

## Alcohol in pregnancy – the science behind the new guidelines

Researchers in Bristol have recently completed a study about low levels of alcohol consumption for pregnant women. It provides a comprehensive review of the evidence that supports the new guidance from the Department of Health which says that “no level of alcohol is safe to drink in pregnancy”.

Researchers would like to recruit three or four women to help them plan an event in Bristol and raise awareness of the new alcohol guidelines. We want to promote understanding of what we know and don't know about the effects of alcohol on pregnant women and their children.

**Involvement opportunity for:** Women who are pregnant or want to have a baby with an interest in promoting guidance on alcohol. We would like to involve women with different experiences and from different communities.

**More information:** We are currently planning to hold the event in July or September 2016. If you get involved you will be invited to two or three planning meetings from May 2016. We will meet in central Bristol or near Whiteladies Road. Each meeting will last about 2 hours, and you will also be invited to the event. We offer payment for your time and travel expenses.

**If you are interested:** Please contact Rosie Davies email: [rosemary3.davies@uwe.ac.uk](mailto:rosemary3.davies@uwe.ac.uk) or telephone 0117 342 1248 by Tuesday 3<sup>rd</sup> May 2016. Everyone who gets in touch will be invited to a meeting to find out more and decide who will be involved. This meeting will be held on Monday 16<sup>th</sup> May from 11.00-12.30 in central Bristol. It will last about an hour and a half with refreshments.