


## 'Know your units' campaign

### Living Well – June and July social plan 2025

Date/Time	Post	Image / Video
<p><b>Monday 2<sup>nd</sup> June</b></p>	<p>Community pharmacies are raising awareness of the health risks associated with drinking excess alcohol and the steps we can take to be more aware of our drinking habits.</p> <p>As part of the Living Well service the 'Know your units' campaign runs throughout June and July, and encourages people to speak to their pharmacist to find out more about the units in their drink and the effects they can have.</p> <p>Find out more at <a href="http://www.pha.site/know-your-units">www.pha.site/know-your-units</a></p> <p>#LivingWell #KnowYourUnits</p>	
<p><b>Tuesday 3<sup>rd</sup> June</b></p>	<p>Stephanie Hanlon, Joint Regional Lead for Drugs and Alcohol at the PHA, shares some information on the affects alcohol can have on your health.</p> <p>Call into your local pharmacy for advice and don't forget to pick up an information leaflet.</p> <p>Visit <a href="http://www.drugsandalcoholni.info">www.drugsandalcoholni.info</a> for help and support.</p> <p>#LivingWell #KnowYourUnits</p>	<p>Video of Stephanie Hanlon.</p> <p><a href="https://vimeo.com/1089699302">https://vimeo.com/1089699302</a></p>

## 'Know your units' campaign

Friday 6<sup>th</sup> June

Understanding alcohol units is key to keeping track of how much you're drinking. So get to know how many units are in your favourite drinks.

Call into your local pharmacy today for a free unit calculator wheel.

For more information and local services that offer help and support, visit [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

#LivingWell  
#KnowYourUnits



## 'Know your units' campaign

**Monday 9<sup>th</sup> June**

To keep health risks from alcohol to a low level, it is safest not to drink more than 14 units a week, as recommended by the UK CMOs.

Drinking too much can seriously affect your health. The risk of developing a range of health problems increases the more you drink on a regular basis.

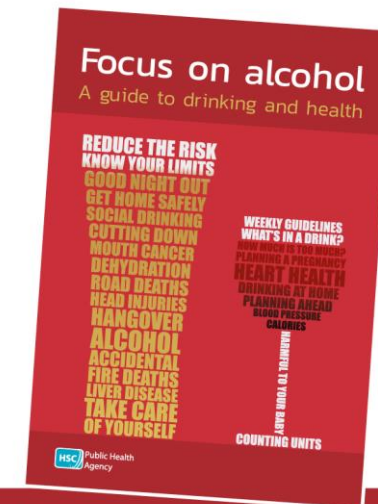
Call into your local pharmacy for advice and don't forget to pick up an information leaflet.

For more information and local services that offer help and support, visit [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

#LivingWell

#KnowYourUnits

**Pick up a leaflet in  
your local pharmacy**



**HSC** Public Health  
Agency

**'Know your units' campaign**

<b>Friday 13<sup>th</sup> June</b>	<p>George Wright from Clear pharmacy, shares some helpful tips to help you cut down the amount you drink.</p> <p>"A good way to help achieve this is to have several drink-free days each week."</p> <p>Understanding alcohol units is key to keeping track of how much you're drinking. Call into your local pharmacy today for a free unit calculator wheel.</p> <p>For more information and local services that offer help and support, visit <a href="http://www.drugsandalcoholni.info">www.drugsandalcoholni.info</a></p> <p>#KnowYourUnits #AlcoholFreeDays</p>	<p>Video of pharماسict.</p> <p><a href="https://vimeo.com/1089698829">https://vimeo.com/1089698829</a></p>
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## 'Know your units' campaign

**Monday 16<sup>th</sup> June**  
**(Alcohol Awareness Week**  
**16<sup>th</sup> – 22<sup>nd</sup> June)**

Drinking too much can seriously affect your health. The risk of developing a range of health problems increases the more you drink on a regular basis.

The risks of drinking too much include:

- Heart attack
- Stroke
- Cancer
- Mental health problems
- Anti-social behaviour
- Family break-ups
- Damaged relationships

Know your units. Call into your local pharmacy for advice and don't forget to pick up an information leaflet.

For more information and local services that offer help and support, visit [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

#NIAcoholAwarenessWeek  
#KnowYourUnits



## 'Know your units' campaign

**Friday 20<sup>th</sup> June**  
**(Alcohol Awareness Week**  
**16<sup>th</sup> – 22<sup>nd</sup> June)**

To keep health risks from alcohol to a low level, it is safest not to drink more than 14 units of alcohol a week, as recommended by the UK Chief Medical Officers.

Understanding units is key to keeping track of how much you're drinking so get to know how many units are in your favourite drinks.

If you regularly drink as much as 14 units per week, it is best to spread your drinking over three or more days.

Take the alcohol test today visit, [www.pha.site/alcohol-test](http://www.pha.site/alcohol-test)

#KnowYourUnits  
#NIAcoholAwarenessWeek



The poster features a red background with a white border. At the top, the text "Is your drinking putting your health at risk?" is written in a bold, red, sans-serif font. Below this, the text "Take the alcohol test" is written in a white, sans-serif font. In the center, there is a circular graphic with a dark blue outer ring containing the text "ADULTS SHOULD DRINK NO MORE THAN 14 UNITS" in white. Inside the ring is a red shield with the number "14" in white. Above the shield, there are several small icons of various alcoholic drinks, including a bottle of wine, a glass of beer, a glass of red wine, and a glass of white wine. At the bottom of the poster, there are two logos: the HSC Public Health Agency logo on the left and the drugsandalcoholni logo on the right.

**Is your drinking putting  
your health at risk?**

**Take the alcohol test**

ADULTS SHOULD DRINK NO MORE THAN 14 UNITS

HSC Public Health Agency

drugsand alcoholni

## 'Know your units' campaign

**Monday 23<sup>rd</sup> June**

Drinking too much can seriously affect your health. The risk of developing a range of health problems increases the more you drink on a regular basis.

The 'Know your units' campaign encourages people to be more aware of their drinking and understand the risks associated with drinking more than the recommended 14 units of alcohol per week.

Speak to your pharmacist or GP if you are concerned about your own or someone else's drinking.

For more information and local services that offer help and support, visit [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

#LivingWell  
#KnowYourUnits



## 'Know your units' campaign

**Friday 27<sup>th</sup> June**




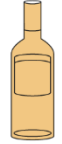

Understanding alcohol units is key to keeping track of how much you're drinking so get to know how many units are in your favourite drinks.


Call into your local pharmacy for advice and don't forget to pick up an information leaflet and unit calculator wheel.

For more information and local services that offer help and support, visit [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

#LivingWell  
#KnowYourUnits


### Alcohol units guide

		
<b>Alcopop</b> 275ml (4%) 1.1 units	<b>Pint of beer</b> (4%) 2.3 units	<b>Pint of cider</b> (4.5%) 2.6 units
		
<b>Quarter bottle of wine</b> (12%) 2.3 units	<b>Bottle of wine</b> (12%) 9 units	<b>Measure of spirits</b> (40%) 1.4 units

 HSC Public Health Agency



## 'Know your units' campaign

<b>Monday 30<sup>th</sup> June</b>	<p>Drinking too much can seriously affect your health. The risk of developing a range of health problems increases the more you drink on a regular basis.</p> <p>Call into your local pharmacy for advice and don't forget to pick up an information leaflet.</p> <p>For more information and local services that offer help and support, visit <a href="http://www.drugsandalcoholni.info">www.drugsandalcoholni.info</a></p> <p>#LivingWell #KnowYourUnits</p>	 A photograph showing two men in a pharmacy setting. The man on the left has long curly hair and a beard, wearing a blue shirt. The man on the right has a beard and glasses, wearing a grey patterned shirt. They are both looking at a red leaflet held by the man on the right. The leaflet is titled 'Focus on alcohol' and has text about alcohol units. In the background, pharmacy shelves and a window are visible.
<b>Friday 4<sup>th</sup> July</b>	<p>Stephanie Hanlon, Joint Regional Lead for Drugs and Alcohol at the PHA, shares some information on the affects alcohol can have on your health.</p> <p>Call into your local pharmacy for advice and don't forget to pick up an information leaflet.</p> <p>Visit <a href="http://www.drugsandalcoholni.info">www.drugsandalcoholni.info</a> for help and support.</p> <p>#LivingWell #KnowYourUnits</p>	<p>Video of Stephanie Hanlon</p> <p><a href="https://vimeo.com/1089699302">https://vimeo.com/1089699302</a></p>

## 'Know your units' campaign

<b>Monday 7<sup>th</sup> July</b>	<p>Kevin Bailey, Joint Regional Lead for Drugs and Alcohol at the PHA, shares some tips to help you get to 'Know your units'. The risk of developing a range of health problems increases the more you drink on a regular basis.</p> <p>The 'Know your units' campaign encourages people to be more aware of their drinking.</p> <p>Speak to your pharmacist or GP if you are concerned about your own or someone else's drinking.</p> <p>For more information and local services that offer help and support, visit <a href="http://www.drugsandalcoholni.info">www.drugsandalcoholni.info</a></p> <p>#KnowYourUnits</p>	<p>Video of Kevin Bailey highlighting the campaign on getting to 'Know your units' – <b>to be captured (date pending)</b></p>
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## 'Know your units' campaign

Friday 11<sup>th</sup> July

Understanding alcohol units is key to keeping track of how much you're drinking so get to know how many units are in your favourite drinks.


Call into your local pharmacy today for a free unit calculator wheel.

For more information and local services that offer help and support, visit [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

#LivingWell  
#KnowYourUnits



## 'Know your units' campaign

<p><b>Monday 14<sup>th</sup> July</b></p>	<p>Drinking too much can seriously affect your health. The risk of developing a range of health problems increases the more you drink on a regular basis.</p> <p>The 'Know your units' campaign encourages people to be more aware of their drinking and understand the risks associated with drinking more than 14 units of alcohol per week.</p> <p>Speak to your pharmacist or GP if you are concerned about your own or someone else's drinking.</p> <p>For more information and local services that offer help and support, visit <a href="http://www.drugsandalcoholni.info">www.drugsandalcoholni.info</a></p> <p>#LivingWell #KnowYourUnits</p>	
<p><b>Friday 18<sup>th</sup> July</b></p>	<p>George Wright, from Clear pharmacy, shares some helpful tips to help you cut down the amount you drink.</p> <p>"A good way to help achieve this is to have several drink-free days each week."</p> <p>Understanding alcohol units is key to keeping track of how much you're drinking. Call into your local pharmacy today for a free unit calculator wheel.</p> <p>For more information and local services that offer help and support, visit <a href="http://www.drugsandalcoholni.info">www.drugsandalcoholni.info</a></p> <p>#KnowYourUnits #AlcoholFreeDays</p>	<p>Video of pharmacist.</p> <p><a href="https://vimeo.com/1089698829">https://vimeo.com/1089698829</a></p>

## 'Know your units' campaign

**Monday 21<sup>st</sup> July**

To keep health risks from alcohol to a low level, it is safest not to drink more than 14 units a week, as recommended by the UK CMOs.

Understanding units is key to keeping track of how much you're drinking so get to know how many units are in your favourite drinks.

If you regularly drink as much as 14 units per week, it is best to spread your drinking over three or more days.

Take the alcohol test today visit, [www.pha.site/alcohol-test](http://www.pha.site/alcohol-test)

#KnowYourUnits  
#AlcoholFreeDays



The poster features a red background with white text. At the top, it asks 'Is your drinking putting your health at risk?'. Below this, it says 'Take the alcohol test'. In the center is a circular graphic with a speech bubble shape, containing the text 'ADULTS SHOULD DRINK NO MORE THAN 14 UNITS'. The number '14' is large and white. Above the circle are various alcohol-related icons like bottles and glasses. At the bottom, there are logos for 'HSC Public Health Agency' and 'drugsand alcoholni'.

Is your drinking putting  
your health at risk?




Take the alcohol test

ADULTS SHOULD DRINK NO MORE THAN  
14 UNITS

HSC Public Health  
Agency

drugsand  
alcoholni

**'Know your units' campaign**

<p><b>Thursday 31<sup>st</sup> July</b></p>	<p>Know your units.</p> <p>Drinking too much can seriously affect your health. The risk of developing a range of health problems increases the more you drink on a regular basis.</p> <p>For more information and local services that offer help and support, visit <a href="http://www.drugsandalcoholni.info">www.drugsandalcoholni.info</a></p> <p>#KnowYourUnits #AlcoholFreeDays</p>	 <p>Drinking too much can seriously affect your health. Know your units.</p> <p>  Public Health Agency</p>
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