



## MAKING EVERY CONTACT COUNT (MECC)

John is 56 and works in IT, when he was younger (30's) his alcohol consumption increased to the point that he was drinking 2-3 pints of cider a night. This impacted on his relationship with his wife and children, he realised then the need to cut down his drinking so he made a conscious decision about when to not have a drink and he gradually cut down to just a couple of nights a week and also lost some weight. He managed this drinking pattern for many years. However, recent pressure of work and the impact of his children leaving home has resulted in him drinking about 5 days per week. He enjoys having a drink, especially with his friends in the pub and this time he doesn't feel his relationship is affected.