

# Drinking alcohol can increase the risk of falls for older people.



Half a tumbler of whisky is around 3-5 units

**Adults should not regularly exceed:**

Men 3-4 units daily  
Women 2-3 units daily

If you are concerned about your level of alcohol use see your GP or call 01709 364 804 for free support.

1 in 3 fires are alcohol related.

If you're taking medication it can be harmful to mix it with alcohol.

Alcohol makes you wee more often, interrupting sleep - and can make incontinence worse.

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FACTS**

Do you know **your** stats?

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# Another great night out?



Adults should not regularly exceed:

Men 3-4 units daily  
Women 2-3 units daily

250ml (Large) glass of average wine is 3.5 units

1 bottle of alcopops is 1-5 units

If you are concerned about your level of alcohol use see your GP or call 01709 364 804 for free support.

Drinking before going out - almost twice as likely to be in a fight, sexually assaulted or too drunk to walk.

Half A&E assault patients aged 18-24 have been drinking.

After drinking, 1 in 5 young people report they had sex that they later regretted.

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# Another quiet night in together?



Adults should not regularly exceed:

Men 3-4 units daily  
Women 2-3 units daily

250ml (Large) glass of average wine is 3.5 units

Bottle of wine = 500kcal

If you are concerned about your level of alcohol use see your GP or call 01709 364 804 for free support.

50% of assaults are alcohol related.

If we drink too much, too regularly, we are more likely to become depressed.

Home drinking-alcoholic liver damage has risen by 95% since 2000 and more people die of alcohol related causes than ever.

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# Are you supporting your kids to become underage drinkers?



**Adults should not regularly exceed:**

Men 3-4 units daily  
Women 2-3 units daily

There is no known safe level of drinking for under 18's

We need to be living, day-to-day examples of good drinking behaviour

If you are concerned about your level of alcohol use see your GP or call 01709 364 804 for free support.

Young people drinking in public places are more likely to binge drink. 13 children a day in the UK are hospitalised due to alcohol use.

In Rotherham during one year, there were 237 arrests of under 18's for alcohol related incidents.

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