



FOR IMMEDIATE RELEASE

### **National charity urges drinking re-think following report from MPs**

9 January 2012, national – Swanswell’s welcoming recommendations from a group of MPs for people to have at least two alcohol free days a week – but says it should be an opportunity for everyone to re-think their drinking habits.

The national charity, which helps people overcome drug, alcohol and other problem behaviour, is responding to recommendations in a report by the Common’s Science and Technology committee.

It says there are ‘sufficient concerns’ about drinking recommendations and questioned whether the current recommended daily limits of 3-4 units for men and 2-3 units for women ‘appeared to endorse daily drinking’.<sup>1</sup>

Debbie Bannigan, Swanswell’s Chief Executive, said: *‘Although the advice to have at least two alcohol free days is not new, we welcome this opportunity to raise awareness of the harms that alcohol can cause.*

*‘It’s also a chance for people to stop and think seriously about how much alcohol they drink and how regular drinking over time can be as dangerous to health as binge drinking.*

*‘Alcohol is not like vegetables – you don’t need the equivalent to your five-a-day and there are no clear health benefits from drinking any amount of alcohol.’*

The report, released today, also highlights problems when it comes to understanding how many units there are in a drink; something Swanswell raised in October .

*'We believe units are too confusing and hard to work out – there needs to be a simple, clear message that acts as a guide for safer alcohol use. For example, one or two, once or twice a week.*

*'However, ultimately the decision about how much someone drinks rests with the individual but clear messaging will help people make informed decisions about their alcohol use.'*

To find out more about Swanswell and the services it provides, visit [www.swanswell.org.uk](http://www.swanswell.org.uk).

[ENDS]

#### Notes for editors

For more information or supporting photographs, contact Stuart Goodwin:

Swanswell  
Suite 5, Hilton House  
Corporation Street  
Rugby  
Warwickshire  
CV21 2DN

Tel: 01788 559 422

Email: [stuart.goodwin@swanswell.org](mailto:stuart.goodwin@swanswell.org)

#### About Swanswell

Swanswell is a national charity that helps people overcome drug, alcohol and other problem behaviour. We believe that everyone deserves the chance to change and to be happy. We help them to remove the things that stand in their way, whether physical, emotional or practical. So, as their lives improve, they can feel well, do well, and stay well. Swanswell has a reputation for innovation and is a leading developer of new services which help people to change their behaviour for the better.

Swanswell has a number of offices across the country including Coventry and Warwickshire, Birmingham, Barnsley, Sandwell, Leicestershire and Rutland. Visit Swanswell at: [www.swanswell.org](http://www.swanswell.org).

Join the conversation, follow Swanswell on twitter at [www.twitter.com/Swanswell](http://www.twitter.com/Swanswell).

#### References

1. BBC News Online, *Two drink-free days a week needed, MPs' report says*. [Online]. Available at: <http://www.bbc.co.uk/news/health-16443240> [accessed 9/1/12].