

HALLOWEEN

A seasonal message from 'Time IV A Change Border Region Alcohol Project' & North West Alcohol Forum Ltd.



Have a scary Halloween – for all the right reasons



Halloween is upon us again with street festivals and fancy dress parties.

Whilst these events are very enjoyable, alcohol can at times spoil the party.

We have put together some useful safety tips for Parents, Children and Vintners to ensure that everyone has a safe and memorable Halloween.

HALLOWEEN FACTS

Halloween is one of the oldest celebrations in the world, dating back over 2000 years to the time of the Celts.

Halloween is also known as All Hallows Eve, Samhain, All Hallowtide, The Feast of the Dead and The Day of the Dead.

Do you know where your child is this Halloween?

Halloween can be a difficult time for parents as older teenagers will want to attend parties where alcohol may be present. We have put together some tips to help parents address the topic of alcohol with their child and ensure that they remain safe.

- Discuss and agree with your child where they will be and what time they will be home.
- Discuss and agree with your child how they will get home.
- If your child is going to a house party find out what adults will be present and get contact details
- Ensure that you can contact your child (obtain a friend's number in case they can't be contacted)
- If your child is attending a street festival or large event agree a suitable meeting point and time for collection.



How to stay safe this Halloween if you are drinking

Before you head out eat something – the 'soakage' will slow down the rate that alcohol reaches your body.

When you are out keep it slow. Don't get into rounds or drink too quickly.

Drink water or non-alcoholic drinks in between alcoholic drinks.

Do not leave your drink unattended or accept a drink from a stranger.

If you think your drink has been spiked then tell a friend or someone you trust.

Get home safely. Pre-book your taxi or arrange a lift. Never ever drink and drive.

Advice for Vintners

Ensure that door staff are suitably trained to turn away drunk or under-age customers. It is an offence to admit someone between the ages of 18-21 without appropriate ID. (Insert 4)

Do not serve customers who are already drunk – doing so could result in a fine of up to €5,000.

When managing intoxicated customers treat the person with respect and remember that any attempt to physically move the customer could result in legal action.

Never let a customer who is over the limit drive home - where possible, arrange an alternative mode of transport for them.

Bar and Door Staff would benefit from receiving '**Responsible Servers**' Training which would equip them with the skills and knowledge to carry out their job safely and legally. To find out more about this training please contact NWAf Ltd.

We hope these tips help you have a safe and memorable Halloween.

Fact or Fiction

Women can't drink as much as men – FACT

Women have less body water than men so the concentration of alcohol in their blood stream is higher.

A cold shower will sober you up quicker – FICTION

Some people believe that a fry-up or a strong coffee will sober them up but the only cure is time.

Drinking more alcohol will make me better looking – FICTION

Drinking a lot may make you feel more attractive when in fact drinking a lot of alcohol can make you over-weight as well as giving you dry skin, blood shot eyes and many other side effects.

Within 5 minutes of being consumed alcohol begins to affect the brain – FACT

It is important to recognise that alcohol has an affect from the moment you start drinking.

Alcohol affects our physical abilities before it affects our mental abilities – FICTION

Before alcohol begins to affect abilities such as speaking and walking it will affect abilities such as reasoning and judgement.

Drinking alcohol makes me more fun - FICTION

Your perception of you can change as you get drunk. Quite often this perception can be at odds with what people around see, if they are sober.