

Message from Deborah Lightfoot, LSCB Chair

Dear colleagues welcome to the July LSCB newsletter. Please make sure that you distribute it widely. In this edition I want to address the growing risks to children and young people from substance misuse, in particular 'legal highs'. This is an issue which is often in the news, usually in relation to the death of a young person in the UK. The total number of young people worked with by the AfC Substance Misuse Service between April 2014 and March 2015 was 380 young people, of these 146 from Kingston and 234 from Richmond. The most popular drugs for young people were cannabis and alcohol and the service has also seen an increase within the boroughs of young people using legal highs, and other party type drugs, including mephadrone. Furthermore, as this is the July edition, I want to draw attention to FGM - a briefing has already been sent to schools from the LSCB which can be found at:

<http://kingstonandrichmondscb.org.uk/media/upload/fck/file/News/FGM%20briefings%20to%20Schools.pdf>

What are 'Legal Highs'?

Legal highs are substances which produce effects that are similar to illegal drugs such as cocaine, cannabis and ecstasy. However, these forms of legal highs are not controlled yet under the Misuse of Drugs Act 1971. This is due to there being a lack of research about them to understand their potency, adverse effects when consumed by humans or what their effects are when used with alcohol / other substances. More research is being undertaken to understand the dangers and whether these substances should be made illegal. However in 2015, the Government has brought out a new proposed bill banning psychoactive substances.

Names of 'Legal Highs'

There are a variety of legal highs with a wide range of names. Some are known by their product name such as 'Benzo Fury' or 'Ivory Wave' and others are more usually known by their chemical names, e.g. Dimethocaine, 5IAI and MDAT. Alternatively, slang names are used, such as 'bubble'. It is important to note that even though these substances are branded as "legal", does not mean that they are safe or legal. Some of the ingredients within these substances are illegal to buy and possess. Often people are unaware of what is contained in a 'legal high' and some branded as 'Clockwork Orange', or 'Mary Jane' have directly associated with poisoning, admissions to emergency or mental health services and in worst case scenarios, with death.

The effects

'Legal Highs' fall under a new psycho active substances (nhs.uk) and the chemicals which consist within them have never been sold for human consumption. The effects of these types of drugs are: stimulants, 'downers' or sedatives, psychedelics or hallucinogens.

For more information and advice please visit:

www.talktofrank.com/drug/legal-highs

<http://teens.drugabuse.gov/>

<http://www.adfam.org.uk/>

<http://www.nhs.uk/Livewell/drugs/Pages/legalhighs.aspx>

For local information please visit:

[Kingston - Young People's Substance Misuse Service](#)

[Richmond - Young People's Substance Misuse Service](#)

What is Khat?

Khat is a leafy green plant which contains stimulant drugs that speed up the user's mind and body. The plant originates from East Africa and southern Arabia. In June 2014, Khat became a class C drug in the UK, meaning that it is illegal to possess, sell or give the drug away, resulting in a possible £60 penalty fine, arrest or conviction.

The effects:

Khat can make the user feel alert, talkative and happy. However, there is a downside. If an individual has pre-existing mental health problems, then the drug could intensify these problems and provoke feelings of anxiety and aggression. Furthermore, Khat contains the stimulant amphetamine-type substances, cathinone and cathine, which could produce mild dependency. Individuals entering treatment have often used Khat alongside other drugs (Source: <http://www.talktofrank.com/drug/khat>).

Khat: Advice for local commissioners – guide by Public Health England

In June 2014 Public Health England produced a guide for local health and care commissioners on the control of Khat under the Misuse of Drugs Act (1971). The guide highlighted that *'the potential for pregnant or breast-feeding women to harm fetuses or children via Khat use is unknown'* and for midwives and health visitors to be aware when women were pregnant or breast feeding. For the full guide please visit:

<http://www.nta.nhs.uk/uploads/khat-advice-for-commissioners-june-2014.pdf>

For more information and advice on Khat please visit:

- <https://www.gov.uk/government/publications/khat-fact-sheet-for-england-and-wales> (factsheets available in Amharic, Arabic, English, Somali and Swahili).
- <http://www.talktofrank.com/drug/khat>

Joint Kingston and Richmond LSCB Meeting in June 2015

The Joint Kingston and Richmond LSCB Meeting was held on Tuesday 30th June 2015. Below are the items which were discussed and presented:

- **Domestic Violence Audit by Kingston University**
Professor Jane Lindsay from Kingston University was invited to present at the meeting regarding the Domestic Abuse Audit commissioned by Public Health, Royal Borough of Kingston. Professor Lindsay presented a 'Journey Mapping Study of Domestic Violence Survivors in Kingston'.
- **Local Learning by Elisabeth Major, Professional Advisor to Kingston and Richmond LSCB**
Elisabeth Major provided Board Members with local learning which has been derived from LSCB quality assurance work, peer reviews, audits and SCRs in both boroughs. For more information please visit <http://kingstonandrichmondscb.org.uk/practitioners/learning-and-development-126/local-learning-2015-170.php>
- **SafeFrom Campaign Film**
Some of the young people from the SafeFrom campaign team presented to the LSCB their film on raising awareness about teenage relationship abuse in Kingston and Richmond. The film demonstrates the hard work and dedication they put into this project and the important issues around teenage relationship abuse. The next SafeFrom campaign will focus on a more partnership approach with working with children and young people from schools and colleges within Kingston and Richmond. Further details will be sent out shortly.

Welcome to the new Richmond LSCB Governor member

The LSCB would like to welcome Jodie Sharma as the new Richmond LSCB Governor member:

"I am a Parent Governor at Bishop Perrin School in Whitton and in my professional role at the Home Office I draft and implement user-led policy on a wide range of subject areas and have relevant experience of drafting to ensure our duty to safeguard children is at the heart of our processes. I am very pleased to have joined the LSCB as the Richmond Governor member where I hope that I will be able to provide a useful user perspective to safeguarding policy and processes across Richmond."

Preventing Child Sexual Abuse

The NSPCC have produced a report, Preventing Child Abuse: Towards a national strategy which demonstrates the collaborative actions across all levels of society needed to prevent child sexual abuse. To read the full report please visit: <http://www.nspcc.org.uk/globalassets/documents/research-reports/preventing-child-sexual-abuse-towards-a-national-strategy.pdf>

How social media is used to encourage travel to Syria and Iraq: Briefing note for schools by the DfE

The DfE (Department for Education) have produced a briefing for schools about what actions schools need to take about protecting children and young people from the risk of radicalisation and extremism. To read the full briefing please visit: www.emcsrv.com/prolog/PG/DfE/Schools_Guide-Social_Media_V16.pdf