

Drinks Diary

You and Your Care

How Many Units are in each Drink?



**A Pint of Premium
Lager / Beer**
5% ABV - 2.8 Units



**A Glass (175mm)
of Red or White Wine**
12% ABV - 2.1 Units



**1 Alcopop
(275ml bottle)**
5% ABV - 1.4 Units



**35ml Measure
of Spirits**
40% ABV - 2.8 Units



**A Pint of
Regular Cider**
5% ABV - 2.8 Units

What's my Allowance?

Daily Units

Women: 2 - 3 units

Men: 3 - 4 units

Weekly Units

Women: 14 units

Men: 21 units

Target Units for the Week:

Day / Date	Time of First Drink	What Did You Drink	Where & With Who	Quantity & Amount	Cost (£)	Total Units

“Set achievable goals.”

**Weekly
Total:**

Target Units for the Week:

Day / Date	Time of First Drink	What Did You Drink	Where & With Who	Quantity & Amount	Cost (£)	Total Units

“Learn to
drink slowly.”

**Weekly
Total:**

Target Units for the Week:

Day / Date	Time of First Drink	What Did You Drink	Where & With Who	Quantity & Amount	Cost (£)	Total Units

“Shift to lower
strength drinks.”

**Weekly
Total:**

Target Units for the Week:

Day / Date	Time of First Drink	What Did You Drink	Where & With Who	Quantity & Amount	Cost (£)	Total Units

“Alternate alcoholic drinks with non-alcoholic drinks.”

**Weekly
Total:**

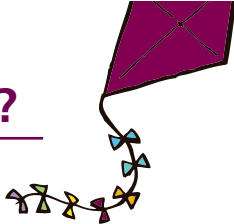
Coping with Cravings

Techniques that may help:

- Keep occupied
- Think about the positive things that will happen when you achieve your goal
- Think about why you're trying to stop drinking
- Avoid situations that may make you feel like drinking
- Talk to someone
- Avoid people you know are heavy drinkers
- Reward yourself for progress made
- Drink lots of fluids; water, milk, fruit juice
- Eat something healthy
- Take some time out e.g. have a relaxing bath, go for a walk or listen to music



What are the Good things about Drinking?



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Useful Telephone Numbers

Piccadilly Project

01274 735775

(Alcohol Advisory Service)

PALS

01274 322961

(Patient Advice & Liaison Service)

Bradford Women's Aid

01274 666241

(Domestic Violence Service)

MENS Advice Line

0808 8010327

(Supporting men affected by domestic violence)

Citizens Advice Bureau

08451 202909

Forster Community College

01274 308707

(Vocational Training & Education for Adults)

Law Centre

01274 306617

(Free General Advice)

Relate

01274 726096

(Relationship Counselling Service)

Off the Record

01274 733080

(Bradford Counselling Service)

Bradford Royal Infirmary

01274 542200

NHS Direct

0845 4647

Bradford Homelessness & Housing Advice

0845 1208160

Staying Put

01274 667104

(Supporting Women affected by Domestic Violence)

Lynfield Mount Hospital

01274 494194

(Mental Health Hospital)

Bradford & Airedale Community Drug & Alcohol Team are committed to involving Service Users, their families and carers in our service development.

We value your opinions and welcome suggestions. We encourage Service User involvement in all aspects of our service.

If you would like to become involved in this, please speak to any member of the Community Drug & Alcohol Team.

**Bradford & Airedale Community
Drug & Alcohol Team**

Telephone: 01274 256600

