Alcohol Clinic

Who runs the clinic?
Alcohol Nurse, **Vicky Cooney (Advanced Nurse Practitioner)**.

How do I access the clinic?
Appointments made via reception.

When is the clinic held?
As needed – This can be booked as a routine appointment.

What happens in the clinic?
The Drink Less programme is a government-led priority to address the issues of illnesses associated with increased Alcohol consumption. In terms of years lost to poor health and premature death, excessive drinking is the 3rd most important risk factor after smoking and raised blood pressure, and more important than high cholesterol levels and obesity. Its contribution to ill-health and premature death is 3 times greater than Diabetes and 5 times greater than Asthma.

At the consultation

- You will be offered simple structured advice on units of alcohol and safer recommended daily/weekly amounts.
- Alcohol scoring will be discussed.
- Advice will be given on the effects alcohol can have on a person's health.