

Our alcohol reduction team offer **free** IBA training

A free learning resource for professionals working with people showing signs of an unhealthy relationship with alcohol



If you work with clients, patients, customers, residents or tenants who could benefit from some help around their alcohol intake, this short zoom training session may be for you and your team.

The aim of this training is to enable participants to raise and respond to alcohol issues with clients through identification and brief advice (IBA) and make referrals depending on Audit – C score competently, confidently, and appropriately.



175ml of
12.5% ABV
Red wine =
2 units



50ml Double
measure of
spirits =
2 units



175ml of
11.5% ABV
Champagne =
2 units



330ml of
4.5% ABV
Bottled Beer =
1.7 units



Pint of lager/
bitter/cider
5% ABV =
3 units

Following this training session, you will;

- Understand national drinking guidelines and estimate the number of standard units in various drinks containing alcohol, by calculating a unit of alcohol.
- Be able to outline the ways in which alcohol causes harm to the physical and mental health of the individual drinker, and to people and society beyond the individual.
- Understand and use Audit C score to raise alcohol as an issue with individuals who may benefit from a brief intervention or reducing their alcohol intake.

The session is one and a half hours and can be delivered via zoom or face to face for larger teams.

To book this training....

Call: **0333 005 0093**

Email: eh.trainingCP@healthyyou.org.uk or

Visit: www.healthyyou.org.uk



Healthy You

Healthy You is part of Cambridgeshire & Peterborough Lifestyle services.