



Drug and Alcohol Addiction
Families need support too



CONFERENCE FOR THOSE BEREAVED THROUGH DRUG OR ALCOHOL MISUSE AND RELATED CAUSES

**‘Understanding Addiction:
Making sense of our loved one’s struggles’**

KEY NOTE SPEAKERS:

Professor Sir John Strang,

*Director of the National Addictions Unit and Head of the
Addictions Department at Kings College London.*

Paul Bayes-Kitcher

Director Fallen Angels Dance Theatre Group

Chief Inspector Jason Kew Thames Valley Police

So what are the police doing about drug related deaths?



**Lives Worth
Talking About**

Saturday 12th October 2019

Registration: 9:15am

Conference: 10:00-4:45pm

Note New Venue:

Crowne Plaza Gerrards Cross, Oxford Road

Beaconsfield, HP9 2XE

www.cp-gerrardscross.co.uk

Cost: £47 (to include lunch, tea and beverages throughout the day)

Please apply to: administrator@drugfam.co.uk

INTRODUCING DRUGFAM

DrugFAM'S **mission** is to provide a lifeline of safe, caring and professional support to give families the strength to break free from the cycle of addiction and rebuild their lives.

Our **purpose** is that no family members, friends or partners should be left in isolation, fear or ignorance of any local or national support. Our **aims** are to provide support to families, friends or partners affected by someone else's active drug or alcohol use and to support those bereaved by addiction, or related causes.

To provide education and raise awareness of the impact of someone's addiction on families, friends or partners and local communities. For details please go to www.drugfam.co.uk we are here 365 day a year. We are open 7 days a week from 9-9pm on **0300 888 3853** and also at office@drugfam.co.uk

Elizabeth Burton-Phillips MBE
Founder and Trustee



DrugFAM

**Drug and Alcohol Addiction
Families need support too**



“ As a charity they stand strong in support of families affected by the disease of addiction... to take away the shame and to give hope to families out there. ”

Karen
Helpline Volunteer



“ When I tried to speak in the group, I just burst into tears. I had finally found relief that I was not on my own. ”

Geoff
DrugFAM Support Group Facilitator



“ I was so at ease, that I shared more about my life and my brother than I have with anyone since his death. ”

Alex
Nicholas Mills Memorial Project



“ DrugFAM have shown me from dark days there can be a future for all bereaved people... I can go forward again. There is life after loss. ”

Pauline
Bereaved Mother

Registered Charity No: 1123316



ABOUT OUR FACILITATORS



Peter Cartwright Specialist Bereavement Counsellor

Peter has worked with families affected by drug and alcohol use since 1999. He has extensive experience of supporting family members through helpline work, outreach at London prisons, and both one-to-one and group counselling. Building on this work he now trains both families and professionals in all aspects of families and substance use. Peter also has a particular interest in bereavement through working as a specialist bereavement counsellor. Over the last seven years these strands of his career have come together through his work on drug and alcohol related bereavements.

He works with DrugFAM to train their staff and volunteers about supporting bereaved people, he contributed to the writing of their bereavement booklet, and facilitates the quarterly bereavement support group. He is currently writing a book on how to support people bereaved through a drug or alcohol related death, which is due for publication in 2019.



Sophie Tickle

I graduated from Exeter University with a 1st Class BA (Hons) degree in Drama. Over the last seven years I have worked as a freelance dance and drama artist across the UK. My work has given me the opportunity to produce and facilitate workshops for various companies and organisations and work with companies who provide arts programs for those with disabilities, including the Citadel Arts Centre and inclusive dance charity DanceSyndrome - where I am the Lead Artist and Project Manager. I produce solo performance work for UK festivals, perform as a dancer on Cbeebies and I was in the Closing Ceremony of the 2012 Olympic Games. I facilitate the young peoples bereavement project.

I am the founder of 'It is What It is Productions' and I play the role of Lady Heroin in the updated one hour play adapted from Mum, can you lend me twenty quid? What drugs did to my family? If you would like to commission the play please contact me on sophie@iwiip.co.uk

MORNING SESSION

Understanding Addiction: Making sense of our loved one's struggle

From 9.15am Registration and coffee

10.00am Peter Cartwright will welcome all participants (and will link and introduce all subsequent parts of the day)

10.10am Ado Matheson will sing a song from his collection of **'Songs from the Heart'**

10.15am **Key note speaker 1:** Professor Sir John Strang speaking about **What addiction is and how it happens.**

10.55am Break

11.15am **Presentation 1:** Rachael Fox **'Light in the Darkness'** Rachel will speak about her losses and how she has found light in her life in the work she now does.

11.40am Elizabeth Burton-Phillips speaks and sets up sharing time

11.45am 'Their lives are worth talking about' sharing time with music in background

12.10pm **Presentation 2:** Mary McNeil **'There is a lesson to be learned and a subsequent gift to be given'** Mary will speak about addiction across the generations in her family.

AFTERNOON SESSION

12.35pm Lunch and further music from Ado Matheson

13.35pm **Key note speaker 2:** Paul Bayes-Kitcher speaking about his experience of addiction and his charity **Fallen Angels Dance Theatre Recovery Group**

14.15pm **Sophie Tickle dance performance** introduced by Paul Bayes-Kitcher

14.25pm **Presentation 3:** Nick Dawson **'Hope and Understanding, a twin's journey to find peace following a tragic loss'** Nick will share his journey in life since 1998.

14.50pm Break

15.05pm **Key note speaker 3:** Jason Kew speaking about **his experience as a policeman of working with people who are addicted.**

15.45pm Peter Cartwright summing up

16.10pm **Reflection:** with slides of our loved ones, candles and Ado singing further **'Songs from the Heart'**

16.30pm Free time to sit quietly, talk together or say goodbye (Peter will invite people to leave when they are ready and will say DrugFAM staff are available to sit with/talk to etc.)

16.45pm End

ABOUT OUR SPEAKERS



Professor Sir John Strang – MBBS, MD, FRCPsych, FACHAM, FRCP, FMedSci

Professor Sir John Strang is a medic and an academic and has an active interest in the contribution science can make to better public policy and practice. He is Director of the National Addiction Centre (NAC) and Head of the Addictions Department at King's College London. He leads the new theme investigating 'Lifestyle Substance Use & Harms' as part of the new Biomedical Research Centre (BRC) in Mental Health and has also been selected as an NIHR Senior Investigator. He co-Leads, with senior clinical and managerial colleagues, the Addictions Clinical Academic Group of Kings Health Partners AHSC (Academic Health Science Centre). He has been an addictions psychiatrist for over 30 years, and has led the group at the Maudsley/Institute since 1995. He has published >500 scientific papers in the addiction field and has contributed to national and international policy, chairing policy-informing committees and expert groups for Department of Health, NICE and Public Health England.



Rachael Fox

My name is Rachael and I am 41 years old. I am married, I have three children and one grandchild. Addiction is a family disease and it has certainly had an impact on me. Out of us six siblings there are only three of us left. Addiction took my three younger brothers all at young ages.

Losing one brother was horrific, the enormity of losing three brothers has been difficult to say the least. Life has been unbearable at times and I have been in some dark places but life now is much more manageable and hopeful.

Remembering

Wayne Rees: 07/04/1982 – 06/11/2006

Michael Rees: 18/04/1983 – 01/02/2015

Dean Rees: 16/03/1988 – 08/05/2018



Mary McNeil

I was privileged to work in Special Education for 30+ years, teaching children with autism, counselling families and providing training in autism across North Staffordshire.

I am mother to four children, 2 boys and 2 girls. My youngest daughter, Libby died at age 25 of a heroin overdose in 2013 when her son, Loui, was 8 months old. At age 64 I became special guardian to Loui. He has been adversely affected from his mummy's opiate usage and subsequent Social Care mis-management, which has contributed to a serious attachment disorder in addition to him having Autism and learning difficulties.

In 2016 my youngest son Giles, aged 45, died from a violent suicide following financial difficulties, serious mental health issues and years of alcohol and substance misuse.

I was raised with the belief that no matter what happens there is a lesson to be learned and a subsequent gift to be given. Being positive is integral to life's lessons and purpose.

Remembering

Libby McNeil: 22/04/87 – 22/03/13

Giles McNeil: 04/11/71 – 12/06/17



Paul Bayes-Kitcher

Paul was born in Yorkshire and started dancing at the age of four. He trained at the Royal Ballet School and Ballet Rambert. His first professional experience was with Scottish Ballet and then Birmingham Royal Ballet, where he was a soloist.

In 2009 Paul began teaching within Rehabilitation settings alongside developing his artistic practice, which led to him finding Fallen Angels Dance Theatre in 2011. <http://www.fallenangelsdancetheatre.co.uk/> Today he creates professional work as well as delivering participatory projects within criminal justice, recovery rehabilitation and community settings, and is an inspirational public speaker.

In the last year Paul has delivered 2 TEDx talks, BBC3 devoted an "Amazing Humans" short film about his journey to supporting people in recovery and his return to Birmingham Royal Ballet after 21 years, as well as meeting Her Majesty the Queen with HRH Duchess of Sussex at the Official opening of Storyhouse where Fallen Angels is company in residence.

ABOUT OUR SPEAKERS



Nick Dawson

Nick lost his identical twin, Simon through a brutal murder in 1998, at age 30 years. Simon tragically lost his life walking home from a night out after a chance random meeting with two young criminals, high on drink and drugs. Following years of counselling and recovery, Nick eventually went on to meet one his brother's killers in prison to get answers to many of his questions about what happened that night. Nick now regularly shares his story to groups of offenders in prisons, helping them understand the ripple effect of victim impact, and showing them that understanding, acceptance and connection are possible on both sides.

Nick is married to Julie, with two teenage children, living in Surrey. His lifelong aim is that Simon's death was not in vain, and that his legacy will be to help many people touched by similar circumstances.

Remembering

Simon Dawson: 05/08/1968 to 29/08/1998



Chief Inspector Jason Kew

I joined the Royal Navy, as a Mine Clearance Diver a month after my 16th birthday. This vast new world really opened my eyes, seeing conflict, exploitation and serious harm by war, heart wrenching poverty in Africa and the warmth those people showed me. I also saw astounding wealth in countries like Kuwait and the self-imprisoning isolation this wealth sometimes brought.

I have now been a Police officer for 25yrs, seeing similar lives, locally in various towns and cities here. As a detective for most of that time, I have investigated drug related crime from acquisitive to murder and kidnaps (many kidnaps!) and in covert roles, I lived the lives with the most vulnerable in our communities, who were existing, fighting, winning and losing to addiction. All of them are living with stigma and being marginalised by a society which should be supporting them, not punishing them. I have seen drug related deaths in each of those 25 years.

I might be a Police officer, but I think differently about the Police role for those found in simple possession of controlled drugs.



ABOUT OUR SPEAKERS



Ado Matheson

Songs from the Heart

Ado Matheson is a Celtic singer and songwriter inspired by his family tradition of music especially his late Grandfather who was crowned 'Celtic Bard' in the 50's for his writing.

Ado has lost many members of his family and friends through addiction. However the greatest tragedy was losing his dear younger son William to heroin in 2013.

His music and writing are helping him to heal and come to terms with his grief. He hopes above all else that his music will reach out and touch the hearts of those who have been there regardless of time and circumstances.

Remembering

William Matheson: 17/03/1977 - 07/08/2013

I would like to make a one off donation to DrugFAM:

Please make cheques payable to DrugFAM, or complete the credit card details below and return with this form to:
DrugFAM Head Office, Oakley Hall, 8 Castle Street, High Wycombe, Bucks, HP13 6RF

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CONFERENCE FOR THOSE BEREAVED THROUGH DRUG OR ALCOHOL MISUSE AND RELATED CAUSES



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups

The award has been given to recognise DrugFAM's outstanding work and commitment to providing a lifeline of support to families, friends and partners affected by someone else's drug or alcohol misuse.

Positively Changing Lives of families, friends
and partners affected by someone else's
drug or alcohol use

Helpline: 0300 888 3853 (9am-9pm)

7 days a week

Contact us: <http://www.drugfam.co.uk/contact-us/>

Oakley Hall, 8 Castle Street, High Wycombe, HP13 6RF