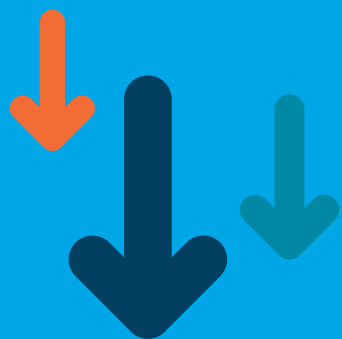
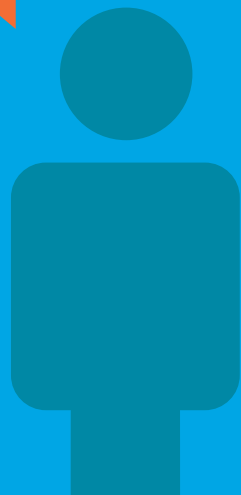


You Can Change

You may not want to stop drinking,
and at times this will be tough -
but change is possible



Remember each year 40% of people
who experience serious health
problems with alcohol do change
their drinking habits and their lives
for the better.



Next Steps

For free and confidential support please
contact:

B&NES Alcohol (& Drug) Services
Telephone: 01225 329 411



Alcohol Concern
Promoting health; improving lives

**Bath & North East
Somerset Council**



Small Steps to Health and Wellbeing



Alcohol Harm Reduction Advice

Tips on Keeping Safe and Well

Take Small Steps



Eating Regularly

We understand that you might find eating difficult (or painful) but here are a few easy steps you can take:

- + If you can't manage big meals, eat little and often
- + Toast is a great snack – add your favourite spread – cheese, Marmite, peanut butter or jam
- + Even Pot Noodles could be a good start, as they contain small quantities of carbohydrate
- + Eat while drinking

Vitamins: When you drink alcohol, your body struggles to absorb vitamins. You need B vitamins to support brain repair and recovery. It is a good idea to take vitamin supplements. For more information talk to your support worker or GP.

Doctor / Dentist: Drinking heavily over a long period of time damages your physical health. Try to book regular check-ups with your doctor or dentist. Remember – carrying ID can help you if you have an accident.

Keeping Safe Where You Live

Harm Reduction

Potential fire risks...

Cooking

- + Try to cook before drinking, not the other way around
- + Use a timer whenever cooking in case you fall asleep

Smoking

- + If you smoke and drink heavily - have you thought about using a sand bucket as an ashtray? A bucket is harder to miss than an ashtray

Get a free smoke alarm fitted and a home fire safety check by calling:
AvonFire 0117 926 2061
Or text the word 'visit' to 07507319694

Other hazards to think about:

Baths – do you fall asleep in the bath – perhaps set a timer.

Heating – does your heating pose a fire risk? Ask AvonFire when you book a visit.

Trip Hazards – clear pathways to minimise falls.

Safe Storage – if you have children or grandchildren visiting your home – keep alcohol (and other drugs) stored in a cupboard out of reach.

Are You Drinking Enough Water

Drinking alcohol causes dehydration - and this harms your health.

To stay hydrated – drink plenty of water, check the colour of your pee – and see how it compares to this chart.

Am I Drinking Enough Water Urine Colour Chart

1.		If your urine matches this colour you are drinking enough fluids
2.		If your urine matches this colour you are drinking enough fluids
3.		Drink more water to get the ideal colour in shade 1 and 2
4.		Dehydrated
5.		You may suffer from cramps and heat-related problems
6.		Health risk! Drink more water
7.		Health risk! Drink more water
8.		Health risk! Drink more water

If you struggle to drink enough water – why not try having ice lollies – as this can help with dehydration.

