

A NIGHT TO REMEMBER

alcohol and we

**socialise, have fun, meet new people -
and remember it in the morning!**

Discounts inside for non-alcohol focused socials on
and off campus.

**Launching on Alcohol Awareness Week
11th - 17th November**

alcohol
awareness
week





hi everyone!

I'm Ali, your Activities and Opportunities Officer.

As most of you know, the Students' Union puts on loads of events throughout the year for you guys to enjoy and take part in. There's stuff like the Society and Sports Fairs, Go Global, Black History Month, LGBTQ+ History Month and - of course - all our club nights!

This year we introduced the Daytime Wristband for Welcome Week, with activities like a roller disco, a trip to the Gravity trampoline park, and a Norwich city bus tour. We're continuing this new range of events year-round under our new campaign, 'A Night to Remember!'

This exciting new initiative encourages students to do activities and socials that don't necessarily focus on alcohol. You don't need to be teetotallers, it's just that the main focus of the social wouldn't be on drinking. You could go bowling, gaming, or head to the theatre instead - and our discount packages will make it as painless as possible to organise.

Alcohol Awareness Week will span the 11th-17th of November, but any time of the year would work just as well for A Night to Remember social.

As always, don't hesitate to get in touch with any questions or ideas.

Much love, Ali xx

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introduction

78%

of students agree that you don't need to get drunk to have a good night out

75%

of students don't like socialising with people who drink too much, as they can ruin a night out

70%

of students feel pressured by friends to drink more.

73%

of students worry more about their actions when they have been drunk

NUS Alcohol Impact Survey, 2017-2019

so what has uea(su) done?

We want to make your university experience as inclusive and accessible as possible. A Night to Remember will help you keep on socialising, having fun, and meeting new people - while remembering it in the morning!

This isn't about getting students to stop drinking. It's about creating a positive culture of responsible drinking on and off campus, changing attitudes towards alcohol, and continuing to provide a safe community for all students.

We have partnered up with a number of organisations to encourage the **active choice** of drinking or not drinking at socials, as well as encouraging student groups to have socials that are not focused around alcohol.

why some students don't drink

not all students at uea will drink, and here are some of the reasons

23% religious or cultural reasons

19% don't like the taste

18% the long term health effects

16% a current health condition

6% it's too expensive

4% none of my friends drink

2% other

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.

it's not
night out

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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...

jennifer
lopez

zac
efron

daniel
radcliffe

ben
affleck

bradley
cooper

david
beck-
ham

mackle
more

jada
pinkett
smith

lady
gaga

blake
lively

gerard
butler

robert
downey
jr

eminem

elton
john

tom
cruise

tyra
banks

...are all sober?

calvin harris

sober for 11 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 7 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.

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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

off campus

our package deals

uea(su) have partnered with companies in Norwich to bring you discounted event packages that clubs and societies can choose from to run non-alcohol focused socials.

bowling house

individual bowl & eat **£18**
1hr karaoke for 6 **£20**
eat, bowl & sing (4+) **£22pp**

**all prices are off-peak and exclude
Friday and Saturday after 6pm.**

www.bowlinghouse.co.uk/students
book via bookings@bowlinghouse.co.uk for discount



vr escape room

2 people **£60**
3 people **£70**
4 people **£80**

for 15% off
book via website and apply code **STUDENT15**



NorwichVR.com
Escape Room

gravity

1hr bounce w socks **£7.45pp**

1hr bounce **£4.95pp**

40min climb & 1hr jump w socks **£12.45pp**

40min climb **£5.95pp**

contact Katie Knights & tell her
your club or society to make booking
pay on arrival, student ID required
crm.norwich@gravity-uk.com
07538515790



GRAVITY®
ACTIVE ENTERTAINMENT

norwich theatre royal

student discounts available
for specific shows only
to find out what's coming up go to:
www.uea.su/opportunities/committee-hub

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one life left

30mins **£2.50**
1hr **£5.00**
2hrs **£8.00**

charge is per screen, not per person
each screen hire includes 2 controllers

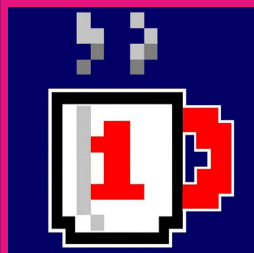
Show your student ID to get 50% off all hires during weekdays.

To make a reservation for your club or society, contact via:

facebook | **onelifeleftnor**

twitter | **One_Life_Left_NGC**

www.onelifeleft.net



eaton park crazy golf

25% student discount

To book, email:

info@eatonparkcrazygolf.co.uk

Include date, time, number of players, the name of the club or society you belong to, & the name of the person making the booking.

proof of membership is required for booking

opening times:

www.eatonparkcrazygolf.co.uk/openingtimes



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on campus

our package deals

sportspark events

xtreme archery - £135 for up to 12 students

A hybrid of dodgeball and painting using a bow and arrows instead. A fast, energetic activity that encourages you to shoot at your friends.

xtreme goggle - £135 for up to 16 students

Football plus goggles equals a wacky take on the beautiful game. The goggles skew your vision, making the ball's actual location something of a lottery. Good luck!

xtreme sports day - £135 for up to 16 students, £165 for up to 24

Test your mettle on space hoppers and take part in nostalgic classics like the egg and spoon race, the sack race, and many more!

xtreme bubble football - £135 for up to 10 students

You, your mates, and an inflatable zorb. The way football was always meant to be played.

xtreme dodgeball - £135 for up to 16 students, £165 for up to 24

A high intensity take on the iconic game which is guaranteed to make you work up a sweat. The session is broken down into different variations of dodgeball, so there's a flavour for everyone.

xtreme cricket - £135 for up to 16 students

A shortened take on cricket that's perfect for those looking for big hits and near misses as you try to get your team to victory.

to book, email parties.sportspark@uea.ac.uk
with as much info as you can provide

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bar packages

you can book out a space in the bar and pre-order food for your club or society social

Please contact the bar in advance, and provide as much detail as you can - date, time, number of people, what you would like to eat/drink, and your budget.

bar(su) will try to meet your preferences, and will confirm everything with you via email:

unionpub@uea.ac.uk

unio packages

you can book out a space in unio for your club or society social

Please get in touch with Unio at least two weeks in advance, and provide as much detail as possible - date, time, number of people, what you would like to eat/drink, and your budget.

UNIO will try to meet your preferences, and will confirm everything with you via email:

unio.coffee@uea.ac.uk

what are others doing?

a glance at UEA Nursing Society

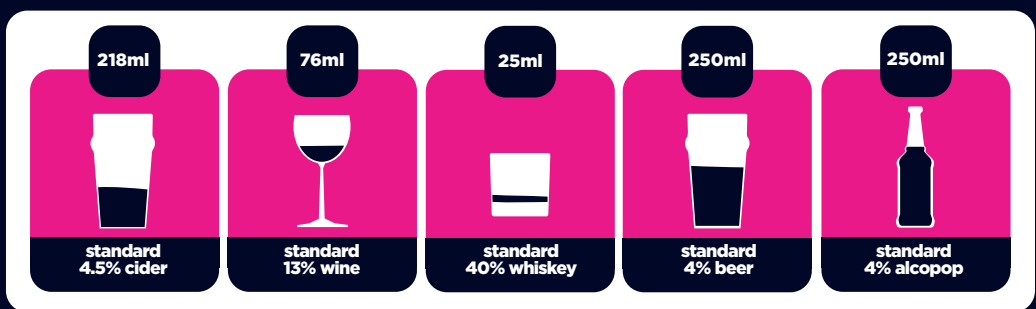
The society is for anyone, but its core membership is intended for nursing students, many of whom are on MSc, Return to Practice, and Apprenticeship courses. With these busy schedules to bear in mind, the society builds socials that encourage students to make the most of university life - while making sure they can meet the demands of the course.

Some of the alcohol-free socials they have run in the last academic year include a BBQ, waffles, Krav Maga, quiz nights, and movies!

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what does **1 unit** look like?



you shouldn't regularly exceed more than **14 units per week**

drinkaware

For more information, advice, and access to confidential chats, you can visit drinkaware.co.uk

alcohol is bad for you in more ways than one...

On the next page you can find a breakdown of some of the drinks available at bar(su) - it's not hard to notice how calorific alcoholic drinks are when compared to their non-alcoholic counterparts!

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drinks comparison

non-alcoholic drinks			
	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	

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)

struggling?
need a friendly,
non-judgemental ear?

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

mon-fri 10-4
union house