

# We Are With You Newsletter Lincolnshire YP

## THC VAPES, or are they?

WHAT ARE THC VAPES? They look like normal vapes but contain a liquid completely different from vape juice. Young people are being mis sold these vapes from dealers or the internet and are thinking that they are inhaling THC (tetrahydrocannabinol) which is the main psychoactive compound found in cannabis.

There have been some recent cases in Lincolnshire, where young people have smoked, what they believed to be, a small amount from THC vapes and have become unconscious and required urgent medical intervention.

Due to the effects people are experiencing it is highly likely that it is not THC, although vaping THC is also very dangerous, it is more likely that these young people were in fact vaping a synthetic cannabis, such as Spice. The chemicals with synthetic cannabis are designed to act like the main psychoactive chemical (THC) in cannabis. The effects of synthetic cannabis, such as Spice are similar to cannabis but they are a lot stronger. Because it is more potent, it is easy to use too much and experience the unpleasant and harmful effects. All types of synthetic cannabis are a class B drug, which is illegal to have, give away or sell.

At We Are With You, we provide education and awareness to young people around the dangers and risks associated with using THC vapes.

Cases of young people using fake THC vapes were also recorded in Manchester. Copy this link to find out more: <https://www.independent.co.uk/news/health/vaping-cannabis-oil-spice-fake-thc-manchester-children-a9250431.html>

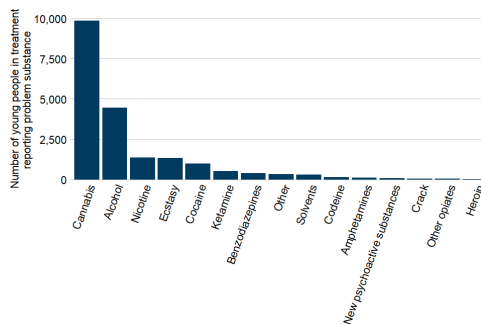
## Substances used by young people

When young people enter treatment, what substances they use are recorded. Numbers in this section are based on all substances recorded during their treatment.

There were 9,832 young people who said they had a problem with cannabis (89% of all in treatment) and 4,459 (41%) said they had a problem with alcohol.

Twelve per cent (1,333) said they had a problem with ecstasy and 9% (976) reported a problem with powder cocaine. Twelve per cent (1,368) reported a problem with nicotine use.

<https://www.gov.uk/government/statistics/substance-misuse-treatment-for-young-people-statistics-2020-to-2021/young-peoples-substance-misuse-treatment-statistics>



### Inside this issue

- Clients recovery methods.....2
- More Facts about Cannabis.....2
- Exam stress .....3
- A Clients Journey.....3
- The YP team and what we do.....4

### Special points of interest

- Mental Health Awareness Week - 15-21 May
- European Testing Week - 15-22 May
- Pride Month - 1-30 June
- Volunteers' Week - 1-7 June



## A client's activity that helps him through his recovery.

I was a recreational cannabis smoker. I worked with my support worker and we did some work that made me change my mind about using cannabis. When we looked at other things I could be doing instead, I realised I had better things to do and began skating again.

I have saved money, I feel better and I have got a lot of followers on Instagram.

*What advice would you give to someone thinking of starting skating?*

It can be dangerous. I have seen others lose their teeth.

My advice - always wear a helmet and

knee pads. Don't back out of tricks. You need to commit and be confident. Start with the smaller ramps and build up .

*What is your best stunt to date?*

My best achievement so far is a 360 buttercup (see photo).

A 360 buttercup is when you do a full rotation around in the air 360 and then 3 whips together with a Bri. I am the only one in my town that can do that trick to date!

It took 6 attempts and then I got it!

360 is called a Bri flip.

*“Physical activities are a great way to feel healthier both physically and emotionally and a great way to support recovery from substance use”.*

### Did you know?

- Cannabis dates back as far as 2,700 BC. The pygmies claim to have been using it since the beginning of time.
- The Greeks used cannabis seed oil to prevent flatulence.
- It is claimed that Queen Victoria used cannabis to ease her menstrual cramps.
- There are approx. 400 chemicals in cannabis but when it is dried and smoked, they convert to 2000.
- Cannabis has up to 5 times more tar than tobacco.
- There is a strong link to cannabis and poor mental health such as depression and psychosis.
- Cannabis does not help the recovery of mental health issues.

## Cannabis- what it does

The effects of cannabis can vary from person to person, and can depend on factors such as:

- How often you take it
- How much you use
- Your mood before taking
- The environment you are in
- Your personality
- The amount of THC/CBD in the cannabis

It can make the individual feel “chilled out”, content, sleepy and unmotivated. It can make some people paranoid, confused and/or anxious. Some people become chatty and giggly.

### Risks

Many people do not think that cannabis comes with risks, however, cannabis affects the brain, targeting the part of the brain responsible for retaining information. Using cannabis while studying for exams can cause the user to have problems learning new things and they may struggle to concentrate which could result in them performing badly in exams. Cannabis can also affect mental health and make someone who already has mental illness, such as depression worse. Long term use can increase the risk of developing schizophrenia, especially if there is a family history.





*It is that time of year!!!*

## Exam Stress

There is no single definition of stress, everyone feels differently, a heaviness in your heart – feeling overwhelmed – feeling sick etc., It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. This can lead to anxiety, depression, difficulties with sleep, relaxation or mood swings. People with the best routine put in place can still feel nervous.

If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

- Ask for help – tell your family, friends or a teacher how you are feeling.
- Join a study group or create your own.
- Be kind to yourself – allow time out to do what makes you happy.

By sleeping well, eating well and learning to unwind we are better equipped to cope with the everyday stress that occurs in our lives.

Revision Tips that may help: –

- Create a Timetable that can be broken down into chunks and revise one Topic at a time
- Take regular breaks
- Focus on how you learn, not how others do, we all study differently

If you are struggling to cope, here are some organisations who can support you.

The Mix – Offers online information as well as helpline support to under-25s about anything that's troubling them.

<https://www.themix.org.uk/>

Shout UK – Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

<https://giveusashout.org/>

## “My Journey”—in the Clients own words.

I was referred to With You by school from concerns around my drug use. I used a variety of drugs because of my mental health, relationships within my family and not enjoying school. I thought the drugs helped me to escape reality. After a while of being supported by With You, I learnt about the impact of drugs in my life and how it affected me. I came to realise how my life would plan out depending on my drug use. It made me rethink that the more I used the more it would affect me physically and mentally. This was when I decided it was the right time to make changes. I gradually cut down, remembering what my drug worker had advised. I started to notice differences in my mood and the relationships within my family which encouraged me to continue to make changes to the point that I stopped using drugs. Looking back it isn't a life choice I would choose again. I now think to myself as much as it was a social thing for me, following other people isn't the right thing to do, as addiction can be a hard thing to get over.

**we are  
withyou**  
in Lincolnshire

### Meet one of the team

**Name:** Diane Wheildon

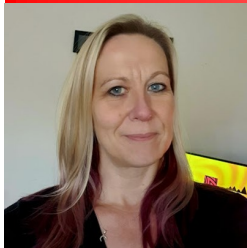
**Job role:** YP Recovery worker

**Do you have any pets?** I have 2 cats called Eren and Levi and a very spoiled cockapoo called Zeus who is 2.

**What is your favourite food?** I love Italian food, my favourite is lasagne.

**What has been your favourite holiday so far?** I went to Japan for 3 weeks and got to drive a go-cart around Tokyo dressed as a Mario character. We did lots of other fantastic things too like a tour of Mount Fuji and a samurai sword experience.

**Tell us something interesting about yourself?** I enjoy aerial classes in my free time and can often be found hanging upside down on a hoop.



**we are  
withyou**  
in Lincolnshire

## What to expect from us...

A young person's journey with We Are With You will be as individual as they are. We will tailor our support to their needs.

They will be allocated their own key worker who will firstly assess how we can best support the young person, whether this is to make small changes through awareness and education sessions, or whether it is a longer programme of interventions which will include talking therapy and guidance to help a young person to achieve a better quality of life and take control of their drug/alcohol use.

We will endeavour to meet young people somewhere they feel safe, whether this is at home, school, college and we may only be a small team but we cover the whole of the County so our service is accessible to all.

We can give advice and information to parents and guardians if they are concerned about their young person's drug/alcohol use.

We are confidential, non-judgmental and best of all...FREE.

## The YP Team for Lincolnshire We Are With You

### We Are With You

- Lincoln – 26–30 Newland, LN1 1XG
- Boston – 70–74 Wide Bargate, PE21 6RY
- Grantham – 71, High Street, NG31 6NR

Phone: 0800 3047021  
[youngpersonslincolnshire@wearwithyou.org.uk](mailto:youngpersonslincolnshire@wearwithyou.org.uk)

Please call or email to make a referral or to ask for our advice.

**we are  
withyou**  
in Lincolnshire



Zoe, Rebecca, Diane, Ruth, Yvonne, Liz, Steph, Angela & Cherianne.