

Orkney Alcohol and Drugs Partnership

Public Health Department

62/64 Victoria Street

Kirkwall

Orkney

KW15 1DN

Tel: 01856 879807 **Fax:** 01856 870691

Email: Katie.grant@nhs.net

Monday, 02 November 2009

Dear Mrs Bleakley

How to drug Proof Your Kids – Training November 2009

I am writing to inform you that the Orkney Alcohol and Drugs Partnership are offering the forthcoming training 'How to Drug Proof Your Kids' (DPYK) which is being delivered by a national charity, *Care for the Family* on;

Date: Saturday 14th & Sunday 15th November 2009

Venue: Friends Room, St Magnus Centre, Kirkwall

Time: 9am to 5pm

The two day training programme, aimed at parents and carers covers a variety of topics and is primarily about prevention, it is ideal for parents, carers, family members and friends of children aged 8 and above.

DPYK training is a relaxed and informal six session course that is run throughout the country; however this is the first time this type of training has been offered in Orkney. All trainers who deliver the course are accredited by *Care for the Family* and many of them are concerned parents themselves.

By the end of the two days training parents and carers shall:

- become better informed about drugs (including alcohol, tobacco and prescription medications) - why and how they are used
- learn how to communicate effectively with their children about drugs
- develop plans to use at home to help their children make informed choices
- examine their own beliefs, attitudes, and behaviour about drug use
- benefit from the support of other parents and be encouraged by the fact that they are not alone

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There are only 20 places available on the course so advance booking is essential and also there is a charge of £15 to cover the materials distributed, however if there are any difficulties in reaching the costs the OADP can meet these costs. If you would like more information or to book a place please contact Katie Grant on 87 9807 or email Katie.grant@nhs.net.

Yours sincerely,

Katie Grant

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Substance Misuse Development Officer

Orkney Alcohol and Drugs Partnership

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