

Embracing complexity

Meeting all people's needs

An Alcohol Change UK online learning event

Over two mornings

Weds 14 October and Thurs 15 October 2026



Day 1		
Times	Speakers	Topics
10.00 to 10.05	Andrew Misell Alcohol Change UK	Welcome to Day 1
10.05 to 10.35	Laura Weightman Lived experience speaker	A personal perspective on alcohol and recovery
10.35 to 11.05	Charlotte Hazell-Caldwell National Centre for Domestic Violence	Alcohol and domestic violence: What services need to know
11.05 to 11.15	Ten-minute break	
11.15 to 11.45	Kendra Schneller Guy's and St Thomas' NHS Trust	Garden to Plate: Improving mental health and wellbeing through gardening, cooking and eating
11.45 to 12.15	Tess Falzon Hywel Dda University Health Board	Smoking cessation support for people in treatment for alcohol and other drugs
12.15 to 12.25	Ten-minute break	
12.25 to 12.55	TBC Yvonne Norris Manchester Metropolitan University	Women getting sober online
12.55 to 13.00	Andrew Misell Alcohol Change UK	Close of Day 1 and look ahead to Day 2

Day 2		
Times	Speakers	Topics
10.00 to 10.05	Andrew Misell Alcohol Change UK	Welcome to Day 2
10.05 to 10.35	Pre-recorded interview Aaron Davies Lived experience speaker	"They were stunned I was still alive": Recovering from an alcohol-related stroke
10.35 to 11.05	Mushtaq Dakri Spinney Hill Project	Lessons from Leicester: Making connections in a diverse population
11.05 to 11.15	Ten-minute break	

11.15 to 11.45	Chris Dunbar Birmingham LGBT	Open and accessible substance support for LGBTQ+ people
11.45 to 12.15	Ben Metcalfe Manchester Dual Diagnosis Liaison Service	Working across boundaries: Multi-agency working between mental health services and substance use services
12.15 to 12.25	Ten-minute break	
12.25 to 12.55	Vanessa Townsend Brynawel Rehab	Recovering from alcohol-related brain damage (ARBD)
12.55 to 13.00	Andrew Misell Alcohol Change UK	Close