

## Foreword by Diana Lamplugh

I was delighted when Chris Gould and Kaye Jones asked me if I would write a foreword for this splendid book on protecting young people travelling abroad.

In reading this essential book for host families I realised with a horrible shock how cavalier I had been to just presume that people who opted to take in young people on a visit were bound to mean well and I had not contemplated the possibility of a child being caused distress or abused whilst in the care of a host family, nor the abuse of my complete trust or that of parents, families, carers and friends. I had hosted young people from all over the world for many years. I naturally felt other people would care as much and indeed enjoy their company as I did.

Whilst the majority of hosts are good people, the responsibilities are great, and the behaviour of the minority must not be allowed to spoil the wonderful opportunities available to our children. The findings of these two dedicated, painstakingly thorough members of the Avon and Somerset Constabulary were shocking, yet essential. Fortunately for us all, they worked hard to search for answers. The books are therefore packed full of safety ideas and ways to prevent such hideous distress for other young people and their parents.

The mission of the Suzy Lamplugh Trust, set up in the name of my daughter, is to provide practical personal safety for everyone, every day. Travelling abroad is such an important part of life today that we need to be sure that all risks and possible pitfalls have been explored.

Before our eldest daughter Suzy was abducted and murdered she had worked on the former QEII boat. She had a wonderful time and came back home fairly reluctantly to continue her work in an Estate Agency.

When Suzy rang me on the Friday before that dark Monday when she totally vanished from our lives, she told me with excitement of all the things which she was doing. "Aren't you overdoing things, darling?" I asked. "Come on mum" she said "life is for living – don't forget that!"

I never have, and I now live with that thought in my heart. Life is for living, but real living needs quality. This means living with the freedom to choose, be ourselves and yet respect and value each other. To be able to do this, we need to live without harassment and fear of danger; to go out and live life to the full and to do so safely.

These books are an essential part of this goal.

Many people will be grateful.



Diana Lamplugh OBE  
Director The Suzy Lamplugh Trust



*Income from the sale of the Travel-Safe books will go to the Avon and Somerset Constabulary Child-Safe initiative, which will continue to help fund child protection projects in the future.*