

Alcohol Awareness Week

3 – 9 July 2023



Dumfries and Galloway Alcohol and Drug Partnership (ADP) joined over 5,000 community groups across the UK to raise awareness for Alcohol Awareness Week. Alcohol Awareness Week is a chance for the UK to get thinking about drinking. It is a week of awareness raising, campaigning for change, and more. It is managed and hosted by the charity Alcohol Change UK and ran from 3 to 9 July.

The theme for this year's Alcohol Awareness Week is 'the true cost of alcohol'. Throughout the week, discussions were encouraged and had about how much alcohol costs in the form of health problems, financial worries, relationship breakdown and family difficulties.

DG ADP ran a series of messaging and harm reduction advice on social media and would like to thank partners across the Health and Social Care Partnership for sharing and promoting these messages.

DG ADP would also like to share a special thanks to our partners from We Are With You, Alcohol and Drug Support South West Scotland, Being There, the Specialist Drug and Alcohol Service, Dumfries and Galloway Recovery Together and the Peer Naloxone Champions who campaigned together in Dumfries, Stranraer and Annan to raise awareness during pop up events. At these events we spoke with members of the public about their alcohol or their family's alcohol use and provided harm reduction information, signposting, and freebies.

Alcohol use throughout the UK is increasing and it is important to remember for your health and for the health of those you support the harm reduction advice to keep you safe.

Some important harm reduction information:

- To keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis. 14 units is the equivalent of 6 pints a beer or 6 medium glasses of wine or 7 double measures of spirits.
- If you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over 3 or more days.
- If you have 1 or 2 heavy drinking episodes a week, you increase your risks of death from long term illness and from accidents and injuries.
- The risk of developing a range of health problems, including cancers of the mouth, throat, and breast, increases the more you drink on a regular basis.
- If you want to cut down the amount you drink, a good way is to have several drink-free days each week.
- If you find yourself struggling with your alcohol intake there are support services in Dumfries and Galloway that can help.

If you, someone you know or support is struggling with alcohol or drug use, there is help available. For more information on local drug and alcohol services that can help, along with other more detailed guidance can be found on the Dumfries and Galloway Alcohol and Drug Partnership website at <https://dghscp.co.uk/alcohol-drugs-partnership-adp/>

Click [here](#) to access a range of fact sheets about alcohol directly from Alcohol Change UK.