

Alcohol Misuse

TBG Policy Statement on Alcohol misuse

TBG Learning, as a training provider and an employer is mindful of the adverse effects of alcohol misuse. Alcohol misuse can have a detrimental effect on both individuals and learner groups by impairing their health, well-being and learning progress.

TBG Learning recognises it's duty of care and health & safety responsibilities to all learners, staff and visitors. On rare occasions when an exclusion of an alcohol dependant individual is deemed necessary for the safety of others, such an action will be carried out without prejudice.

If you feel you need help talk to your Tutor /Employee Development Specialist.

Or

Contact your Centre Manager/Operations Manager to arrange a confidential meeting.

How to contact us...

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What problems can develop if I drink too much alcohol?

You have an increased risk of developing illnesses such as: serious liver disease (cirrhosis or hepatitis); stomach and pancreas disorders; depression; anxiety; sexual difficulties; muscle and heart muscle disease; high blood pressure; damage to nervous tissue; accidents - in particular injury and death from fire and car crashes; some cancers (mouth, gullet, liver, colon and breast); obesity (alcohol has many calories).

You may become alcohol dependent. This means that if you stop drinking alcohol for a day or so, you suffer unpleasant withdrawal symptoms. For example: feeling sick, trembling, sweating, craving for alcohol. So, you end up drinking alcohol every day to avoid these symptoms.

You can damage others. Many families have become severely affected by one member becoming a problem drinker. Emotional, financial, and psychological distress often occur in such families. Often the problem drinker denies or refuses to accept that the root cause is alcohol.

What are the safe limits of alcohol drinking?

- Men - no more than 21 units per week (and no more than 4 units in any one day).
- Women - no more than 14 units per week (and no more than 3 units in any one day).
- Pregnant women - not known. So, many pregnant women have little, or no, alcohol.

In general, the more you drink above these limits, the more harmful alcohol is likely to be. Also, binge drinking (for example, 10 units twice a week) can be harmful even though the weekly total may not seem too high.

One unit of alcohol is 10 ml (1cl) by volume, or 8g by weight, of pure alcohol. For example:

One unit of alcohol is about equal to:

- Half a pint of ordinary strength beer, lager, or cider (3–4% alcohol by volume), or
- A standard pub measure (50 ml) of fortified wine such as sherry or port (20% alcohol by volume).

There are one and a half units of alcohol in:

- A small glass (125 ml) of ordinary strength wine (12% alcohol by volume), or
- A standard pub measure (35 ml) of spirits (40% alcohol by volume).

Note: many wines and beers are stronger than 'ordinary' standard strength.

Do you need help to stop drinking?

Help and treatment is available if you find that you cannot stop drinking. Counselling and support from a doctor, nurse, or counsellor is often all that is needed. A 'detoxification' treatment may be advised if you are alcohol dependent. Referral for specialist help may be best for some people. If you feel that you, or a relative or friend or a colleague, needs help about alcohol then see your doctor or practice nurse. Or, contact one of the agencies listed below.

Drinkline - National Alcohol Helpline
Tel: 0800 917 8282

Offers help to callers worried about their own drinking and support to the family and friends of people who are drinking. Advice to callers on where to go for help.

Alcoholics Anonymous PO Box 1, Stonebow House, York, YO1 2NJ
Tel: (01904) 644026

Web: www.alcoholics-anonymous.org.uk

AL-Anon Family Groups 61 Great Dover Street, London, SE1 4YF
Tel: 020 7403 0888

Web: www.al-anonuk.org.uk

British Liver Trust
Portman House, 44 High Street, Ringwood, BH24 1AG

Tel: 01425 463080

Web: www.britishlivertrust.org.uk