

REV NICKED FOR 'FAKE WEDDINGS'

A VICAR has been arrested on suspicion of conducting more than 300 sham marriages.

Rev Nathan Ntege was held after a tip to the UK Border Agency, which is probing a gang that made millions by fixing weddings so illegal immigrants could stay in Britain.

All the services he conducted for Eastern Europeans, West Africans, Pakistanis and some English couples over several years are now being investigated.

Ugandan Mr Ntege, 52, preaches at St Jude with St Aidan Church in Thornton Heath, South London.

The Diocese of Southwark said the vicar,



Arrested . . . vicar Ntege

Walk on mild side

A TOWN plans to unveil its own Hollywood-style walk of fame – featuring showbiz residents such as Michael Parkinson and Rolf Harris.

Councillors think it will attract tourists to Maidenhead, Berks.

Presenter Timmy Mallett also lives there and ex-residents include Bond star Roger Moore, broadcaster Richard Dimbleby and actress Diana Dors.

Councillor Derek Wilson said: "It would be a bit of glamour."

ELEPHANT HORROR

An elephant trampled a teenage boy to death after picking him up with its trunk in Zimbabwe.

CONTROVERSIAL CLAIMS ABOUT UK'S SECRET EPIDEMIC

EXCLUSIVE by EMMA LITTLE, Health & Science Editor, and LYNSEY HAYWOOD

A CONTROVERSIAL new book on the nation's drinking habits identifies a new breed of "sophisticated alcoholic".

Author David Allen says millions of educated professionals across Britain are hooked on booze.

An NHS report last year found that 10.5million Brits drink beyond sensible limits – 14 units a week for women and 21 for men.

But hypnotherapist Allen, who has been treating alcohol addicts for ten years in his Kent clinic, claims many consume up to a dangerous 70 units every week.

Here, Allen describes the new kind of alcoholic in Britain.

"THE sophisticated drinker is Mr and Mrs Normal. They might have a good job, they are responsible. They don't drink when it might affect their work and they don't drink and drive.

"But they do consume more alcohol than they should, sometimes up to 60 or 70 units a week.

"We are talking about ordinary people – you probably know at least one or two. You don't regard them as having a drink problem until you tot up what they drink on a weekly basis.

"The 'sophisticated alcoholic' may drink two bottles of wine a night but they are invisible in our society.

"There are many people who know they drink too much but they can't seem to do anything about it.

"They may cut down for a while or giving up in January is popular, but it never lasts.

"We are not talking about a severe dependency.

"They are not what you would think of as your traditional alcoholic – they can hold down a job and they have families.

"The NHS have found that 10.5million adults in England drink above sensible limits. But in my experience of working with patients, I would say that these are not people having one too many drinks in a week.

Control

"The majority drink up to 70 units a week. I see it every week in my clinic. The alcohol is consumed in an organised fashion. These aren't people that look out of control.

"I know because I was in that group myself.

"Drinking this amount is way over what is healthy.

"I used to take medication for high blood pressure, but not any more.

"I'm still mildly asthmatic but I don't have to use my pump as often as I used to.

"People find relationships change with particular groups of friends and peer groups as many are only together because of alcohol.

"And once that's gone, sometimes they find they don't have a lot else in common.

"To cut down, people need to understand why they behave this way. For quite a lot of people who drink this way, it's hidden. Often it goes back to their childhoods and how they feel about themselves.

"Excessive drinking is far more widespread amongst otherwise balanced and upstanding people than is generally thought.

"The very nature of this controlled excess – carefully integrated into a busy lifestyle – ensures that it doesn't make headlines."

Don Shenger, chief executive of Alcohol Concern, adds: "The stereotypical image of a dependent drinker is someone on a park bench or who drinks from dawn to dusk.

"But often, alcohol addiction is something that creeps up on people, with their consumption slowly rising until it reaches levels that can affect their health, relationships and work.

"If someone is drinking dependently, the important thing is for them to face up to the fact.

It doesn't mean they have to give up alcohol completely.

But a trip to the GP is a practical first step to getting something done."

● A Sophisticated Alcoholic by David Allen and published by O Books is out in November.



£2.7bn

Cost to NHS of alcohol misuse

50%

11-15 year olds have tried alcohol

8.41lters

Consumption per head of alcohol in 2009

HEALTH RISKS OF EXCESS ALCOHOL MAY INCLUDE

- Weight problems
- Stomach upsets
- Headaches
- Anxiety, stress and depression
- Poor concentration
- Difficulty sleeping
- Raised blood pressure
- Liver disease
- Cancers
- Strokes
- Memory loss
- Sexual difficulties

Mr and Mrs Normal... Britain's alcoholics

CASE STUDY: Gill Fletcher, 48

FORMER high-flying sales exec Gill, from Stafford, tells how binge drinking to relax after work almost ruined her life.

AS an account manager with a blue-chip company, life should have been fantastic. Although I was newly divorced, my ex and I shared the care of our two kids, enabling me to climb the corporate career ladder.

Earning £80,000 a year, I travelled worldwide and had luxury holidays in Barbados, Cuba and Spain.

But despite my designer business suits, I was desperately unhappy. The culture in the office was work hard, play hard. Meetings in hotels were common and, of course, free drink was copious.

Once, after one boozy evening, I desperately tried to flag down a taxi. But when the driver saw me, vomit streaked down my cocktail dress, my hair dishevelled and my make-up smeared, he drove on.

Even today I have absolutely no idea how I eventually got back to my hotel.

I lost count of the number of nights I spent retching into the toilet of a posh hotel room on business trips. I've no idea of the number of bottles I was consuming – it was just one glass after another. I'd wake next morning in my hotel room still dressed and des-

perately trying to recall what had happened the night before.

Humiliatingly, though, I know I was often aggressive and obnoxious.

Looking back, I can only think my colleagues put up with it because somehow, despite my binge drinking, I was so successful in my job. I told no one of my binges. I kept it from the kids.

But when they were at their dad's, I'd stock up on enough bottles of wine for "relaxation" at the weekend.

The turning point came when I woke up one day to hear hammering at my front door. It was my neighbours.

At a party the night before, they claimed, I'd made passes at their husbands. Worse, I'd pulled down my top to show my bra and flung CDs across the floor.

My kids were at the top of the stairs listening to them shouting – and in that moment the shame of my drinking struck home.

I quit my job – it wasn't worth the stress for my kids – and quit the booze, downsizing to a smaller house. Today I work as a slimming consultant. Six years on, I'm a teetotaler.

Yes, I live a much more modest life – but it's richer than ever.

Interview by ALISON SMITH-SQUIRE

CASE STUDY: Scott Rogers, 40

SINGLE Scott, a publishing firm salesman from Halifax, West Yorkshire, tells how he can't let go of the daily habit of drinking – despite health and money concerns:

What I drink tends to vary. It can be eight cans of lager a night or three large bottles of cider.

With one of my friends I drink wine and we get through three bottles between the two of us.

I do think it's too much and I'd love to just stop drinking completely..

But I've developed a dependency over the years and it's so hard just to shake it off.

I'd say I've been drinking regularly for around 20 years – since I started my working life, really.

For me, drinking is one of the best ways to relax after work.

Drain

I have a difficult job which involves hitting lots of targets and deadlines so there's nothing better than the sound of a can clicking open at the end of a tough day.

I usually drink with friends but being on my own wouldn't stop me.

If I am on my own I would drink less though – if I'm socialising the drink just flows.

I don't usually go to bed drunk, though. I'm always perfectly able to brush my teeth, undress and go to bed like everyone else.

I am concerned about my health, however.

Sometimes I wake up with a headache and it will take a couple of hours and a bacon sandwich for me to get back into the swing of things at work.

It affects my concentration, so I do think about how much better I could be



at my job if I turned up to work with a clear mind. Another concern is money. Drinking on a daily basis does drain my finances.

It regularly crosses my mind that I could afford so much more if alcohol wasn't a part of my life.

It is quite a nationwide problem – drink is just so obtainable these days.

It's just so easy to pick up a few bottles of cider with your food shopping or to go out drinking on very little money.

COULD YOU BE DRINKING TOO MUCH?

IF you answer Yes to any of these questions, you may be drinking dependently. If you are concerned about

your own or someone else's drinking, call Drinkline on 0800 917 8282 or visit downyourdrink.org.uk.

Has a partner, family member or friend ever complained to you about your frequent drinking? ☐

Do you find it difficult to stop once you've had a couple of drinks? ☐

Do you regularly find that your activities the next day are affected because of drink? ☐

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By CAROL COOPER
Sun Doctor

THERE'S a whole subculture of successful, sophisticated drinkers.

You may never see them lying in the gutter or begging for spare change for "a cup of tea" but they're alcoholics nonetheless. They have social lives which often revolve around alcohol, so reaching for another drink is just normal and friendly, even obligatory.

Measures poured at home are often double or triple that of pub measures – no one wants to be a stingy host.

Their professional lives too often involve large quantities of alcohol.

Skinful

They can also afford top-quality booze, reducing the risk of hangovers, so it may not be apparent in the office that they had a skinful the night before.

But they are deluding themselves as surely as other alcoholics. Their livers may get used to metabolising huge amounts but they are risking their health all the same. Alcohol affects every organ, from the liver to the brain.

It's not impossible for these drinkers to regain control. But everyone in their social circles colludes in their habit so it is a challenge.

★★★★★

HEAT

★★★★★

OK MAG

★★★★★

CLOSER

“SPELLBINDING...
A WONDERFULLY EXCITING CONCLUSION”

★★★★★

MARK ADAMS, SUNDAY MIRROR

“THE UNMISSABLE FILM OF THE SUMMER”

★★★★★

ALLAN HUNTER, DAILY EXPRESS

★★★★★

SUN

★★★★★

DAILY MIRROR

★★★★★

DAILY MAIL

★★★★★

METRO

★★★★★

EVENING STANDARD

★★★★★

GUARDIAN

★★★★★

SUNDAY TELEGRAPH

★★★★★

MAIL ON SUNDAY

★★★★★

DAILY TELEGRAPH

★★★★★

SUNDAY EXPRESS

★★★★★

SUNDAY TIMES

★★★★★

CITY AM

★★★★★

TIME OUT

★★★★★

TOTAL FILM

★★★★★

GRAZIA

★★★★★

STAR

★★★★★

NEW

★★★★★

NUTS

★★★★★

NOW

★★★★★

EMPIRE

★★★★★

TV GUIDE

Warner Bros. Pictures Presents
A Heyday Films Production
A David Yates Film
“HARRY POTTER AND THE DEATHLY HALLOWS PART 2”
DANIEL RADCLIFFE RUPERT GRINT EMMA WATSON
HELENA BONHAM CARTER ROBBIE COLTRANE
WARWICK DAVIS RALPH FIENNES MICHAEL GAMBON JOHN HURT JASON ISAACS GARY OLDMAN ALAN RICKMAN
MAGGIE SMITH DAVID THRELKELD JULIE WALTERS
MUSIC BY ALEXANDRE DESPLAT COSTUME DESIGNER LONEL WIGRAM
SCREENPLAY BY STEVE KLOVES BASED ON THE BOOKS BY J.K. ROWLING
PRODUCED BY DAVID HEYMAN DAVID BARRON J.K. ROWLING DIRECTED BY DAVID YATES
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IN CINEMAS NOW

12A

CONTAINS MODERATE THREAT
INJURY DETAIL AND LANGUAGE

Warner Bros. Pictures
Heyday Films
IN IMAX 3D REALD 3D ALSO IN 2D