



# MARCH/APRIL NEWSLETTER 2020



## SAFEGUARDING : SUBSTANCE MISUSE

### Welcome

Welcome to the newsletter, we'll be updating the newsletter every other month with regular hints, tips and advice. This newsletter is focussed on substance misuse.

### What is it?

There are many ways various substances could be misused and it can have a deadly affect on your body. It is possible to become addicted to painkillers, prescription drugs, alcohol and many more. Its important we are aware of the consequences, how to deal with substance misuse and where to get help. If you feel an urge to take substances more than you should then you must seek help to prevent any danger you may be putting yourself in.

### Addictive Pills

- Vicodin
- Paracetamol
- Demerol
- Ritalin
- Amphetamines
- Oxycontin

There is a chance of becoming addicted to any of these substances listed above. The overuse of such pills could prevent them from working for you in

the future and you could be at risk to overdosing. It could also affect your mental health and in some cases cause brain damage .

### What are the consequences?

There are many consequences of drug and substance misuse. It will not only affect your body it will affect others around you and their mental health. Binge drinking and other drug addictions can even put you at risk of HIV and cancer. Therefore such addictions could become deadly if not treated.

### Statistics on substance misuse

- Over 14,000 young people were in contact with drug services between April 2018 and 2019
- 4 in 10 young people have sated they have problems with alcohol
- Nearly 4000 people die from drug misuse in the UK each year.
- 7.5 Million people in the UK have shown signs of intake more alcohol than they should

Theses statistics are shocking and are

more common for young adults as they are more vulnerable to such addictions. It is important we are able to identify someone who may have an addiction and advise them on the help they should receive.

### What drug treatment involves?

- Talking to therapists
- Detoxification
- Self-Help
- Reducing harm
- Treatment with substitute medicines
- Rehabilitation

This information is what the NHS has stated drug treatment involves and you can find out more if you visit their website.

Overall talking about an addiction is important and identifying one too. Therefore, it is important we are all aware of the consequences and what substance misuse can lead to as well as knowing how it can be prevented.



# NEWSLETTER

## Safeguarding Team

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email [sonia.roberts@steadfasttraining.co.uk](mailto:sonia.roberts@steadfasttraining.co.uk) or [ian.gow@steadfasttraining.co.uk](mailto:ian.gow@steadfasttraining.co.uk)

## FRANK

The Talk to Frank service provides information about drugs, and advice for drug users, parents and carers. Helpline number: 0300 123 66 00

## DrugFAM

DrugFAM offers phone and email support to people affected by other people's drug or alcohol misuse. Email [office@drugfam.co.uk](mailto:office@drugfam.co.uk) or phone the helpline on 0300 888 3853.

## Release

Release offers free, confidential advice on drugs law for drug users and their families. Email [ask@release.org.uk](mailto:ask@release.org.uk) or phone the helpline on 020 7324 2989.

## 9 Protected Characteristics;

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

## The Prevent Duty

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation. Extremism is the holding of extreme political or religious views. How can we prevent it? Whilst the signs are different in each case, we can see some of or a mixture of these changes in dress, clothing or social groups, secretive behaviour,

showing sympathy for extremist causes, advocating extremist messages, glorifying violence, accessing extremist literature and imagery, showing a mistrust of mainstream media reports and belief in conspiracy theories and appearing angry about governmental policies, especially foreign policy

Report possible terrorist activity online If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

You can also report it online on the Met police website.

## British Values

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

**If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.**

For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on [info@steadfasttraining.co.uk](mailto:info@steadfasttraining.co.uk).