

Reducing alcohol harm

What's being done in Derbyshire

June 2010 edition

The Derbyshire context

- Derbyshire's rate of hospital admissions for alcohol related harm is worse than the England average and the highest of all shire counties in the Midlands. Chesterfield has the fourth highest rate of 40 local authorities in the East Midlands. Rates in all Derbyshire districts and boroughs have risen since 2002-03 (between 41% and 126%).
- Approximately 112,000 people in Derbyshire are hazardous or harmful drinkers. Of these, around 69,000 visit their GP every year and would benefit from screening and brief interventions.
- Around 19,000 people are alcohol dependent. Over 90% of those are probably not accessing local treatment services.
- There were around 15,000 alcohol related hospital admissions in 2008-09.
- Most districts in Derbyshire have above average alcohol specific mortality rates for females – Bolsover significantly so.
- Derbyshire has significantly higher rates of female alcohol specific hospital admissions than England – this is particularly a problem in Chesterfield.
- High Peak, Chesterfield, Bolsover and North East Derbyshire remain in the top ten of 40 local authorities in the East Midlands for high under-18 alcohol specific hospital admissions.
- People under the age of 30 are moving away from heroin use and are tending to use a variety of drugs in combination with alcohol, which adds to the complexity of dealing with alcohol issues.
- There are indications of some young people drinking heavily (Tell Us 4 survey – higher than the national average reported getting drunk three or more times over four weeks), but also fewer young people drinking overall.
- Estimated rates of three types of alcohol related crime (recorded crimes, violent crimes and sexual offences) have gone down in all districts with only one exception.

The Derbyshire partnership vision

We will minimise the harm caused to individuals, families and communities through substance misuse in Derbyshire.

Our goals

- Fewer people develop alcohol problems.
- There will be low wait times into high quality, safe and effective alcohol treatment.
- There will be less alcohol related crime and anti-social behaviour (ASB).
- Residents will have increased confidence in partner agencies understanding their concerns.

How we'll know we've achieved it

- The proportion of young people misusing alcohol will decrease.
- The increase in the rate of alcohol related hospital admissions will be slowed, particularly for under 18s.
- 95% or more clients will enter adult alcohol treatment within three weeks.
- Residents will have increased confidence in partner agencies understanding their concerns on ASB and crime.
- Perceptions of drunk and rowdy behaviour will decrease.

What we're doing

The following is a list – no doubt incomplete! – of work that is or has been undertaken to combat alcohol harm in Derbyshire. It includes work by many organisations within the wider Derbyshire Partnership – from health to police to county and district/borough community safety partnerships and more.

Prevention and education

Young people

- Continuing to commission Brief Candle to present innovative **theatre in education** productions in schools and community spaces to give pupils an insight into the impact of alcohol misuse. Alison.hill@derbyshire.gov.uk 07919 112 368
- Supporting ongoing **Healthy Schools** programmes that cover drug and alcohol issues. Marianne.rawson@derbyshirecountypct.nhs.uk 01246 868400
- Continuing to tackle **underage and proxy sales** of alcohol to young people through targeted advice and education, follow-up enforcement action including issuing fixed penalty notices, license reviews and prosecution as necessary, along with intelligence led enforcement of licensing laws. For example, carried out test purchases at a nightclub in Chesterfield identified through the B-Safe project which uncovered presence of those underage and an underage sale. *Underage sales:* robert.taylor@derbyshire.gov.uk 01629 539 830 *Chesterfield example:* Trevor.durham@chesterfield.gov.uk 01246 345203
- Promoting countywide PASS accredited **proof of age scheme** (b_line) which is provided free of charge to all Derbyshire school attendees. Robert.taylor@derbyshire.gov.uk 01629 539 830
- Implementing the **B-Safe project** to increase the safety of young people on Friday and Saturday nights in main towns in Chesterfield, Bolsover, North East Derbyshire and High Peak. *B-Safe:* Chris.campbell@derbyshire.gov.uk 01629 536 562 *Similar work in Amber Valley, Erewash, Derbyshire Dales and South Derbyshire:* ed.ronayne@derbyshire.gov.uk 01629 538 496
- Continuing to commission **Space 4 U**, which supports young people aged 7 to 16 affected by others' substance misuse. ed.ronayne@derbyshire.gov.uk 01629 538 436
- Promoting **healthy lifestyles**, including alcohol education, through Youth Service work. Gerard.mclister@derbyshire.gov.uk 01629 536 560
- Delivering a range of **youth diversion activities** for example, in Erewash, two eight-week Friday evening 'Vibe' events for young people with positive activities that included drug and alcohol work. Bev.squires@derbyshire.gov.uk 0115 855 4964
- Running **conferences for the whole school community** on alcohol specific issues such as young people affected by parents' or siblings' alcohol misuse, drug and alcohol

misuse in schools, vulnerable young people, provision of alcohol education and managing incidents in school. Alison.hill@derbyshire.gov.uk 07919 112 368

- Holding an **arts project** with 15 targeted young people to reduce alcohol misuse and anti-social behaviour and tracking those involved to assess impact on their behaviour. Alison.hill@derbyshire.gov.uk 07919 112 368
- **Consulting with staff in schools and with young people** in order to further improve the quality of the school alcohol education programme, which will then be reviewed in light of the findings and new resources developed as appropriate. Alison.hill@derbyshire.gov.uk 07919 112 368

Adults

- Investing in a county-wide **marketing campaign** to tackle harmful and hazardous drinking cultures, customised for different ages of adults – with the first campaign for 18-24s in 2009 repeated in 2010, new work aimed at 25-30s due in Autumn 2010 and a further campaign aimed at 30-45 year olds as parents. Gerald.beales@derbyshirecountypct.nhs.uk 01246 868 401
- Delivering **training** to multi-agency frontline staff to identify people at risk of alcohol misuse, deliver effective **brief interventions** and signpost to treatment where necessary. *Derbyshire Alcohol Advice Service* www.daas.uk.com 0845 308 4010
- Supporting partners to promote sensible drinking and ensure alcohol harm reduction is included in their **workforce strategies**. Christine.flinton@derbyshire.gov.uk 01629 538 271
- Promoting development of **substance misuse programmes within colleges**. Ed.ronayne@derbyshire.gov.uk 01629 538 496
- Running a number of **Safer Drinking Campaigns** in Community Safety Partnership (CSP) areas, including the use of new technology such as Bluetooth transmitters. Christine.flinton@derbyshire.gov.uk 01629 538 271

Families

- Expanded Improving Outcomes social work team now working with more **alcohol misusing parents** to support them and safeguard their children. ed.ronayne@derbyshire.gov.uk 01629 538 496
- Running a **parenting education programme** called the Strengthening Families Programme, which works with parents of children aged 10-14 who may be developing substance misuse problems. Ed.ronayne@derbyshire.gov.uk 01629 538 496
- Producing a **short film and awareness raising resources** with young people to **provide information to parents** on alcohol and young people. Alison.hill@derbyshire.gov.uk 07919 112 368

Treatment and support

Young people

- Continuing to commission well established **young people's specialist treatment services**. ed.ronayne@derbyshire.gov.uk 01629 538 496

- Increasing the amount of **targeted support to young people** in each of the seven CAYA districts, with the aim of reaching young people at an earlier stage in their substance using journey. ed.ronayne@derbyshire.gov.uk 01629 538 496

Adults

- Supporting countywide service for Tier 2 **open access adult treatment** which commenced in April 2009 and is provided by the Derbyshire Alcohol Advisory Service (formerly NDAAS). www.daas.uk.com 0845 308 4010
- Supporting newly commissioned countywide Tier 3 **structured adult alcohol treatment** service for those with complex needs (eg alcohol dependency, pregnancy, mental health problems, etc). w.galloway-grant@addaction.org.uk 07764815234
- Developing and implementing **screening of drinkers who attend primary care** to enable earlier identification and offer of intervention. Donna.hudson@derbyshirecountypct.nhs.uk 01773 525 092
- Developing a **training strategy** for all staff working with young people to identify alcohol problems. Ed.ronayne@derbyshire.gov.uk 01629 538 496

Young people and adults

- **Improving transitions** from young people's to adult treatment services. ed.ronayne@derbyshire.gov.uk 01629 538 496
- Exploring ways of **extending screening**, assessment, interventions with and referral of those with alcohol problems **in hospitals**, including improving pathways and developing materials for young patients and their parents. *Adults:* roger.hardy@derbyshire.gov.uk 01629 538 236 *Young people:* ed.ronayne@derbyshire.gov.uk 01629 538 496.
- **Reviewing treatment services** to ensure needs are being effectively met, including for those using both alcohol and drugs (especially 18-25 year olds). *Adults:* mick.burrows@derbyshire.gov.uk 01629 538 227 *Young people:* ed.ronayne@derbyshire.gov.uk 01629 538 496

Community safety

Criminal justice system

- Youth Offending Service Targeted Alcohol and Drugs Workers continuing to **deliver alcohol harm reduction sessions** to individuals and groups of young people identified **upon entering the criminal justice system**. Helen.elnahas@derbyshire.gov.uk 01629 537631
- Implementing new **Youth Rehabilitation Orders** which can include an intoxicating substance misuse requirement to ensure that young people whose offences are linked to alcohol get access to treatment and support. bob.smith@derbyshire.gov.uk 01629 538 222
- Evaluating **screening and referral in custody suites** (Project Switch). Roger.hardy@derbyshire.gov.uk 01629 538 236
- Running an **Alcohol Diversion Scheme** from January 2010 to provide alcohol education sessions as an alternative to fixed penalty notices for alcohol related crime and anti-social behaviour. Andy.smith.1085@derbyshire.pnn.police.uk 077 11 631 680

- Probation **screening all offenders** at first contact using a tool developed with the PCT in order to signpost offenders to the right alcohol services and identify appropriate Court Order requirements. Glenn.mason@derbyshire.gov.uk 01629 538 226
- Delivering the **Alcohol Specified Activity** court order which sees offenders who have committed alcohol related offences undergoing six sessions of alcohol treatment. www.daas.uk.com 0845 308 4010
- Delivering **Alcohol Treatment Requirements** to adult offenders whose offending is linked to alcohol misuse. Roger.hardy@derbyshire.gov.uk 01629 538 236
- Probation delivering two Accredited Groupwork Programmes as Court Orders to change attitudes, beliefs and behaviour: **Low Intensity Alcohol Programme** (LIAP) and **Drink Impaired Drivers Programme** (DRIDS). Glenn.mason@derbyshire.gov.uk 01629 538 226
- Launching **alcohol interventions** at HMPs Foston Hall and Sudbury **for prisoners** at risk of alcohol related re-offending, beginning in April 2010 and anticipated to deliver 6 x 90 minute sessions for 144 prisoners over a 12 month period. www.daas.uk.com 0845 308 4010
- Piloting a six month arrangement – similar to PPO schemes – to identify and manage a group of **alcohol related violent offenders** whose behaviour is most damaging to communities. Glenn.mason@derbyshire.gov.uk 01629 538 226
- Continuing to implement the **Reducing Re-offending Strategy** which includes alcohol issues. Glenn.mason@derbyshire.gov.uk 01629 538 226

Licensing management

- Further developing and strengthening multi-agency Violence, Alcohol Harm and Licensing Groups (**VALs**) to co-ordinate approaches to alcohol harm in local areas. Christine.flinton@derbyshire.gov.uk 01629 538 271
- Training Standards and other regulatory colleagues continuing to **raise awareness amongst licensed trade** on the requirements of the law and their responsibilities when selling alcohol. robert.taylour@derbyshire.gov.uk 01629 539 830
- Supporting Implementation of new **mandatory licensing conditions** which ban irresponsible promotions, ensure tap water and small measures are available and require age verification schemes. Christine.flinton@derbyshire.gov.uk 01629 538 271
- Employing a **part-time Pubwatch officer** in Chesterfield to support the voluntary group of licensees. Jane.randall@chesterfield.gov.uk 01246 345 224

Communities

- Working to **reduce alcohol harm during the football World Cup** during Summer 2010, for example:
 - running a 'safer drinking at home' campaign in Amber Valley. Sally.price@ambervalley.gov.uk 01773 841 652
 - running a Pubwatch Campaign in South Derbyshire warning drinkers that those behaving inappropriately will be banned from all pubs in the Pubwatch throughout the World Cup. sarah.dagley@south-derbys.gov.uk 01283 595961
 - running a multiagency World Cup Domestic Violence Campaign in South Derbyshire to ensure that women are aware of the services available to them during

a high risk period, including information events, pamper days, helpline cover and education in schools. sarah.dagley@south-derbys.gov.uk 01283 595961

- Annually running **Operation Relentless: Safe and Confident** – a joint partnership initiative aiming to raise public confidence by dealing with crime and anti-social behaviour issues. Barry.thacker@derbyshire.gov.uk 01629 538 293
- Effectively managing the **night-time economy** through schemes such as PubWatch, the use of overt recording equipment, road closures, Designated Public Place Orders and the use of Section 27 Directions to Leave. Christine.flinton@derbyshire.gov.uk 01629 538 271
- Specifically, **co-ordinating partnership activity** to ensure the effective and consistent management of the night-time economy **in Chesterfield town centre**, having completed a self assessment and identified priorities for action to address Chesterfield's particular alcohol problems. Christine.flinton@derbyshire.gov.uk 01629 538 271
- In **Bolsover**, working to reduce problems associated with the **night-time economy** and to improve awareness across the District of local activity, including delivering an alcohol newsletter to 10,000 households, distributing 1,000 Alcohol Awareness Packs and purchasing a range of equipment – such as Bluetooth machines and body cams – to support enforcement activity. jo.selby@bolsover.gov.uk 01246 242 217
- **Banning drunken patients** at Tameside A&E from up to 50 licensed premises in Glossop if they are physically or verbally abusive to members of staff. hannahc@highpeak.gov.uk 0845 129 77 77 ext 2056
- Running **drink driving campaigns**. Robert.hill@derbyshire.gov.uk 01629 538 573.
- Developing a **Total Place** project to look at alcohol issues concerning those under 25 in **Glossopdale** in order to ensure services meet the needs of residents effectively. Sian-elin.jones@highpeak.gov.uk 0845 129 7777 x 2069

Other

- Continuing to draw on the expertise of **service user and carer representatives** to ensure the quality and appropriateness of what the partnership does and maintaining the strong involvement of the representatives in alcohol harm reduction work. Paul.fitzgerald@derbyshire.gov.uk 01629 538 482
- Contributing to the **Joint Strategic Needs Assessment, Joint Strategic Risk Assessment** and **Strategic Intelligence Assessments** to enhance understanding of local alcohol problems. Sally.goodwin@derbyshire.gov.uk 01629 538 295
- Holding **annual alcohol conferences** to keep partnership expertise and knowledge up to date, including workshops providing a service user point of view on alcohol misuse. *Conferences:* Christine.flinton@derbyshire.gov.uk 01629 538 271 *Service user involvement:* paul.fitzgerald@derbyshire.gov.uk 01629 538 482
- Assessing need for **housing and housing support** for alcohol misusers and those in recovery. ram.paul@derbyshire.gov.uk 01629 532 015
- Developing further understanding of the national indicator **NI 39 alcohol related hospital admissions** and other alcohol indicators to clarify why / where alcohol harm is increasing (by age, gender, location) and what is within the Drug and Alcohol partnership's remit to change.

- Distributing **Derbyshire Drug and Alcohol News** to keep stakeholders throughout the partnership up to date on drug and alcohol work. Holly.walker@derbyshire.gov.uk 01629 538 472

And some things we've already done

- Produced *Children and Young People affected by Parents/Carers or Siblings' Drug and Alcohol Misuse – Guidance for Professionals* and launched in 2009 with training sessions in each district. Alison.hill@derbyshire.gov.uk 07919 112 368
- Ran an **underage drinking project** with 140 Year 9 pupils from two schools in North East Derbyshire – involving the Police, Fire Service and Women's Aid – which actively worked through different scenarios to enhance understanding of the consequences of excessive drinking such as anti-social behaviour, road traffic accidents, domestic violence and risks to safety. Faye.green@ne-derbyshire.gov.uk 01246 217015
- Made available an **online form** for members of the public to report suspected sales of alcohol to under 18s.
http://forms.derbyshirepartnership.gov.uk/tempdocs/20100517_1439_1041290328_000001071.PDF
- Disseminated **Consequences, a teaching pack** (2009) which aims to raise young people's awareness of the harmful effects of alcohol (with support for schools in high risk areas still available on request). Robert.taylor@derbyshire.gov.uk 01629 539 830
- Developed and disseminated **alcohol packs for all schools** on how to work with children affected by substance misuse (2008), as well as placebo drug boxes, the Parklife game and lesson plans on substance misuse. Alison.hill@derbyshire.gov.uk 07919 112 368
- With young people, ran a campaign in 2009 to raise awareness of the **risks of cocaine use** ('2 Faces of Coke – Which One Are You?') Alison.hill@derbyshire.gov.uk 07919 112 368
- Ran the **Adults Get Hurt Too** campaign to ensure that help is provided to adults facing abuse or neglect in Derbyshire, including those made particularly vulnerable through abuse of drugs and alcohol. carol.riley@derbyshire.gov.uk 01629 538 461
- Carried out **awareness raising with parents** around alcohol harm in South Derbyshire (2009). chris.smith@south-derbys.gov.uk 01283 595924

Notes:

This list is meant to develop as new work is introduced, projects are completed and more people contribute information on the work they are doing in Derbyshire to combat alcohol harm.

Corrections and additions to this document are welcome – in fact invited! Please contact Sally.goodwin@derbyshire.gov.uk 01629 538 295.

ALCOHOL PROFILES FOR DERBYSHIRE 2009

Significantly worse than England		↑ Increased by more than 5% since previous period
Higher value than England		↓ Decreased by more than 5% since previous period
Lower value than England		* Where more LAs in Derbyshire went up than down
Significantly better than England		Numbers show ranking within top 10 of 40 East Midlands local authorities with highest rates of specific problems
Same as England		

	Indicator	AV	BLS	CHS	DD	EW	HP	NE	SD	D'shire County PCT
Mortality	1 Months of life lost – males (NB sig level not calculated)			↑7	↑	↓	↑	↓		*
	2 Months of life lost – females (NB sig level not calculated)		↑3	↑8	↓	↑6	↓	↓5		
	3 Alcohol specific mortality – males	↑		↑7	↑	↑	↑	↓	↓	*↑
	4 Alcohol-specific mortality – females	↑	↑1	↑7	↑	↑	↑	↑9	↓	*↑
	5 Mortality from chronic liver disease - males		↓	↑5	↑	↓	↑10	↓	↓	
	6 Mortality from chronic liver disease – females	↑10	↑3	↑	↓	↑6	↓8			*
	7 Alcohol-attributable mortality – males	↓	↓	↑2	↑	↓	↑7	↓		
	8 Alcohol-attributable mortality – females	↓	↑1	↑5	↓	10	↓	↑7	↓	
Hospital admissions	9 Alcohol-specific hospital admission, under 18's	↑	↑2	↓1	↓	↑	↑4	↑8	↑	*
	10 Alcohol-specific hospital admission – males	↓	↓10	2	↑	↑	↓		↑	
	11 Alcohol-specific hospital admission – females	↑10	↓	↑1	↑	↑	↑	↑	↑	*↑
	12 Alcohol-attributable hosp admission – males	↑	↑6	3	↑	↑	↓	↑	↑	*↑
	13 Alcohol-attributable hosp admission – females	↑	8	↑2	↑	↑	↑10	↑	↑	↑
	14 Alcohol related hospital admissions 2008-09 (NI 39) (NB sig level not calculated so cannot be red or dark green)	↑10	6	↑4	↑	↑7	↑	↑	↑	*↑
Crime	15 Alcohol-related recorded crimes	↓	↓	↓9	↓	↓	↓	↓	↓	↓
	16 Alcohol-related violent crimes	↓	↓	↓6	↓	↓	↓	↓	↓	↓
	17 Alcohol-related sexual offences	↓	↓	↓	↓	↑7	↓	↓	↓	
Other	18 Claimants of incapacity benefits – working age	↓	↑	↓			9			
	19 Mortality from land transport accidents	↓	↓9	↑	↑	↓		↑		
	20 Hazardous drinking – synthetic estimate				7		6			
	21 Harmful drinking –synthetic estimate			7	7					
	22 Binge drinking – synthetic estimate						7			
EMPHO	A Assaults with less serious injury per 1000 population (as a proxy for alcohol related violent offences - NI20)			6		9				
	B % who think that drunk and rowdy behaviour is a problem in their local area (NI 41)		2			7				
	C Number of 24 indicators in top ten East Midlands Local Authorities for highest figures	3	11	17	2	7	8	4	0	

ALCOHOL PROFILES FOR DERBYSHIRE 2009

Notes on table

For most indicators, data is up to or before 2007-08, with the exceptions of 14-18, which cover 2008-09. Therefore, many of the indicators will not reflect work undertaken during the current LAA period (2008-11).

- The Local Alcohol Profiles, published by the North West Public Health Observatory (NWPHO), contain figures for each local authority on 23 indicators (one of these, on the employees in bars is not shown here).
- The table above shows results compared to England for the eight Derbyshire districts and boroughs of Amber Valley, Bolsover, Chesterfield, Derbyshire Dales, Erewash, High Peak, North East Derbyshire and South Derbyshire, as well as overall figures for the Derbyshire County PCT area.
- Data source: Local alcohol profiles for England www.nwph.net/alcohol/lape.
- Data relates to local authority areas except for Derbyshire data which relates to the Derbyshire County PCT area.
- Indicator 14 (NI39) is taken from data for 2008-09 from www.nwph.net/alcohol/lape/nationalindicator.htm. However, figures for Erewash and Amber Valley are still being explored for accuracy.
- Synthetic estimates for indicators 20-22 have not been updated, therefore no arrows are appropriate.
- Data for indicators A and B can be found at [/www.empho.org.uk/Themes/alcohol/alcohol1.aspx](http://www.empho.org.uk/Themes/alcohol/alcohol1.aspx).
- The time periods measured for indicators varies – for detailed data definitions please refer to the NWPHO website.

Key points

- Rates of alcohol related hospital admissions for the Derbyshire County PCT area were worse than the England average, as were the rates for Amber Valley, Bolsover, Chesterfield, Erewash and High Peak – and rates have risen in all areas since 2002-03 (between 41% and 126%).
- Derbyshire now has significantly worse alcohol specific hospital admissions for females than England.
- Chesterfield has, for the second year, the highest rates of alcohol specific hospital admissions for females out of the 40 local authorities in the East Midlands.
- Ranking within the 40 East Midlands local authorities can change considerably from year to year. However, Bolsover, Chesterfield, High Peak and North East Derbyshire remain in the top ten authorities for high rates of under 18 alcohol specific hospital admissions.
- Derbyshire has four local authorities in the top 10 East Midlands authorities for four further indicators:
 - Months of life lost for females
 - Mortality from chronic liver disease for females
 - Alcohol attributable mortality for females
 - Alcohol related hospital admissions (NI39)
- Of the eight indicators where Derbyshire fares worse than England, six are specific to women.
- All districts have improved on all three crime indicators, with the exception of sexual offences in Erewash.
- Areas that are now significantly better than England that weren't last year:
 - Bolsover: alcohol related recorded and violent crimes
 - North East Derbyshire and South Derbyshire: Alcohol specific mortality for males and mortality from chronic liver disease for males
- Areas that are now significantly worse than England that weren't last year:
 - Bolsover: Alcohol specific mortality for females and alcohol specific admissions for under 18s
 - High Peak: alcohol attributable hospital admissions for females.
- Bolsover, Chesterfield and High Peak were worse than England on a majority of indicators, while Derbyshire Dales and South Derbyshire were worse on only one indicator each.
- Most areas had a balance of improving and worsening indicators. However, Chesterfield, Derbyshire Dales, Erewash and Derbyshire had more worsening figures than improvements:

Number of indicators...	AV	BLS	CHS	DD	EW	HP	NE	SD	D'shire PCT
...going up by more than 5%	8	8	12	11	10	8	8	7	6
...going down by more than 5%	8	8	5	7	6	8	8	7	2
...remaining the same (+/- 5%)	3	3	2	1	3	3	3	5	11

Drug and alcohol treatment and support services

Base III

Young People's Drug and Alcohol Treatment Service - North Derbyshire 01246 206143

Breakout

Young People's Drug and Alcohol Treatment Service - South Derbyshire 01332 349 867

Branching Out

Young People's Drug and Alcohol Treatment Service - Glossop 0161 342 7605

Targeted young peoples alcohol and drug workers

Amber Valley 01773 76995

Bolsover 01246 201581

Chesterfield 01246 201581

Erewash 07887 833959

High Peak / North Dales 01457 864641

01629 57427

North East Derbyshire 01246 201581

South Derbyshire / South Dales 01283 229709

Space 4 U

Providing support for young people aged 7-16 in Amber Valley, Erewash, Bolsover, NE Derbyshire and Chesterfield who are affected by someone else's substance use 01246 231 079

Children in Care

County-wide targeted alcohol and drugs worker supporting children in care 01629 531455

Derbyshire Alcohol Advice Service

Providing information, advice, support and access to treatment for adults throughout Derbyshire www.daas.uk.com 0845 308 4010

RAFT

Supporting relatives and friends affected by others' alcohol use 0845 308 4010

Unity Derbyshire

Providing drug treatment services to adults throughout Derbyshire

Ripley 01773 744594

Swadlincote 01283 551489

Ilkeston 01159 309442

Chesterfield 01246 277388

Matlock 01629 55519

SPODA

Supporting parents and carers of drug users www.spoda.org.uk 0800 068 5718

Turning Point

Providing practical support to recovering drug users, in areas such as housing, education, employment, training and benefits 01246 234795

Drinks of Britain

Units. They all add up.



PINT CIDER: ABV 5.3%
3 UNITS



RED WINE (125ML): ABV 12.5%
1.6 UNITS



SAMBUCA SHOT: ABV 42%
1 UNIT



BOTTLE LAGER: ABV 5.2%
1.7 UNITS



ALCOPOP: ABV 5%
1.4 UNITS



HALF PINT CIDER: ABV 5.3%
1.5 UNITS



SINGLE GIN & TONIC: ABV 40%
1 UNIT



DOUBLE COGNAC: ABV 40%
2 UNITS



CHAMPAGNE (175ml): ABV 11.5%
2 UNITS



DOUBLE WHISKY & COKE: ABV 40%
2 UNITS



HALF PINT LAGER: ABV 5.2%
1.5 UNITS



COSMOPOLITAN COCKTAIL
2 UNITS



PINT BITTER: ABV 5%
2.8 UNITS



ALCOPOP: ABV 5%
1.4 UNITS



PIMMS: ABV 25%
1.3 UNITS



DOUBLE WHISKY: ABV 40%
2 UNITS



WHITE WINE (175ml): ABV 13%
2.3 UNITS



PINT LAGER: ABV 5.2%
3 UNITS



BOTTLE OF WINE: ABV 13.5%
10 UNITS



**ALCOHOL
KNOW YOUR
LIMITS**

SHOULD NOT REGULARLY EXCEED	
MEN 3-4 UNITS DAILY	WOMEN 2-3 UNITS DAILY