
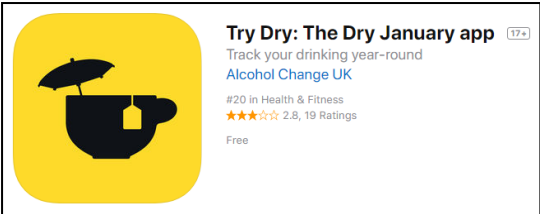
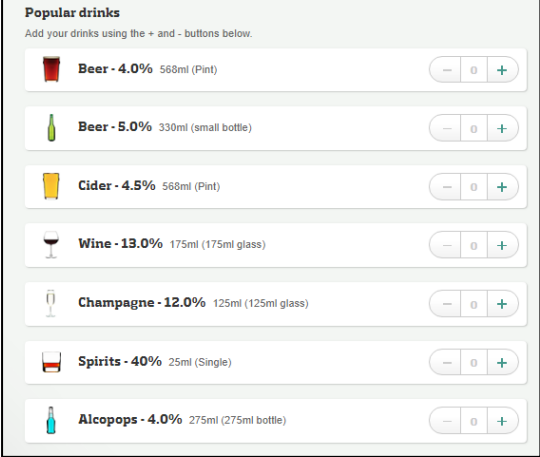
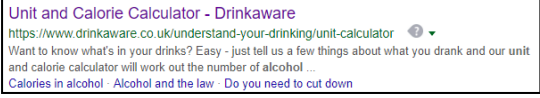

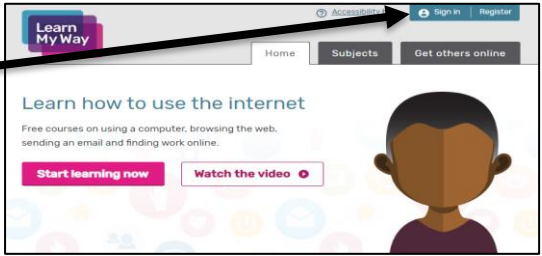
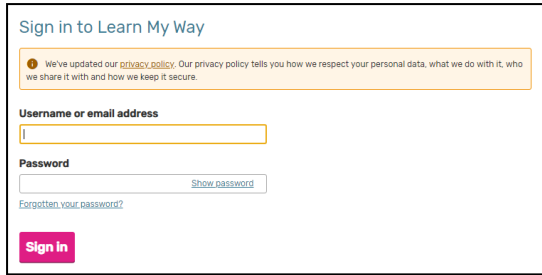
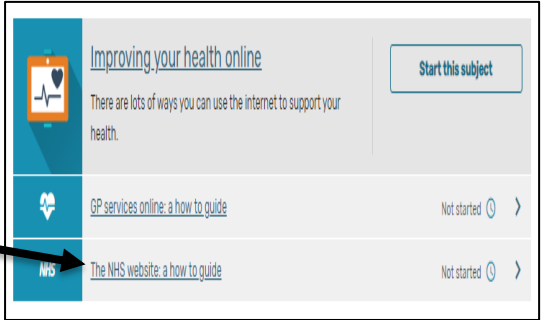
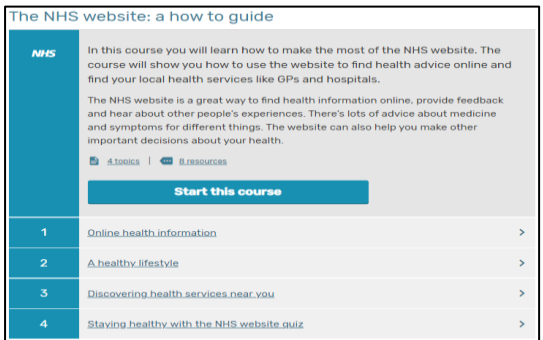


Dry January

<p>The beginning of every year sees a national campaign surrounding alcohol. Dry January is a campaign, led by Alcohol Change UK, that sees people go alcohol free for the month of January. We are going to have a look at websites and apps around alcohol.</p>		
1	<p>Alcohol Change UK are a charity that run the dry January campaign every year from New Years Day to February 1st.</p>	
Q	<p>What are the benefits of trying dry January according to the Alcohol Change UK website?</p> <p>www.alcoholchange.org.uk</p>	
2	<p>According to www.alcoholchange.org.uk, nearly quarter of a million children live with an alcohol dependant parent in England, 167,000 working years were lost to alcohol in 2015 and it costs the NHS £3.5billion a year in England alone to deal with the affects of alcohol. They also run an alcohol awareness week. Last year it was from the 19th – 25th November. Keep an eye out later on this year for 2019's alcohol awareness week.</p>	
Q	<p>What information does Alcohol Change UK need from you for you to sign up for Dry January?</p>	

<p>3</p>	<p>To help people with Dry January there is an app you can download from the Google Play Store and the App Store on Apple devices. This app helps you track units of alcohol and calories consumed, money saved, it offers health quizzes to allow you to check up on your drinking, allows you to keep track of any dry streaks and will allow you to receive regular support emails, if you want them to.</p>	 
<p>T</p>	<p><u>Task</u> Download an alcohol unit tracker app, like Dry January, and have a look at what services the app offers.</p>	
<p>4</p>	<p>What is a unit of alcohol? You often see a pint glass symbol on the side of a bottle of beer and a number and you know that the lower it is, the weaker the beer is. But what does a unit of alcohol look like? What's the equivalent measurement of wine compared to whiskey?</p>	
<p>5</p>	<p>Using a search engine, search for an alcohol unit calculator. We are going to use the one on the Drink Aware website.</p>	

<p>6</p>	<p>We are going to find out how many units are in different kinds of alcohol.</p> <p>Using the calculator, input that you've had the following alcohol:</p> <ul style="list-style-type: none"> • 7 x 4% 568ml pints of Beer • 1 x 12% 125ml glass of Champagne • 3 x 40% 25ml singles of Spirits. 	<p>Units –</p> <p>Calories –</p> <p>Burger Equivalent –</p> <p>Running time (mins) –</p>
<p>7</p>	<p>For those wanting to know more about alcohol and the affect on your health, you can log in to your Learn My Way account and complete the NHS Choices course.</p>	
<p>8</p>	<p>Once you are on Learn My Way, we need to select 'Sign in' in the top right-hand corner.</p>	
<p>9</p>	<p>Now we need to enter our username and password. If you are struggling with logging in, speak to a volunteer and they'll assist you in accessing your Learn My Way account.</p>	
<p>10</p>	<p>Once we have logged in, we need to scroll down to the Improving your health online group of courses and select the NHS website: a how-to guide course.</p>	

11	Once you've selected the NHS website: a how-to guide, you'll see the modules that make up the course – 1. Online health information, 2. A healthy lifestyle, 3. Discovering health services near you and 4. Staying healthy with the NHS website quiz.	
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