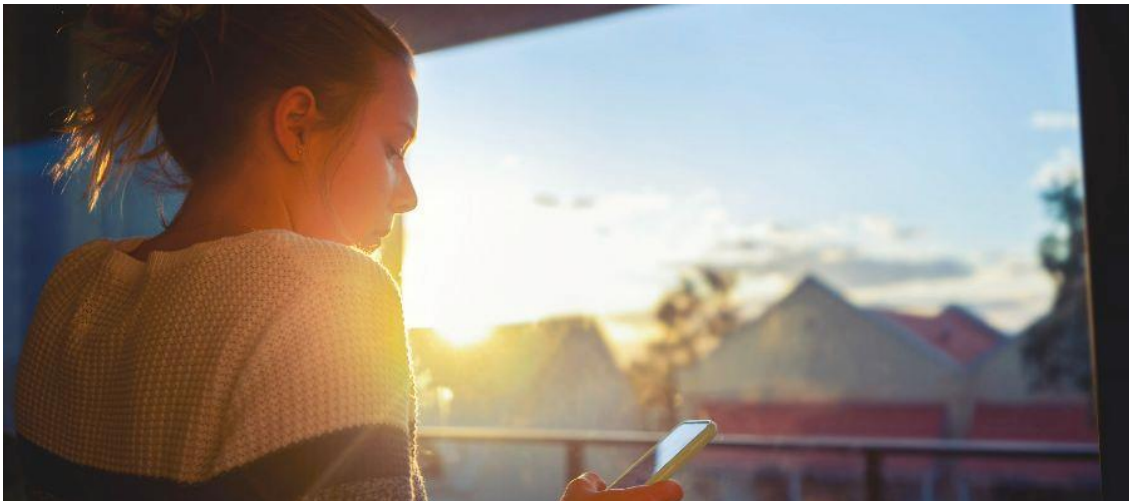


Our vision is
of a world
free from serious
alcohol harm.

ALCOHOL
CHANGE^{UK}

Welcome to our March newsletter!



New report: Delivering a problem? Online sales and deliveries of alcohol

[Our new report](#), published on 30 March, says online alcohol retailers are not doing enough to prevent under-18s acquiring alcohol.

The research found major weaknesses in online age verification and failures in checking age when delivering alcohol to people's homes. Interviews with delivery drivers revealed confusion about the rules for checking age on the doorstep and a lack of training. Similar concerns were also raised about delivering alcohol to intoxicated people.

[Read the full report](#)

Faith, families, and recovery – an online forum

All of us working to reduce harmful substance use seek to apply the most up-to-date, research-based approach we can. But we also know that there are many aspects of people's lives that are less about hard facts, but which are equally important to them.

Alcohol Change UK and Adfam invite you to take part in an online event on Thursday 12 May, focussing on the role of faith in many people's lives when they're struggling with alcohol, drug or gambling issues.

[Find out more](#)



Sober Spring

It's Sober Spring!

20 March marked the start of Sober Spring 2022! The campaign, created by author Catherine Gray and run by us, sees people undertake three months without alcohol. By signing up to take part in Sober Spring, participants will receive weekly emails with tips, blogs from amazing guest bloggers, and more!

This year, we're delighted to welcome Millie Gooch as Sober Spring host.

[Sign up for Sober Spring](#)

Alcohol news

Alcohol a “prominent factor” in ambulance attacks

Ambulance staff shouldn't have to fear being attacked, the West Midlands Ambulance Service chief has said after figures revealed the number of incidents has nearly doubled over the last five years. The comments come as part of the Association Ambulance Chief Executives' new Work Without Fear campaign, which is highlighting the increased number of attacks and abuse aimed at ambulance staff.

[Learn more about the campaign](#)

Doctors “should be asking pregnant women about their drinking”

Doctors should routinely ask pregnant women how much alcohol they are drinking throughout their pregnancy and should record this information in their medical records, the National Institute for Health and Care Excellence (NICE) has advised. Pregnant women should be advised throughout pregnancy not to drink alcohol because this is the safest approach, says a new NICE quality standard published this month.

[Read more](#)

Relationship between alcohol and suicide under the spotlight

A new report from the Samaritans, in partnership with the Suicide Prevention Consortium, has been published, exploring what the relationship between alcohol and suicide looks like for people living in England, in their own words. The research identified inconsistencies in accessing care for co-occurring needs around alcohol and mental health.

[Read the report](#)

Latest blogs



Why we need to ditch 'I'm never drinking again'

In our first Sober Spring blog, author Laura McKowen reflects on her decision to step away from 'forever' and instead commit to 'right now'.

[Read the blog](#)



Alcohol in the workplace: time for a change?

Is it time to call a halt to the macho culture of long hours and alcohol that still prevails in some sectors? Andrew reflects in this blog.

[Read the blog](#)



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