

NIGHT
TO
REMEMBER

ueasu.org/anighttoremember

alcohol
awareness
week





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HI EVERYONE!

I'm **evie**, your **activities and opportunities officer.**

In 2019 the 'A Night to Remember' campaign was born, with the aim to promote activities for clubs and societies which aren't centred around alcohol and the drinking culture uni can sometimes be associated with.

the campaign provides education on the impact of alcohol to your health, plus practical ideas to help non-drinking students feel included at social events.

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.

come and chat to us and let us know what ideas you and your club and/or society have, we'd love hear about and share some of your inclusive and fun ideas. plus don't forget to tag the su into your updates on socials as we would love to promote the great ways in which you are having alcohol free fun.

introduction

Alcohol Awareness week is a week of fun, education and raising awareness about alcohol usage plus giving students strategies to help reduce any harmful impacts.

at the su we want you to have a great time with your friends and enjoy our bars and LCR, but we know sometimes it can be easy to feel pressure to drink more than you want to or you can find that alcohol is getting in the way of your relationships or studies.

this year's theme is 'alcohol and relationships'. If you or someone you know is worried about the impact of alcohol on their relationship with their partner or friends remember:

you don't need alcohol to have a good night out, so we are training our clubs and societies in understanding more about how to make sure their socials are inclusive and aren't just about drinking

there are loads of **alcohol free social events** going on throughout the year - check out the DSD website for more info. for example next week we will also be putting on an alcohol-free film night in the LCR, book your free ticket and bag some free popcorn here.

we will be promoting the national **Student Alcohol and Drug Survey** all week, so we can understand more about student concerns about drugs and alcohol - fill in the survey here or pop down to the hive on monday and friday to fill in the survey and grab some sweets and 50p off your next coffee in unio.

if you or someone you know is worried about the impact of alcohol on their relationship with their partner or friends, you can talk to someone about it - contact advice(su) or student support

we are working with the university to understand student concerns around drugs and alcohol and are working with SOS-UK to achieve the Drug and Alcohol Impact accreditation. we have already introduced new measures in response to student concerns around spiking, and the survey data will help us understand other student priorities and plan our work in this area for the rest of the year.



Club Soda is a mindful drinking movement made up of individuals, drinks and venues.

Their intention is to create a world where nobody feels shut out 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, visit ueasu.org/anighttoremember



alcohol awareness week





**alcohol &
relationships**

alcohol
awareness
week



alcohol and relationships

drinking alcohol affects the brain, reducing the ability to think straight, act rationally, and causing lower inhibitions. positively, this can make us feel more confident and assume we're fun, but on the flip side, lower inhibitions can make a person say or do something which they later come to regret. These regrets will not only affect the person drinking but those who they interact with.

alcohol can often be used as an excuse for negative behavior, and exacerbate arguments, especially in romantic relationships and friendships. frequent arguments can take a toll on any form of relationship, leading to breakups and upsetting situations - if alcohol is affecting your relationship or friendship with someone then the best time to talk about it is when everyone involved is sober.

follow drink aware's tips on how to stop alcohol affecting your relationships:

go alcohol free: the best nights out, or evenings in, don't have to include alcohol - you can bond over a romantic film or try alcohol-free cocktails.

stay within the low risk guidelines: If you do decide to drink alcohol, stay within the UK chief medical officers' (CMO) low risk drinking guidelines by not regularly drinking more than 14 units a week and having several drink-free days.

eat a meal: food slows down the rate your body absorbs alcohol, so if you do choose to drink, eat before and while you are drinking.

talk it out sober: if something is worrying you, don't wait until you've had too much to drink to talk about it. Instead, discuss any problems with your partner when you're both sober.

alternate your alcoholic drinks with a soft drink or water to help you drink less alcohol in a session.

WHY SOME STUDENTS DON'T DRINK

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 night out.

23% religious or cultural reasons

19% don't enjoy the taste

18% long term health effects

16% it's just too expensive

4% friends don't drink

2% other

**NUS alcohol
impact survey
2017-19**

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 for some individuals.

prangxiety is that one step further; you're not scared of anything specific, but an entire situation, feeling frantic and scared.

alcohol and mental health

alcohol has been described as ‘the UK’s favourite coping mechanism’, with many of us drinking to help manage our stress, anxiety, depression or other mental health issues; what is called self-medicating with alcohol. the lasting consequences of using alcohol in this way can be harmful.

overuse of alcohol can worsen the symptoms of many mental health problems.

relying on alcohol like this allows underlying go unadressed.

as the immediate feeling of calm after drinking fades over time, you may feel worse than before.

if you’re worried about your alcohol intake, you can try to cut down by:

- home measuring using a 25ml shot glass
- using smaller glasses and a bottle stop for wine
- set weekly drink-free days
- get inventive with alcohol alternatives
- visit [changegrowlive.org](https://www.changegrowlive.org) for support



HOW TO SAY "NO" TO A DRINK

you may encounter other students who want you to drink with them and it can be hard to turn down an invitation or offer, even if you don't want to drink. but drinking should be your choice. here are some ways to say no and be heard.

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

by answering with a question, you can keep the conversation going and show that you're still interested in hanging out.

"that's okay, 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 to remember is that there's nothing wrong with not drinking. if a person is pressuring you, they're the one in the wrong, not you.

alcohol and exercise

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 health.”

- NUS Alcohol Impact 2019-20

some research suggests that those of us who are physically active drink more alcohol on average - and although the reasons why are unclear, it may well be the result of some common misconceptions.

myth: sweating it out

If you've had a heavy session you might decide to do some exercise and 'sweat it out.'

however, alcohol makes our kidneys produce more urine, causing dehydration that is only worsened with exercise.

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, making us more tired.

myth: drinking after exercise

reaching for a drink post-workout can feel like a well-earned reward - but this is a bad approach.

firstly, alcohol can be calorific, and it also stimulates appetite, so if you're exercising to lose weight or stay trim then drinking post workout is counterproductive.

also, as our muscles go into repair mode after a work-out, alcohol can interfere with this vital process, increasing the risk of injury.

a word on spiking.

We take student safety and the issue of spiking very seriously.

Anyone who is found to be spiking others will be excluded from our venues and the matter referred to the University and the Police.

People found to be spiking others are at risk of exclusion from UEA, barring from their chosen career and potentially also receiving a criminal record.

By spiking you are putting the health of your peers at risk, and ruining people's university experience. We will not tolerate this behaviour. Don't spike people.

Now, here is where we are...

As usual, only students and their guests are allowed into the venues during club nights. We will have more advisory and informative posters to help students in emergencies. We will strive to make sure accessibility needs are met when creating these. We have increased our searches and aim to search all bags upon entry and re-entry, as well as searching 1 in 5 people in the queue. Security is across the venue keeping an eye on student safety. We are adapting the way we serve drinks to make it safer. We also have anti-spiking devices, so please ask at the bar if you would like one.

As always we have trained staff - these include our Alcohol Impact Crew, security and first aiders, who are on site if you need assistance or are feeling vulnerable or unwell. Our staff are constantly being updated on the ever-developing situation so they know exactly what they should be looking for.

Similarly, our staff are monitoring the developing situation nationally and we are working with NUS and SUs across the country to exchange best possible practice.

We are aware of reports in the media of cases of spiking using needles and will continue to be vigilant against this abhorrent act. While this is incredibly scary and concerning, especially when there are posts talking about HIV transmission as a result of needle spiking, which are currently unsubstantiated and can cause greater fear and anxiety – please be careful what you share online as misinformation can be harmful. For more information look for the National AIDS Trust's response to needle stick injuries on their website nat.org.uk.

If you suspect you or a friend have been spiked, please report it on the night. You can approach any member of the team, bar staff, venue staff, Alcohol Impact or security, and they will listen to you and they will take it seriously. You can also contact the Residential Life Team 24 hours a day at residentiallife.managers@uea.ac.uk or on 07795591386.

You can also report a suspect spiking after your night out, at Report and Support (reportandsupport.uea.ac.uk) and inform us of your experience. If you share your details, this will be thoroughly investigated. If you prefer to remain anonymous, still report it as this helps us build up a picture of the extent of the problem, so we can better understand how to tackle it.

If you would like support from our advice(su) team on this or any other issue, get in touch - **advice|su is based in Union House** and their reception is open from 10 a.m. to 4 p.m. Monday-Friday.

initial guidance is available on an informal drop-in basis between 10 and 4pm every day, and you can email at advicecentre@uea.ac.uk or phone 01603 593463 to book an appointment.

INITIATIONS ARE BANNED AT UEA

a **welcome ritual** is an event or ceremony in which the new members of a group are pressured to perform tasks as a means of gaining credibility, status or entry.

typical activities include:

- **excessive alcohol consumption**
- **substance misuse**
- **bullying, harassment, power inequality**
- **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

56 sober activities

(online or off)

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. mocktail class
28. afternoon tea
29. coffee tasting
30. food tasting
31. ready steady cook

entertainment & music

32. live stream gig/concert
33. open mic night
34. lip sync battle
35. magic show
36. comedy show
37. dj set
38. karaoke
39. watch party
40. monthly challenge
41. pictionary
42. online board games
43. video games
44. truth or dare
45. improv session
46. drag night
47. bingo
48. quizzes
49. charades
50. card or dice games
51. D&D
52. virtual escape room
53. duolingo challenge
54. book club
55. study group
56. history club

mocktails

how to make a **cherry explosion**

- 10ml grenadine syrup
- 25ml cherry syrup
- 160ml lemonade
- wedge of lime
- ice

fill a highball glass 3/4 full of ice. shake the syrups together and pour into the glass. top with lemonade and stir, then garnish with the lime wedge - enjoy!

how to make a **nojito**

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

mash the mint leaves with agave syrup in a glass using a muddle stick or pestle, then fill the glass with ice, add the lime juice, apple juice and then sparkling water - garnish with mint or lime and enjoy!

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Eaton Park Crazy Golf,
S Park Ave, Norwich NR4 7AU

The graphic features a cartoon penguin character in a red hat and plaid shirt, holding a golf club. To its right is a large, stylized golf ball with the text 'EATON PARK CRAZY GOLF!' written on it. The background is green with a white swoosh.

report and support

REPORT
and
SUPPORT

we believe that bullying, harassment, assault, sexual harrassment, 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 via reportandsupport.uea.ac.uk.

safer taxi



feeling unsafe on a night out?

all you have to do is call the taxi company, give them your student number, name, and they will send the invoice to the students' union.

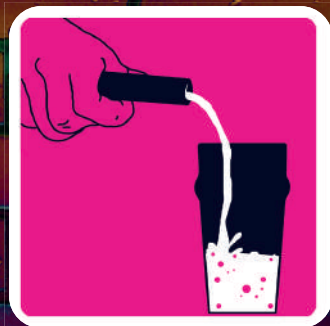
uea(su) will pay the taxi company and we will then contact you to arrange for you to come in and pay us back.

ABC Taxi - 01603 666333
5 Star Taxi - 01603 455555
Courtesy Taxi - 01603 446644

what does 1 unit look like?

try this free pouring exercise

- 1) free-hand pour how much you would usually.
- 2) use a unit measuring cup or shot glass to see how much you have poured.
- 3) look at how many units it is - remember, you shouldn't regularly exceed more than 14 units per week!
- 4) how many of these portions do you have per week?



was it more than you expected?




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

non-alcoholic drinks

	sugar per 100ml	calories per 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

alcoholic drinks

	sugar per 100ml	calories per 100ml	units
heineken	0g	44kcal	1.7 units (330ml)
budweiser	0	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	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)	1g	up to 120kcal	2.3 units (175ml)



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alcohol awareness week 