

# #DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



# GO ALCOHOL FREE NO RISK OF FASD

Welcome to your partnership pack. This explains the #DRYMESTER campaign, the risk of Foetal Alcohol Spectrum Disorder (FASD) and what you can do to help.



**GMCA** GREATER  
MANCHESTER  
COMBINED  
AUTHORITY



in Greater Manchester

# WHAT IS #DRYMESTER?

**#DRYMESTER is a health awareness campaign commissioned by the Greater Manchester Health and Social Care Partnership which seeks to highlight the risks of drinking alcohol during pregnancy and Foetal Alcohol Spectrum Disorder (FASD).**

The aim of #DRYMESTER is to dispel the many mixed messages and advice given to mums-to-be regarding drinking alcohol and encourage pregnant women, or women planning a pregnancy to go alcohol free.

We're asking mums-to-be, and their partners, families and friends, to sign up to #DRYMESTER and spread the word — there's no safe time and no safe amount of alcohol to drink during pregnancy.



## SPREAD THE WORD

# NO SAFE TIME NO SAFE AMOUNT

If you're pregnant or planning to become pregnant, the safest approach is **not to drink alcohol at all** to keep risks to your baby to a minimum.

**UK Chief Medical Officers**

TELL YOUR **FRIENDS**  
TELL YOUR **FAMILY**  
TELL YOUR **CO-WORKERS**

And pass the challenge along.  
Awareness is the greatest agent for change.

# WHAT IS FASD?

**FASD stands for Foetal Alcohol Spectrum Disorder and is an umbrella term used to describe the range of lifelong disabilities that can occur as a result of drinking alcohol during pregnancy.**

FASD includes:

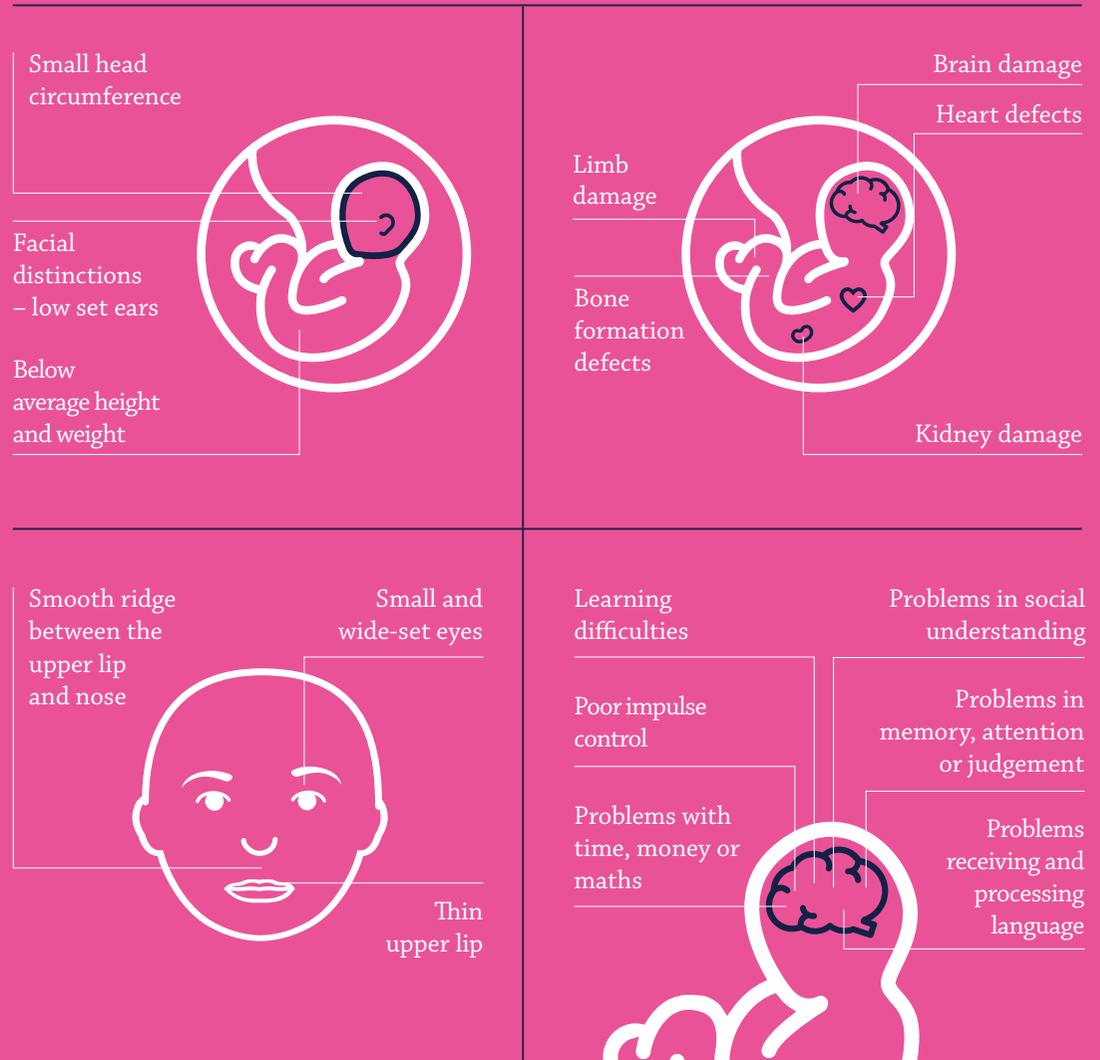
- Foetal Alcohol Syndrome (FAS)
- Partial Foetal Alcohol Syndrome
- Alcohol-Related Birth Defects
- Alcohol-Related Neurodevelopmental Disorder

FASD includes physical, mental, behavioural and learning impairments. Symptoms include facial abnormalities, brain damage, heart defects, limb and kidney damage as well as cognitive disabilities such as learning difficulties, poor impulse control and social and mental health issues. FASD is commonly misdiagnosed as other disorders such as ADHD which have some similar symptoms.

[VIEW OUR RESOURCES](#)



## SYMPTOMS INCLUDE



# WHAT CAN YOU DO TO HELP?

## HELP US SPREAD THE WORD

The #DRYMESTER campaign will be sharing lots of information relating to drinking alcohol during pregnancy, the impact of FASD and where mums-to-be can find the right support. Raise the profile of our posts, tweets, blogs and resources to help share the #DRYMESTER message and reduce the likelihood of children being born with FASD.

Infographics



Video



Website

Follow our social media accounts below, or post your own assets by downloading our stakeholder resources.



@DrymesterGMHSC



@drymester\_gmhsc



@Drymester\_GMHSC

VIEW OUR RESOURCES



For more information visit [www.drymester.org.uk](http://www.drymester.org.uk)



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