

# Alcohol Early Intervention and Outreach Team



Help and  
information around  
the impacts of alcohol  
intake on your health.



# Alcohol Early Intervention and Outreach Team...

We are a new service in Doncaster who can help you to **Rethink Your Drink** and **live a healthier lifestyle**.

We offer 6 - 12 sessions that will help educate people around the impacts of increased alcohol intake.

## Question...

- Do you know what a unit of alcohol is and how many you are drinking?
- Do you suffer from a long term condition and know how an increase in alcohol might impact this?
- Have you thought about how increased alcohol intake in later life might impact your health?



To speak with a member of our team call us on:

**01302 730956** and quote 'Early'



Or email us at: **[rdash.AspireAEI@nhs.net](mailto:rdash.AspireAEI@nhs.net)**

## Alcohol units

National guidelines...

Men & women are advised not to regularly drink more than 14 units a week.

### Alcohol units



1 single measure of spirits



Medium glass of wine (175ml)



Strong pint of beer or cider (568ml)



Bottle of alcopop (275ml)



Bottle of wine (750ml)

Is it time to **Rethink Your Drink**? If **YES** call us on the number above.