

CONFERENCE FOR THOSE BEREAVED THROUGH DRUG, ALCOHOL OR GAMBLING USE

The Impact of Grief on Family Relationships

DrugFAM's 14th Annual National Bereavement Conference 2022

KEYNOTE SPEAKERS:

Peter Cartwright
Specialist Bereavement Counsellor

Dr Sangeeta Mahajan
Consultant Anaesthetist and Mental Health Educator



**Lives Worth
Talking About**

Saturday 8th October 2022

Registration: 9:15am

Conference: 10:00am-4:45pm

Venue:

**Crowne Plaza Gerrards Cross, Oxford Road
Beaconsfield, HP9 2XE**

www.cp-gerrardscross.co.uk

Cost: £55 in person (to include lunch, tea and beverages throughout the day)

Online attendance: £25

INTRODUCING DRUGFAM

DrugFAM's **mission** is to support everyone affected or bereaved by another person's harmful use of alcohol, drugs, substances or gambling including family, friends and colleagues.

We also provide education and raise awareness in schools, rehabs and the community of the impact of someone's addiction on families.

Contact support@drugfam.co.uk or call
0300 888 3853

Elizabeth Burton-Phillips MBE
Founder, Volunteer and Trustee



DrugFAM

Addiction - Families need support too
DRUGS • ALCOHOL • GAMBLING



“ 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
Staff member



“ I am proud to be the Junior Ambassador for DrugFAM. I lost my brother when I was 9 years old and I know how much families value DrugFAM's support. ”

James Sabin
Junior Ambassador



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

Alex
Bereaved sister



“ 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

MEET OUR TEAM



Gill Owen-Conway BEM Conference Chairperson and Facilitator

Gill manages the training of staff and volunteers at DrugFAM and works with bereaved clients who have suffered the loss of a loved family member through addiction.

Gill previously worked with Samaritans Chiltern Branch for 16 years, the last 3 years of which as its Director. In her time there she also ran their training programme and worked closely with the prison team at Aylesbury Young Offenders to establish a listening scheme for distressed and suicidal prisoners.

Gill joined DrugFAM in 2014, initially facilitating a support group and as a Helpline Volunteer before taking over as the Head of Training in 2019.

Before Covid she also regularly spoke at presentations in support of Elizabeth Burton-Phillips the Founder of DrugFAM with whom she now works closely supporting bereaved family members.

Gill is married with two children and was made A Point of Light in 2018 by the then Prime Minister, the Rt Hon Theresa May MP. She was also awarded the British Empire Medal in the 2022 Honours List in recognition of her charitable work over nearly 25 years.



Laura Furness Chair of DrugFAM Trustees

Laura became our Chair in May 2022. Since 2015 Laura has been the Head of Funding, and a member of the England Leadership Team at the National Lottery Community Fund, during which time she had a secondment as the Head of Engagement with the Royal Society for Public Health.

Before that she was a Policy Advisor in the Office for Civil Society in the Cabinet Office and for ten years prior to that held a variety of roles in drug and alcohol services in the criminal justice and voluntary sectors.

She is a Trustee of 52 Lives (one of the charities chosen by The Duke and Duchess of Sussex as their 'Forces for Change') and the Chair of Reach Out for Mental Health.

We are honoured to have Laura with us today.

MORNING SESSION

Bereaved through Addiction – The Impact of Grief on Family Relationships

9.40 Log onto Zoom

Gill Owen-Conway
Conference Chairperson
and Facilitator

Count down to the start of the conference begins. Gill will link and introduce all subsequent parts of the day.

10.00 Welcome

Laura Furness
Chair of DrugFAM
Trustees

Laura will welcome everyone and introduce the Conference Chairperson.

Gill Owen-Conway

Housekeeping, self-care during the day, DrugFAM support.

10.15 Songs from

Ado Matheson

Ado will open the conference with one of his songs from 'The Healing Waves'.

10.20 Speaker 1

Peter Cartwright

The Impact of Grief on Family Relationships.

11.05 Break

11.25 Sharing Time
Introduction

Elizabeth Burton-Phillips
Founder of DrugFAM

Elizabeth will speak briefly and set up Sharing Time. There will be a DrugFAM facilitator on each table.

11.30 Sharing Time

'Their lives are worth talking about.'

12.05 Speaker 2

Colette Sully

Colette will speak about the loss of her daughter Amanda.

12.30 Lunch

There will be music and a song before the afternoon session begins.

AFTERNOON SESSION

1.30	Video	Elizabeth Burton-Phillips	Elizabeth Burton-Phillips and James Sabin wing-walking or Fallen Angels 'Transfiguration: I Fall.'
1.40	Speaker 3	Stuart Dorrill	Breaking the Stigma – Stuart will speak about the loss of his partner Bridget.
2.05	Speaker 4	Lauren Welland	Lauren will speak about the loss of her brother Aaron.
2.30	Break		
2.50	Speaker 5	Dr Sangeeta Mahajan	Film '1,000 Days' about her son's life and death by suicide, followed by discussion.
3.25	Speakers 6	Amanda and Martyn Miles	Amanda and Martyn will speak about the loss of their two sons Laurence and Hayden.
3.50	Break		
4.05	Reflection	Gill Owen-Conway and Ado Matheson	Gill will introduce the slides of our loved ones and invite participants to take their candles to the memory table while Ado Matheson sings.
			
4.20	Conclusion	Dr Sangeeta Mahajan	Sangeeta will make concluding comments which will include supportive words and ideas for those online who may not have support.
4.30	Closing Time	Gill Owen-Conway Laura Furness	Gill will close the conference reminding people they are welcome to stay and chat or network and to their say goodbyes when they are ready to leave. Laura Furness Chair of Trustees will then say a few words.
4.45	Log off Zoom		
5.30	Close		Conference room closes.

ABOUT OUR SPEAKERS



Peter Cartwright

Specialist Bereavement Counsellor

Peter has over twenty years of experience, both counselling bereaved people and supporting families affected by a loved one's drug or alcohol use. He has brought these two strands together to develop a specialism in substance-related bereavements through his work as a counsellor, trainer, researcher and author. He is the lead author of 'Supporting People Bereaved through a Drug or Alcohol Related Death', the first book to specifically address how to support and counsel these marginalised people. This was published in September 2020

He works with DrugFAM to provide training and clinical supervision to their staff and volunteers, and facilitates the quarterly bereavement support groups.



Dr Sangeeta Mahajan

My name is Dr. Sangeeta Mahajan. I am a Consultant Anaesthetist at Guy's and St. Thomas' NHS Foundation Trust, London. I am also a Trustee of the national charity for prevention of young suicide, PAPYRUS. I co-chair the Suicide Prevention Group within Thrive London and am on the Steering Group of Support After Suicide Partnership.

My son, Saagar Naresh was a beautiful young man, a star student, linguist, cricketer, and drummer with a fabulous sense of humour and a heart of gold. He died by suicide at the age of 20 in October 2014, just ten weeks after being diagnosed with Bipolar Disorder.

I am a Mental Health educator and activist. I am passionate about connecting with other parents who have also sadly lost their children.

Remembering

Saagar Naresh: 6th May 1994 - 16th October 2014

ABOUT OUR SPEAKERS



Stuart Dorrill

Breaking the Stigma

My beautiful Bridge suddenly passed away in September 2020, and at the time so did our hopes, dreams and future of happiness. I'm sharing my journey from complete ignorance at the beginning, to enduring the highs and lows, through to acceptance, peace, love, and now happiness which I've finally found today.

None of this would be possible without the help from DrugFAM. So I'm privileged to be sharing my story in memory of Bridge for the strength she showed, the confidence she instilled in me, and the next Stuart Dorrill who thought he had nowhere to turn after losing their partner. I hope my story inspires people to live with their hearts full after it's been broken.

Remembering

Bridget Bond: 17th January 1978 - 8th August 2020



Lauren Welland

I am Lauren. I am 26 and engaged to a wonderfully supportive partner. I am the youngest of four children. Addiction has been in my family for years and it has sadly devastated us all with the loss of my brother Aaron. It flipped my life upside down and I was lost and in a dark place for a long time. With the amazing support from my family and from DrugFAM it has got easier to talk about.

It still and always will affect us but by supporting each other we are able to talk about him and honour his memory.

Remembering

Aaron Christopher Welland: 21st July 1994 - 2nd April 2019

ABOUT OUR SPEAKERS



Amanda Miles

I am Amanda and I am a retired secondary Design Technology (textiles) and Ceramics teacher. I spend much of my time making jewellery and items using my textiles skills which I find helps with the death of 2 of my 3 sons. My middle son Laurence was a keen guitarist who died by suicide and had addiction problems. Hayden my eldest son died from using cocaine. Hayden had long term addiction issues and had tried various drugs. He obtained a degree from Nottingham University in Geography, Business and the Environment and a PG Diploma in Applied Social Science from Lancaster University. I have used the services of DrugFAM many times. I also attended support meetings at The Oxford Friend and Family Empowerment (OFAFE), which I found extremely useful in understanding Hayden's mental health problems.



Martyn Miles

I am Martyn and I have been married to Amanda for 41 years. I retired 10 years ago from Oxford University where I worked for over 40 years as a Scientific Glassblower. I am a keen cyclist and I really enjoy getting out into the countryside. I am also very good at fixing bikes. My main hobby is music and I enjoy building speakers and fixing music systems. I regularly operate the sound system at our church and I can be called on to bring along and use my PA systems at various events. Once a week I am a volunteer at the local Witney Museum. I enjoy meeting and telling people about my birth town of Witney.

Remembering

Laurence Miles: 2nd April 2004 - 14th November 2005

Hayden Miles: 6th June 1982 - 12th October 2022



Colette Sully

I am Colette and it is a privilege to be asked to contribute to the 2022 DrugFAM Bereavement Conference. I was first introduced to DrugFAM by my daughter in law Anne Smith after my daughter Amanda died. I have been married twice and I had two children Austyn and Amanda.

I was a successful model in the 1960's 1970's and 1980's. I also was an interior designer for many top hotels in London and private clients. I belong to a non-profit organisation which enables me to help people with alcohol addiction.

My daughter Amanda died 7 years ago aged 39. I miss my daughter more each day.

Remembering

Amanda Sully: 14th July 1975 - 6th June 2015

ABOUT OUR SPEAKERS



Ado Matheson

Songs from the Heart

I am a Celtic singer and song writer inspired by my family tradition of music. My beloved late grandfather was crowned a 'Celtic Bard' in the 1950's for his writing.

I have lost many members of my family and friends through addiction. However, the greatest tragedy was losing our dear younger son William to heroin in 2013. My last CD was written after the loss of my son. It is called The Healing Waves – Songs of Loss, Longing, Love and Liberation. My music and writing help me to heal and to come to terms with my grief. I hope my music will reach out to you and touch the hearts of those who have lost a loved one to addiction regardless of the time and circumstances.

More recently my other son Hans made short film about me which you may like to watch on youtube [Ado - A music documentary - YouTube](#)

Remembering

William Matheson: 17th March 1977 - 7th August 2013

ABOUT OUR FOUNDER, TRUSTEE AND VOLUNTEER



Elizabeth Burton-Phillips QVA MBE

Elizabeth is perhaps best known as the author of 'Mum, can you lend me twenty quid? What drugs did to my family' a story that has now been read by many thousands of people in the UK and worldwide. It has been translated into 7 languages. The book describes how an "ordinary" family was devastated by drug addiction which drove Simon's twin brother, Nick, to end his own life in 2004, aged just 27.

She was awarded an MBE in the June 2017 Queen's Birthday Honours List for 'services to people who experience drug addiction and their families' The MBE is in recognition of her unwavering and tireless contributions to raise awareness of the impact of drug and alcohol addiction on all those who are affected by addiction and all those bereaved by addiction.

She and her charity DrugFAM were further awarded the Queen's Award for Voluntary Service in May 2017. This award is given by the Queen to an individual for outstanding service to the community.

Elizabeth will begin her sequel to Mum, can you lend me twenty quid? in 2023. The proposed title is 'The Box is Blue – Lifting the Lid on the Impact of Addiction -The Forgotten Victims'. She will self-publish.

Elizabeth is a full-time volunteer and works closely with Gill Owen-Conway BEM as a bereavement support worker. She is a trained group facilitator for those affected by addiction. She is also a public speaker.

At DrugFAM we offer support through:

- Our Quarterly Bereavement Support Groups on Sunday afternoon online between 2-5pm for up to 20 people.
- Our smaller groups on Tuesday afternoon online between 3-5pm for up to 10 people. We hold these 6 times a year. (The smaller groups bring together bereaved mothers, fathers, siblings, partners, grandparents to meet others experiencing the same emotions and loss).
- One to one video and telephone support, telephone helpline 0300 888 3853 from 9am-9pm and email support: support@drugfam.co.uk
- Our Bereaved by Addiction Handbook.
- Our Annual National Bereavement Conference every October.

MEET MORE MEMBERS OF OUR TEAM



Paul Rompani CEO

Paul has more than 25 years' senior management experience in the charitable not for profit sector.

A career focusing predominantly on health and youth development including as CEO of Mentor International, which has implemented projects in over 80 countries to prevent drug use and substance abuse. During this period, he was a member of the EU Civil Society Forum on Drugs, a Board member and Treasurer of the Vienna NGO Committee on Drugs and a speaker at a variety of international meetings and events including the UN Commission on Narcotic Drugs, the UN General Assembly Special Session on Drugs and the UNODC Technical Consultation on the Evaluation of Drug Prevention.

He has undertaken numerous voluntary and representative roles in the sector and is currently a trustee of The Skateboarding Foundation. He has an MSc in Voluntary Sector Organisation from the London School of Economics and is an alumnus of the Henley Business School Leadership Programme and a Fellow of the Clore Social Leadership Experienced Leader Programme.

Paul has two sons, aged 20 and 18 and lives in London. He enjoys spending time with family and friends, reading, running and riding his motorbike, on sunny days.



Chris Kemble Operations and Services Manager

Chris has over 25 years' experience working in the charitable not for profit sector and recently joined DrugFAM from Cruse Bereavement Support. His career has predominately focused on supporting those in crisis and begun with setting up and co-ordinating a rolling night shelter for the homeless.

Chris has extensive experience of supporting clients in both a 1 to 1 setting and group settings, alongside a wealth of experience starting up and expanding services. Organisations Chris has worked with include St Mungo's, Shelter, Victim Support, Cruse Bereavement Support, Gamcare and South London and Maudsley NHS Trust. It was whilst working at an organisation supporting those with an addiction to gambling that Chris had the opportunity to work more closely with family members. It was through witnessing the benefit of timely and tailored support that his passion in this area grew.

Joining DrugFAM and being part of its continued growth offered the perfect opportunity to match his passion, and utilise his experience working in both addiction and bereavement services.

National Bereavement
Alliance



National
Suicide Prevention
Alliance



Support
After Suicide
Partnership



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

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.

To find out more information about how to book your tickets please contact:

elizabeth@drugfam.co.uk asap.

Positively changing lives of families, friends
and partners affected by a loved one's drug
or alcohol use or harmful gambling.

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

7 days a week

Contact us: support@drugfam.co.uk

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