

16 September 2022

Dear parents and carers

We would like to invite you to a **drug and alcohol awareness** workshop **delivered by webinar** by drug education charity the **Daniel Spargo-Mabbs** Foundation and funded by **Surrey Adult Learning** on **Wednesday 21 September** from **7 – 8.30pm**.

This will directly support the lesson content being delivered through Personal Development, and is hosted by Asha Fowells and Ruth James, drugs educators from the DSM Foundation.

The world for young people is a very different place than it was for their parents, including their vulnerability to risk from drugs and alcohol, and this workshop provides a great opportunity for you as a parent or carer to become more aware of what issues face your children, 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 – what, where, when and how
- what young people, and their parents and carers, need to know about the risks of drugs and alcohol
- factors that affect young people's decisions about drugs and alcohol, including teenage brain development
- how to have effective conversations with your child, and practical suggestions for what you can do to support them to stay safe
- where to go for more information and support

The DSM Foundation 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 (www.dsmfoundation.org.uk). The aim of the charity is to support young people to make safe choices about drugs, and they work with students, teachers, parents/carers and professionals in schools, colleges and community organisations across the UK.

Fiona has become a leading UK expert on drug education, including how parents can best support their children. She has spoken to parents and carers across the UK and internationally and is regularly asked to speak by the media. You can see her on Channel 5 news [here](#) talking about her recently published book for parents 'I Wish I'd Known' (Sheldon Press) available [via the DSM Foundation's website](#), [Amazon](#) or other retailers.

To enrol for this workshop, please click on this link to [Surrey Adult Learnings](#) website

On the day of the workshop, the Foundation will send you a Zoom link together with a welcome booklet prepared by Surrey Adult Learning.

If you have any questions about the workshop please contact me aakhavan@carringtonschool.org or the Foundation by emailing amanda@dsmfoundation.org.uk.

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