



Living Well North Tyneside

Supporting Health and Wellbeing

Alcohol Awareness Week, coordinated by Alcohol Change UK, took place from Monday 7th to Sunday 13th July 2025, focusing on the theme “Alcohol and Work”. This national campaign aimed to spark conversations about the intersection of drinking and working life—raising awareness, challenging norms, and encouraging healthier choices for individuals and organisations across the UK.

Why the Theme Matters

Alcohol has long been a social staple in workplace culture—used to reward, bond, relax, or network. However, it can also hide significant risks:

- **Presenteeism:** working while hungover, fatigued, or unfocused
- **Absenteeism:** more sick days attributable to alcohol-related harm
- **Safety and errors:** impaired judgment—especially critical in high-risk sectors like healthcare, construction, and transport

These trends matter for individuals and businesses alike. Research included in the campaign highlights that nearly 64% of UK workers reported drinking for work-related reasons, yet less than a quarter recognised how it affected their job performance.

The Bigger Picture

Alcohol misuse contributes to serious long-term harms:

- Links to more than **60 medical conditions**, including seven cancers and liver disease
- Over **8,000 alcohol-specific deaths** recorded in England in 2023—an all-time high
- An estimated **25% of UK adults** regularly exceed recommended limits
- Costs the NHS around **£3.5 billion a year**

Ways to Take Part

Individuals and organisations supported the campaign through:

- **Tracking and reflection:** Tools like Try Dry® or health quizzes to understand personal drinking patterns
- **Identifying triggers:** Recognising stress or social pressure and planning healthier responses
- **Open conversations:** Sharing real stories in workplaces to reduce stigma and set healthier norms
- **Accessing support:** Signposting services through GP, occupational health, Employee Assistance Programmes, and charities such as AA or Smart Recovery
- **Policy change:** Employers introduced guidelines, flexible options, and alcohol-informed cultures to support wellbeing

Local Support in North Tyneside

North Tyneside residents and workplaces can access local support to build on the campaign:

- **Living Well North Tyneside:** Explore local mental health and wellbeing support
- **Alcohol Change UK’s workplace toolkit:** Free downloadable materials to help employers foster healthier cultures

Final Thoughts

Alcohol Awareness Week 2025 shone a spotlight on how closely alcohol and work are intertwined—and how this intersection can influence wellbeing, productivity, and safety. Whether it's unwinding after a tough day, celebrating team successes, or covering stress, alcohol is often present—but not always needed.

By reflecting on our habits, encouraging open conversations, and supporting each other at work, we can reshape workplace norms and reduce alcohol-related harm. Remember: sensible steps at work lead to healthier lives—and creating supportive environments benefits us all.

Related Links

- [Alcohol Change UK – “Alcohol Awareness Week 2025”](#)
- [Alcohol Awareness Week 2025](#)
- [Mandatory Training Group – deeper dive into workplace harm and culture change](#)
- [Victoria Park Health Centre – key health statistics](#)



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