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Alcohol safety keeps Xmas happy for all

The Community Alcohol and Drug Service (CADS), at Tauranga Hospital is encouraging people to think about the role alcohol plays in their lives when planning celebrations and gatherings this Christmas and New Year.

“We want people to be able to remember this Christmas and New Year with a smile and plenty of good memories”, says Hester Hattingh, Clinical Coordinator, for CADS.

“Times are tight for many people, so it’s even more important to celebrate in ways that reflect what this time of the year is truly about – relaxing and spending time with people you care about. Looking after people means thinking about how much alcohol will be available and how to manage that so everyone is safe and happy.”

The CADS team suggests that good hosting of guests includes providing non-alcoholic drinks and substantial food and making sure guests can get home safely. “

It’s important to look out for your friends and family before and during get-togethers,” says Hester. “Planning ahead can help ensure everyone has a great time without crossing the line and drinking too much, but it’s also important to keep an eye on people while you’re with them and stop serving them alcohol before they go too far.”

Christmas and New Year are traditionally high-risk times for injuries caused by over-indulgence in alcohol but the team says there are many ways to enjoy alcohol without getting drunk.

“Visit www.alac.org.nz for ideas and tips on how to look after yourself and each other around alcohol these holidays. And if you’re worried about your own or someone else’s drinking, call and talk to someone at the Alcohol and Drug Helpline on 0800 787 797. The lines are open from 10am to 10pm every day with free confidential information, insight and support.”

ENDS

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