www.nhs.uk/live-well/alcohol-advice/alcohol-support/

Marsh Medical Practice
www.marshmedicalpractice.com

For help without internet access, contact the practice team.
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