

QUOTES FROM OUR SERVICE USERS

"I ALWAYS REMEMBER WATCHING A BILLY CONNOLLY INTERVIEW WHERE HE SAID— " I DECIDED TO STOP DRINKING WHILE IT WAS MY OWN IDEA", I WAS NOW THINKING THIS IS NO LONGER MY IDEA"

"I THINK WE ALL GET THAT FEELING NOW AND THEN, ESPECIALLY ON A NICE SUNNY DAY WHEN YOU FEEL THE SUN ON YOUR FACE, CLOSE YOUR EYES AND THINK...LIFE IS GOOD.. I GET THAT EVERY MORNING NOW"

ADVICE & SUPPORT THROUGHOUT SOUTH AYRSHIRE



ACA is funded by South Ayrshire Health & Social Care Partnership.

Do you have a problem with drinking in later life?

Ayrshire Council on Alcohol is a counselling & advice service for problem drinkers & their families.

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Scottish Charity No: SCO 16848

Charity Reg No: SCO 97498



What we can offer at ACA

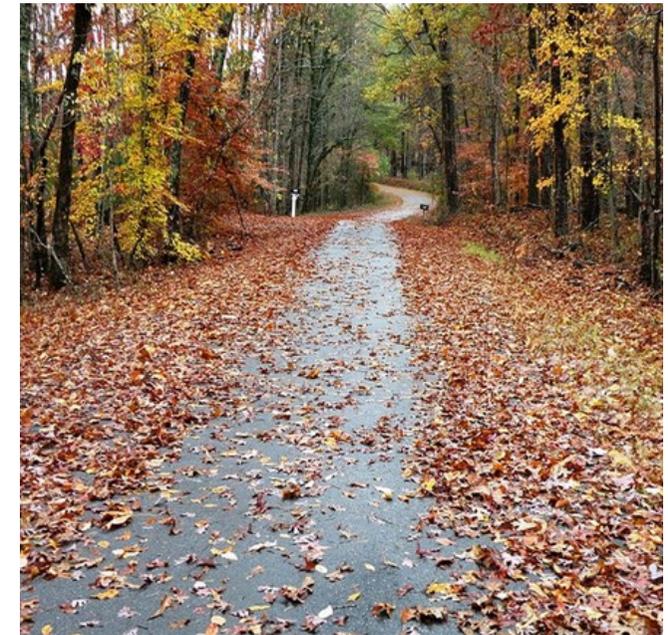
- **A supportive and understanding environment**
- **Free confidential one-to-one counselling**
- **Telephone counselling**
- **Support for those concerned about/affected by a loved one's drinking**
- **Carer support**
- **Older person's service (60+)**
- **Outreach service in venues throughout South Ayrshire**
- **Access to other agencies**

WEEKLY DRINKING GUIDELINE

To keep health risks from alcohol to a low level it is best not to drink more than 14 units per week for both men and women.

One unit is equivalent to a single pub measure of spirits or half a pint of ordinary strength beer. Avoid drinking all your units in one day. It is best to spread your drinking evenly over 3 or more days. If you have one or two heavy drinking days per week you increase your risk of long-term illness, accidents, falls and injuries.

	25ml measure of gin/rum/vodka/whisky (40% abv)	1 unit
	330ml bottle of lager/beer (4.5% abv)	1.5 units
	1 pint of lager/beer (4% abv)	2.3 units
	1 pint of lager/beer (5% abv)	2.8 units
	1 pint of cider (6.5% abv)	3.7 units
	700ml bottle of whisky (40% abv)	28 units
	275ml bottle of alcopop (5% abv)	1.4 units
	175ml glass of wine (12.5% abv)	2.2 units
	750ml bottle of wine (12.5% abv)	9.4 units



ACA staff are all trained counsellors and will work with you whether you want to cut down your drinking or stop completely. You decide your drinking goal.

If you would like further advice or information or would like to arrange an appointment to see someone please get in touch:

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info@acaayr.org