

Drug and alcohol education form an important part of our Well-being programme and this year we are pleased to have the opportunity to work with the Daniel Spargo-Mabbs Foundation. This is a drug education charity that was set up by Fiona and Tim Spargo-Mabbs in 2014 after the tragic death of their 16-year-old son Daniel as a result of taking ecstasy. The aim of the charity is to support young people to make safe choices about drugs, and they are now working with students, teachers and parents/carers in more than 130 schools across London and the South of England. On Thursday 22 February students in Years 9, 10, 11 and 12 will be watching a play the DSM Foundation commissioned award-winning playwright Mark Wheeller to write. The play tells the story of Dan Spargo-Mabbs in the words of his family and friends. 'I Love You, Mum – I Promise I Won't Die' will be performed by StopWatch Theatre Company, and will be followed by an interactive workshop.

Before your sons and daughters watch the play, I would like to invite you to a drug and alcohol awareness session for parents and carers on Wednesday 7 February 2018. The session will be led by Fiona Spargo-Mabbs in the Anthony Barnard Theatre between 7.00pm-8.30pm. Refreshments will be served. I hope that the evening will provide you with the opportunity to increase your awareness and understanding of the challenges faced by young people today, including their vulnerability to risk from drugs and alcohol and what you can do to help them stay safe.

The workshop will involve finding out about:

- levels of young people's exposure to drugs and alcohol
- factors that affect young people's decisions about drugs and alcohol, including teenage brain development
- what young people need to know about the risks of drugs and alcohol
- what it's useful for parents and carers to know, and practical suggestions for what you can do to support your children to stay safe.

There will be an opportunity to ask questions, and resources and information to take away.

**Feedback from parents in 2016-17:**

*"A sensible breakdown of the risks and some great tips for communicating with my kids"*

*"Very informative but also very pragmatic"*

*"Such a much-needed workshop to enable parents to feel equipped and able to support their children"*

For more information about the DSM Foundation see [www.dsmfoundation.org.uk](http://www.dsmfoundation.org.uk)

There is no charge for the workshop and we would be delighted to see as many of you as possible attend. Please book at <https://www.trybooking.co.uk/DLF> to enable us to provide sufficient refreshments for the evening.