

*Worshipful Society of Apothecaries of the City of London*  
*Livery Committee*

## Tastes and Trends in Mindful Drinking

Low and no alcohol drinks tasting

Saturday 7th Jan 2023, 11am - 1pm

Club Soda Alcohol-Free Off-Licence (Central London address tbc)



- Join a unique and immersive tasting session designed by Laura Willoughby MBE of Club Soda and wine expert Christine Parkinson of Brimful Drinks.
- Be guided through the techniques used to create low alcohol and alcohol-free beers, wines and spirits.
- Hear about the wide range of products making their way into shops and bars.
- Learn what top restaurants are serving mindful drinkers and the best drink to pair with every occasion.
- Taste 10 examples to find new favourites to add to your drinks cabinet.

*Tasting Menu to be confirmed. The list below is an example of the range of drinks.*

Square Root Mojito  
Sea Arch Coastal Juniper  
Feragaia  
Wilfred's Aperitif  
Thomson and Scott Sparkling Chardonnay  
Nine Elms No. 18  
Vandestreek Playground IPA Alcohol Free  
Nonsuch Wild Hedgerow and Rose Shrub  
Left Field No. 2 Sencha Green Kombucha Tea

**Laura Willoughby** MBE is co-founder of Club Soda, the Mindful Drinking Movement. Their aim is to help people drink more mindfully and live well. The inspiration for Club Soda comes from Laura's experience of giving up drinking ten years ago. A campaigner at heart with a background in movement building and politics, she realised that one of the big sticking points was a way to support people to take a self-guided journey to change their drinking. Today, **Club Soda** has over 70,000 individual members and nearly 80 brand members who they support through research and collaborative projects.

**Christine Parkinson** believes passionately that all drinks, whether alcoholic or not, should taste good, look good and feel good. Previously best known for her multi-award-winning work as Group Head of Wine for Hakkasan, she is now Co-founder of the No & Low drinks consultancy '**Brimful Drinks**'.

In 2015 she set up a 2 year in-house non-alcoholic drinks research project. Her globally-based team sourced products, recipes and techniques from around the world, and developed several new drinks. The resulting 'Orchard List' was one of the first major no/lo offerings in a restaurant group.

Christine has years of experience tasting and evaluating drinks, and has judged in numerous competitions including as Head of Judging for Sommelier Wine Awards. She has won many awards including IWSC Lifetime Achievement, WSET Educator of the Year, and the Cateys Wine & Spirits Ambassador.

**Booking:**

To reserve one or more places please **complete this form and make payment:**

**Bank transfer:** Email [eithnemacmahon@gmail.com](mailto:eithnemacmahon@gmail.com) attaching the completed form or copy the relevant text into your email, and pay by bank transfer.

**Cheque:** Post the completed form together with your cheque to Dr Alan Collett, Hornbeam Cottage, New Road, Blakeney, NR25 7NZ.

Please reserve ..... place(s) for me @ **£37 per person.**

**Either** I shall pay by bank transfer:

'WSA Livery Committee', Sort Code: 40-46-08; Account no: 92018829

Please reference with your Surname/LoNo Drinking

**Or** I enclose my cheque for £ .....

Please make payable to 'WSA Livery Committee'

**PLEASE PRINT CLEARLY:**

Name ..... Guest(s).....

Email:..... Mobile No.....

***All applications and receipts of money will be acknowledged.***