



# Unresolved Trauma for Those Left Behind



## Lives Worth Talking About

Supported by



WYCOMBE  
DISTRICT COUNCIL

**camurus**

## 10<sup>TH</sup> ANNUAL BEREAVED BY ADDICTION CONFERENCE Saturday 13 October 2018

Registration: 9:15

Conference: 10:00 – 4:45pm

**Venue:** The Holiday Inn Handy Cross, High Wycombe HP11 1TL  
(Junction 4 M40)

[www.hihighwycombehotel.co.uk](http://www.hihighwycombehotel.co.uk)

**Cost:** £45.00 (to include lunch, tea and beverages throughout the day)

**Please apply to:** [administrator@drugfam.co.uk](mailto:administrator@drugfam.co.uk)



# L'ORCHESTRE DU MONDE

— WORLD VIRTUOSI —

*Proceeds to DrugFAM*

PLEASE JOIN US AT  
CADOGAN HALL - LONDON  
THURSDAY 25 OCTOBER 2018 - 7:30PM

TICKETS - £43, £36, £28, £20  
BOX OFFICE - 020 7730 4500



## JANUSZ PIOTROWICZ CONDUCTOR

**MOZART Symphony No. 40 in G minor**  
**DVORAK Symphony No. 9 (From the New World)**

L'Orchestre du Monde is a unique ensemble which brings together leading world-class virtuoso musicians, who are soloists, members of renowned string quartets and chamber ensembles, and principals from the world's greatest orchestras.

*"**Sheer exhilaration.** With the finale we were plunged into a raging torrent of emotions as Piotrowicz directed a powerhouse of a performance. This was spine-tingling stuff. Yet again the Royal Philharmonic was on top form, responsive and alert to everything Piotrowicz demanded of them."*

- (RPO, Royal Albert Hall) **Music Web International**

*"**Celestial surrealism.** Atmospheric contrasts were especially ravishing. A profound performance, full of integrity"*

- **The Guardian**

**To book your tickets to support DrugFAM  
please go to the link here:**

[www.cadoganhall.com/search/  
?search=janusz%E2%80%A6](http://www.cadoganhall.com/search/?search=janusz%E2%80%A6)

BOX OFFICE: 020 7730 4500  
CADOGAN HALL, 5 SLOANE TERRACE,  
LONDON SW1X 9DQ



## 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.

# Morning Session

## Unresolved Trauma for Those Left Behind

From 9.15am	<b>Registration and coffee</b>
10.00am	Peter Cartwright will welcome all participants
10.10am	Ado Matheson will sing a song from his collection of <b>'Songs from the Heart'</b>
10.20am	<b>Key note speaker 1:</b> Dr Sangeeta Mahajan <b>'Being Human'</b> Sangeeta will share her story about the loss of her son Sagaar who died in 2014 and why she is passionate about Youth Mental Health First Aid
11.00am	<b>Break</b>
11.20am	<b>Presentation 1:</b> Janie Hamilton <b>'Forever Changed- emerging from the ashes- losing a son from psychotic induced refusal to be treated'</b>
11.45am	Elizabeth Burton-Phillips, DrugFAM's Founder speaks and sets up sharing time
11.50am	<b>'Their lives are worth talking about'</b> sharing time with music in background
12.10am	<b>Presentation 2:</b> James Sabin <b>'My heart is a shattered jigsaw and you, my brother, are the missing piece'</b>

# Afternoon Session

12.35pm

**Lunch**

13.35pm

**Presentation 3:** Rivka Miller **'Sudden Traumatic Death- the unresolved trauma of having "no body" to say goodbye to'**

14.05pm

**Presentation 4:** Lorna Rees **'Grief, healing and challenging perceptions – A widow's perspective'**

14.35pm

**Break**

14.50pm

**Key note speaker 2:** Mandy Bostwick **'Specialist Trauma Psychotherapist'**

15.30pm

Peter Cartwright summing up and ideas for coping with trauma

15.55pm

**Break**

16.00pm

**Reflection:** candles and Ado Matheson 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 and talk.

16.45pm

**End**



## About our Speakers

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### **Dr Sangeeta Mahajan**

Sangeeta lost her son Sagaar to suicide in October 2014 after a brief illness. Since then she has developed a keen interest in the workings of young minds, their design, their expression and their challenges. She has worked as a Consultant Anaesthetist at Guy's and St Thomas' NHS Foundation Trust for the last 12 years. She has come to learn about the limitations of the NHS when it comes to looking after young people with mental health issues. She is now an activist, educator and a trainer in Youth Mental Health First-aid. She believes that suicide is preventable and it is everyone's business.

### **Remembering**

Saagar Naresh

06.05.94 - 16.10.14

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### **Mandy Bostwick MSc, MA, MBACP, ISSTD Specialist Trauma Psychotherapist**

Mandy is a qualified lecturer and psychotherapist specialising in the field of trauma. She worked for 15 years in the private, public and voluntary sector before setting up the charity The National Centre for Trauma. Mandy has an extensive range of knowledge and experience in her field and she is recognised as one of the leading experts in trauma in the UK. Her work demands a high quality of clinical excellence and quality assurance. She has an unquestionable belief that clinical safety, empathy and genuine understanding are essential qualities for anyone working in this field



### **Rivka Miller**

Rivka is the mother of two children. Her eldest son, Danny, died suddenly and traumatically 2 years ago. The nature of his death meant that his body could not be viewed by his family and he was buried without the possibility of saying a proper and final goodbye. Since Danny's death Rivka has reinvented herself. She has changed her name, moved house, changed career, undergone personality changes and travelled a lot. None of this really matters to her. What hasn't changed is her sense of humour and determination to keep running the race. Rivka has a husband, Dave, a daughter, Phoebe, a grandson, Lewis and two amazing dogs. Her dogs and close companions, Buster and Scraps, together with DrugFAM, have been her lifeline.

### **Remembering**

Danny James Taylor  
30.08.82-13.03.16



### **Lorna Rees**

Grief, Healing and challenging perceptions- A widows perspective .

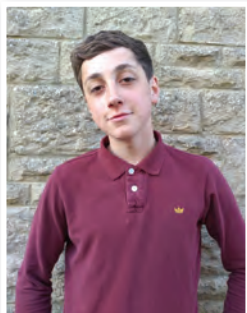
In June 2015 my world fell apart when my husband Lee died of opiate toxicity at 37. I found myself a widow at 35 years old left to raise my 15 month old son alone. I struggled immensely with being open about what had happened to Lee , only telling close family and friends. Afraid of being judged. A turning point for me was attending the Westminster Abbey service. Seeing so many others who were also bereaved through addiction and hearing those who spoke gave me strength to not be ashamed or to hide what Lee, myself and our families have been through.

I too want to challenge perceptions, my own and others about addiction and help breakdown the stigma around it.

### **Remembering**

Lee John Mascal  
21.08.77-07.06.15

## About our Speakers



### James Sabin

My name is James and I am the youngest of three brothers. Daniel my eldest brother died of an accidental drugs overdose in 2013 aged 22 years old.

Daniel made bad choices but he wasn't a bad person, to me he was my best friend, playmate and brother. Daniel died just before my 9th birthday and my whole world changed.

There hasn't been much help for me as a sibling. Not many people understand what it's like to lose a brother, least of all to drugs, the stigma around this and the trauma it causes to the whole family. I'm passionate about raising awareness of the dangers of taking drugs and also the need for more support for teenage siblings.

**Remembering** Daniel William Bond: 15.06.90-13.01.13



### Janie Hamilton

My name is Janie Hamilton and I'm a retired music teacher, now living in Dorset. My husband and I have just celebrated our 45th wedding anniversary. We had two children, James and Laura, whose lives went in very different directions. Whilst Laura was thriving at boarding school and Cambridge, James was experimenting with cannabis from the age of 14 and was sectioned by the time he was 20. There followed 16 years of intense sadness and immense stress, watching our beloved son's young life passing, his potential unrealized, and finally culminating in the shock of his death three years ago, age 36, from a psychotic-induced refusal to be treated for cancer.

I now speak in schools, warning young people of the dangers of cannabis.

**Remembering** James Hamilton: 24.4.1979 - 31.7.2015.



### 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.

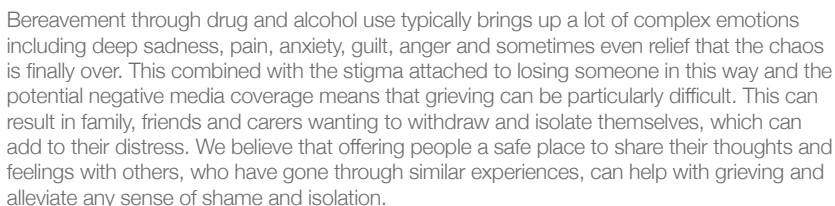
Ado has lost many members of his family and friends through addiction. However the greatest tragedy was losing his dear younger son William to heroin in 2013.

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



## Supporting family, friends and partners who have been bereaved by drugs or alcohol



- The Annual Bereaved by Addiction Conference
- Quarterly bereavement support groups
- One-to-one support
- 7 day a week helpline (Tel: 0300 888 3853) 365 days a year
- The Bereaved by Addiction handbook

The aim of the project is to support young people to develop ways to process and cope with their loss so they can move forward with their lives, not feel so alone and challenge the stigma which is often associated with bereavement through drugs and alcohol.

## Strength and Hope

### ‘Lives worth talking about’



The spiral is a powerful symbol for creation and growth. It represents coming into being; the evolutionary process of learning and growing.

Life, like addiction, does not proceed in a straight line. It more closely resembles a spiral. We seem to pass the same point over and over again but from a different perspective each time. The Spiral is non-sectarian. It belongs to everyone and, like addiction, excludes no-one. The spiral is probably the oldest known symbol of human spirituality. It has been in rock carvings thousands of years old on every continent in the world.

I made this piece in the spirit of great hope when my son, Freddy, was alive and in a recovery phase in his addiction. He relapsed and died on 27th May, 2011, aged just 18. In nature, the spiral shows up in so many ways – from the seeds of a sun-flower to the destructive force of a hurricane. Some say that the spiral is the fingerprint of God which resides in all creation. Some say it is representative of the cycle of rebirth.

A life worth remembering.

By [Annie Tempest](#)

Bronze and steel

# DONATION FORM

## 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, Oakely Hall, 8 Castle Street, High Wycombe, Bucks, HP13 6RF

Title ☐ Mr ☐ Mrs ☐ Miss ☐ Ms ☐ Other

Name

Foundation

Address including postcode

Telephone/Mobile

Email

My donation is £  for ☐ DrugFAM core costs ☐ Other

If other, please specify

☐ I would like my donation to remain anonymous

Or please debit my ☐ Mastercard ☐ VISA ☐ Cheque ☐ CAF Charity Card

Card Number  /  /

Start date  /

Expiry date  /

CVV  (last 3 digits on signature strip)

Card holder's name

Card holder's Signature and date  /

## I would like to make a regular monthly donation to DrugFAM (please tick box below):

☐ £10 ☐ £50 ☐ £100 ☐ £250 ☐ £500 ☐ £1,000 ☐ £1,500

To set up a standing order payable to DrugFAM:

Bank: HSBC Beaconsfield

Sort Code: 40.09.29

Account No: 21296108

Reference: DrugFAM/Your Surname (Optional)

*giftaid it*

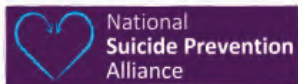
It is very likely that we can claim the tax on your donations – If you are a UK taxpayer, please tick the 'Gift Aid' box below today and make your donations worth much more, through Gift Aid. As long as you pay an amount of income and/or capital gains tax for each tax year (6th April one year to 5th April the next) that is at least equal to the value of the basic rate tax that we will claim on your donations made in that tax year, you can Gift Aid your donations. For every £1 you donate, Gift Aid allows us to claim at least 25p from HM Revenue & Customs – increasing the value of your gift at no cost to you. Most people pay some form of income and/or capital gains tax on their income, pension savings or investments.

☐ I am a UK taxpayer. Please treat all donations I make or have made to:

The Nicholas Mills Foundation trading as DrugFAM for the past 4 years as Gift Aid donations until further notice

Signature:

Date:



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.

### **Achievements in 2017 A Year of Positive Change**

- The Founder of the charity Elizabeth Burton Phillips was awarded the MBE
- DrugFAM was awarded the Queen's Award for Voluntary Services (the MBE for charities)
- The Prime Minister hosted a reception for DrugFAM's achievements at Downing Street
- DrugFAM hosted the first ever ground breaking service at Westminster Abbey for families
- The updated edition of the founder's book 'Mum can you lend me twenty quid?'

*What drugs did to my family* was published in Dec 2017

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/>**