



Free help to stop smoking



FACT:
Of 3,144 people who tried the Herts Stop Smoking service, 2,047 succeeded in the year to March 2004

Licensing team gets tough

A team from the district council is celebrating after being shortlisted for a national award for their work to promote responsible drinking.

The Responsible Drinks Retailing Awards, backed by the licensing trade and the Home Office, were established last year to promote good practice within the drinks trade and highlight the best examples of work to encourage responsible drinking.

The team from St Albans City and District Council, principal licensing officer Lesley Cameron and senior licensing officer Karen Hollands, have been at the forefront of initiatives in the district to encourage co-operation between pubs to promote sensible drinking, and to crack down on anti-social behaviour related to alcohol.

Their work with the council's community safety team, the police and the Crime and Disorder Reduction Partnership, recognised by the awards, includes: -

- The support and encouragement of Pubwatch schemes in St Albans, Harpenden and London Colney. To date 35 people have been banned from licensed premises as a result of licensees, police and the district council working together.
- The co-ordination of CCTV operation in the district and radio links between licensed premises to stop trouble before it happens and reduce the potential for drink spiking.
- The piloting of a successful taxi marshal scheme, to deter disorder in late night taxi queues and make residents feel safer.
- The introduction of Designated Public Place Orders (no-alcohol zones) to give police and other authorised people powers to tackle anti-social drinking. Since May this year there have been 342 confiscations of alcohol.



Promoting responsible drinking: Karen Hollands, left, and Lesley Cameron

The NHS in Herts provides a free service, with a high success rate, to help you to stop smoking.

A series of one-to-one sessions tailored to your needs is offered by GPs, nurses, health visitors and community pharmacists.

The stop-smoking sessions can take place in person or over the phone.

They will cover:-

- A discussion on why you may have failed to stop smoking in the past
- Practical tips on how to stop smoking, and remain a non-smoker
- Discussion of the nicotine replacement therapies available (on prescription)
- Setting a quit date
- The physical effects you may experience as you stop smoking
- Identifying who can support you while you stop

No matter how many times you may have tried before, the NHS will support you until you succeed.

What can you lose?

Ring the Herts Stop Smoking Freephone number 0800 389 3 998 to find out more.

Alternatively, all GP practices have trained staff and can offer you an appointment to help stop smoking. Free workplace clinics can also be arranged.

Evening stop-smoking clinics operate at the following locations:-

Strategic Health Authority Offices, Tonman House, Victoria Street, St Albans.

Tuesday 6-8pm and Thursday 6-8pm.

Fleetville Community Centre, Hatfield Rd, St Albans (Bengali speaker available). Wednesday 6-8pm.

FACT:
About 420 people die each year in the St Albans district from smoking-related diseases

Don't let life drive you to drink

Alcohol is to be enjoyed and most of the time drinking doesn't cause any problems. But drinking too much or at the wrong time can be harmful. In the run up to Christmas it is worth remembering what constitutes sensible drinking.

A unit of alcohol is 10ml of pure alcohol. Men should not drink more than 3 - 4 units and women no more than 2 - 3 units per day. Women who are pregnant or trying to become pregnant, should not drink more than 1 or 2 units of alcohol once or twice a week.

- **A pint of ordinary strength lager** (Carling Black Label, Fosters) - 2 units
- **A pint of strong lager** (Stella Artois, Kronenbourg 1664) - 3 units
- **A pint of bitter** (John Smith's, Boddingtons) - 2 units
- **A pint of ordinary strength cider** (Dry Blackthorn, Strongbow) - 2 units
- **A 175ml glass of red or white wine** - around 2 units
- **A pub measure of spirits** - 1 unit
- **An alcopop** (e.g. Smirnoff Ice, Bacardi Breezer, WKD, Reef) - around 1.5 units

We advise not to drink before or when:

- Driving
- Operating machinery and electrical equipment
- Using ladders or working at heights
- Swimming or taking part in active sport
- Taking certain medicines

If you feel your own or someone else's drinking is getting out of control, seek help in the first instance from your GP. You can also contact:-

HAPAS (Hertfordshire Alcohol Problems Advisory Service): helping those harmed directly or indirectly by alcohol throughout Hertfordshire. 01438 841241. www.hapas.org

Drinkline: a free and confidential telephone helpline for people who need help and support with their own or someone else's drinking. 0800 917 8282 (lines open round the clock).

Alcohol Concern: the main national agency for information on alcohol misuse. www.alcoholconcern.org.uk

Of 110,000 adults in the St Albans district, an estimated 4,000 are dependent on alcohol

