

# Food and belonging

The role of cooking, eating and connection in reducing alcohol harm

An Alcohol Change UK online learning event

Thursday 2 July 2026



Times	Speakers	Topics
10.00 to 10.15	Andrew Misell Alcohol Change UK	<b>Welcome</b> Feeding Recovery and the need for a national network on food and nutrition in drug and alcohol treatment
10.15 to 10.45	Bally Parekh Specialist Liver Disease Dietitian	Why drug and alcohol workers need to know more about nutrition
10.45 to 11.15	Anna Preece Bournemouth University	Alcohol dependence and disordered eating: Understanding the issues and co-producing interventions
11.15 to 11.25	<b>Ten-minute break</b>	
11.25 to 11.55	Claire Thomas Barod, Swansea	Tuesday Lunch Club: Cooking together to boost confidence, skills and connection
11.55 to 12.25	Chloe Casey Bournemouth University	Nourish the New You: Cooking and creative arts to support recovery
12.25 to 12.35	Andrew Misell Alcohol Change UK	<b>Close</b> and invitation to join a national network