

> Contact Numbers

NORTH AYRSHIRE

NHS Addiction Services Stevenston	01294 476162
NAC Addiction Services	01294 476000
Addaction	01563 558777

EAST AYRSHIRE

NHS Addiction Services – Bentinck Centre, Kilmarnock	01563 574237
Addaction	01563 558777

SOUTH AYRSHIRE

NHS Addiction Services, Ayr Hospital	01292 559800
Addaction	01292 430529
Ayrshire Council on Alcohol	01292 281238
RecoveryAyr	01292 612147

DUMFRIES & GALLOWAY

Turning Point (Dumfries)	01387 247123
Turning Point (Stranraer)	01776 700340
NHS Addiction Services, Dumfries & Galloway Royal Infirmary	01387 246246
Addaction (Dumfries)	01387 263208
Addaction (Stranraer)	01776 705907
Action on Drugs & Alcohol (Dumfries)	01387 259999
Action on Drugs & Alcohol (Castle Douglas)	01556 503550
Action on Drugs & Alcohol (Stranraer)	01776 702626

PEER SUPPORT

Narcotics Anonymous	0300 999 1212
Cocaine Anonymous	0141 959 6363
Alcoholics Anonymous	0845 769 7555
Al-Anon (for relatives)	0141 339 8884
Lighthouse Foundation, Kilmarnock	01563 521343

If you would like a translated version of this leaflet, please phone 0131 624 7270 or e-mail info@sacro.org.uk quoting reference KIL/399. This leaflet can also be made available in large print or Braille.

In order to make Sacro's services as widely available as possible, we have made every reasonable effort to facilitate easy access to all of our premises for disabled service users. Where this is not possible, we will arrange a suitable, alternative venue.

Bu broşürün çevirisini istiyorsanız, lütfen 0131 624 7270'i telefonla arayın veya info@sacro.org.uk eposta gönderip KIL/399 dosya numarasını söyleyin.

اگر آپ کو اس کتابچہ کا ترجمہ درکار ہے تو براہ مہربانی 0131 624 7270 پر ٹیلیفون کریں یا info@sacro.org.uk پر ای میل بھیجیں اور ریفرنس نمبر KIL/399 کا حوالہ دیں۔

欲索取這單張的翻譯版本，請電 0131 624 7270，或電郵 info@sacro.org.uk，並說明檔案編號 KIL/399。

إذا كنت تريد نسخة مترجمة من هذه المنشورة الرجاء الاتصال برقم الهاتف 0131 624 7270 أو أرسل بريداً إلكترونياً إلى العنوان info@sacro.org.uk واذكر الإشارة رقم KIL/399

এই পুস্তিকার অনুবাদ যদি আপনি পেতে চান তাহলে 0131 624 7270 নম্বরে ফোন করে অথবা ই-মেইল করে রেফারেন্স নম্বর KIL/399 উল্লেখ করবেন

Jeśli potrzebne jest tłumaczenie w polskiej wersji językowej, bardzo prosimy o kontakt pod numerem 0131 624 7270 lub droga e-mailową info@sacro.org.uk podając numer referencyjny KIL/399.

If you are uncertain about anything you have read in this leaflet or require further information, please do not hesitate to get in touch at:

South West Scotland Alcohol Arrest Referral Service

Kilmarnock: Sacro, Belford Mill, 16 Brewery Road, Kilmarnock KA1 3GZ

Telephone: 01563 525815
Email: infoayrshire@sacro.org.uk

Dumfries: Sacro, 1a Irving Street, Dumfries DG1 1EL

Telephone: 01387 274290
Email: infodumfries@sacro.org.uk

Stranraer: Sacro, 39 Lewis Street, Stranraer DG9 7AD
Telephone: 078 0093 4991 / 077 7265 3038

Office opening hours

Monday to Thursday: 9am – 5pm. Friday: 9am – 4pm
24 hours, 7 days a week answering service.



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South West Scotland Alcohol Arrest Referral Service



Criminal Justice Services



> Alcohol Arrest Referral Service

The Sacro worker will offer you a brief intervention while you are in custody or after you have appeared at court. We can follow this up with another meeting once you are in the community. This can take place either in the Sacro Office or at a local venue in the area where you live.

> Safer Alcohol Use

Although alcohol is legal to drink, it is not free of risk if you are drinking over the safe limits. Safe limits have been recommended to prevent damage to health as well as social consequences, such as committing offences while intoxicated.

> Am I drinking over the safe limits?

Safe Limits	
Men	Women
14 units per week	
With 2 alcohol free days per week and no more than: 2 pints, 2 standard size glasses of wine or 2 x 25ml of spirits per day.	
What is considered as Binge Drinking?	
Men	Women
8 units	6 units

Safe limits are measured in units, the maximum limit for both men and women being 14 units per week. You might drink only one or two days per week, but drink over safe limits on those occasions, which is very harmful.

About 1 in 3 men and 1 in 7 women drink above the safe limits. You don't need to be 'addicted' to alcohol to risk long term harm - 'Binge Drinking', where the body takes in more alcohol than the liver can process healthily (8+ units for men or 6+ units for women) results in intoxication, which causes not only physical damage, particularly to your liver, but also in behaving in ways that may result in further offences.

Are you willing to risk a further Court appearance?

> What's the difference between drinking normally and binge drinking?

Two large glasses of wine may not seem like very much. But drinking six units of alcohol in a short space of time – an hour, say – will raise your blood alcohol concentration (BAC) and could make you drunk very quickly. Drinking the same amount over several hours, and accompanied by food for example, will not have the same effect.

> How can you tell if you're a binge drinker?

Even if you don't drink alcohol every day, you could be a binge drinker if you regularly drink:

- to get drunk;
- more than the recommended daily guidelines in a single session;
- quickly.

> Why might I get into trouble?

Alcohol is a depressant drug and reduces inhibitions, such as becoming more aggressive or emotional than usual, but also reduces your ability to make accurate judgements. Therefore you may behave differently or take more risks than usual which increases your risk of committing an offence.

> How do I reduce the risks?

- Spread the number of units over the week, rather than drinking excessively once or twice;
- Consider the mood you are in before you drink alcohol – alcohol will reduce your inhibitions to control strong emotions;
- Pace your drinking – drink slowly, or alternate soft drinks with alcohol;
- Cut back on social activities which involve alcohol, and take up activities that don't;
- Be around people who will not put you under pressure to drink more than you want to;
- Learn about units, and how long alcohol remains in the body to prevent being under the influence the morning after drinking.

> Linking with Services

If you feel you would like to talk to someone about your alcohol use, there are support services available and the Sacro worker can discuss with you which service might be appropriate in your circumstances, depending on what you need at the moment. The key is getting in touch with the right one at the right time whether this means reducing some of the risks or stopping drinking altogether.

> Linking with Peer Support Groups

Sacro can also link you with groups in the community made up of people who are also recovering from alcohol use. They can support and encourage you to take the steps necessary to improve your situation, and often the groups meet at times when you need most support, such as evenings and weekends. Contacting the Peer Support helplines overleaf will provide you with times and venues for your area, and someone can arrange to take you to a group or meet you beforehand if you wish.

> Confidentiality

Any information that you share with the Sacro worker will remain confidential and will not be disclosed to the police or any third party without your written consent. The exception to this rule is where you inform the Sacro Worker of a serious criminal offence which has been, or may be committed or where there is the risk of harm to yourself or others.