

Alcohol Care Teams

An information guide



Alcohol Care Teams

Alcohol Care Teams are specialist staff that can support you to;

- Recognise the impact alcohol has on your physical health, mental health, relationships and other matters.
- Reduce or manage the risks of harm associated with alcohol use.
- Reduce or manage your alcohol use or become alcohol-free.
- Remain alcohol-free.
- Access the right support and help for you in the community.

Alcohol Care Teams do this by undertaking a specialist assessment of your needs, by delivering talking therapies (psychosocial interventions) and by liaising with and referring on to hospital-based and community services.

Some teams are able to undertake assertive outreach and to support patients that have started a detox in hospital to complete it at home. Whether this service is available will depend on your area of residence and your suitability for the service.

Alcohol Care Teams also work with relatives and carers, providing them with support and guidance.

The Best Possible Outcomes for Patients

The shared vision of our Alcohol Care Teams is to ensure early identification and safe and effective management of alcohol use for all patients presenting for treatment at any of our hospitals.

It is estimated that alcohol-related harm costs the UK £25 billion pound every year with £3.5 billion being attributed to the NHS. Approximately 180,000 hospital admissions and 35% of attendances in A&E departments are alcohol related.

An estimated 15,000 to 22,000 deaths each year are associated with alcohol, which includes young people as well as adults. We want to minimise the impact alcohol has on our patient's lives, support patients to make healthier choices and to prevent alcohol-related deaths.

Alcohol has a significant impact on our lives, including: short and long-term damage to physical & mental health, breakdown of relationships, dependency/addiction behaviours such as drinking to prevent withdrawal, foetal alcohol syndrome (foetal alcohol syndrome effects babies if pregnant women drink alcohol during pregnancy) and leads to premature death.

Our services aim to reduce and prevent alcohol-related: A&E attendances, reduce hospital admissions and to reduce the length of stay on wards therefore reducing associated physical and financial costs.

Children & Young People

All children and young people under the age of 18 will be screened for drug or alcohol use and appropriate actions will be taken to support them to reduce or cease their use of substances that can damage their health.

This will include being referred to a community based young people's alcohol and drug treatment service. This action is taken in order to protect and safeguard young people.

The community based young people's service will make contact and offer an appointment for an assessment. Services are free and confidential and provide education and support around substance use.

Alcohol Units

There is no completely safe level of drinking. However adults are advised not to regularly drink more than 14 units spread out over 3 or more days. If you are pregnant or planning a pregnancy, the only safe approach is not to drink alcohol at all.

This is one unit:



Half pint of
"regular"
beer, lager
or cider



Half a small
glass of
wine



1 single
measure of
spirits



1 small glass
of sherry



1 single
measure of
aperitifs

The benefits of cutting down:

Physical/Psychological/Social/Financial

- Reduced risk of injury
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risks of liver disease
- Reduced risks of brain damage
- Reduce risky behaviour
- Sleep better and have more energy
- Improved relationships
- Lose weight
- No hangovers
- Improved memory and mood
- Save money
- Improve fertility

Ideas to help you to cut down

- Switch to low alcohol beer/lager
- Plan activities and tasks at those times you usually drink
- When bored or stressed have a workout instead of drinking
- Explore other interests such as cinema, exercise, etc.
- Avoid going to the pub after work
- Have your first drink after starting to eat
- Quench your thirst with non-alcohol drinks before alcohol
- Avoid drinking in rounds or in large groups
- Take smaller sips
- Avoid or limit the time spent with "heavy" drinking friends

Our Standard Opening Hours Are:

Monday to Friday, 9am to 5pm, excluding Bank Holidays.

Contacts:

North Manchester General Hospital Alcohol Discharge Worker

Telephone: 0161 203 6622

Mobile: 07881 340862

The Royal Oldham Hospital Alcohol Care Team

Telephone: 0161 656 1933

Rochdale Infirmary Alcohol Care Team

Telephone: 01706 517 102

Fairfield General Hospital Alcohol Care Team

Telephone: 0161 716 1155

Salford Royal Foundation Trust Alcohol Care Team

Telephone: 0161 206 0528

Northern Care Alliance Lead Nurse for Alcohol Services

Telephone: 0161 720 2227

Mobile: 07837 534073

Notes:

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

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To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).



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