

ALCOHOL & U APP

The development of the Alcohol App, 'Alcohol & U', which was funded by the Midland Regional Drug and Alcohol Task Force (MRDATF), through funding received by the Drugs Programme Unit (DPU) in the Department of Health, was a student led initiative and developed in partnership with the MRDATF, Athlone Institute of Technology (AIT), AIT Software Engineering Department, AIT Graphic Design Department, Health Service Executive (HSE) and Foróige.

The aim of the Alcohol Awareness App is to provide accurate and up-to-date alcohol related information to a target audience of those 18 years and over. This information is presented in an easily accessible and interactive manner.



Network Chart: In 2014 ADAG produced a revised Network chart containing contact details for individuals and families affected by drug alcohol misuse. The chart was kindly funded by the MRDATF. Posters will be circulated and displayed in relevant locations across County Westmeath.



The range of material available in the Alcohol & U App are as follows:

Information Section - This section contains information on a range of topics to include Alcohol the facts, the effects (short & Long term), sexual health, mental health, low risk drinking, road safety, alcohol and sport and alcohol and pregnancy.

Alcohol Quiz - This section has a myth and facts quiz aimed at testing the users knowledge of alcohol related facts. Each participant will have a timeframe to complete the quiz and results are shown at the end.

Standard Drink Calculator - This allows participants to calculate their weekly/daily consumption of alcohol and will advise of recommended weekly limits for low risk drinking.

Supports and Services - List of Support and Services that can be accessed by clicking the relevant icon. This will bring people directly to the individual services website whereby the person has access to a wide range of information and supports which are available to them.

Newsletter created and distributed by the Athlone Drug Awareness Group
For more information please contact: Athlone Drug Awareness Group: • St. Peter's, Parish House, Chapel Street, Athlone • 085 2353111 • athlonedrugawareness@gmail.com
www.athlonedrugawareness.com

Newsletter kindly funded by the Midland Regional Drugs & Alcohol Taskforce www.mrdatf.ie



Supported by the
Midland Regional
Drugs & Alcohol Task force



Disclaimer: Even though care has been taken in the preparation and publication of this newsletter. Athlone Drug Awareness Group does not assume legal or other liability for any inaccuracy, mistake, mis-statement or any other error of whatsoever nature contained herein.

Pink Elephant

FEATURING Alcohol



Athlone Drug Awareness Group

Featured Drug: ALCOHOL

ALCOHOL:

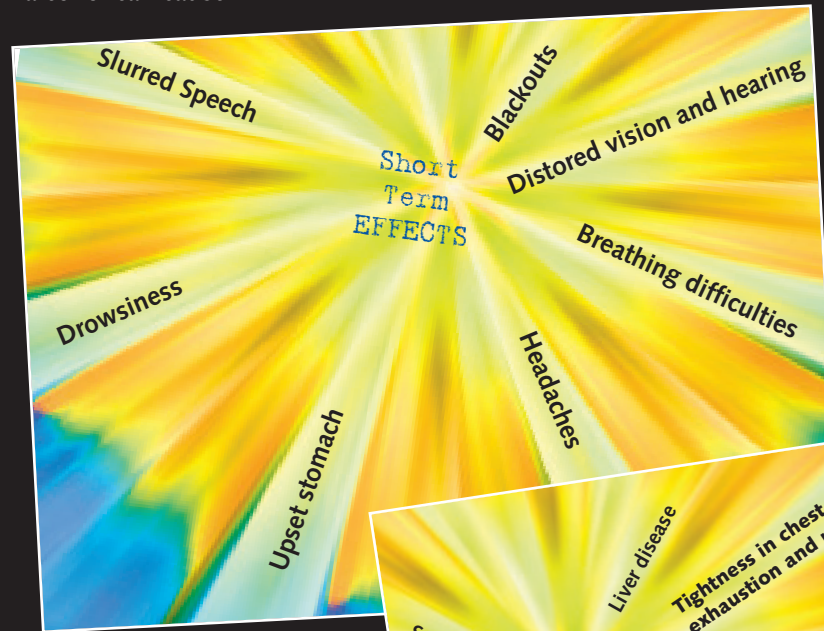
Alcohol is a drug.

It is classed as a depressant, meaning that it slows down vital functions – resulting in slurred speech, unsteady movement, disturbed perceptions and an inability to react quickly.

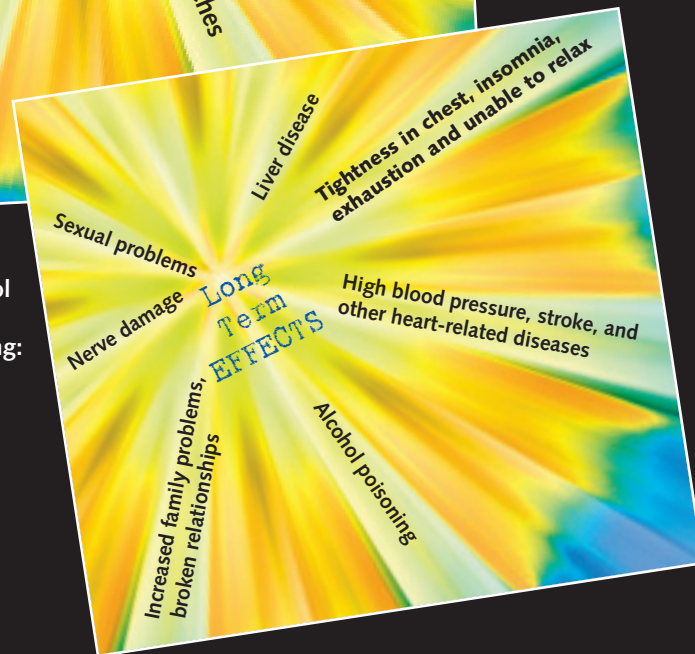
As for how it affects the mind, it is best understood as a drug that reduces a person's ability to think rationally and distorts his or her judgement.

Short term effects of alcohol

Depending on how much is taken and the physical condition of the individual, alcohol can cause:



Long-term effects of alcohol
Binge drinking and continued alcohol use in large amounts are associated with many health problems, including:



ALCOHOL THE FACTS

Binge drinking is a form of harmful drinking that is likely to increase risk of accidents, injuries, violence and poisoning.

Binge drinking is when six or more standard drinks are consumed on any one drinking occasion.

Alcohol is high in calories and does not provide any nutrients for the body.

The most common drug taken in combination with illegal drugs is alcohol.

Using alcohol and other drugs increases your chance of having unprotected sex.

Alcohol use can increase the risk of sexual assault, unplanned pregnancy and sexually transmitted infections (STI).

ALCOHOL AND PREGNANT

Drinking alcohol in pregnancy can affect the baby's growth and development in the womb and during his/her entire lifetime.

The safest approach in pregnancy is to choose not to drink at all.

ROAD SAFETY

Any alcohol consumed impairs driving and increases risk of collision.

Drunken pedestrians are a source of danger to themselves and other road users.

Alcohol is twice as potent when consumed by a tired driver.

Support Services

Ana Liffey 1800786828 (Freephone)
Merchants Quay 090 6417097

Health Service Executive – CADS
(Community Alcohol and Drug Service)
Athlone 090 6424820
Mullingar 044 9395200
Longford 043 3346992
Portlaoise 057 8692516
Tullamore 057 9315801

Information on Alcohol:

www.mrdarf.ie
www.athlonealcoholawareness.ie
www.mrys.org
www.spunout.ie
www.drugs.ie
www.foroige.ie
www.hse.ie

DRUG PREVENTION AWARENESS ACTIVITIES 2013/14



The Athlone Drug Awareness Group held a music festival "Shannon Shakes" to promote awareness of the problem of alcohol and drugs in the local community.

The idea behind the event was to promote a healthy lifestyle without the use of drugs, and how young people can spend quality time listening to music.



The Annual Junior Cert celebration: This disco continues to be a major success whereby students can enjoy themselves in a safe environment.