



**Nottingham  
Recovery  
Network**

Drug & Alcohol support in Nottingham

**Clean Slate**  
Criminal Justice  
Substance Use Service

## Alcohol and Driving



Even small amounts of alcohol can affect your ability to drive so the only safe advice is to avoid any alcohol if you are driving.

# Alcohol-related disorders

- Hepatic cirrhosis with chronic encephalopathy
- Alcohol induced psychosis
- Cognitive impairment.

Group 1 (Car/motorcycle)	Group 2 (Bus and lorry)
Must not drive and must notify the DVLA	Must not drive and must notify the DVLA
Licensed refused/revoked until recovery is satisfactory	Licensed refused/revoked until recovery is satisfactory
Any other relevant medical standards fit fitness to drive are satisfactory	

## What happens if you continue to drive/do not contact DVLA?

If you continue to drive against advice and evidence is found of this the DVLA will be told, this can be done without your consent. You will ideally be informed of this in writing.

## Will your GP be informed?

Your GP will receive a letter from Nottingham Recovery Network (NRN). This will include any advice given to you in reference to driving.

## How do I inform the DVLA?

You can return your documents and contact the DVLA in the following ways:

**Post to:** Drivers Medical Group, DVLA, Swansea SA99 1TU

**w:** [www-dvla.gov.uk](http://www.dvla.gov.uk) **e:** [eftd@dvla.gov.uk](mailto:eftd@dvla.gov.uk)

**t:** 0870 600 0301 **f:** 0845 850 0095

## Support is available from:

Alcoholics Anonymous: 0115 941 7100 or 0800 9177 650

**w:** [www.nld-aa.org.uk](http://www.nld-aa.org.uk)

## What you need to know

- It's an offence to drive, attempt to drive or be in charge of a motor vehicle on a road or public place if the level of alcohol in your breath, blood or urine exceeds the prescribed limit
- The legal limit of alcohol in the body is 35micrograms per 100 millilitres of breath
- There is no fool-proof way of drinking and staying under the drink drive limit. The amount of alcohol you would need to drink to be considered over the driving limit varies from person to person
- It depends on your weight, age, gender, metabolism, the type of alcohol drunk, what you have eaten and your levels of stress
- Anyone caught over the legal alcohol limit when driving may be banned from driving for at least 12 months and face an unlimited fine. You may be sent to prison for up to six months.

## Our advice

- Alcohol affects driving. Many of the functions that we depend on to drive safely are affected when we drink alcohol
- The brain takes longer to receive messages from the eye
- Processing information becomes more difficult
- Instructions to the body's muscles are delayed resulting in slower reaction times
- You can also experience blurred vision and double vision which affects your ability to see things clearly while you are driving and you're more likely to take potentially dangerous risks because you can act on urges you normally repress
- Even small amounts of alcohol can affect your ability to drive so the only safe advice is to avoid any alcohol if you are driving
- The Road Traffic Act requires you to inform the DVLA of any disability that is likely you affect safe driving. Alcohol problems are considered a disability.



# Alcohol and driving

Alcohol causes sedation and impaired coordination, vision, attention and information processing. Alcohol dependent drivers are twice as likely to be involved in traffic accidents and offences, than other licenced drivers as a whole and a third of all fatal road traffic accidents involve alcohol dependent drivers. Young drivers who use alcohol in combination with illicit drugs are particularly high risk.

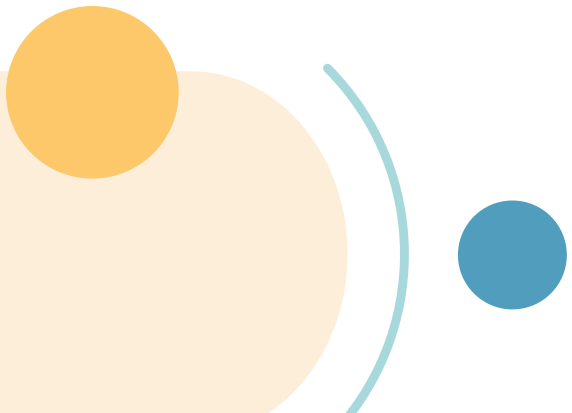
## A guide to define alcohol misuse

There is no single definition to embrace all the variables within alcohol use but the DVLA offer the following:

‘A state that causes, because of consumption of alcohol, disturbance of behaviour, related disease or other consequences likely to cause the patient, their family or society present or future harm and that may or may not be associated with dependence’.

DVLA Requires Reporting where persistent alcohol use, confirmed by medical enquiry/evidence:

Group 1 (Car/motorcycle)	Group 2 (Bus and lorry)
Must not drive and must notify the DVLA  Licenced refused/revoked until six months controlled by abstinent from alcohol  Normalisation of blood tests	Must not drive and must notify the DVLA  Licence refused/revoked until one year abstinent from alcohol  Normalisation of blood tests



# Alcohol dependence

DVLA defines this as 'A cluster of behaviour, cognitive and psychological phenomena that develop after repeated alcohol use including:

- Strong desire to take alcohol
- Difficulties in controlling alcohol use
- Persistent use in spite of harmful consequences
- Evidence of increased tolerance and sometimes a physical withdrawal state
- A possible history of withdrawal symptoms, tolerance detoxification or alcohol-related seizures.

Group 1 (Car/motorcycle)	Group 2 (Bus and lorry)
Must not drive and must notify the DVLA	Must not drive and must notify the DVLA
Licensed refused/revoked until after one year free of alcohol problems	Licence refused/revoked in all cases of any alcohol dependence within the past three years

## For both driving groups:

- Licence will require satisfactory reports from a doctor
- DVLA may arrange independent medical examination and blood tests
- Referrals to and the support of Consultant Specialist may be necessary.



# How to ask for our help

There are three main ways that people can ask for help or learn more about our work.

## Visit us in-person

Just come along to the Nottingham Wellbeing Hub during opening hours. There is no need to book an appointment.

Monday, Tuesday, Thursday and Friday: **9.30am - 4.00pm** Wednesday: **9.30am - 6.00pm** and Saturday: **9.30am - 12.00pm**

We are based at the Nottingham Wellbeing Hub, 73 Hounds Gate, Nottingham NG1 6BB.



## Contact us online

You can email our team at [info@nottinghamrecoverynetwork.com](mailto:info@nottinghamrecoverynetwork.com)

Or you can complete our online contact form at [www.nottinghamrecoverynetwork.com](http://www.nottinghamrecoverynetwork.com)

## Call us

Call our dedicated team on **0800 066 5362**

If you are working with someone who you feel would benefit from our support, you can make a referral on their behalf.



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## In partnership with

