

NIHR ARC South London 'Inside Research' seminar series

Date: Wednesday 28 September 2022, 6.00–7.30pm

Theme: *Reducing the harm caused by smoking and alcohol: how applied health research is investigating interventions to improve public health*

Programme

Chaired by Dr Emily Finch, consultant addiction psychiatrist and Clinical Director at the South London and Maudsley NHS Foundation Trust

6.00–6.05pm **Welcome from the chair**

Presentations and Q&A

6.05–6.20pm **Presentation 1:**
Why smoking still matters: Helping all people who smoke in south London quit for good

Presenters: Dr Debbie Robson, senior lecturer in tobacco harm reduction, King's College London, and the ARC's public health and multimorbidity theme lead

6.20–6.35pm **Presentation 2:**
Evaluating different strategies and interventions for helping to reduce harmful drinking

Presenters: Doctoral researchers Eileen Brobbin and Sofia Vassangi Hemrage, the ARC's alcohol research theme, King's College London

Eileen will discuss work evaluating different wearable transdermal alcohol sensors and apps, and whether these can help monitor and reduce harmful drinking

Sofia will discuss research into psychosocial interventions to reduce alcohol harm in acute alcoholic liver disease

6.35–6.55pm **Beverly Randall, programme manager at Mosaic Clubhouse community group and a Clubhouse member are invited to offer their thoughts and perspectives**

Followed by Questions & Answers (all)

6.55–7.15pm **Breakout sessions**

7.15–7.25pm **Final reflections (all)**

7.25–7.30pm **Final comments from the chair**

Breakout session questions:

Q1: Do you have any ideas for practical actions to ensure no smoker gets left behind as the country goes smokefree?

Q2: How we can work together to reduce health inequalities, especially in relation to behaviours that are often stigmatised, such as harmful drinking and smoking?

Q3: What are your thoughts on using apps and electronic interventions to help reduce harmful drinking (and possibly other behaviours that impact on health)?