

DON'T GET LOCKED IN

Don't let social distancing mean unhealthy levels of home drinking.

Make your health and home life a priority by following these tips.



Choose Alcohol Free Days

Plan at least two alcohol free days during your week. The more alcohol free days the better!



Don't Stockpile

Don't stockpile alcohol in your home – plan your weekly shop. Only buy as much as you have decided you want to drink during the week. Opt for low-alcohol or no-alcohol choices.



Keep it Late

It can be tempting to drink earlier when you are at home during the day – try to delay any drinking until as late as possible, especially if there are children in your home. Consider a 'time rule' – e.g. No alcohol in our house until after 10pm



Mind the Children

Avoid drinking alcohol until children have gone to bed. Make sure there is at least one non drinking adult in the house at all times.



Out of Sight

Keep alcohol out of sight and out of reach of children. When you pour a drink, put the remainder away out of sight or in another room so you are not tempted to reach for more. Drink water to quench thirst before drinking.



Help is Out There

To get help, advice or support for your alcohol use you can contact NTaR on 0191 206 1117 or visit www.newcastle.gov.uk/drugsandalcohol

If you are concerned about a loved one's use, you can contact PROPS on 0191 226 3440.