



This information sheet is the second in a series by the Public Health Wales central alcohol team. It is designed to highlight a number of key online resources and to outline the position that we are taking in relation to alcohol education websites.

I want to find some information about alcohol and share it with my local partners. There's plenty of information on the internet isn't there?

Yes there is but it is important that it is accurate, useful and comes from credible sources. Public Health Wales has developed partnerships with certain groups and service providers whose websites are built from the evidence base and aim to prevent the harm caused by alcohol and promote sensible drinking.

But Public Health Wales have their own alcohol web pages?

Yes, we do, the link is below.

<http://www.wales.nhs.uk/sitesplus/888/page/43761>

What information will I find there?

The aim of the Public Health Wales alcohol page is very specific. It is to provide health professionals with the statistics and facts they need about alcohol, as well as links to key documents such as the Cochrane Review and the very latest NICE guidance. The webpage also provides information about alcohol brief interventions. However, there are no public facing messages.

That's all well and good for health professionals, but where should the general public be directed?

There are many websites available.

Alcohol Concern Cymru has a comprehensive website giving access to their publications, campaigns and training programmes. The important element of this website is that it gives a Welsh perspective on the issue of alcohol and is available as a bi-lingual site.

<http://www.alcoholconcern.org.uk/projects/alcohol-concern-cymru>

That looks like it covers all of the policy issues and the harm caused by alcohol but where do I direct someone who is looking for some straight forward advice about cutting down?

The Drink Wise Wales website is the place to go. Administered by Alcohol Concern Cymru and supported by Welsh Government, the website provides information about drinks diaries, the calories in alcohol and advice on how to work out how many units an individual consumes. There are links to Welsh Government initiative around alcohol as well as games, interactive quizzes and facts sheets. The link to the website, which is also bi-lingual, is below:

<http://drinkwisewales.org.uk/home.php>

So is this just a Welsh version of DrinkAware?

No. The funding for the Drink Aware website comes from producers of alcoholic drinks, pub operators, supermarkets and off licences. However, and more importantly, the data and statistics used on the website are either English or, at best, British.

Use of the DrinkAware website and it's associated products, for example, education materials, is not recommended.

What about online training for alcohol brief interventions?

Public Health Wales have developed an online training refresher course for those who have already been on the face to face training. Although it covers a great deal of the content of the AGORDED CYMRU and RCN accredited two hour course, the online content cannot match the blended learning of the actual course. Therefore it is not suggested that the Public Health Wales online training is used instead of the face to face training but as a means of 'topping-up' training. The training course can be accessed via:

We will share this website with you once the URL goes live

Is there any other training available online?

Yes, there is. The Alcohol Learning Centre has online modules for Primary Care, Pharmacy and Hospital settings. Although there is a certificate that can be printed off upon successful completion of the modules, the course is not accredited to any educational awarding body.

<http://www.alcohollearningcentre.org.uk/eLearning/IBA/>

Are there any other useful alcohol websites available?

There certainly are and the table below highlights many of them both Wales based and beyond. This list is not exhaustive and if there are any that you are aware of and use regularly, please share it with us. Please note that the second section of the table was provided by Lee parry Williams from the North Wales team who put this together for a GP info pack.

Isn't Health Challenge Wales moving across to Public Health Wales? Doesn't that host alcohol information?

Yes it is and yes it does! But until it does formally come over we suggest you take a look at the Change For Life Wales web pages.

www.change4lifewales.org.uk

ALCOHOL RELATED WEBSITES AND THEIR CONTENTS

ORGANISATION	WEBLINK	CONTENT	SUITABLE FOR...
Public Health Wales	http://howis.wales.nhs.uk/sitesplus/888/page/33634	Impacts of alcohol misuse, profile of Alcohol in Wales, Brief Interventions, links to key papers and strategies.	Health professionals and the public
Alcohol Concern Cymru	http://www.alcoholconcern.org.uk/projects/alcohol-concern-cymru	Links to AC projects, funding publications and training opportunities	Health professionals and the public
Alcohol Concern Cymru	http://drinkwisewales.org.uk/home.php	Drink diary, unit calculator, health problems, drinking myths, links to Welsh Government initiatives	Public
Welsh Government	http://wales.gov.uk/topics/housingandcommunity/safety/substancemisuse/?lang=en	'Working Together to Reduce Harm' is Welsh Government's ten year strategy to address the issue of substance misuse (including alcohol) in Wales	Health Professional and public
Health Challenge Wales	http://wales.gov.uk/hcwsubsite/healthchallenge/individuals/alcohol/alcohol/?lang=en	Drinking responsibly and unit knowledge	Public
The Alcohol Academy	http://www.alcoholacademy.net/	A key site for alcohol leads to access training, the evidence base and more	Health Professionals
Alcohol Learning Centre	http://www.alcohollearningcentre.org.uk/	English based site, online ABI training, alcohol indicators	Allied health and social care professionals
NHS Wales	http://www.wales.nhs.uk/healthtopics/lifestyle/alcohol	Policy, service planning and service delivery	Health professionals
Welsh Council on Alcohol and	http://welshcouncil.org.uk/	Charity site offering help and support to the alcohol addicted/ dependent	Public

Other Drugs		and their families	
CAIS	http://www.cais.co.uk/	North Wales and Powys drugs and alcohol support charity	Public
Kaleidoscope	http://www.kaleidoscopeproject.org.uk/	Drugs and alcohol support charity active in Powys and south east Wales	Public
TEDS	http://www.teds.org.uk/	Treatment and education about alcohol and drugs in RCT	Public
Drugaid Wales	http://www.drugaidcymru.com/	South Wales based drug and alcohol rehabilitation charity	Public
Public Health Wales Observatory	http://howis.wales.nhs.uk/sitesplus/922/page/43911	Link to the 2009 publication 'A Profile of Alcohol in Wales'	Public
NHS Direct	http://www.nhsdirect.wales.nhs.uk/encyclopaedia/a/article/alcoholmisuse/	NHS encyclopaedia definition of alcohol misuse and relevant links	Health Professionals and public
Health Scotland	http://www.healthscotland.com/topics/health/alcohol/index.aspx	Policy, implementation and evaluation	Health Professions
Faculty of Public Health	http://www.fph.org.uk/uploads/ps_alcohol.pdf	Position statement on alcohol	Health Professionals

Resource	Overview
<p>DAN 247</p> <p>http://dan247.org.uk</p> <p>Freephone – 0808 808 2234</p>	<p>DAN 247 - is the point of contact for anyone in Wales wanting further information or help relating to drugs and/or alcohol. The free and bilingual telephone helpline will assist individuals, their families, carers, employers, and support workers within the drug and alcohol field to access appropriate local and regional services.</p>

Text DAN to 81066	
Drink Wise Wales http://drinkwisewales.org.uk/home.php	<p>Drink Wise Wales is overseen by Alcohol Concern Cymru and provides a range of information and fact sheets alongside interactive options (target group 25-40 yrs) including:</p> <ul style="list-style-type: none"> • Drink Diary • Drinks calculator • Reactions Game <p>The site is bilingual.</p>
Down Your Drink http://www.downyourdrink.org.uk/index.jsp	<p>The Down Your Drink (DYD) program has been designed to give people the information they need to make careful choices about the role alcohol plays in their life. The DYD Team are based at University College London and the programme is endorsed by Alcohol Concern. Target group adults.</p>
Alcoholics Anonymous http://www.alcoholics-anonymous.org.uk	<p>The site provides information on alcoholism, the support available along with listings of meetings and the telephone helpline number. Target group adults.</p>
Al-Anon http://www.al-anonuk.org.uk	<p>Al-Anon provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. They offer group meetings where members can share experiences. They also offer meetings for 12-17yr olds to share their experiences of having, or having had, a problem drinker in their lives. They help and support each other.</p>
NHS Choices http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx	<p>NHS Choices is the online 'front door' to the NHS. It is the country's biggest health website and gives all the information you need to make choices about your health. The site includes specific pages providing advice and information on the topic of alcohol.</p>



Dr Sarah J Jones PhD MSc BSc (Hons)

Consultant in Environmental Health Protection, Health Protection Team, Public Health Wales, Temple of Peace and Health, Cathays Park, Cardiff. CF10 3NW

Tel: 02920 402478

Mobile: 07817 363336

Email: sarah.jones27@wales.nhs.uk

Craig Jones MPH BSc (Hons)

Senior Health Promotion Practitioner, Public Health Wales, 1 Charnwood Court, Parc Nantgarw, Cardiff. CF15 7QZ

Tel: 01443 824 166

Mobile: 07877 806747

Email: craig.jones@wales.nhs.uk

John Bradley MSc BSc (Hons)

Public Health Practitioner, Public Health Wales, 14 Cathedral Road, Cardiff. CF11 9LJ

Tel: 02920 348 771

Mobile: 07974 237 531

Email: john.bradley@wales.nhs.uk