

Strategic Partnership Boards

SAFETY SAFEGUARDING WELLBEING

Spotlight on.....

ALCOHOL

Harmful drinking can cause significant issues not only for the alcohol user, but also members of their family in the form of health problems, financial worries, relationship breakdown and parenting difficulties. As a result, 'alcohol and drugs' is a cross-cutting priority for the Waltham Forest Health and Wellbeing Board and is of interest to all the Strategic Boards (Safeguarding Adults Board, Safeguarding Children's Board and SafetyNet).

Refer to support services for families dealing with problematic alcohol use

Change, Grow, Live (CGL) provides treatment services locally and [it's easy to refer](#). CGL also provides advice to other professionals who are working with a family or individual. Call them on 0203 826 9600.

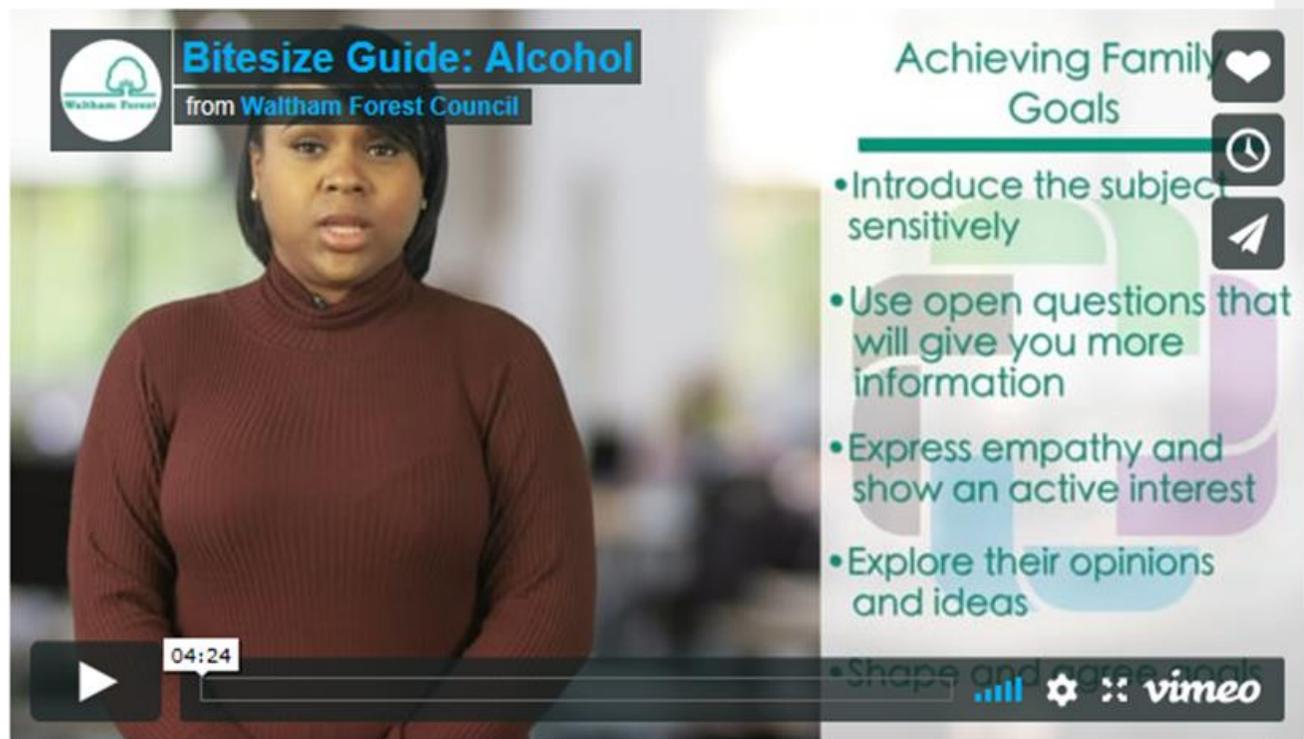
Family interventions offer the support families need and deserve and can also play a role in reducing overall alcohol harm, through:

- *Work with family members to encourage the person drinking harmfully to enter treatment. [CGL](#) provides treatment services in the borough*
- *Working jointly with family members and alcohol users during the treatment process*

Providing help and support to family members and carers in their own right is vital. Support can be accessed through [CGL](#) and there are also a number of [organisations who work with carers, family members and the impact of alcohol use](#)

Resources: Bitesize video and questionnaire tools

Bitesize guide: Alcohol



This short Bitesize video explores how you, as a professional, can approach what can be difficult conversations with families about alcohol. A Think Family approach is encouraged to ensure that you are mindful of how problematic alcohol use can affect all members of the family, including the possibility of safeguarding concerns for children and/or adults. More Bitesize video guides on issues such as safeguarding, mental wellbeing and domestic abuse can be viewed [here](#).

1) Audit C – a standard questionnaire to use

Audit C is a set of standard questions used across the country by health and care professionals to ask people about their alcohol use.

Audit C is really quick and simple to use. Everyone is asked three questions and – depending on their score – a second set of questions are asked. Routine use of this questionnaire helps to both identify and reduce stigma about problematic alcohol use. Feel free to use [Audit C](#) in your work.

2) Alcohol and Brief Advice tools

You may also find the [Alcohol and Brief Advice online learning resource](#) useful – it helps professionals to work to reduce alcohol related harm.

One unit of alcohol



Half pint of "regular" beer, lager or cider



Half a small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

Drinks more than a single unit



Pint of "regular" beer, lager or cider



Pint of "strong" or "premium" beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of "regular" lager or cider



440ml can of "super strength" lager



250ml glass of wine (12%)



75cl Bottle of wine (12%)



Alcohol Awareness week takes place 19 – 25 November 2018

To find out what is happening during Alcohol Awareness week in Waltham Forest, including the campaign, roadshows, outreach and a list of support services please click [here](#). Alcohol Concern is also a leading national charity working to tackle the issues that can be caused by alcohol. Please click [here](#) to access a number of free, key factsheets and posters as well as guides to family support services, setting up a family support group and drinking guidelines.