



RHONDDA CYNON TAF  
**BEST BAR NONE**



*Working together to raise standards in Rhondda Cynon Taf*

**Together we will:**

- ★ Continue to promote a more welcoming, attractive and lively Rhondda Cynon Taf
- ★ Provide a wider mix of night time entertainment, and overall safer social environment - accessible to all...
- ★ For an enjoyable safe night out in Rhondda Cynon Taf, look out for the venues accredited with the Best Bar None logo

Visit [www.bestbarnonerct.co.uk](http://www.bestbarnonerct.co.uk) for more info



Rhondda Cynon Taf

Community Safety Partnership  
Partneriaeth Diogelwch Cymunedol

## Where to go out in Rhondda Cynon Taf

Following the successful 2008 Rhondda Cynon Taf Best Bar None awards, thirty-five of Rhondda Cynon Taf's finest Pubs and Bars achieved a Best Bar None accreditation.

This means that as a resident or visitor to any area within Rhondda Cynon Taf, you can now choose to socialise in a Best Bar None accredited premises, where the licensee is serious about working in partnership with others towards the creation of a safer, more inclusive RCT and giving you the opportunity to reap the rewards of a town/village that is more welcoming, attractive, lively and above all safe.

### Plan for a night out

- Plan to go to Best Bar None venues, these can be found on [www.bestbarnerct.co.uk](http://www.bestbarnerct.co.uk)
- Pace your drinks and have an idea how many units are in what you are drinking. Check this site for more information [www.drinkaware.co.uk](http://www.drinkaware.co.uk) Also avoid being in a big round.
- Try to alternate alcoholic drinks with some soft drinks or water throughout the night.
- Avoid top ups as you can soon lose track of how many units you have had.
- Eat before or during a night out, as eating slows alcohol absorption.
- Plan how you are going to get home before you go out, RCT has a very good taxi network.
- Make sure you know when to call it a night and how you're getting home. A good tip is to keep your taxi fare separate from your drinking money.
- Some venues operate a designated driver scheme with free soft drinks for drivers if one of your party is driving. Never drink and drive.

### Take Care of Your Drinks

- Never leave your drinks unattended!
- Don't accept drinks from people you don't REALLY know or don't REALLY trust.
- If having a drink bought for you, be at the bar and watch it being poured or opened so you know what you're drinking.
- Don't share or exchange drinks
- If your drink tastes strange, you notice a change in its colour, or you are unsure if someone could have tampered with it don't drink it!

### Take Care of your Friends

- Look out for your friends and make sure they look out for you.
- If you are going to leave your friends tell them where you're going, who you are going with and when you are due to return. Arrange for a phone or text message to let them know you've arrived safely.
- Don't mix drugs with alcohol and don't let yourself or your friends get so drunk that they lose control.
- Stay with a friend who has had too much to drink, is feeling sick, uncoordinated, confused or feeling faint or dizzy. Don't leave them alone. If you are worried, take your friend to a safe place and tell a member of staff about your concerns.

### Challenge 21

Most venues in RCT operate the "Challenge 21" scheme to prevent underage drinking. If you're lucky enough to look under 21 you have to prove that you are over 18, so always carry a recognised photo ID (PASS). By following these simple precautions you will ensure that you and your friends have a safe, healthy and most of all enjoyable night out in your chosen venue.