



DRINKING CAUSES DAMAGE YOU CAN'T SEE

You are twice as likely to have high blood pressure which could lead to a stroke or a heart attack, if you're a woman regularly drinking 2 large glasses of wine or more a day. You also increase your risk of getting breast cancer.
Find out if your drinking could be putting your health at risk.

For more information visit nhs.uk/drinking
or call 0300 123 1060

SHOULD NOT REGULARLY EXCEED	
MEN	WOMEN
3-4	2-3
UNITS DAILY	UNITS DAILY
1 LARGE GLASS OF WINE = 3 UNITS	

Advice, information and support are also available locally.

Haringey Advisory Group on Alcohol

offers a free and confidential service, and a range of support, to Haringey residents affected by alcohol misuse.

Call 0208 800 6999 between 10.15am and 1.00pm Monday to Thursday to find out more.



HAGA's Social Marketing Project 2010-2011

Reducing alcohol-related harm in Haringey

Haringey Drug and Alcohol Action Team (DAAT) have commissioned Haringey Advisory Group on Alcohol (HAGA) to run stalls in 12 targeted locations, including 8 GP practices, over 12 months from August 2010.

At the stalls, trained ex-service-user volunteers and HAGA staff deliver opportunistic Identification & Brief Advice (IBA) and provide information, advice and literature to the public.

The NHS "Alcohol Effects" Social Marketing campaign is supported through banner stands and Department of Health literature.

As part of the project, HAGA are also offering IBA training to participating GP practices.

The Social Marketing Project aims to reduce alcohol-related hospital admissions within the borough by delivering IBA across Haringey, and by supporting the delivery of the Direct Enhanced Service (DES) and HAGA's other DAAT-funded project: the GP IBA Extended Pilot.

For more information about the Social Marketing Project or HAGA's other work within the borough, contact Laura Pechey on laurapechey@haga.co.uk