

8 November, 2019

Responsible drinking during the festive season

The Christmas holiday period is often associated with increased alcohol consumption for some people. With this in mind, Waitematā DHB, which operates the Community Alcohol and Drug Services (CADS) for the greater Auckland region, has some advice to reduce alcohol consumption and stay safe during the festive season:

- Abstinence for some may be important, especially for those people who know they struggle to stop at one drink. Don't put any pressure on others – or yourself – to drink alcohol.
- Delay the onset of the first drink until later in the day.
- Be a good host by providing non-alcohol-based options that taste great as well as low-alcohol beers and wines.
- It is important to make plenty of food available when people are drinking alcohol – not just chips and dip.
- Space drinks out or alternate them with non-alcohol-based drinks.
- Keep hydration up with water - it doesn't need to be boring. Add sliced lemon/lime/ watermelon/strawberries; garnish with mint and ice cubes.
- Decide who is going to be the sober adult to make decisions or get help should something happen.
- Don't top-up drinks without asking. If you see someone getting 'tiddly', encourage them to ease off the alcohol for a bit and offer them water or a non-alcoholic drink instead.
- Be mindful that it takes about an hour to process one standard drink (10grams of alcohol). That is 100ml of wine, 30mls of spirits or a 330ml can of beer. Check the labelling to be informed.
- Drinking and driving is not an option. Please ensure everyone can get home safely.

Remember, young minds are like sponges. Your behaviour could influence the way your children drink once they reach the legal age.

Need help?

Anyone who needs advice or support can call the Alcohol/Drug Helpline 0800 787 797. Alcoholics Anonymous and Narcotics Anonymous meetings are running throughout the holiday period and CADS stays open throughout, closing only for public holidays.

ENDS

Waitematā DHB media line 09 487 1276