



02 March 2021

Dear Parent/Carer

We would like to invite you to a drug and alcohol awareness workshop webinar delivered online for our parents and carers by drug education charity the Daniel Spargo-Mabbs Foundation. This will be held on **Tuesday 16<sup>th</sup> March 2021 at 6pm** and led by the Director and Founder of the charity, Fiona Spargo-Mabbs, and Asha Fowells, a pharmacist and DSM Foundation drugs educator.

The world for young people is a very different place than it was for their parents, including in 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](http://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. She is also regularly asked to speak by the media, and you can see her on ITV's This Morning about what parents can do to support their children to make safe choices here - <https://www.itv.com/thismorning/hot-topics/ecstasy-epidemic-what-to-tell-your-children>

To register for this webinar, please click here:

[https://zoom.us/webinar/register/WN\\_R\\_lqjOnVTT2EDkYzdzlBjw](https://zoom.us/webinar/register/WN_R_lqjOnVTT2EDkYzdzlBjw)

Yours sincerely

R Maxwell  
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