

# Changing times

## Women and alcohol through the life-course

An Alcohol Change UK online learning event

Over two mornings  
12 and 13 November 2025



**Day 1**  
**12 November 2025**

### **Women, alcohol and society**

<b>Times</b>	<b>Speakers</b>	<b>Topics</b>
10.00 to 10.05	Andrew Misell Alcohol Change UK	<b>Welcome to Day 1</b>
10.05 to 10.35	Chelsey Flood	Drinking to feel normal: A personal perspective on alcohol
10.35 to 11.05	Amanda Atkinson Liverpool John Moores University  Beth Meadows Glasgow Caledonian University	Abstinent but not AA: Women talking about sobriety
11.05 to 11.15	<b>Ten-minute break</b>	
11.15 to 11.45	Felicia Frennesson University of Bristol	What if you don't know you're pregnant? Talking about drinking in early pregnancy
11.45 to 12.15	Kate Maslin University of Plymouth	"I just don't want to chance it": Attitudes to alcohol-free and low-alcohol drinks during pregnancy
12.15 to 12.25	<b>Ten-minute break</b>	
12.25 to 12.55	Abi Rose Liverpool John Moores University	Maternal Alcohol Resources and Information (MARI): Co-producing harm reduction with pregnant women
12.55 to 13.00	Andrew Misell Alcohol Change UK	<b>Close of Day 1 and look ahead to Day 2</b>

**Day 2**  
**13 November 2025**

**Alcohol and menopause**

<b>Times</b>	<b>Speakers</b>	<b>Topics</b>
10.00 to 10.05	Andrew Misell Alcohol Change UK	<b>Welcome to Day 2</b>
10.05 to 10.35	Mandy Manners	“Drinking like the boys”, motherhood and more: a personal perspective on alcohol
10.35 to 11.05	Lauren Booker Alcohol Change UK	Too much all at once: Understanding alcohol and menopause
11.05 to 11.15	<b>Ten-minute break</b>	
11.15 to 11.45	Madeleine Row Liverpool John Moores University	Women’s alcohol use and wellbeing during menopause
11.45 to 12.15	Emma Davies Oxford Brookes University	Supporting women to reduce alcohol intake in midlife
12.15 to 12.25	<b>Ten-minute break</b>	
12.25 to 12.55	Zoe Hubbard Alcohol and Drug Action, Aberdeen	Menopause support in alcohol treatment services
12.55 to 13.00	Andrew Misell Alcohol Change UK	<b>Close</b>