

Cannabis Spice & Legal Highs Group



GROUP REPORT 2018

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Principles, Values and objectives

The Cannabis, Spice and Legal Highs group provides essential information, advice, assistance and support to long-term chronic users and their families, support workers and concerned others. We host mutual aid support groups in local venues where experience and advice is shared in a safe non-judgmental abstinence based user-led environment. We use, web, social media and emerging technologies to promote our delivery model.

We believe all drug users have the ability to turn their lives around and make positive, sustainable change to their personal circumstances and the communities they live in.

We attract a unique membership and have assumed a responsibility to service users of cannabis, spice and legal highs who would not normally access traditional services.

The serious issues we address include; anxiety, depression, isolation, confidence, sleep & insomnia, psychosis, paranoia, schizophrenia, unemployment, homelessness, poverty, offending, child support, custody issues and institutionalisation.

Our target member might be sat in a bedsit in West Yorkshire, isolated, anxious and unfit for work or social activity. We want to project the principles and ethos of our group deep into the communities we serve, providing potential members access to safe, structured meetings and a robust support network.

We have consistently achieved transformative improvements in our hard to reach and seldom heard diverse cohort, supporting members with serious lifelong addictions and have helped them grow and develop into volunteering, employment and general health and wellbeing.

#M0105

Group Member Testimonials

I had been smoking cannabis for 18 years and attending the group for 1 and a half years, the group was very welcoming and that helped me return time and time again.

I was smoking heavily everyday not been able to sleep without it, I wanted to stop badly. Cannabis added to my depression and paranoia and to a lot of negatives in my life.

You don't realise this while you smoke. I am now almost 1 year without smoking cannabis.

I believe if I had not had the help and support from the group I would not be smoke free.

I am so proud and have a healthier lifestyle and am upbeat again.

And yes, I can sleep without it that was just in my head #lifewithoutcannabis

Mary – Abstinent since 04/04/2017



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#M0002

Group Member Testimonials

This was the first ever meeting I attended since I started my journey into recovery from a serious, destructive and potentially life-threatening addiction to "Legal Highs" and Spice. I did however experience a flicker of hope at that first meeting and for the first time realised that recovery from drug addiction is possible. I kept going back to the meetings and the peer support, encouragement and most of all hope I received, played a vital role in my recovery and I am now clean from "legal highs" and all other mind-altering substances. I will be forever grateful to the group and its members.

Graham Abstinent since 15/06/2015



1.0 Context

Latest statistics from the Home Office Crime Survey for England and Wales 2017/18

*As in previous years, **cannabis was the most commonly used drug**, with a year on year increase from 6.5% to 7.2 % of adults aged 16 to 59 having used it in the last year (around 2.4 million people- an increase of 300,000 - This was the highest estimate in nine years)*

Among younger adults aged 16 to 24, cannabis was also the most commonly used drug, with a year on year increase from 15.8% to 16.7 having used it in the last year (around 1 million - an increase of 25,000 young adults).

SOURCE: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729249/drug-misuse-2018-hosb1418.pdf

1.1 Significant Research

(i) Research found that

*“those who had used mostly ‘Skunk’-like (high potency THC) cannabis were **twice as likely to be diagnosed with a psychotic disorder** if they had used it less than **once per week**, nearly **three times more likely** if they used it **at weekends**, and **five times more likely** if they used it **every day**”*

“Proportion of patients in south London with first-episode psychosis attributable to use of high potency cannabis: a case control study” Lancet Psychiatry. 2015.

(ii) According to the Proceedings 2018 13th European Congress on Heroin Addiction

*Those using synthetic cannabinoids are **thirty times more likely to need emergency medical treatment** than those using natural forms of cannabis.*

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#M0075

Group Member Testimonials

I first took spice in jail in 2014, it was a short escape and I'd not heard much about it so didn't realise the dangers. I could not consume very much as I couldn't afford to.

I got out in November 2014 and my spice usage got worse, I was having about a gram a day on average n more when I could.

I started to attend the group in 2015 and I would certainly say it was a big help in getting me off the spice and overcoming addictions in general. The group doesn't offer one size fits all approach, we just offer advice and tips and encouragement. I eventually quit spice in the middle of 2016, I often thought I'd never overcome it but going to this group amongst others gave me hope.

Wayne-33 years old, abstinent from spice for 2 years



2.0 Overview 2018

2018 has been both our most challenging and most successful year to date. Government cuts to services, benefit changes and local circumstances have combined to see reduced attendance at our base meeting at the Vault. This coupled with greater workloads for admin members has combined to place our limited resources under increasing pressure. However, far more positive aspects of the year have enabled us to achieve increased traction, income, exposure and development.

Milestones

- Adding 2 additional weekly meetings in The Space Leeds and Bevan house Bradford
- Increasing overall attendance by 17%
- Increasing income by 1,933%
- Establishing spice awareness training and harm reduction toolbox
- Shortlisted for Centre for Social Justice Award
- Consolidating web site and social media presence
- Forging and strengthening relationships with local partners

In addition, we have established facilitator training with a view to expanding our network further and put 6 members through Naloxone training. We have also embarked on a number of campaigns linked to income generation and raising awareness of the group. We have developed policy documents addressing- equality and diversity, safeguarding, risk assessment and privacy.

Trends

- We have recorded a marked 150% increase on the previous year of individuals presenting with spice use cited as their first drug of choice.
- We have identified and developed training delivery as a core service.

#M0206

Group Member Testimonials

"I found out about CSLHG in March 2018 after seeking out help for issues with illegal/non-prescription drugs, and also painkillers which I had been dependent on for nearly 12 years, due to injury, hidden disability and chronic pain.

Dave and Gabriel and others made me feel so welcome and allowed me the opportunity to get things off my chest at a time when nobody else was there to listen.

By sharing my difficulties in a safe, and non-critical environment I have found it much easier to remain abstinent from drugs and have managed to give up dangerous prescription painkillers once and for all.

The group is peer led and serves to make everyone welcome without exception. The way the group works to help people who may feel lost, or that there is no effective support is very positive and I feel there needs to be more of this type of group available over a wider area.

It really helps those like myself who have fallen through the many cracks in the system and found nowhere else to turn in their hour of need."

Res Ipsa Loquitor

Abstinent since 14/05/2018



3.0 Support and Statistics



Since our formation in March 2015 up to December 31st 2018 we have hosted 308 regular meetings utilising 6 different venues producing an overall attendance figure of 2,447. In that time, we have hosted 247 individual members.

Despite changes to local services we maintain strong links with professional and associated partner agencies. The Bridge Project being the strongest example providing advice and assistance, with robust relationships with trustees, through SMT to staff and volunteers. Working relationships also exist within Bradford Community Action, Bevan House, Community Kitchen Leeds and WYFI.

The group works actively to support each other on a group and personal basis, this has become more necessary as workloads increase. We intend to monitor this need closely.

In 2018 we began to record additional data on, employment status at the year beginning and end, information on tobacco consumption, periods of drug abstinence longer than 12 months and noting significant reduction outcomes. Our intention is to give a welcome pack to each newcomer that involves a short questionnaire capturing relevant data in addition to information about the group, whilst adhering to GDPR benchmarks.

(i) 2018 Cohort Drug of choice Statistics

DOC	1 st	2 nd	3 rd
CAN	69%	59%	45%
SPC	14%	2%	0%
LGH	2%	0%	0%
ALC	6%	14%	27%
COC	4%	9%	9%
CRK	4%	15%	18%

KEY: DOC=DRUG OF CHOICE, CAN = CANNABIS, SPC= SPICE, LGH=LEGAL HIGHS, ALC=ALCOHOL, COC= COCAINE, CRK=CRACK

(ii) 2018 Gender Breakdown

MALES	183	74.09%
FEMALES	64	25.91%
TOTAL	247	

- Data correct at 27/12/2018, includes members only, visitors excluded.



3.1 2018 Attendance data

Confidential data is recorded using tracking parameters such as: individual attendance, sex, year of birth, first, second and third drug of choice, date of abstinence and assigned drug worker. Anonymity is preserved through a unique reference membership number.

(i) 2018 Mutual Aid Meeting Statistics

2018	Meetings	Attendance	Visitors	Bridge Staff/Trustees
(Friday) The Vault Bradford	52	447	6	19
(Tuesday) Shipley Fire Station	48	227	1	0
(Wednesday) Bevan House	14	62	0	2
(Sunday) The Space Leeds	35	117	0	7
Reflections Meetings	12	71	7	8
Workshops/Training	6	52	1	3
TOTAL EVENTS HOSTED	167	976	15	39
New members 2018	48			
Attendance 2017	729			
Attendance 2018	853			
Increase	+17.0%			

(ii) 2018 Management Meeting Statistics

Reflection Meeting Attendance 2018				
	Members	Visitors	Members of Staff	Total
January	3	1	1	5
February	4	1	1	6
March	6	1	1	8
April	4	0	0	4
May	5	1	2	8
June	5	0	0	5
July	6	1	0	7
August	3	0	1	4
September	6	1	1	8
October	4	0	0	4
November	4	1	1	6
December	6	0	0	6
Total 2018	56	7	8	71



4.0 Media Technology & Promotion

Our support group is extended beyond our regular meetings by the use of technology and social media. We incorporate, mobile phone and SMS communication, group chat, Facebook messaging, Twitter, Google apps, Open tools, QR codes and media networking in addition to hosting a website and traditional print and promotional material.

Technology is one area where we promote the sharing of skills and knowledge within our membership, particularly through our workshops and shadowing of service roles.

We are regularly approached by media outlets particularly for quotes regarding spice use, we are however cautious in our dealings. We also engage with local press when placing campaign ads and endeavour to accompany them with targeted editorials.



4.1 Facebook

facebook

<https://www.facebook.com/cslhg/>

We administer and moderate 2 secret Facebook pages (Bradford & Shipley) allowing communication, networking and the distribution of literature outside of normal support hours. The page primarily acts as a 24-hour support channel allowing members to reach out to other members for advice and support whilst not in-group while still maintaining confidentiality. Members are entitled to join this group after attending 4 regular meetings. Administrators are elected within the group to moderate and develop Facebook policy.

We also run a public Facebook page to allow contact, information requests and generate support and understanding. There is no prerequisite to view this page which acts as a promotional platform. This page is indexed and searchable creating greater awareness of the group's presence and activities.

The public page is linked to a campaign page for public health messaging and outreach information.

(i) 2018 Public Facebook page Insights

POSTS	69
REACH	8068
IMPRESSIONS	254



4.2 Twitter



<https://twitter.com/cslhginfo> @cslhginfo

The group maintains a **Twitter account** promoting group meetings and activities. We have a strict non-political policy associated with this account. Volunteer members maintain and develop this brand.

As a platform, Twitter acts as a public relations tool for communicating our presence to other organisations as opposed to directly engaging with potential members. It is however a necessary and productive arm to our online strategy.



Tweet Activity

help us to help others	Cannabis Spice & Legal Highs Group @cslhginfo Our group is funded by public and private support. You can help us to expand our street outreach #spice harm reduction and intervention work by donating £5 or less. https://www.paypal.com/donate/?token=Cclm16qqjL7eByaE_BdBaCUFI4G3ya8l5B1X_hv4x1Xlo82KALhH_39AJaSOu1U5nxxz0&country=x=GB&ocale.x=GB... pic.twitter.com/YQqf13BE2P	Impressions 307 Total engagements 10 Detail expands 6 Retweets 2 Likes 1 Link clicks 1
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Promote your Tweet
Your Tweet has 307 total impressions so far. Get more impressions on this Tweet!

[Promote your Tweet](#)

We regularly tweet under the following hashtags;

- [#cslhg](#)
- [#substanceabuse](#)
- [#mentalhealth](#)
- [#legalhighs](#)
- [#spice](#)
- [#cannabis](#)

Help us to help others

CSLHG
DONATE



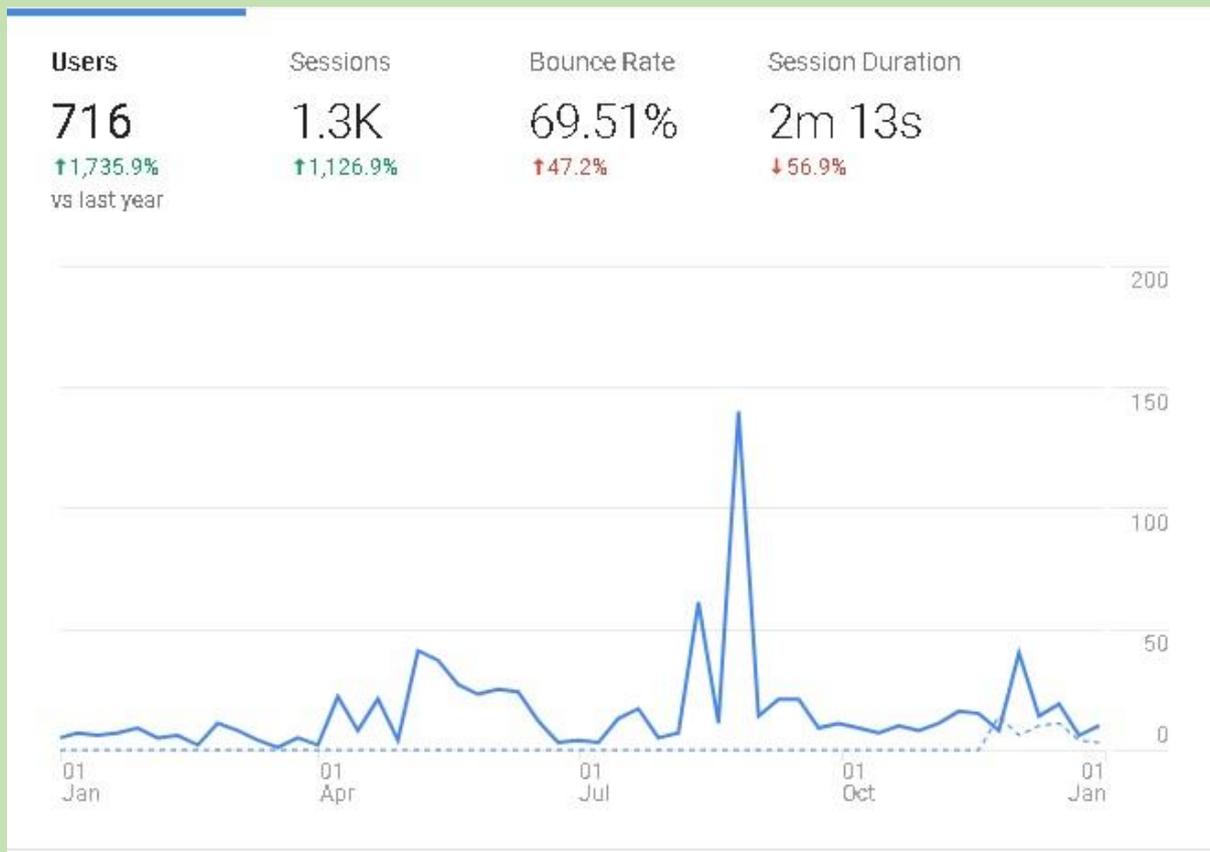
Secure | https://www.cslhg.org

4.3 Web Presence & Strategy

The group owns the domain [cslhg.org](https://www.cslhg.org) and runs a website giving background information about the group, meeting locations and times, information and research about cannabis, spice and legal highs. We also host a live chat client and a contact form. Promotional material is integrated through social media, traditional media and QR codes.

The website is our main focal point of contact and information. We welcome: back links, promotion and reviews.

(i) 2018 cslhg.org Google Analytics



Google Analytics for period 01-01-2018 to 01-01-2019

Costs for website domain and hosting 2018

CSLHG-2018AC-001.4-d	Website Domain & Hosting	£ 124.21
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5.0 Meetings & Events

We hosted a number of events in addition to our regular meetings. We also ran workshops and presentations at local venues.

2018 saw a doubling of our mutual aid meeting network. We established new meetings at The Space in Leeds at the request of The Bridge Project and at Bevan House Wellbeing Centre at the request of Bevan House CIC.

We have struggled to gain traction at our Leeds venue and the meeting is currently in review. We are however committed to exploring much needed cannabis and spice support to the city of Leeds and remain in close contact with Space management and staff.

The Bevan meeting needs time to establish and currently has a remit to target spice users in Bradford. A review is due in March 2019.

The Shipley meeting has become well established, being particularly popular with members in full-time employment. We have developed a good working relationship with The West Yorkshire Fire Service and as a consequence have the option to expand to similar venues throughout the region in the future.

TUESDAY MEETING - SHIPLEY

6:00 - 8:00 pm

Shipley Fire Station

1 Shipley Fields Rd, Shipley BD18 2DG

WEDNESDAY MEETING – BEVAN

2:00 - 4:00 pm

Bevan House

Wellbeing Centre. Dale Street,

BRADFORD.

BD1 4HT.

FRIDAY MEETING - VAULT

12:30 - 3:00 pm

The Vault

Trafalgar street,

BRADFORD.

BD1 3DN

SUNDAY MEETING – LEEDS

1:30 - 3:30 pm

The Space, Unit 8,

Gemini Business Park,

Sheepscar Way,

LEEDS.

LS7 3JB



5.1 Campaigns

5.2 #BradfordChooseWell

On two occasions we have successfully applied for funding through the BVCSA health messaging fund to promote the choose well campaign which aims to reduce waiting times at accident & emergency departments. Utilising traditional print, online & social media, we have engaged with over 45,000 individuals. In addition to supporting this worthwhile message, we have raised our profile within the community and demonstrated financial competence to stakeholders, partners and funders.



5.3 Mobile phone campaign

This year saw us entering into fundraising efforts, with the aims of, generating income, raising our public profile and training members in employable skills. Our intention is to offer individual, hands on training in mobile phone and computer repair. We also donate working phones as part of our outreach work for distribution by our partners.

This campaign has brought us increasing contact with local businesses and individuals who use this campaign to show their support.

Finally, this project generates income by selling some donated equipment in various online markets and via specialist retailers.

We intend to expand and develop this programme in the coming year.



5.4 Spice Harm Reduction and Outreach

A conscious decision was made by the management committee to engage with the spice using homeless cohort directly on the streets. The two strands of this campaign involved the forging of strategic partnerships with frontline workers and the development and distribution of spice harm reduction literature.

Our outreach partners include, WYFI, Bevan House, Immanuel Project, Simon on the Streets and Community Kitchen-Leeds.





6.0 Expansion and Growth

The group saw a divergence from a single purpose mutual aid model based on weekly meetings in local venues. Such a model comes with many challenges, like, maintaining traction, servicing multiple venues and particularly the inherent issue of successful outcomes. The group philosophy encourages individuals to help themselves and live their own lives. We feel there is no reason for every abstinent member to attend meetings in perpetua. However, we still receive requests from communities to host further meetings and we are currently planning a much-needed Holme Wood meeting to commence in spring 2019.

2018 saw the development of a training delivery service, taking advantage of teaching and authorware development within the group, we combined our experience gained through meetings to produce a spice awareness course aimed at frontline workers. We delivered our first session in November to staff from WYFI, 4Women, Housing Options and the Youth service. Receiving very positive feedback has encouraged us to pursue this venture further, with other organisations booking our training for the coming year and several other enquiries.



Changes that effect our constitution are detailed below, but a general move towards greater professionalism, including paid posts, better resources and strategic direction are the ultimate aims of the organisation.

2018 saw the receipt of four successful grant bids, with this trend set to continue as the group hones our bid-writing skills and our reputation and profile becomes more established. We are currently awaiting the outcome of one bid that, if successful, will allow us to secure serviced office space that will sharpen our focus and increase productivity.



We have over the last twelve months developed an information desk capacity, that allows us to communicate our message in a professional manner at events, conferences, pop-up fairs and community venues. This is a most effective method of spreading our message and we intend to capitalise on more opportunities in the coming year.



6.1 Constitution

The group is currently at a crossroads in our evolution. We are a small group finding our way in a challenging environment. Growing from a service user group we have expanded quickly to four weekly meetings, training provision and street outreach work. April 2019 will see us enter our fifth year and our structure and purpose will have to adapt in order to survive and develop.

The following points are areas we will investigate to this aim.

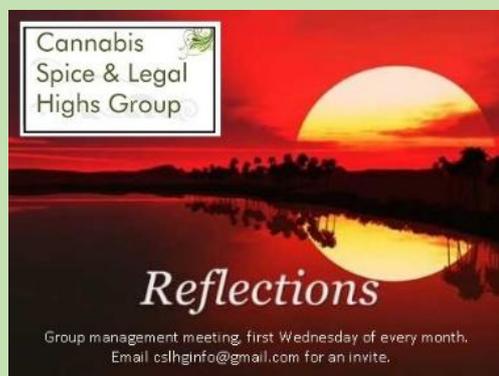
- (i) **CIO Status-** We will investigate further the adoption of our charitable status, allowing for greater financial stability and deeper involvement in core activities.
- (ii) **Advisory Board-** As a precursor to better governance and experienced consultation, we are exploring the adoption of a committee of possible future trustees made up of knowledgeable and experienced stakeholders to assist with development and direction.
- (iii) **Name Change-** The group has long considered a name change to reflect our widening remit and to soften the direct association of substance terminology that is often misinterpreted. We still intend to keep Cannabis, Spice & Legal Highs group as a brand and to maintain cslhg.org as domain name and to continue promoting the #cslhg hashtag. The coming year will see an in-depth evaluation into the feasibility of a possible rebranding exercise.
- (iv) **Research & Information-** We are keen to build on our experience and particularly our knowledge of local trends to strengthen our expanding network, we are progressively honouring section 3.3 of our constitutional objects-



3.3 Work with groups of a similar nature and exchange information, advice and knowledge with them, including cooperation with other voluntary bodies, charities, statutory and non-statutory organisations to achieve our objects.

We are in particular developing relationships with academia and local community links to support and strengthen the local CVS resource base. We are keen to facilitate relationships within our own partnership sphere and are currently arranging introductory sessions to integrate all our partners.

We feel unique opportunities are available in the current addiction/treatment environment and as a low cost, community-based asset with specialist substance specific experience, we are well placed to capitalise on future provision. Our work with spice harm reduction outreach being a prime example.





#M0051

Group Member Testimonials

I am a man who thought I knew everything and could deal with anything or anyone. I remember clearly the first time I was introduced to weed. It was my 15th birthday and my dad had recently died. My older brother called me into the front room and said I've "come of age, so it's time to be a man". He pulled out this 8-inch cigarette and said "smoke". I remembered ending up in a chair whilst my brothers stood over laughing. Little did I know then that I wouldn't stop smoking for another 38 years. In that time, it would put me in prison (twice) and put me in danger repeatedly, over and over again. Unknowing to me at the time I would suffer many mental disorders running in conjunction with my existing conditions of dyslexia and ADHD.

I've worked on weed. I've played on it, suffered on it, laughed, cried and almost died on it. I went through university using and never thought there was anything wrong until I realised I couldn't recall many important parts of my long life. In 2011 I broke my back and even the specialist told me I shouldn't stop using weed as it would help with my pain. It never did!! No one ever believes the stuff you can forget or problems you just put to the side and say "I will deal with it later" which we never do until the problem hit us right between the eyes.

Thankfully to the Cannabis, Spice and Legal Highs Group, I was introduced to being around people who were able to support each other with advice. Through sharing experiences of using, I found that when I had smoked weed, it became difficult to draw on my short-term memory because of my struggle with dyslexia. Now for over the last 2 years I've been abstinent. My concentration and my ability to remember is now returning and I am going from strength to strength. By regularly attending meetings and contributing, I find I can give advice to people who find it hard at the beginning to stop.

I have never been happier with myself and I am not controlled by anything but myself. I still have thoughts of using but I use my strength of mind and tips learned from the group to turn negativity into the right thought pattern, then the feeling goes. One day at a time is the best way to go. Never do it alone, because no one has to. Thanks to peer support and of course the group.

Vance 55-year-old father of 4 Abstinent since 14/02/2016



7.0 2019 Future Plans

We plan to establish a **new meeting in the Holmewood** community as a result of a successful ABCD bid via Bradford VCS Alliance. Demand for such provision is extremely high and we are currently negotiating venues, with the intention of commencing the service in March.

Our **spice harm reduction outreach campaign** is strategically linked to our **spice awareness training** and is designed to support and bolster the mutual aid meeting network. This work will be focused predominately on the street

homeless community. We also plan to become more heavily involved in spice use research and information gathering whilst becoming advocates for disenfranchised users and their families. A second strand to our deeper involvement in spice provision will see increasing engagement with the current and ex-**prison population**. Relationships and networks are currently being formed to facilitate this.

Our organic development and growth and expansion in the past four years has forced us to rethink the management of our resources. 2019 will see the authoring of a **development plan** to integrate, funding requirements, training needs analysis and resourcing. We are currently actively seeking **volunteers** to support our services.

One area where our performance has improved is that of income generation. In the proceeding year we secured £ 3,846.74 of funds, predominantly from 4/6 successful **bid applications**. In 2019 we intend to substantially increase our application rate. We are currently developing a further £10,000 bid, with plans for further applications.

Another new area for us is the **ability to receive donations**. This has been made possible by securing our own bank account and electing two members to share the role of treasurers. The coming year will see fund raising efforts increase, with bid applications at the heart but with training income and **member subscriptions** also contributing.

If current pending bids are successful, it would allow us to consolidate our operations in a physical base. Serviced **office space** at a sustainable rate has been earmarked to enable us to better execute our plans and develop our model.

The implementation of our plans will be updated and communicated through the Reflection meetings minutes. Please email cslhginfo@gmail.com for an invitation.





7.1 Finances and Match Funding

In 2018, the group participated in 6 bid applications, producing 4 successful results netting £3,130. In addition, as a result of being shortlisted for the 2018 Centre for Social Justice Awards, we have been included in the think tank's directory, greatly increasing our exposure and influence at a national level.

7.2 Income 2018

Ref	Outstanding balance from 2017	146.10
(i)	Health Messaging Summer 2018	385.00
(ii)	Health Messaging Winter 2018	745.00
(iii)	ABCD Holme Wood	1000.00
(iv)	ABCD Outreach	1000.00
(v)	Training Income	300.64
(vi)	Subscriptions	150.00
(vii)	Member Contributions	120.00
	Total	£ 3,846.74

7.3 Expenditure 2018

Ref		Outgoings	Balance
(i)	Health Messaging Summer 2018	439.67	-54.67
(ii)	Health Messaging Winter 2018	529.20	215.80
(iii)	ABCD Holme Wood	0.00	1000.00
(iv)	ABCD Outreach	185.34	814.66
(v)	Training Costs	325.93	-25.29
	Total	£ 1,480.14	
	Surplus		£ 1,950.50

7.4 Voluntary Hours 2018

Meetings required 596 contact hours supplemented with 21 workshop hours and 36 Reflection meeting hours. Additional hours for network and admin meetings, outreach time and bid writing contributed a further 120 hours. In addition, volunteers drove 296 miles pm.

3,556 Total miles driven

773 Total hours



8.0 Contact Details

Voice mail: 07379 915 190
email: cslhinfo@gmail.com
web: <https://www.cslhg.org>
Facebook: <https://www.facebook.com/cslhg/>
Twitter: <https://twitter.com/cslhinfo>
#cslhg <http://twubs.com/cslhg>

9.0 Acknowledgements

The group has received continued and valued support from The Bridge Project. We have a particular debt of gratitude to Sue Knowles, Marcus Dorey, Michael Ritchie, Claire Percy, Tony Gibson, Gary Joseph, Melva Burton, Tracey Hogan, Jon Royle and Martin Brook of The Bridge Project. Joe Kean and Martell Oreilly of CGL, Marion Coates of The West Yorkshire Fire Service. Helen Lincoln and Dominic Maddocks of Bevan House Wellbeing centre. John Fox of The Hepatitis C Trust, Lincoln Oakley of CABAD, Ben Cross, Rachel Stanton and Donna-Marie Manuel of BCVSA and Eillen Broomhead.

10.0 How you can help

Our group is an independent, self-managing user led organisation born from a need to support abstinence and empower individuals to beat addiction through sustained recovery. We believe all drug users have the ability to turn their lives around and make a positive contribution to the communities they live. If you are like minded and feel you want to contribute your support, we welcome contributions in many forms.

- (i) **Financial contributions** can be made via our web site donation page at 
<https://www.paypal.com/donate/?token=a1x2ctIGDwyGxftrUF120tIBvjVivweHTzbyDZ1Z9-I53sqgEeWwnV-EeenBYLFO2cNEC0&country.x=GB&locale.x=GB>
- (ii) **Material contributions** such as office supplies, help with printing, photocopying, laminating etc or you may wish to support one of our campaigns by donating mobile phones and IT (<https://www.cslhg.org/mobile-donations>) or perhaps by contributing, warm clothing, sleeping bags and food in support of our homeless outreach campaign
- (iii) **Giving your time**- We always require volunteers to assist us with our operations. Send an email to cslhinfo@gmail.com for more information.



SPICE AWARENESS TRAINING

Unit 102 Spice Harm Reduction & Practice

DURATION: 1 day

AUDIENCE: Management, frontline staff, & volunteers -working in: criminal justice, treatments, housing, health & social care and related disciplines.

CANNABIS, SPICE & LEGAL HIGHS GROUP

Founded and directed by experts by experience and provides the only specialist network of cannabis spice & legal highs self-help groups in the UK. We provide a range of consultancy and training services to front line provider organisations, policy makers, local authorities and institutions



COURSE DETAILS

Knowledge & understanding of spice and other synthetic cannabinoid receptor agonists. Anatomy of the brain and CB1/CB2 receptors, treatment, intervention, best practice. Certificate, course material and USB drive included.

This training will give staff the confidence to manage the impact of spice and develop strategies to intervene effectively.

Includes:

- Known Harms
- Interventions and strategies for managing intoxication
- Treatment approaches and clinical interventions
- Withdrawal & Recovery
- SCRA compounds and effects
- Classification and legislation
- Current trends
- Pathways to recovery
- Developing policies and procedures

To establish your training needs and provide a bespoke event tailored to your specific organisational context



Further information:

<https://www.cslhg.org/training>

Dave Memery M.07821 946883 email: cslhginfo@gmail.com



Cannabis, Spice and Legal Highs Group



- Report 2018 -