

6th March 2019

Dear Parents/Carers

Parent / carer workshop – the Daniel Spargo-Mabbs Foundation

As part of our wellbeing provision this year we are very pleased to be able to offer a drug and alcohol awareness seminar for parents/carers. This is created by the Daniel Spargo-Mabbs Foundation, a drug education charity 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 are now working with students, teachers, parents/carers and professionals in more than 200 schools, colleges and community organisations across London and the South of England.

The Trust would like to invite you to a drug and alcohol awareness session on Wednesday 3rd April at Wallington High School for Girls in the main school hall from 7.00pm to 8.30pm led by Asha Fowells, Drugs Educator at The Foundation.

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. Fiona is regularly interviewed by the BBC, ITV, Channel 5 and various radio programmes and you can see her speaking on ITV's This Morning in May 2018 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>

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.

The Foundation team, including their Youth Ambassadors, would love to speak to you after the workshop and answer any questions you may have. Or perhaps you'd like to hear more about how you could help them with fundraising or raising awareness of the charity? This parents' workshop is provided to our school **free of charge** by the Foundation so any donation you are able to make would be really appreciated by Asha, Fiona and their team.

Feedback from parents after workshops is always very positive, and those that come always leave saying every parent needs to come to one of these workshops as it gives them greater confidence to handle those important conversations at home.

"Thank you so very much to Fiona and her team from the DSM foundation for the absolutely brilliant, courageous and informative talk to parents at Greenshaw High School this evening."

"Such a personal, heartfelt and informed presentation. Very relatable. Thank you."

"A real eye opener for parents"

We look forward to seeing you on 3rd April. Tickets are available via Eventbrite using the following link [Tickets](#). We ask that you only book tickets for this popular event if you are definitely attending.

Please note that there is no parking available on site.

Yours sincerely



Mrs S Barnes

Assistant Headteacher - Student Support at Wallington High School for Girls



'Supporting young people to make safe choices about drugs'



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