

The Daniel Spargo-Mabbs Foundation

Drug and alcohol education for schools,
colleges, professionals and communities



2025-2026

ABOUT US



The Daniel Spargo-Mabbs Foundation is a drug and alcohol education charity founded by Tim and Fiona Spargo-Mabbs in response to the death of their son Daniel after an accidental overdose of ecstasy. Part of a loving family and the younger of two boys, Dan was bright, articulate, popular, kind, funny and talented, and one of the very last people anyone would have expected to come to harm from drugs. And yet, on 17th January 2014, Dan collapsed at an illegal rave and died three days later. He was just 16 years old.

www.dsmfoundation.org.uk

The DSM Foundation believes that every young person should have access to effective, evidence-based drug and alcohol education, so that they develop the knowledge, life skills and resilience they need to make informed and safer choices when in situations involving substances. Ultimately, it is about young people getting home safely, and helping their friends to do the same. The charity is based in South London and its work has spread rapidly across the UK and beyond since its inception just over a decade ago, primarily through word of mouth and recommendation.



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EVIDENCE-BASED DRUG EDUCATION

The DSM Foundation's **drug and alcohol education** programme for students, staff and parents/caregivers is mapped to an international evidence base of what is most effective in drug and alcohol education, and to European standards of good practice. All provision is reviewed and updated on an ongoing basis to ensure all content is current, relevant and addresses the priority issues for young people, and to give schools and colleges all they need to achieve the drug education outcomes in England's Relationships, Sex and Health Education framework, and Scotland's Curriculum for Excellence. It incorporates direct delivery by specialist drug educators, planning and resources for teachers, training for staff and workshops for parents and caregivers, a Youth Ambassador scheme, a Duke of Edinburgh Skills programme and a play. Dan's story is woven into everything we do, as it provides relevance, context and reality for all audiences, and storytelling in this way can be an incredibly engaging and effective means of communicating important messages.



Fiona Spargo-Mabbs OBE, founder and director of the DSM Foundation, has delivered a **TEDx talk**, explaining why drugs education is vital. Find it at: tinyurl.com/TEDx-Fiona

Evaluation is essential to ensure our planning, resources and delivery are as effective and impactful as they can be. Feedback is gathered from students, teachers, parents and caregivers, which is used to refine our provision in response to what people want and need. The DSM Foundation has been an Associate Member of Middlesex University's Drug and Alcohol Research Centre (DARC) since 2017, and their initial academic assessment of elements of our drugs and alcohol education programme can be seen [here](#).

We are also delighted to have worked with the University of Aberdeen on an evaluation of some of our work in Scotland which can be viewed at tinyurl.com/DSMF-grampianreport and to be continuing our work with Middlesex University under government funding awarded by the National Institute for Health and Care Research which will see further evaluation of our provision.



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WORKSHOPS FOR YOUNG PEOPLE

Interactive workshops can be delivered in person where practicable, with much of our work concentrated in London and the Home Counties, and from our second base in North East Scotland. We are willing to travel further afield, though there may be additional costs. Our drug educators plan content in discussion with key staff – and young people (via anonymous survey) where possible – to make sure it meets the needs of the cohort, including taking into consideration any additional needs such as SEND.

The session was pitched perfectly at the age group of pupils in attendance. It was interactive, engaging and relevant.

Teacher, 2024-25 academic year.



We also offer bespoke live-streamed talks using a setting's online platform or our own Zoom account, an option that is particularly popular with FE and sixth form colleges, where a large number of young people can be reached in a single interactive session in classrooms or tutor groups. It is also a good option for settings that are further afield from our London base. While the majority of our workshops are in schools and colleges, we also do some provision in community settings such as uniformed organisations and youth centres, as well as for 18-25 year olds in further or higher education and in the early stages of their working lives.



I loved the familiarity and tone of the workshop, and the way it didn't talk down to us and explained things clearly, methodically and passionately.

Student, 2024-25 academic year

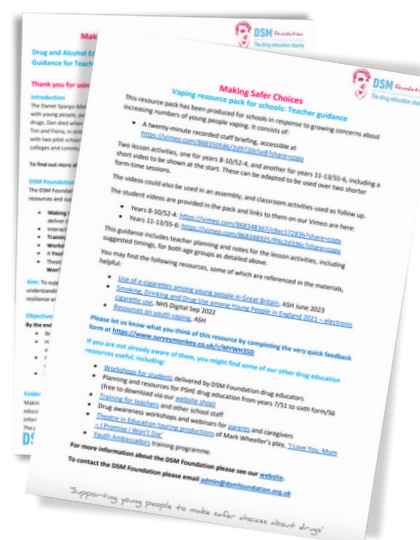
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PSHE/PSE FOR YEARS 7-13/S1-6

We offer a range of free **resource packs** for teachers to enable them to deliver effective, evidence-based, interactive drug and alcohol education as part of PSHE/PSE, either in lessons or in shorter, form time sessions. We always advise settings follow up any workshops delivered by the DSM Foundation team with these sessions, as they provide students with opportunities to further their understanding, including by asking questions and learning from each other.

The lessons are invaluable... lots of current up-to-date information which we really appreciate.
Teacher, 2023-24 academic year

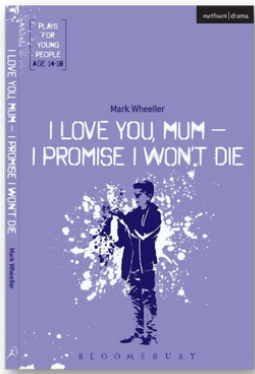
The evidence base for drug education indicates that in order to be effective, young people need age-appropriate sessions that are reinforced and built upon as their exposure and situations change. For this reason, the DSM Foundation programme comprises a spiral curriculum, with pack of two to three sessions for each school year. Mapping documents detail what is covered overall and per year group, enabling the slide decks and teacher notes to be used flexibly – but also easily – to suit a setting's provision. Topics include the effects and risks of drugs, the law, decision making (including motivations and influences), and practical strategies (including harm reduction for older year groups).



There are also substance-specific resource packs available free of charge for schools to deliver in form time or as an assembly, including underpinning knowledge for staff. Again, the slide decks and notes provided for these have been designed to be relevant for students, as well as easy to deliver for staff.

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DRAMA & DRUGS EDUCATION



In 2014 the DSM Foundation commissioned a powerful verbatim **play** that tells Dan's story, 'I Love You, Mum - I Promise I Won't Die', written by award-winning playwright Mark Wheeler (Bloomsbury/Methuen Drama, 2017). Since its publication the play has been studied, taught and performed in schools and communities across the UK and around the world, as far away as Australia and Canada, and in September 2022 it became a GCSE drama set text on the Eduqas syllabus.

*A really engaging performance of a hard-hitting piece of theatre. It will stay with all of us a LONG time.
Teacher, 2024-25 academic year*

The professional touring Theatre in Education production of 'I Love You, Mum - I Promise I Won't Die', adapted by the playwright, has been seen by thousands of students since 2017, with performances followed by interactive workshops delivered by the specially trained cast of actors. This has a huge impact on all who see it, and will once more be hitting the road for the 2025-26 academic year with a tour of Scotland in autumn, and tours of London and Northern Ireland in spring. Performances outside DSMF-commissioned tours can also be organised, with either a drama or PSHE/PSE focus.



There are two professional films of the play, one for England and one for Scotland. The play film resource pack includes interviews with Dan's parents, Tim and Fiona, and follow-up workshop resources for teachers to deliver. This is a great option for schools wanting a performance outside the tours.

*I was truly moved by it and thought it was exceptionally well put together, brilliantly educational and it definitely made me think.
Student, 2024-25 academic year*

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WORKSHOPS FOR PARENTS AND CAREGIVERS

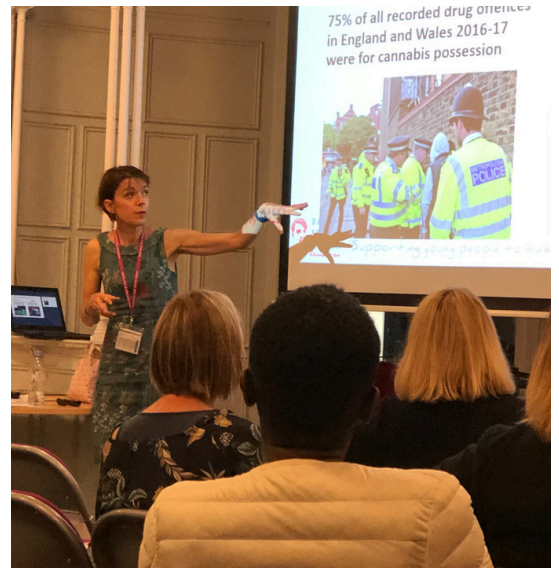
Parents and caregivers have a significant influence over their children throughout their teens, and schools working in partnership with this group are further supporting their students to stay safe. 'I Wish I'd Known' interactive **workshops** cover the context for young people in relation to drugs and alcohol, adolescent brain development and decision making, practical strategies and advice, and approaching what can feel like difficult conversations, whether pre-emptive or reactive.

It didn't come across as a lecture, instead it felt personal, honest and deeply relatable

Teacher, 2024-25 academic year

Sessions are usually delivered by webinar, which enables attendees to join from wherever they are, and also allows a recording to be made available afterwards. In person sessions are also an option, and while the majority of our sessions are with school communities, we also do some delivery for employers wanting to support the parents and caregivers within their workforce.

DSM Foundation founder and director – and Dan's mum – Fiona Spargo-Mabbs OBE, has written two books for parents, published by Sheldon Press. **'I Wish I'd Known – Young People, Drugs and Decisions: A Guide for Parents and Carers'** intersperses Dan's story with information and practical advice. There are supplementary materials available for schools and colleges, for adults supporting neurodivergent young people, and for Christian parents and church leaders. **'Talking the Tough Stuff with Teens'** explores conversations with teenagers – what can make them work well, and how to try to make sure they do – both in general terms and relating to specific areas of risk such as relationships, sexuality, gender identity, and mental health conditions. This is also available as an audiobook.



Thank you so much, this was so informative!

Parent, 2024-25 academic year

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YOUTH AMBASSADORS



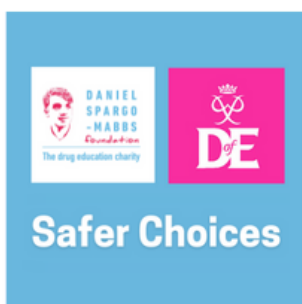
Having young people at the heart of our team and work has been a key ingredient of the DSM Foundation from its inception. Our Youth Ambassadors' resource pack is designed for older students (most commonly Y12/S5) and helping them gain confidence and learn new skills to they can be a positive influence for their peers, and contribute to their school or college community and the wider work of the DSM Foundation. The programme is a mixture of self-directed study and working with a member of staff in their academic setting to demonstrate learning and understanding.

OTHER PROVISION

Mission Transition is designed for teachers to deliver in class to help build pupils' confidence and resilience both in preparation for the transition to secondary or senior school, and in adapting to their early weeks and months there.

Pupils learn about core values, decision making and drugs and alcohol in an age-appropriate way. It is particularly popular during the second half of the summer term, with the free to download pack containing a Powerpoint presentation plus teacher notes, for delivery in a single morning or as a series of shorter sessions.

**MISSION
TRANSITION**



Safer Choices is a self-directed programme that can be used as a Skill for the Bronze or Silver Duke of Edinburgh Award. Participants gain insight into what influences their decision making, with the aim of supporting them – and arming them with simple strategies – to make safer choices in all kinds of situations.

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STAFF TRAINING

Every member of school or college staff has a duty of care for the young people in their setting, and those who have a **training session** from the DSM Foundation find it brings them up to date on the context young people find themselves in when it comes to alcohol and drugs, arms them with tips and advice on managing conversations with their students that can feel tricky, and enables wider working with the school community to try and reduce drug-related harm. It is also invaluable for anyone looking to deliver drugs education as part of PSHE/PSE, as research shows that it is more effective when facilitators are trained in this specialist area. Sessions are tailored to what a school or college needs, where appropriate taking into account feedback from a pre-workshop survey staff members are asked to complete. We also offer training for health sector and multi-agency professionals, the police, the voluntary sector, business, and commerce, to improve their own knowledge and skills for their work. Talks are bespoke and developed in discussion with our drugs education team.

*An excellent session which was so relevant and informative.
Staff member, 2024-25 academic year*



EVENT SPEAKING

DSM Foundation founder and director Fiona Spargo-Mabbs OBE is an articulate and engaging **speaker** who delivers keynote and other addresses at a number of events.

If you want a speaker who will capture everyone's attention and inspire then look no further than Fiona.

Corporate impact director, 2024-25 academic year

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DIRECTLY DELIVERED WORKSHOPS

Add travel time and costs if outside of London Oyster Zone/M25

STUDENT WORKSHOP

Up to 60 minutes

State £130 - £205

Independent £310 - £410

STUDENT WORKSHOP

Same talk repeated during the visit

State £80 - £105

Independent £110 - £160

FULL DAY OF DELIVERY

Up to five student workshops during day (one year group only)

State £325 - £600

Independent £500 - £850

FULL DAY OF DELIVERY

Up to five student workshops during day (mixture of year groups)

State £375 - £625

Independent £600 - £950

PARENT/CARER WORKSHOP

Including travel within London - up to 90 minutes

State £210 - £360

Independent £420 - £570

TEACHER/STAFF TRAINING

Up to 60 minutes

State £130 - £205

Independent £310 - £410

TEACHER/STAFF TRAINING

When included as part of visit with other drug education delivery

State £105 - £160

Independent £200 - £300

LIVE-STREAMED WORKSHOPS

STUDENT WORKSHOP

Up to 60 minutes

State £105 - £155

Independent £160 - £310

PARENT/CARER WORKSHOP

Two presenters, up to 90 minutes, edited recording and information leaflet provided

State £160

Independent £420

STAFF TRAINING

One presenter, up to 90 minutes

State £105 - £155

Independent £160 - £310

**Please note that for specialist and alternative provisions, there may be additional costs*

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'I LOVE YOU, MUM' THEATRE IN EDUCATION PERFORMANCE

LIVE PERFORMANCE AND INTERACTIVE WORKSHOP

As part of our annual professional tours

State £315

Independent £675

PLAY FILM RESOURCE PACK

Professionally filmed play performance, plus planning and resources for teachers to use in the classroom afterwards

State £75

Independent £120

ILYM Q&A WITH FIONA SPARGO-MABBS OBE

For GCSE Drama students studying the play, up to one hour, in person or live-streamed. Add travel time and costs if outside of London Oyster Zone/M25.

State £100 - £175

Independent £200 - £350

YOUTH AMBASSADOR PROGRAMME

Introduction and Focus group

State £130 - £205

Independent £310 - £410

PSHE/PSE RESOURCE PACKS

Downloadable **free of charge** from our [website](#):

- **STANDALONE PSHE/PSE RESOURCES**
- **'MAKING SAFER CHOICES' DRUG EDUCATION LESSONS/FORM-TIME SESSIONS FOR Y7-13/S1-16**
- **MISSION TRANSITION Y6/P7 PROGRAMME**

DUKE OF EDINBURGH PROGRAMME

- **DOFE SAFER CHOICES PROGRAMME**
(Bronze/silver award)

£20

To enquire about a workshop, performance or session please email bookings@dsmfoundation.org.uk

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CONTACT US

 bookings@dsmfoundation.org.uk

 www.dsmfoundation.org.uk

SOCIAL MEDIA

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