

**Alcohol Awareness:
Working with the over 50s workplace guide:**

**1
Day
Course**

When: 5th December 2018

Each event runs from 9:30am-4:30pm
16 places available per course only

By the end of the session, you should be able to:

- Accurately calculate the units in specific measures of alcohol
- Consider the reasons why older adults are at risk from alcohol use
- Understand how alcohol can affect the workplace
- Recognise the impact alcohol can have on working lives
- Understand the biological effects of alcohol
- Identify signs and symptoms of alcohol use in the workplace
- Demonstrate the ability to score your alcohol use
- Demonstrate the ability to deliver an alcohol brief intervention

**The Blue Light Project:
Working with change resistant drinkers:**

**1
Day
Course**

When: 30th November 2018

Each event runs from 9:30am-4:30pm
16 places available per course only

By the end of the session, you should be able to:

- Identify change resistant clients who need to be targeted
- Understand the rationale for attempting to intervene with this client group
- Understand the range of techniques available for use with this group
- Formulate a realistic intervention plan for a change resistant drinker

How to book courses

If you are interested in booking on to the Blue Light Project training, please contact the trainer on:

jamie.bradbourne@drinkwiseagewell.org.uk

Or 07585 703131

If you are interested in booking on to any other course, book online at:

<https://www.drinkwiseagewell-training.org.uk/ems/live/>

Our e-learning course takes 1-2 hours to complete and can be accessed here:

<https://www.drinkwiseagewell-training.org.uk/ems/live/>

Venue Details:

Orbit Business Centre
Rhydycar Business Park
Merthyr Tydfil
CF48 1DL

Tel: 01685 352700

1/2 day course: Tea and coffee served at registration and break

1 day course: Lunch provided with tea and coffee served at registration and breaks

Contact **Drink Wise, Age Well**
in **Cwm Taf** on **0800 161 5780**
or visit **drinkwiseagewell.org.uk**
and help someone over 50 make
healthier choices about their drinking.



PEOPLE OVER 50
drinking at risky levels
HAVE HAD THE ISSUE
raised to them by
family, friends or health staff

**Free alcohol
awareness and
brief intervention
courses...**

**...with
Drink Wise,
Age Well**

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Introduction to Alcohol Awareness: Working with the Over 50's:

1/2
Day
Course

When:

17th October 2018
30th October 2018
21st November 2018

Each event runs from 9:30am-1:00pm
16 places available per course only

By the end of the session, you should be able to:

- Accurately calculate the units in specific measures of alcohol
- Consider the reasons why over 50's are at risk from alcohol use
- Recognise the impact alcohol can have on the over 50's
- Understand the biological effects of alcohol on the over 50's
- Identify signs and symptoms of alcohol use in the over 50's
- Demonstrate the ability to screen for alcohol
- Demonstrate the ability to deliver an alcohol brief intervention

Alcohol Awareness: Working with the Over 50's:

1
Day
Course

When:

10th October 2018
23rd October 2018
7th November 2018
13th November 2018
12th December 2018

Each event runs from 9:30am-4:30pm
16 places available per course only

By the end of the session, you should be able to:

- Accurately calculate the units in specific measures of alcohol
- Understand the reasons why over 50's are at risk
- Recognise the impact alcohol can have on the over 50's
- Understand the biological effects of alcohol on the over 50s
- Consider stages of readiness in relation to changing drinking behaviours
- Identify signs and symptoms of alcohol use in the over 50's
- Demonstrate the ability to screen for alcohol
- Demonstrate the ability to deliver an alcohol brief intervention

Enhanced Alcohol Awareness: Working with the Over 50's:

1
Day
Course

When:

3rd October 2018
27th November 2018
18th December 2018

Each event runs from 9:30am-4:30pm
16 places available per course only

By the end of the session, you should be able to:

- Accurately calculate the units in specific measures of alcohol
- Understand the reasons why over 50's are at risk
- Recognise the impact alcohol can have on the over 50's
- Understand the biological effects of alcohol on the over 50s
- Understand the development of alcohol dependency and ARBD
- Consider stages of readiness in relation to changing drinking behaviours
- Identify signs and symptoms of alcohol use in the over 50's
- Demonstrate the ability to screen for alcohol
- Demonstrate the ability to deliver an alcohol brief intervention