

'Supporting independence from alcohol and tackling homelessness'



1 pint of normal strength beer contains 2 units of alcohol



1 25ml measure of spirits contains 1 unit of alcohol



1 175ml glass of wine (12% abv) contains 2 units of alcohol and a 250ml glass contains 3 units of alcohol



1 330ml Alcopop (4.5%-5.5% abv) contains one and a half units to 2 units of alcohol



1 440ml can of strong lager (4.6%-6% abv) contains 3 units of alcohol

Understanding Alcohol Units

'Supporting independence from alcohol and tackling homelessness'



1 pint of normal strength beer contains 2 units of alcohol



1 25ml measure of spirits contains 1 unit of alcohol



1 175ml glass of wine (12% abv) contains 2 units of alcohol and a 250ml glass contains 3 units of alcohol



1 330ml Alcopop (4.5%-5.5% abv) contains one and a half units to 2 units of alcohol



1 440ml can of strong lager (4.6%-6% abv) contains 3 units of alcohol

Understanding Alcohol Units

sifa fireside

HIPPODROME THEATRE



MAIN OFFICE
& DROP-IN CENTRE

SECOND SITE:
122 PERSHORE ST

For more information visit our website:
www.sifafireside.co.uk
Tel: 0121 666 7023

18-28 Lower Essex Street
Birmingham B5 6DN



SIFA Fireside is a company limited by guarantee. Registered in England No. 3094905 and a Registered Charity No. 1049728

sifa fireside

HIPPODROME THEATRE



MAIN OFFICE
& DROP-IN CENTRE

SECOND SITE:
122 PERSHORE ST

For more information visit our website:
www.sifafireside.co.uk
Tel: 0121 666 7023

18-28 Lower Essex Street
Birmingham B5 6DN



SIFA Fireside is a company limited by guarantee. Registered in England No. 3094905 and a Registered Charity No. 1049728