



buying alcohol for under 18's is criminal and irresponsible

IT'S YOUR AGE

Northern Constabulary – Western Isles Area Command Police Stations:
Ness 01851 810298
Barvas 01851 840222
Stornoway 01851 702222
Carloway 01851 643222
Tarbert 01859 502002

Scotland CRIMESTOPPERS
 Working in partnership with the police

MockTails

THE GUNNER

A good alternative to a pint in the pub, as no one will know what it is but they will want to try it

- Serves one**
 50 ML/2 FL OZ LIME JUICE
 ICE
 2-3 DASHES ANGOSTURA BITTERS OR TO TASTE
 200ML/7 FL OZ GINGER BEER
 200ML/7 FL OZ LEMONADE
- Mix all the ingredients together in a long glass.
 - Taste and add mote Angostrua bitters if you wish.

CRANBERRY WHIZZ

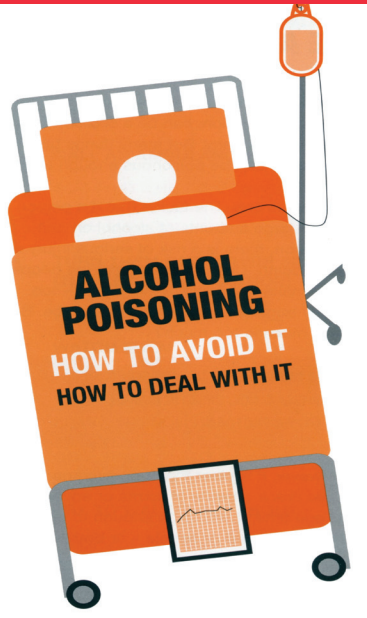
This long and refreshing bubble is very chic to serve non-drinkers

- Serves one**
 JUICE OF 1/2 LIME
 ICE
 CRANBERRY JUICE
 LEMONADE OR ELDERFLOWER PRESSE
 STRAWBERRY FOR DECORATION
- Sugar-frost the rim of a tall glass or flute.
 - Two-thirds fill with ice and pour in the lime juice and cranberry juice.
 - Top up with the lemonade or elderflower presse and stir gently.
 - Dress with a strawberry.

ON THE BEACH

Holiday drinks are often long and fruity and this refreshing cocktail is reminiscent of happy days spent in the sun

- Serves one**
 150ML/ 5 FL OZ FRESH ORANGE JUICE
 200ML/ 7 FL OZ CRANBERRY & PEACH JUICE
 CRUSHED ICE
 DASH OF LEMON JUICE
- Shake the first two ingredients over ice in a cocktail shaker until well frosted.
 - Strain into a highball glass filled with crushed ice and squeeze on the lemon juice.
 - Dress with orange peel.



DRINKAWARE.CO.UK WHAT DOES A PERSON WITH ALCOHOL POISONING LOOK LIKE?

THE PERSON WILL BE COLLAPSED.
 THEY WILL BE DIFFICULT OR IMPOSSIBLE TO ROUSE.
 THE BODY WILL BE WINDING DOWN SO THE SKIN IS COOL AND CLAMMY.
 THE BREATHING IS SLOW AND NOISY.
 THE PUPILS OF THE EYES MAY BE WIDE.
 THEY MAY HAVE BEEN SOME VOMITING.
 THEY MAY HAVE WET THEMSELVES - OR WORSE.

HOW CAN I AVOID ALCOHOL POISONING? DO

- DRINK MODERATELY
- DRINK SLOWLY
- SPACE YOUR DRINKS WITH WATER OR SOFT DRINKS
- EAT WITH YOUR DRINKS

DON'T

- DRINK TO EXCESS
- DRINK TOO MUCH OF ANYTHING WITH WHICH YOU ARE NOT FAMILIAR
- DRINK DRINKS YOU HAVE NOT SEEN MIXED
- DRINK FOR A BET OR A COMPETITION
- LET DRINKING IN ROUND OR 'SHOUTS' PUSH YOU INTO DRINKING MORE THAN YOU WANT

WHAT YOU SHOULD DO IN AN EMERGENCY DIAL 999

- DO**
- CALL AN AMBULANCE
 - SEE THAT THE PERSON'S MOUTH IS CLEAR AND THAT THEY CAN BREATHE
 - TURN THEM ONTO THEIR SIDE (THE RECOVERY POSITION)
 - KEEP THEM WARM
 - WATCH THEM
- DON'T**
- LEAVE THEM ALONE
 - GIVE THEM BLACK COFFEE - OR ANYTHING ELSE
 - TRY TO WALK THEM ABOUT

What's a unit?

A **Unit** equals 10ml of pure alcohol. That's how much the body can safely get rid of in an hour.

Alcohol comes in different measures and different strengths. By learning about units of alcohol you'll get a picture of what you drink and work out if you are drinking within the sensible limits.

Sensible limits

Men: No more than 3-4 units a day with at least 2 days alcohol free per week and no more than 21 units in one week.

Women: No more than 2-3 units a day with at least 2 days alcohol free per week and no more than 14 units in one week.

	330ml bottle standard lager/beer:	1.7 units
	700ml bottle whisky:	28 units
	275ml bottle alcopop: (eg Breezer/WKD)	1.5 units
	1 pint standard lager/beer:	2.3 units
	175ml glass standard size wine:	2.1 units
	1 pint strong cider:	3.4 units
	35ml measure gin/rum/vodka/whisky:	1.4 units
	1 pint medium strength lager/beer:	2.8 units

The units above are **average** levels – the strength of drinks varies by brand. Many display their unit content on the label to help you drink at sensible level.

