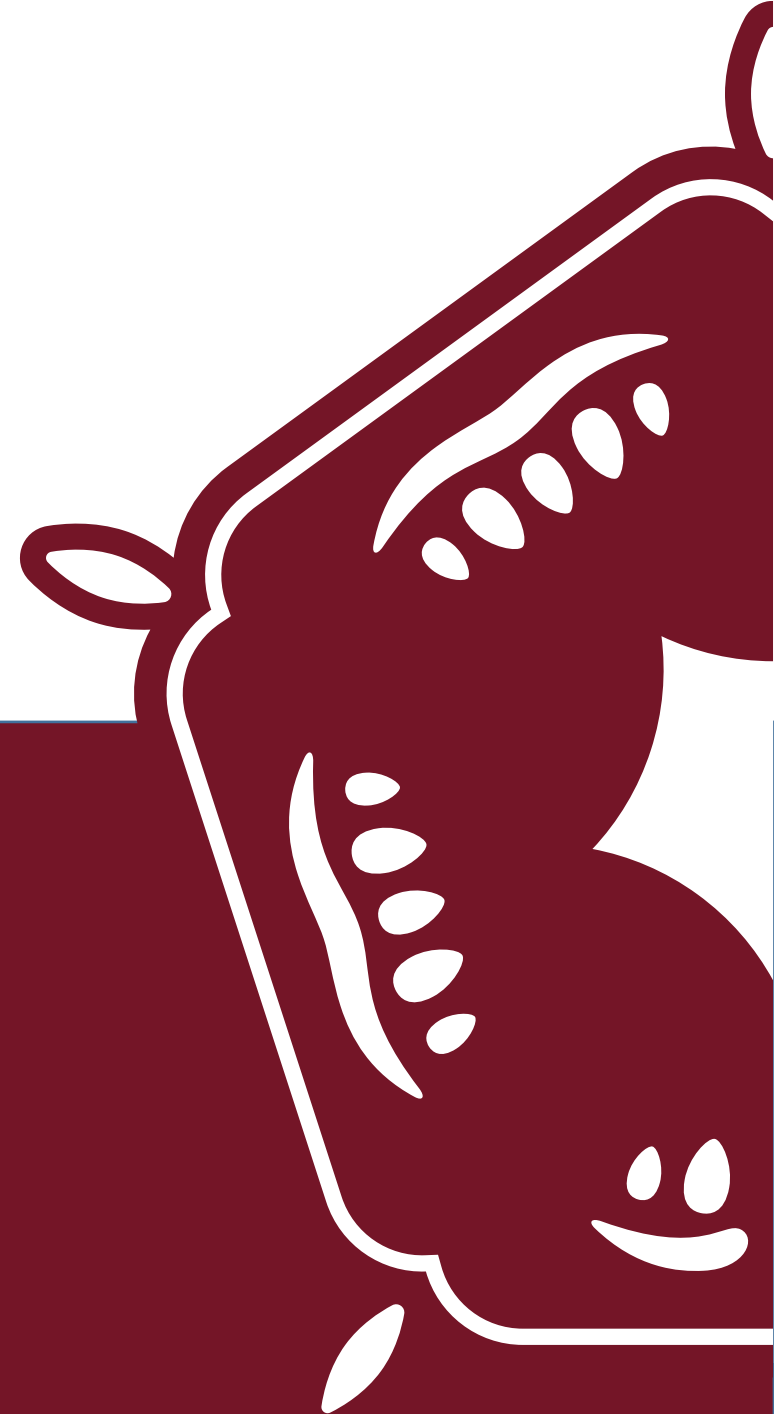




THE
BRITTONS
ACADEMY

Safeguarding Bulletin

December 2023





Advantage Programme



THE
BRITTONS
ACADEMY

- ✓ Are you aged 14-21?
- ✓ Live in Newham, Tower Hamlets or Havering?
- ✓ Do you want support to achieve your goals in life

Advantage is a new programme aimed at young people not previously known to specialist mental health services (CAMHS or Adult).

It is an innovative partnership between West Ham United Foundation and the NHS (ELFT). Advantage combines individual mentoring with mental health support and is designed to help young people in transitional periods who have been set back by the pandemic and lockdown. If you have noticed that they may need some extra support with their mental health, Advantage is well placed to address this and help them to tap into their interests and build on them.

Advantage is a programme aimed at giving you opportunities to achieve and aspire for your future. It combines individual mentoring with mental health support and is designed to help you find out what your interests are and how you can make the most of them.

So, what can I do in Advantage?

- Get weekly 1-2-1 mentoring with your personal coach
- Set goals to build your wellbeing, self-esteem and sense of connection
- Take part in other programmes such as sports, employability and more!

How does Advantage work?

- We provide participants with weekly 1-2-1 mentoring with their personal coach
- We work with them to set goals to build their wellbeing and self-esteem
- Participants can take part in other programmes offered by the Foundation such as sports, employability and more

To get involved or find out more please contact Paul
on **07590245330** or **Piseghohi@westhamunited.co.uk**



East London
NHS Foundation Trust



EMPOWER
LEARNING ACADEMY TRUST

Your service provider Change Grow Live Wize-Up for all young people substance related issues

Christmas is nearly here, and as the year is coming to an end we wanted to give professionals and parents an update on the prevalent drugs we've seen in Havering in the last few months, the support we offer and how to refer.



Nitrous Oxide

As of 8th November 2023, Nitrous Oxide, or 'laughing gas', is classified as a Class C drug, marking a key change to how possessing this psychoactive substance is treated in law. Nitrous Oxide use is still very prevalent among young people, as the silver canisters discarded in parks and public spaces highlights. However, the use of Smartwhip or Fast Gas is becoming even more prevalent. These much larger canisters contain significantly more nitrous oxide making the amount used harder to control and extremely dangerous. Nitrous Oxide is often referred to as either NO₂, laughing gas, NOS or balloons... making it seem harmless, but it is anything but.

Risks with NOS include Vitamin B12 deficiency, suffocation, paralysis and even death. In a medical emergency with any substance always call 999 for urgent medical assistance.

Synthetic cannabinoids or Spice – Black Mamba/ Devils Weed is a very dangerous drug that could previously be bought over counter if it said on the packet ‘not for human consumption’. In 2016 the Psychoactive Substances Act made the consumption of this drug illegal. However, this did not stop the illegal drugs market and it is now at a point where the drug is so potent that it can cause serious negative effects such as:

- Psychotic episodes and lasting negative effects on mental health
- An intense and trippy high
- Incoherency and unconsciousness
- Inability to walk or sit up
- Vomiting
- Small number of cases linked to death



Spice is popular in prisons as it is less detectable than cannabis and it is popular among homeless communities due to its ‘knock out’ effects. However, over the past few years we have seen this drug creep into the streets of Havering. So often young people do not want this drug, yet dealers sell spice in replace of cannabis as it is very difficult to tell the difference.

With the popularity of vaping THC now, young people are often vaping liquid spice, again, as it is nearly impossible to tell the difference. It is only once young people start smoking or vaping the substance, they can notice significant differences in the intensity of it’s effects.

Please note we have seen an increase in the rise of liquid spice being vaped in Havering in the past few weeks. If you suspect a young person has taken Spice, it is very important to dial 999 and ask for an ambulance if they are having a bad reaction.

Lean

After returning from the summer holidays a key theme mentioned among young people at the college fresher’s fairs was the use of the drug lean. Lean is an American cough syrup containing Codeine and Promethazine often popularised in rap culture. It is not licensed on the NHS so young people make the substance themselves where the doses are incorrect and even more dangerous, or they buy the drug online. It is often mixed with a soft drink such as Sprite and sweets to enhance the taste. Lean is a depressant drug, and the risk of overdose is high especially when mixed with other substances such as alcohol. It takes just 6 days to get addicted to lean where a young person could experience similar but milder symptoms of heroin addiction.

It is very important if you know a young person using Lean daily to not encourage them to suddenly stop. If a young person was using Lean and we were worried about dependency, we would refer to the adult service for the young person to receive medical support and to be safely weaned off the substance. Please note this also applies if the young person was using Alcohol or Benzodiazepines dependently.



Wize Up

Elm Park Childrens Centre
Diban Avenue, Elm park
RM12 4YH
07884996917 / 07909097621
www.changegrowlive.org



What support do Wize-Up provide?

Wize Up's YP substance misuse service provides a free and confidential service for young people aged 10-18 offering:

- Brief intervention, a one-off education and awareness session, looking at harm reduction and consequences.
- Structured intervention, up to 12 weekly sessions aimed at young people who want to reduce or stop their substance misuse, developing a care plan and weekly goals.
- Hidden harm resilience work, up to 12 weekly sessions for children from age 5 who are affected by a family member's drug or alcohol use.
- Small group workshops, tailored to suit individual needs.

Parent Group

We've recently trialed our Parent Group and I'm very happy to offer the next dates for this 6-week program running from Thursday 11th January until Thursday 15th February 2024. Held at The Hub in Romford from 5.45pm – 6.45pm. This is a support group for parents who have children misusing substances, offering a safe place to open up, and learn more about substances. Please see parent group poster attached and contact details to book on.

Contact Details:

Email: wizeuphavering@cgl.org.uk

Tel: 07909 097621

Refer Someone:

<https://www.changegrowlive.org/content/cgl-wize-up-havering/professionals-family-referral-form>

We are open Monday to Friday 9.00am to 17.00pm and work throughout the Havering borough in schools, children's centres, the Youth Justice Service as well as in the community.

For any information on services, harm reduction advice and referrals please contact me today!

'TikTok Challenge' - Chroming

What is 'chroming'?

The term "chroming" refers to a recent drug trend in which individuals inhale the fumes of intoxicants such as aerosols, paint, or solvents to experience a high. The name came from the original act of sniffing chrome-based paint.

Although using inhalants isn't new, recent social media trends are adding a new dimension of peer pressure through the 'TikTok Challenge'. The challenge, also known as 'WhipTok' has sparked renewed interest, especially among teenagers, who are being encouraged to try this dangerous practice.

Why is it dangerous?

As well as the short-term effects typical of substance abuse, experts have warned that 'chroming' can lead to long term brain damage and damage to internal organs.

We have already seen stories of teenage deaths in Australia and Ireland resulting from chroming.

There are a number of media articles discussing the subject of chroming and a link for more advice from the SIC below::

[Teen dies after attempting dangerous social media trend called 'chroming'](#)

[Tributes paid to girl who died after TikTok challenge.](#)

[Experts warning amid chroming resurgence - ABC News](#)

Navigating The Festive Season

December often sees a spike in children's safeguarding issues. Every year the NSPCC reports increasing numbers of children contacting for help, often due to relationship tensions, in particular amongst family members

<https://www.nspcc.org.uk/about-us/>

The most common issues raised by children to the NSPCC:

- Isolation
- Money issues
- Childcare arrangements
- A change in routine
- Online safety

Isolation – many children and young people feel lonely and isolated during the winter break – they can feel disconnected.

Here are a few suggestions from Action for Healthy Kids:

- Family game nights
- No screen zones in bedrooms
- Screen – free days

Money Worries – money worried can put significant stress and strain on families.

Here are some suggestions on how to cope with financial stress within the family:

- Open communication – age appropriate conversations
- Seek professional advice – if you're unsure whether professional advice is needed, have a look at Money Helper, a site providing useful free resources
- Emotional Regulation – stress relief activities

In many places, Winter is coming! Here are 5 tips for young people whilst travelling in the dark.



As the days become shorter and shorter in many places throughout the world, some students and young people can become apprehensive about travelling in the dark. Here are 5 tips to help them navigate during the winter & darker months.

1. **Stick to Well-Lit Paths:** Encourage students to take well-lit routes when walking or cycling home from school. Avoid shortcuts through dark alleys or poorly lit areas. Well-lit streets and paths provide better visibility and reduce the risk of collisions.
2. **Using Reflective Gear:** Ask students to wear reflective clothing, accessories, or a reflective backpack. This increases their visibility to drivers, especially during the darker hours. Reflective strips on clothing, shoes, or backpacks can significantly enhance safety.
3. **Stay in Groups:** Encourage children to travel in groups when & where possible. There is safety in numbers, and it's less likely for potential dangers to arise when students are together.
4. **Set a Check-In Routine:** Encourage students to inform a parent / trusted adult upon arriving home (if they don't do so already). This can be a quick phone call or text message to let them know they are safe. If they are running late or encountering any issues, this routine allows for prompt communication.
5. **Keep Devices Charged:** Should they have a phone, ask them to charge their phones and any other electronic devices before leaving home, and carry a portable charger with them if possible. In case of emergencies, having a charged phone is crucial for communication and navigation.

SCHOOL NURSE DROP IN SESSIONS

My name is Kathryn and I am your School Nurse



I will be here for drop-in sessions **EVERY OTHER MONDAY** between 11-1pm. If you would like to book an appointment please speak to **KERI SEELEY** who can book you in.

I am here to discuss any health concerns that you may have, such as:

| Healthy lifestyle

| Sexual health

| Emotional health

| Drugs and alcohol

| Smoking

| Unintentional or deliberate injuries

Wellbeing – what's next

CAMHs star worker fortnightly drop – in sessions:

Mia – Rose St Cyr



Staff consultations weekly with the school counsellor Mrs F. Wadforth

Staff consultations fortnightly drop – in sessions with Mrs K. Seeley



ELSA sessions run daily during registration, we currently have two fully trained ELSA's on site and one additional member of staff completing their training this year

Christmas holiday – school closure

Please be aware that school is closed for students during the Christmas holiday. We will return for students on Thursday 4th January 2024. School emails will not be checked regularly over the holiday period.

If you require any support over the break, please contact:

- 101 – non-emergency police
- 999 – Emergency police
- 01708 433222 – 9am – 5pm, Havering Social Care
- 01708 433999 – out of hours, Havering Social Care
- 0208 2273811–Barking & Dagenham Social Care

For other additional sources of information, you can access:

- Parenting Surgery - 01708 432636/ parenting@havering.gov.uk
- Havering Summer Activities - [School Holiday Activities - Havering Active](#)
- HAF activities - www.Havering.gov.uk/HAF (more information available online for selected families)

For mental health support, you can access:

- Via GP / A & E – Queen’s Hospital
- www.kooth.com – online counselling
- Mental Health Helpline for Urgent Help - NHS (www.nhs.uk)
- Mental Health Direct - 0800 995 1000
- 0300 300 1888 (CAMHS)
- NHS Direct – 111
- Young minds - <https://youngminds.org.uk/>
- [Shout - UK's 24/7 Crisis Text Service for Mental Health Support | Shout 85258 \(giveusashout.org\)](#)
- [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)
- The Mix (11am – 11pm confidential support) 0808 808 4994