

A NIGHT TO REMEMBER

alcohol and mental health

Covid-19 lockdown edition.

alcohol
awareness
week





hi everyone!

I'm Lizzie, your Activities and Opportunities Officer.

Last year saw the launch of the *A Night to Remember* campaign, which aims to promote things clubs and societies can do which aren't centred around alcohol and the subsequent drinking culture uni can sometimes be associated with. The project provides education on the impact of alcohol on your health, along with practical ideas to make non-drinking students feel included at social events.

Due to Covid-19 and the November 2020 lockdown, this booklet will support you to run online non-alcohol related events. Once you can do socials face to face we will provide you with discounts and incentives to head into Norwich to try out places like the local gaming cafe, bowling lanes, and escape rooms. Our discounts will help you set up low-cost socials as a sustainable alternative to more alcohol-centric gatherings.

This isn't us saying stop all socials involving alcohol, we're just encouraging you to make your socials inclusive and accessible to a wider range of students and take the focus away from drinking and more towards just making sure your members can have a good time.

*All best,
Lizzie*

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introduction

- **15.1%** of non members have not joined a club/society this year as they have too much focus on drinking.
- **9.8%** of society members strongly disagree or disagree that their society has non-alcohol focused socials, and 6.6% of club members say the same.
- **73%** of uea students agree that they don't like socialising with people who get very drunk and ruin the night for others.
- **30%** of uea students sometimes feel pressure from their friends to drink more than they would like.

- uea(su) survey, march 2020

so what has uea(su) done?

A Night to remember was launched last year as we want to make your university experience as inclusive and accessible as possible. We had some success as there was a 37% increase in the percentage of students that are aware of safe or responsible drinking campaigns, projects or activities at UEA, in comparison to 2018/2019. However, we are not done yet. This year sees new challenges with the impact lockdown has had on people's mental welfare and alcohol intake.

This year more than ever it is important to engage all of your club or society members in online social events to help with a sense of belonging at uea and reduce loneliness. The uea(su) student group survey shows the lack of non-alcohol focused socials to be a reason why some members never go to social side of their student group.

We are also seeing more students coming to uea that do not drink and it important that your social events are inclusive for all. The NUS Alcohol Impact survey (2019-2020) shows there's still a strong association of university life being associated with excessive alcohol consumption. 76% say there's an expectation for students to drink to get drunk and 79% agree that drinking and getting drunk is part of university culture.

club soda



Club Soda is a mindful drinking movement of made up of individuals, drinks, and venues. Their intention is to create a world where nobody feels out of place just because they're not drinking alcohol. Club Soda have ranked different bars in Norwich to let you know if they have good drink options for those not drinking alcohol and also what different types they have.

supporting clubs and societies

Club Soda have already provided UEA clubs and societies with some information on mindful drinking for inclusive social events. To learn more about what you can do to ensure non-drinking students feel included in your socials and how to make sure there is a drink for everyone, **[check out this guide](#)**.

mental health & alcohol

Alcohol has been described as ‘the UK’s favourite coping mechanism’, with many of us drinking to help manage stress, anxiety, depression or other mental health issues.

This is sometimes called ‘self-medicating’ with alcohol. Unfortunately, though alcohol can help us relax and give us a brief feeling of euphoria, the effects are short-lived and the in the long-term the negative consequences of using alcohol in this way can be quite harmful:

- **Overuse of alcohol can worsen the symptoms of many mental health problems.**
- As the immediate feeling of calm after drinking fades over time, you may feel worse than before.
- Post-drinking hangovers are particularly difficult, with the usual headache and nausea being accompanied by feelings of depression and/or anxiety.
- Using alcohol in this way can mean that the underlying mental health issues aren’t addressed.

For support, visit [Change Grow Live](#).

if over lockdown you have started to get in the routine of drinking a lot at home, you can try to cut down by:

- **Keep track of your alcohol units** by not regularly drinking more than 14 units each week.
- **Home measure** using an alcohol measuring cup or a 25ml shot glass for spirits.
- **Go for smaller glasses** and use a bottle stop to keep wine for a couple of days after opening.
- **Set weekly drink-free days** and look at what other activities you can do, such as a Do Something Different event.
- **Get inventive** with alcohol alternatives - [go here](#) for ideas.

alcohol & physical activity

Among UEA students there has been a 12% increase in the main reason for not drinking or stopping drinking being “the long-term effects of alcohol on my health.”

- (NUS Alcohol Impact 2019-20)

Some research indicates that those of us who are physically active tend to drink above average amounts of alcohol. The reasons for this are not entirely clear, but it could be linked to feeling the right to drink heavily after vigorous exercise, or a feeling of immunity against the negative effects of alcohol due to regular exercise.

sweating it out

If you've had a heavy drinking session, for some people their reaction is to do heavy exercise to 'sweat it out.' However, alcohol makes our kidneys produce more urine, causing dehydration that is only worsened through exercise and comes together to result in reduced performance. Alcohol also interferes with the way we make energy: whilst our liver is busy breaking down the alcohol, it's less able to produce glucose, meaning our bodies become more prone to tiredness. Alcohol is also a depressant, meaning that the positive mental effects of exercising, like improved mood and reduced stress, may be lost.

drinking after exercise

Reaching for a can of beer or a bottle of wine post-workout can feel like a well-earned reward, and there's a lot of research that suggests that good habits like exercise are easier to maintain if we create a reward plan - but using alcohol as the reward is the wrong approach.

Alcohol can be high in calories, and it also stimulates our appetite, meaning that if you're exercising to lose weight or stay trim then drinking post-workout may be counterproductive.

Additionally, our muscles go into repair mode after a work-out - especially within the first hour or two. Research shows that alcohol can interfere with that vital process, thereby increasing the risk of injury.

- (Alcohol Change, UK)

why some students don't drink



- NUS Alcohol Impact Survey, 2017-2019

6 in 10 non-drinkers feel that not drinking impacts positively on their university life

19% of respondents said that not drinking had the biggest positive impact on their nights out

hangxiety

Hangxiety is waking up and thinking everything is okay, and then getting this sudden sinking feeling of guilt and paranoia. It can last for the whole day, night, and even longer still for some individuals. *What the hell did I do last night? Why do I feel so awful this morning? Did I text anyone I shouldn't have?*

prangxiety

Prangxiety is just that one step further. You're not scared of anything specific - it's more that you're frightened of the entire situation. It's not just being hungover and feeling anxious, it's being frantic, and genuinely fearing what might have happened.

...n't need
...ght out

how to say no

You may encounter other students who want you to drink with them, and we understand that saying no can sometimes be difficult. Not because you actually want to drink, but because you don't want to say no. It can be hard to turn down an invitation or offer, and you might be asked for an explanation.

The thing is - you shouldn't have to give one. Drinking should be your choice, and you should be able to turn down an invite and have that be the end of things. That's not how things are sometimes though, so here are some ways you can say no and be listened to:

I'm not drinking tonight, how's your day going?

By answering with a question, you're carrying on the conversation and indicating that you still want to hang out or interact with them.

that's okay, do you mind if I grab a coke?

If you really don't feel comfortable saying no, this is a way to accept the offer while still avoiding alcohol. Repeat yourself if you need to!

thanks, I actually don't drink though.

The most important thing is for you to remember that there's nothing wrong with not drinking. If someone is pressuring you, they're the one in the wrong, not you. There are thousands of reasons why a person might choose not to drink, and you don't owe a single thing more than 'I'm not drinking tonight' if you don't want to. You need to make the choice that is right for you.

sober celebrities

did you know that...



...are all sober?

calvin harris (sober for 12 years)

“My live shows are a million times better now. If you drink, you can’t even remember if it’s a good show or not - and that’s probably for the best, because it would have been rubbish because I’d have been drunk and not making any sense.”

daniel radcliffe (sober for 8 years)

Alcohol became an escape from early fame for this star. He made it through the difficult recovery thanks to friends and family, and is now sober.

initiations are banned at uea

A welcome ritual is an event or set of actions in which members (often new members but not exclusive) of a group are expected to perform a task or tasks as a means of gaining credibility, status or entry within that student group. This may involve peer pressure (though not explicitly) exerted on students and may compromise a person's inherent dignity or mental stability as a person by expecting, forcing or requiring an individual to drink alcohol, eat mixtures of various food stuffs, nudity and behaviour that may be deemed humiliating.

This may happen at any point during the year.

typical activities include:

- excessive alcohol consumption
- substance misuse
- bullying, harassment and power inequality, often used as a means to coerce participation in challenges and other risky behaviours designed to humiliate
- sexualised behaviour

why are they banned? I was fine

Many students over the years have taken part in initiation ceremonies and have come to no harm. But there have been hundreds of cases of students taking part and being hurt.

For Ed Farmer in 2016, the outcome was worse than just hurt.

a letter from mr & mrs farmer

“Ed was very unlucky; he could so easily have survived, but nothing went his way that night.”

“Nothing can ever prepare you for the early morning visit from the police when both your sons are away from home, and with a sixth sense you just know you are going to hear the name of one of your children. Somehow until the 13th December 2016, bad luck had never paid our family a visit, but on opening the door to the officer that morning, it came charging in...

...The inquest in October 2018 was, as strange as it may seem, an exceptionally positive experience aided by a truly remarkable barrister who through the four days helped us to discard feelings of negativity and blame, instead replacing them with positivity and forgiveness, especially towards the young men who were the organisers of the initiation, all of them having lost the friendship of someone that had intelligence, wit and compassion beyond his years but who is now sadly just a memory.

As time has passed, we appreciate just how difficult it is to affect positive change. Ed was very unlucky; he could so easily have survived, but nothing went his way that night.

I do, however, believe that if students were made aware of the dangers of drinking large volumes of spirits in short periods of time, and maybe aware of the signs of someone that is no longer just drunk but in a life-limiting state and use the example of Ed to give the message some relevance, then possibly just one student might be luckier on a night out than Ed.”

- Jeremy and Helen Farmer
parents of Ed Farmer

lockdown & online events

With the return of lockdown, it's more important than ever to provide increased digital content. A huge part of that will be running your own online events.

The opportunities team at your su have produced a guide to support you in running virtual events for your club and society members, and you can view it [here](#).

63 online event ideas

wellbeing & fitness

1. Yoga
2. Pilates
3. Gardening
4. Guided meditation
5. Growers' competition
6. Stepcount challenge
7. Dance class
8. Workout session
9. Fitness challenge
10. E-sports
11. Fantasy football

arts & crafts

12. Craftivism
13. Photography competition
14. Costume creation
15. Jewellery making
16. Painting class
17. Art competition
18. Zine making
19. Pottery

food & drink

20. Cookalong
21. Barista masterclass
22. Cooking competition
23. Online pizza party
24. Cultural recipe exchange
25. Online dinner party
26. Chocolate making
27. Cocktail class/mocktail class
28. Online afternoon tea
29. Coffee tasting
30. Food tasting
31. Ready steady cook
32. Wine tasting
33. Make infused spirits

virtual entertainment & music

34. Live stream gig/concert
35. Open mic night
36. Lip sync battle
37. Magic show
38. Comedy show

39. DJ set
40. Create a playlist
41. Pre-record choir/band
42. Karaoke
43. Watch party

games

44. Monthly/weekly challenge
45. Pictionary
46. Online board games
47. Video games
48. Truth or dare
49. Improv session
50. Drag night
51. Bingo
52. Quizzes
53. Charades
54. Card or dice games
55. Online Dungeons & Dragons
56. Virtual escape room

educational

57. Duolingo challenge
58. Book club
59. Study group
60. Documentary watch party
61. Debate
62. Virtual castle tour
63. Online lectures

mocktails

give it a go!

how to make a cherry explosion

10ml grenadine syrup
25ml cherry syrup
160ml lemonade
Wedge of lime
Ice

Fill a highball glass three quarters full of ice. Shake the syrups together and pour into the glass. Top with lemonade and stir before garnishing with the lime wedge. Enjoy!

how to make a nojito

8-10 mint leaves
25ml lime juice
75ml apple juice
3tbsp agave syrup (or honey)
50ml sparkling water
extra lime or mint

Tip the mint leaves into a glass with the agave syrup and mash together using a muddle stick or pestle. Fill the glass with ice. Add the lime juice, apple juice and then the sparkling water. Garnish with mint or lime. Enjoy!

what does **1 unit** look like?



free pouring exercise

- 1) Pour free-hand how much you would usually put into a glass for spirits.
- 2) Use one of our unit measuring cups or a 25ml shot glass to see how much you have poured.
- 3) Look at how many units it is - you shouldn't regularly exceed more than 14 units per week!
- 4) How many of these portions do you have per week?



drinkaware

For more information, advice, and access to confidential chats, you can visit [drinkaware.co.uk](https://www.drinkaware.co.uk)

drinks comparison

	sugar per 100ml 100ml	calories per 100ml 100ml
Heineken 0.0 Lager	1.3g	21kcal
Bud Pro Hibition	0.5g	42kcal
Ghost Ship Alcohol Free	0.1g	21kcal
Carlsberg 0%	2.5g	22kcal
Seedlip Grove 42	0g	0kcal
Waitrose Low Alcohol Cider	6.5g	32kcal
Kopparberg Strawberry & Lime	10.1g	41kcal
Carl Jung Cabernet Sauvignon	4g	19kcal
Weinkoenig Rose	3.6g	19.8kcal
Ebony Vale Chardonnay	6g	26.7kcal

non-alcoholic drinks

	sugar per 100ml 100ml	calories per 100ml 100ml	units
Heineken	0g	44kcal	1.7 units (330ml)
Budweiser	0g	41kcal	1.5 units (330ml)
Ghost Ship 4.5%	0g	45kcal	2.3 units (500ml)
Carlsberg Export	<0.1g	43kcal	1.6 units (330ml)
Gin Rum Whisky Others	0g	Approx 56kcal per 25ml single	0.9 units 1 unit 1 unit (25ml)
Bulmers	3.1g	42kcal	2.3 units (500ml)
Kopparberg Strawberry & Lime Alcoholic	10.1g	55kcal	2.0 units (500ml)
Red wine (175ml)	2g	83.5kcal	2.3 units (175ml)
Rose wine (175ml)	2g	78.8kcal	2.1 units (175ml)
White wine (175ml)	up to 1g	up to 120kcal	2.3 units (175ml)

alcoholic drinks



we believe that bullying, harassment, assault, sexual harassment, hate and discrimination are never ok

If you experience or witness any of the above, you can report it either anonymously or with personal details on the following page:

[report and support](#)

struggling?
need a friendly,
non-judgemental ear?

**don't drop out,
drop in**

mon-fri 10-4
union house

**alcohol
awareness
week**

