

If you would you like some friendly,  
non-judgemental advice and support,  
please make an appointment to see  
the Alcohol Practitioner.

**Birkwood Surgery**

**Tel.01472 879529**

Thursday

10.30am-12.30pm & 1-4pm

**Chantry Health Group**

**Tel.01472 264999**

Friday

9.30am-12.30pm & 1.30-4.30pm

**Woodford Medical Centre**

**Tel.01472 343890**

Wednesday

12.30-2.30pm & 4-6pm

# What kind of drinker are YOU?

Do you like a drink  
to help you relax?



Are you a regular  
weekend drinker?

Do you need a drink to get  
you through the day?



# Alcohol Service

Grimsby Practices in Partnership

## Did you know...?

- It takes your liver an hour to process one unit of alcohol.
- Pregnant women should avoid alcohol as it can harm the unborn child.
- The recommended limit is up to 14 units per week for **women** (2-3 units per day) and 21 units per week for **men** (3-4 units per day) with 2 alcohol-free days per week.
- Drinking twice the daily limit in one day is called 'binge-drinking'.
- Regular drinking over the recommended limits increases long-term health risks.
- Heavy drinking can cause memory loss, brain damage, liver damage, poor concentration, anxiety and depression.
- According to Drink Aware, one in six people are concerned about the amount they are drinking at home, based on the number of bottles and cans they recycle.

## About the Service

People are affected by alcohol in different ways, regardless of the amount they drink, and many are unaware of the potential risks to their health.

In order to help us provide the best help and support for patients, you may be asked to fill in a questionnaire about what kind of drinker you are. Following this you may be offered an appointment with the Alcohol Practitioner, in order to discuss your results and identify ways to reduce risks to your health.

If you would like some more information on safer drinking, the following booklets are available in your surgery:

Units and You

Pregnancy and Alcohol

You and your mates—How does the night end?

*Please also see our leaflet for young people.*