



Welcome to Alcohol Health Network

We're on a mission to make alcohol awareness a key component of employee health and wellbeing initiatives.

Join us in creating a healthier world.

Making workplaces healthier

Health & Safety Executive

“ Alcohol is everyone’s concern. In the context of work, not only does it damage the misuser’s health, but it can cost employers through absenteeism and reduced productivity. ”

CIPD Survey, Managing Alcohol and Drug Misuse at Work

“ 4 out of 10 employers identified the consumption of alcohol as a significant or very significant cause of employee absence and lost productivity. ”

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What is Alcohol Awareness?

Alcohol awareness is simply the recognition that alcohol related health matters - both to employee wellbeing and corporate success.

Our goal is for every employer to be an Alcohol Aware Employer



Alcohol Aware Employers can raise alcohol awareness in a number of ways:

- Up to date Alcohol Policy, well communicated to employees
- Alcohol Health Stalls and Lunch and Learn sessions
- Line Manager Alcohol Training
- Online campaigns and confidential self assessment
- Drink Less challenges
- Alcohol Awareness print campaigns
- Alcohol-free drinks available at all work events
- Support for anyone who comes forward asking for help to cut down

Why is alcohol awareness so important for the workplace?

UK employees take **17million** sick days a year due to alcohol.

1 in 4 UK employees drink above NHS lower-risk guidelines & 3-5% of the population are dependent drinkers.

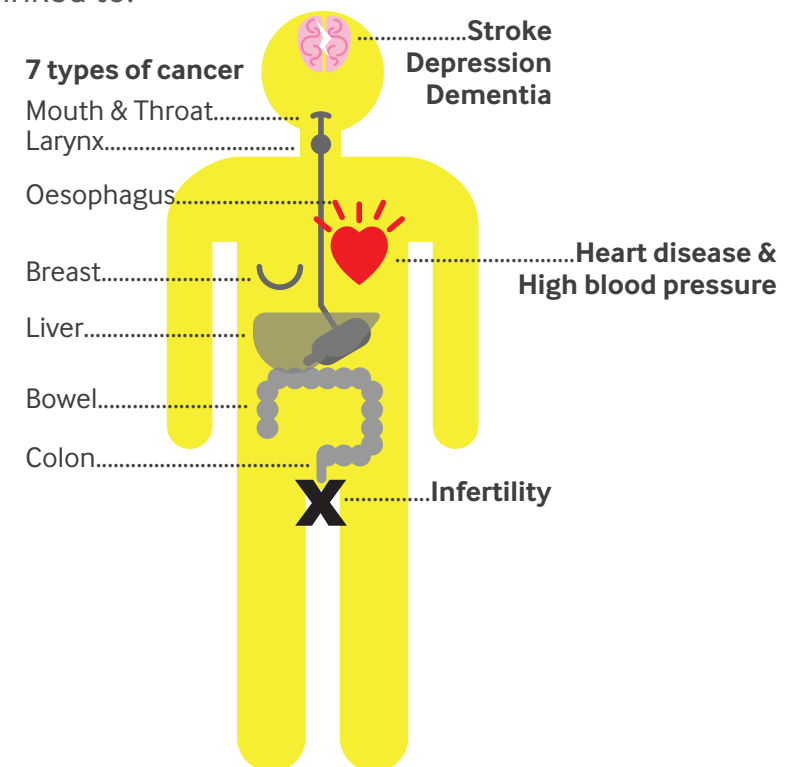
167,000 working years lost due to alcohol each year, more than to the 10 most common cancers combined.

Our evidence-based alcohol awareness techniques help people to understand the risks of drinking too much and cut down to lower levels, improving their health and reducing absenteeism.

Alcohol misuse is implicated in **60** different medical conditions, though most people are unaware of the connection. Drinking above guidelines can give you more than a hangover, it can also lead to more serious health problems.

We aim to reach the 10 million workers in the UK who currently drink at harmful levels but who, given the right information and advice, are more likely to make healthier drinking choices.

Alcohol is linked to:



Improves physical & mental health of all employees

Encourages lower risk drinking among employees

How Alcohol Awareness helps employers

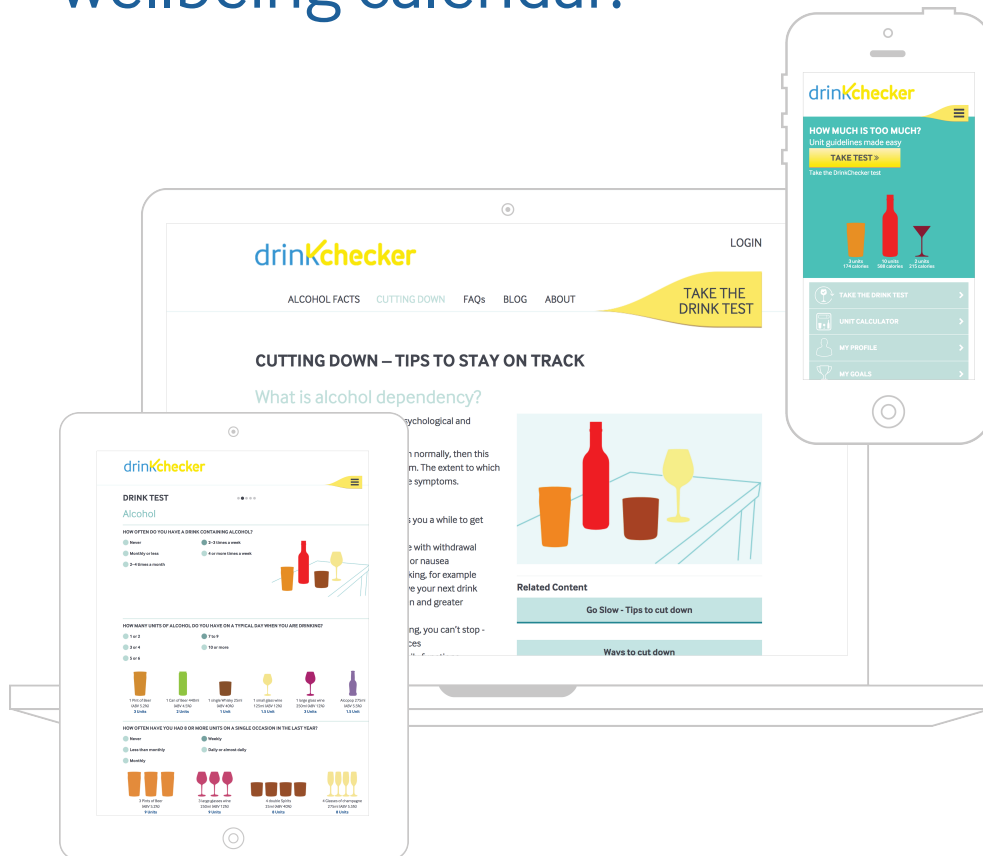
Complements other health messages

Supports diversity of your workforce

Reduces absenteeism & presenteeism

How we can help you

We can help you to create the right awareness campaigns for your workplace, bringing a positive message on lower drinking to your health and wellbeing calendar.



Drink Checker

Our Drink Checker web app allows your employees to confidentially and anonymously check their drinking levels and receive instant feedback on what their drinking levels mean for their health.

- Unique customisation options mean we signpost to your employee support services and your alcohol at work policy
- Employees can use our drink diary and goal setting tools to cut down and see how much they're saving
- Employers receive anonymised data on demographics, uptake and achievements
- Evidence-based, recommended by NICE and the World Health Organisation, and proven to reduce heavy drinking



Drink Checker was very easy to implement and has been widely used by our staff. This is a great, respectful and uncomplicated way to address employees' drinking habits and support employee's health when it comes to alcohol. ”

Lise Tottrup Brennum,
Lundbeck

Line Manager Alcohol Training

Our line manager alcohol training provides your managers with the skills, confidence and knowledge they need to spot the signs of alcohol problems in the workplace and deal with them confidently, sensitively, and in compliance with your alcohol policy.

Training is suitable for all line managers as well as practitioners from Human Resources, Health and Wellbeing, Occupational Health and Health and Safety teams.

Lunch & Learn

30-45 minute alcohol awareness workshops for your employees, with interactive presentations, quizzes, discussion and goodie bags - a quick introduction to alcohol awareness to get the conversation started.

British Medical Association, Alcohol, drugs and the workplace

“Managers and supervisors should be trained to recognise the signs of problems with alcohol. They should know what to do if they suspect an employee has a problem or if they are approached by an employee who declares a problem.”

Alcohol Health Stalls

Whether as a component of a Health & Wellbeing day or part of an Alcohol Awareness campaign for your workplace, our Alcohol Health Stalls are interactive, engaging and fun. Our Alcohol Health Stalls offer:

- 1-1 alcohol health checks using Drink Checker, our evidence based web-app, on ipads
- Goodie bags of alcohol awareness materials
- Beer goggle challenge
- How many units challenge
- Smoothie bikes and mocktail bar

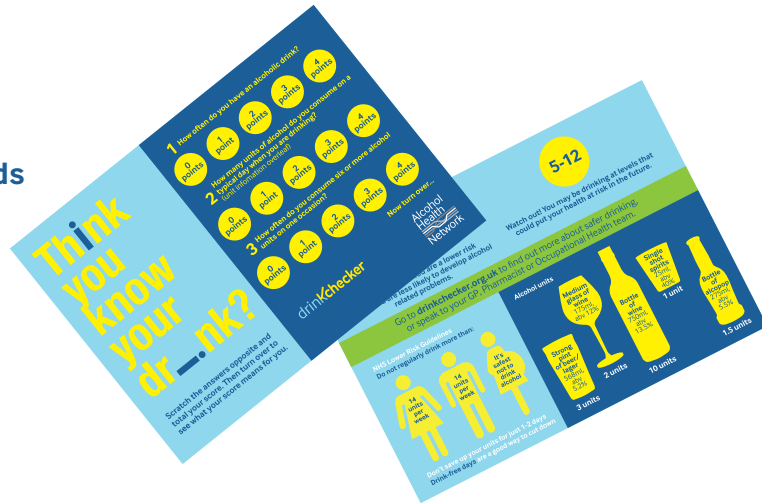
“Natixis employees really engaged with the Alcohol Health Network stand in promoting alcohol awareness and particularly enjoyed making their own smoothie on the smoothie bike.”

Stuart Bennett,
Natixis

Alcohol Awareness Print Campaigns

Our engaging alcohol awareness materials can be used for desk drops, at Alcohol Health Stalls or Lunch and Learn sessions. We've found placing them on staff canteen tables as part of a broader awareness campaign can spark a conversation too.

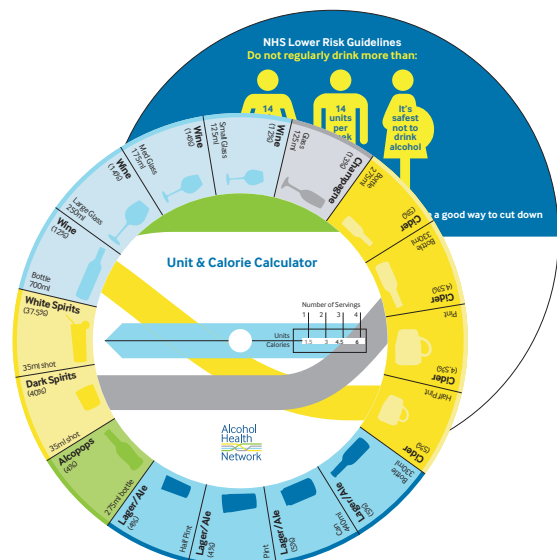
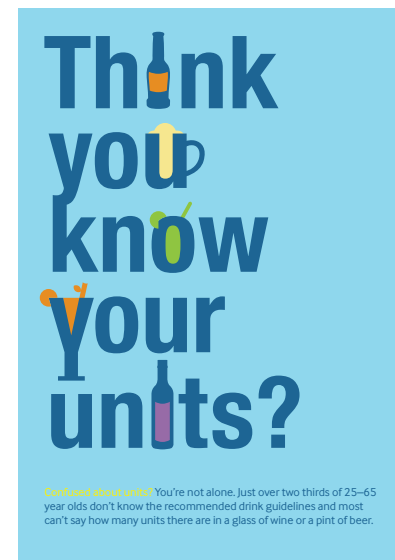
Scratch cards



Posters



Fact Sheets



Unit & Calorie Wheel

What our customers say

“ Excellent tool for helping me think through how to reduce my alcohol intake. ”

“ Seeing the details and the calculations, plus a place to save them, provides more motivation to cut down. ”

Drink Checker Users

“ Good easy instructions, with questions completed anonymously, makes it attractive to take part in. ”

“ Online is more anonymous to admit to these things. ”

“ Very helpful to get me thinking more critically in reducing my alcohol consumption per week. ”

“ Excellent combination of learning and small group work. Very useable information and pack. Engaging speaker. ”

“ Good HR type advice for different scenarios. ”

Training Participants

“ The training firmed up my understanding of our NHS Trust’s policy on alcohol and how to apply it. ”

“ Learnt about accessing HR/OH for support if the issue arises in my team and how to approach the situation in different scenarios. ”

Alcohol Health Network

works in collaboration with UCL's E-Health Unit and our Academic Advisory Board to raise alcohol awareness and reduce alcohol harm. We have supported employers such as Lloyd's of London, Bank of America Merrill Lynch, Transport for London, Public Health England, Deutsche Bank, Airbus and Crossrail.

“Alcohol Health Network's expertise and professionalism have made a tremendous difference to the work we are doing to raise alcohol awareness and promote lower risk drinking. They have given the work real momentum.”

Iona Lidington,
Associate Director of Public Health,
Royal Borough of Kingston

“In line with current evidence, workplaces should consider developing both online and face-to-face approaches to support alcohol harm reduction in engaging with employees to create healthy workplaces.”

Professor Paul Wallace,
Dr. Elizabeth Murray,
University College London

For more information, please get in touch.

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