



Dear Patient,

We are writing to you as part of a general campaign to promote awareness about the use of alcohol. With many of us drinking more during the pandemic, for many different reasons, our relationships at home, with friends and at work can become even tougher. But by taking control of our drinking, we can create happier relationships, as well as improved health and wellbeing.

### What is Alcohol Awareness Week?

It's estimated that 1 in 3 people will be affected by alcohol-related problems at some point in their lives, and it's also linked to around 60 different health conditions including heart disease, cancer and liver disease.

In the UK, alcohol misuse costs society around £3.5 billion each year. This is due to alcohol-related crime and anti-social behaviour, as well as healthcare costs like emergency admissions and treatment for conditions caused by drinking too much.

This year's Alcohol Awareness Week campaign focuses on relationships because these are often damaged by harmful drinking patterns such as binge-drinking and domestic violence. Our aim is to raise awareness about how harmful alcohol can be for our relationships with ourselves, others and society as a whole through events across the country during Alcohol Awareness Week.

### What is this year's theme for Alcohol Awareness Week?

Alcohol Awareness Week is a chance for the UK to get thinking about drinking. It's an opportunity in which we can raise awareness and campaign for change. This year's theme is focusing on "Alcohol and relationships."

Alcohol and relationships are closely linked. Many of us associate alcohol and socialising, and alcohol can become a big part of our connections and interactions with those around us. But when our own or a loved one's drinking starts to negatively affect our relationships, or stands in the way of us taking action on our own drinking, it can have a huge impact on our lives.

On top of this, research shows that many of us have found ourselves drinking more to deal with feelings of loneliness and isolation during the pandemic. As we leave lockdown and return to normal life there will be new pressures too – pressures to drink, 'sober shaming', and pressures we put on ourselves to get back to 'normal' socialising.

So this Alcohol Awareness Week, we'll be looking at the ways in which alcohol can affect our relationships and sharing stories, factsheets, tips and more.

Please see the link below to a very informative and educational website:

[Alcohol and Relationships: Campaigns, Challenges and Events](#)

Thank you for reading.

Your GP Practice Team at Kingsmead