Dear colleague

We are pleased to announce that due to the support of **NIHCSS**, Public Health and Rick Andrews, *Housing Support Strategic Lead for Substance Misuse,* **Change Grow Live** will deliver a series of **free** training events alongside colleagues from the Matthew Project and Children’s Services throughout 2024.

Please follow the Eventbrite link below to book a place at our Kings Lynn event on **3rd June 2024**.

[The Impact Of Drugs And Alcohol On Adults And Young People Tickets, Mon 3 Jun 2024 at 09:00 | Eventbrite](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.com%2Fe%2Fthe-impact-of-drugs-and-alcohol-on-adults-and-young-people-tickets-848193649037%3Faff%3Doddtdtcreator&data=05%7C02%7Chelen.stubbs%40norfolk.gov.uk%7C5ca1fcbf017a44cef07708dc5eb27d8f%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C638489367922131736%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=hbRQ9IiHiox72HMqgHRuT0P06OiyJ038tQCHMvsuk40%3D&reserved=0)

The aim of these sessions is to raise awareness of the effects and impact of alcohol and drug misuse for everyone working in a professional capacity with children, young people, adults, families, and communities.

These are **face-to-face events only**. There is **no virtual option**. This is so that we can bring different disciplines together and get the most out of the day.

**Refreshments and lunch will be provided.** Please see the booking form on Eventbrite for any dietary requirements and details of parking.

\***Please note** that these are full day events 0900 – 1700.

**At the event you will learn about…**

1. The effects of different drugs and alcohol.
2. You will discover the differences of dependant and problematic drinking, as well as the physical and psychological effects of alcohol.
3. You will learn about alcohol detox, how to recognise withdrawal symptoms and what you can do to support someone struggling with alcohol use.
4. You will also learn about other substances including opioids and benzodiazepines and how our services support our people with the aid of prescribed medication.
5. We will cover the use of non-dependant substances such as Ketamine and Cannabis and how we support people to become drug free.
6. Colleagues from the Matthew Project and Children’s services will speak about how they support young people, unborn babies, and families and how **we can all** play a role promoting safer sleep for parents of young children.

A certificate of attendance will be issued on completion of the course evaluation.

\*Please ensure you read the terms & conditions on Eventbrite regarding non-attendance.

**Regards**

**Mat Armitage**

**Deputy Service Manager**

**Designated Safeguarding Lead**

**Working hours: Monday to Friday 09:00-17:00.**

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[**www.changegrowlive.org**](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.changegrowlive.org%2F&data=05%7C02%7Chelen.stubbs%40norfolk.gov.uk%7C5ca1fcbf017a44cef07708dc5eb27d8f%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C638489367922143091%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=dldEiY%2Fb5%2BXqV%2F6VOg%2BSYGmqq2L0sKTTmvh%2Brq20w74%3D&reserved=0)

            