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## News

### News releases and statements

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## Extra ambulance crews on duty as Service braces itself for 'mad Friday'

**15 December 2017****Ambulance crews and control room staff are expecting to respond to 43 per cent more alcohol related incidents this Friday (15 December) on what is expected to be one of the busiest party nights of the year.**

While office staff finish work early and head out for Christmas celebrations – extra ambulance crews and control room staff will be signing on for duty to manage the expected surge in demand.

On the same Friday night last year, they responded to nearly 300 alcohol related incidents compared to 191 on an average Friday during the rest of the year. And they responded to 826 alcohol related incidents over the three day weekend.

Deputy Director of Operations, Kevin Bate, said: "Every ambulance crew who responds to someone who has had too much to drink, is an ambulance crew not responding to another ill or injured person who needs us.

"We want people to have a good time this weekend but to also take responsibility for themselves and their friends and not get so drunk that they become ill or injured and need our help."

At its peak, this weekend, the Service could be responding to 40 alcohol related calls in just one hour. But London's emergency departments are also expecting to be busy.

Dr Katherine Henderson, clinical lead in the emergency department at St Thomas' Hospital, said: "We've all seen the headlines: The emergency services are under pressure, particularly during the winter, so we're appealing to party-goers to take care of themselves - and their friends - to avoid a visit to our emergency department.

"We need to make sure that our services are focused on genuine medical emergencies to ensure that seriously ill patients can get the help they need."

Kevin said: "Party goers should eat a meal before they go out this weekend, to look after their friends and make sure they get home safely. Responding to patients who are ill or injured after drinking too much can also delay treatment to other people who need help."

People who are unconscious after drinking too much may also be prioritised before other patients.

Kevin added: "Patients reported to be collapsed and unconscious trigger the fastest ambulance response. It's not possible to tell over the phone whether they have a serious illness or injury, or have simply had too much to drink, so we have to prioritise them immediately."

Katherine added: "We want people to have a good time on a night out, but we ask that they drink responsibly. Nobody wants to end up in A&E vomiting, injured or unconscious, so please take care of yourselves and your friends so we don't have to."

### Top tips for a safe night out:

- Eat before drinking: Make sure you eat before you go out or start your night somewhere that serves meals or snacks. It'll provide more energy, and lessen your hangover the next day.
- Try pacing and spacing: Having a soft drink or some water between alcohol drinks slows the rate of your drinking.
- Drink smaller drinks: A large glass of wine in most bars is equivalent to a third of a bottle!
- Keep a check on how much you're drinking: The 'One You Drinks Tracker' will help you

Paying tribute to Eric Roberts, Unison Branch Secretary

Two hundred new ambulance vehicles for London

Paramedics half-century of saving lives in London

Statement - Road traffic collision on Ladbroke Grove

Statement - Croydon tram incident

London Ambulance Service medics attacked with fireworks

Remember Remember stay safe this November

TV documentary prompts pizza praise

Service joins 100 black taxis on the Children's Magical Taxi Tour

Annual public meeting Tuesday 27 September

London Ambulance offers viewers unprecedented access in new TV series

Lennard Road - Road Traffic Collision, 31 August 2016

Over 1000 people treated at Notting Hill Carnival

Fire in Harrow

Hundreds more clinical staff on the frontline but not enough people from BME backgrounds

Paramedics praise five year old boy for helping to save his nan's life

Hundreds more emergency calls in London because of hot weather

Paramedic features in latest Historic England exhibition

Thief steals London Ambulance Service bike

Remembering 7 July 2005

Chief Executive speaks at launch of Living on the Edge report

Eat, Drink and Be Safe as Euro 2016 kicks off

Paramedic honoured at Buckingham Palace

Incident in Russell Square, WC1

Smartphone app alert helps volunteer first aiders save a life

Ealing butcher praises London Ambulance Service medics for excellent care

Fire in Shepherds Bush

keep track of how much you are drinking and spending.

- Look after each other: Look after your friends and colleagues and make sure you know how you are getting home at the end of the night
- [Plan your journey home](#): Don't leave it to chance—think about how you're going to get home, and who with, before you go out. Make arrangements before you start drinking, and make sure you don't get left to walk home alone.

## Ends

### Notes to editors

- For more information or to discuss broadcast facilities, please call the communications team on 020 7783 2286.
- The Service plans to have an extra 30 ambulance crews on duty during peak times this weekend.
- On Friday 16 December 2016, the Service responded to 273 alcohol related incidents.
- On Saturday 17 December 2016, the Service responded to 297 alcohol related incidents.
- On Sunday 18 December 2016, the Service responded to 256 alcohol related incidents.
- In total over this weekend in 2016, London Ambulance Service responded to 826 alcohol related incidents.
- The busiest hour for alcohol related incidents in December 2016 was between 11pm and midnight on 31 December when the Service responded to 42 alcohol related incidents.
- The second busiest hour in December 2016 was between 1am and 2am on Sunday 18 December.

Increase in assaults on London Ambulance Service staff

Hero ambulance medic stops moped muggers in their tracks

London Ambulance Service gets ready for Notting Hill Carnival

Medic's bright idea makes ambulance crews even more accessible to blind patients

Incident at London City Airport

Incident at London City Airport

London Ambulance Service gears up for this weekend's Mad Friday

Skip the dreaded tinsel-itis and have your medication ready this Christmas

Ten years in the hot zone

Busiest night ever predicted for London Ambulance Service this New Year

Technical issues in our control room

London Ambulance medic honoured with Queen's Ambulance Service Medal

Don't get caught out in the cold, warns London Ambulance Service

Medics to provide life-saving support to refugee camps

Statement on incident in Southend Arterial Road

Prince Harry visits London Ambulance Service to launch Time to Talk Day

Innovator behind London's cycle paramedics praised at Healthcare Heroes exhibition

Fate brings man together with paramedic who helped save his life

Leadership team strengthened with two new non-executive directors

London Ambulance Service responds to Storm Doris

Card launched to improve safety of expectant mothers

Banker thanks life savers with charity run

New spit kits issued to track down offenders who spit at London's life savers

Prince William visits ambulance staff who treated patients in Westminster attack

Stock up on medication ahead of the long weekend, warns ambulance service

Statement following an incident on Warburton Road, E8.

London Ambulance Service appoints new Chief Executive

London Ambulance Service medic honoured at Buckingham Palace

Firefighter grants paramedic a final goodbye with fiancée

Paramedic who apprehended a violent criminal is awarded police commendation

Statement on the incident at London Bridge

Statement on the incident at Seven Sisters Road

Thousands more emergency calls during hottest week of the year

Investigation into 999 computer system outage on New Year's Day 2017

London Ambulance Service leads the way at Pride in London

Life-saving defibrillators rolled out across London thanks to emergency services partnership

Paramedic mugged by moped gang in London's West End

London Ambulance Service marks 100,000 followers milestone

We reveal the top London boroughs for alcohol-related incidents

Ambulance crews prepare for Notting Hill Carnival

Statement on the incident at Parsons Green

Medics reunited with premature twins they helped to safely deliver

Statement on incident in South Kensington

Prime Minister praises bravery of ambulance staff

Ambulance service stands with Croydon community to commemorate tram crash

Ambulance service comes together to remember the fallen

Paramedic shortlisted for Air Ambulance Paramedic of the Year

Statement in response to the Assaults on Emergency Service Workers Bill

Ambulance staff pay tribute to King's Cross fire victims 30 years on

Baby girl named after call handler who delivered her

[Over 1,300 years serving London](#)

[Police award brave ambulance man](#)

[Archbishop praises ambulance service after 'year of atrocities'](#)

[Extra ambulance crews on duty as Service braces itself for 'mad Friday'](#)

[While you're tucking into your turkey this Christmas, medics will be out saving lives](#)

[Busiest night of the year for 999 ambulance staff in London](#)

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