

**we are  
withyou**  
in Lincolnshire

Issue 10 Nov 23–Jan24



# Lincolnshire YP Team Newsletter

## Ketamine

In the last three years, With You has seen a 28% increase across England in the number of young people accessing its services who are using ketamine.

Ketamine is a powerful anaesthetic which has become increasingly popular as a recreational drug, especially amongst young people. Nationally, With You believes that the popularity of ketamine has significantly increased because of how readily available and cheap it is to buy, when compared to other drugs.

### What other names are there for ketamine?

Street names for ketamine include Special K, Kenny, Ket, Jet, Vitamin K, Donkey Dust and Wobble.

### What does ketamine look like?

- A grainy white or light brown powder that often looks like crystals
- Liquid and tablets – less common

### How long do the effects last?

Immediate effects usually last 30 minutes to 1 hour. However, depending on how much is taken, effects can last much longer.

### How may ketamine make me feel?

- Confused and nauseous (feeling sick).
- Stop you feeling pain, which increases your chance of getting hurt without realising it.
- Like your mind and body are 'separated' (a 'k-hole') – this can be frightening or overwhelming.
- In a chilled dream-like state, known as 'floating', which may make people feel more "connected" to the world around them, or you may feel energetic or euphoric.
- Change how you experience space and time.
- Cause hallucinations (seeing or hearing things that aren't really there).
- Speed up your heart rate, putting you at risk of vomiting, collapsing and dying, particularly if mixed with other drugs or alcohol.

### What happens to my body if I use ketamine frequently?

Ketamine can cause permanent damage to your body. Here are the warning signs to look out for:

- Bladder problems, including the urgent and frequent need to wee and permanent loss of bladder control.
- Frequently feeling very anxious, depressed, or getting panic attacks or hallucinations.
- Changes in your mental health.
- Damage to the inside of the nose
- Short or long term memory loss
- Liver and kidney damage

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## Special points of interest

- Road Safety Week  
Nov 19th–25th
- Christmas Jumper Day –  
Dec 7th
- Festival of Winter Walks  
Day 2023–Dec 20th
- Dry January– 1st– 31st Jan



## The Party Season is upon us!

As the Party season approaches, we all look forward to getting dressed up, spending time with our friends and maybe having a drink or two. Does that drink have to be Alcohol though? When we drink alcohol in excess, we can end up saying and doing something we would not normally do, this could be because we feel more confident, allowing us to be braver and take more risks. Depending on how much alcohol we drink and how quickly we consume it, this could result in us feeling ill and missing out on this special time with your family. Why do we tend to drink more at this time of the year? Is it because the adults in our lives allow us to have alcohol, a celebratory drink to wish each other Merry Christmas or Happy New Year. Are they drinking in ex-

cess and not paying attention to what you are doing. This is when young people find themselves in situations that are difficult to say no to. Your friends are drinking, your parents are drinking. At this time of year our emotions are high and the past experiences or memories we have can make us use alcohol to forget. A coping mechanism!

How could you avoid this? How could you keep yourself safe and in control so that the future memories you make are good ones?



**“Merry Christmas and a Happy New Year from all at We Are With You!”**

### Have a Mocktail instead?..

A mocktail is a term for a non-alcoholic drink, usually a mixture of different fruit juices, alcohol-free alternatives and fizzy drinks. There are no strict rules on how to make a mocktail—let your imagination run wild!! .

Alcohol doesn't have to be consumed to have fun. You can stay safe and have fun without the damage to the body and without the hangover!

There's a mocktail for every occasion, no matter the season, from summery punches to festive spritzes and they sure could replace the spirits and wine in your cupboard.

#### Check out the list:

- ◆ Alcohol-free Passion Fruit Martini
- ◆ Pomegranate Mojito Mocktail
- ◆ Mulled Wine Mocktail
- ◆ Homemade Ginger Beer
- ◆ Jasmine Tea Mocktail
- ◆ Spiced Minty Mango
- ◆ Chocolate Fake-tini
- ◆ Non-Alcohol Apple Cider Sangria
- ◆ Coconut Creme Mocktini
- ◆ Preggy Punch Mocktail
- ◆ Raspberry Lime Agua Fresca
- ◆ Mexican Horchata



## Ketamine cont.



### How to reduce harm if taking ketamine?

It's safest not to use drugs, but if you do:

- Always start with a small amount as strength can vary between batches – start low, go slow.
- Don't use ketamine, or any other drug, if you're alone.
- Avoid mixing ketamine with other drugs – particularly alcohol, but also opiates, cocaine, prescription drugs or benzos (xanax, valium etc.) – as it increases your risk of harm, even at low doses.
- Plan your doses and only take with you how much you plan to use.
- Ketamine changes how you experience time. Wait at least 30 minutes before doses and set a timer on your phone to help keep track of doses.
- Ketamine can be disorienting and affect your balance, so use ketamine when in a safe space.
- Vomiting is a common side effect and choking is a risk if lying down – if someone's feeling sick or vomiting, put them in the recovery position.
- Snort a small amount (bump), finely crush the powder, alternate nostrils, and rinse your nose with clean water after a session. Avoid sharing straws or noses as this reduces passing on BBVs.

**If you think there's an emergency, get help quickly. People who mix ketamine with other drugs are at increased risk and may feel disorientated, throw up and/or pass out. If this happens, put them in the recovery position and get help if needed.**

# How will you get home after a Party?

As the festive period approaches there will undoubtedly be invites to celebrations and parties. It is important to think about how you are safely going to return home from the celebrations.

It may be tempting to get out your bike and cycle home or use your e-scooter, but do you know what the rules and risks are? Cycling under the influence of alcohol is never a good idea. It affects reaction times, causes inhibitions to disappear and can render you incapable of controlling a bicycle. Recent research has shown that intoxicated cyclists are 10 times more at risk of being injured in a cycling accident than sober cyclists.

Although there is no legal limit in place to determine whether a cyclist is over the limit, it is still illegal to cycle under the influence. One drink can be one drink too many if it impacts your ability to cycle safely. You could be prosecuted if caught, especially if someone gets injured.

E-scooters are classed as a motor vehicle therefore must be taxed and insured and you must have a valid licence to use one, however, as it is not possible to insure or tax them, riding them in a public place is against the law and if caught you could be fined and have your e-scooter confiscated by the Police



*“Being in charge of a scooter or bicycle while under the influence of drugs or alcohol, could ruin the festivities for you, your family and others!”*

## Poly Drug Use

Poly drug use refers to the consumption of multiple substances simultaneously or within a short period of time. This type of substance use carries higher risks of overdose, adverse reactions, and long-term health problems.

Poly drug use, such as combining alcohol and cocaine, can be extremely dangerous. When cocaine is mixed with alcohol, it creates coca-ethylene, a toxic substance that is more potent than cocaine alone. Mixing the two substances increases the risk of heart attack, stroke, respiratory failure and can lead to an overdose,

Additionally, the effects of the two drugs can mask or intensify the other, making it difficult for the user to understand how much they have consumed. The effects of cocaine may also mask the symptoms of alcohol consumption such as drowsiness and dizziness, leading to an increased risk of accidents and injuries.

This combination can be both physically and psychologically harmful. It is important to prioritise health and make informed choices about substance use.

If you or someone you know is struggling with drugs or alcohol, our service is here to help.



## Peer Pressure

Peer pressure can be positive or negative. It is a feeling you must do the same thing as other people of the same age and social group in order to be liked or respected by them. It can include pushing us to do things we might not normally do, like smoking, drinking, or skipping school. It can also include pressure to dress or act a certain way in order to fit in with a group. Here are some tips to help you beat the dreaded peer pressure.

1. Learn to say NO: Say it with us now, "NO!" It's important to stand up for yourself and set boundaries. Don't let anyone make you do something you're not comfortable with.

2. Choose your friends wisely: Surround yourself with people who support your decisions and respect your boundaries. Friendship is all about mutual respect.

3. Be true to yourself: Stick to your values and beliefs, even when it's tough. You're unique and have your own journey to follow.

4. Remember the consequences: Sure, it might seem like a good idea in the moment, but think about the long-term consequences before giving in to peer pressure.

But remember, if you are being pressured into something you're not sure or comfortable about, speak to a safe person. This can be your adults at home, at school or here at With You.



## Meet the Team....

Name: **Jazz Ross**

Job role: **Young Persons Advanced Practitioner**

Do you have any pets?

**I have one pet, a cat called Hitchcock who I rescued in January 2023 from Manchester RSPCA.**

What is your favourite food?

**I don't think I have one favourite food, but I love anything sweet such as pancakes, chocolate and donuts.**

What has been your favourite holiday so far?

**I went to Montenegro in August this year, and it was by far the best holiday I've been on.**

Tell us something interesting about yourself?

**I can speak French, as I lived in France for 9 years**



## What we do...

We Are With You provides one to one support for young people to help them achieve a better quality of life and take control of their drug/alcohol use.

We will firstly meet with the young person and with their help, identify the areas that they may need support with. This can be done at school, college, home or somewhere else that the young person would feel comfortable.

We will support a young person to find out more about substances. We can support them to look at their patterns of use and set goals together which may be to stop drugs completely or to reduce their use and ensure that they recognise risky situations and keep themselves safe. These goals will be broken down into manageable steps and we will support a young person to maintain positive changes.

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

Never feel a problem is too small – or big– contact us if you are worried, we do not judge and we may just have the answer.

**If you or someone else needs urgent help after taking drugs or drinking, call 999 for an ambulance. Tell the crew everything you know. It could save their life.**

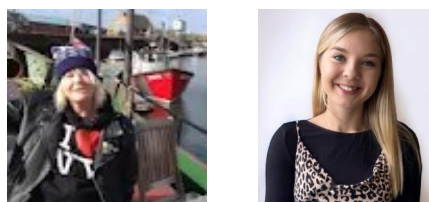
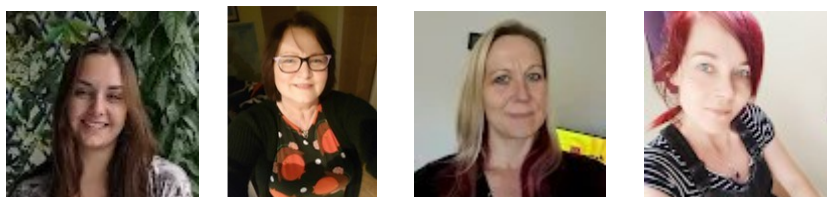
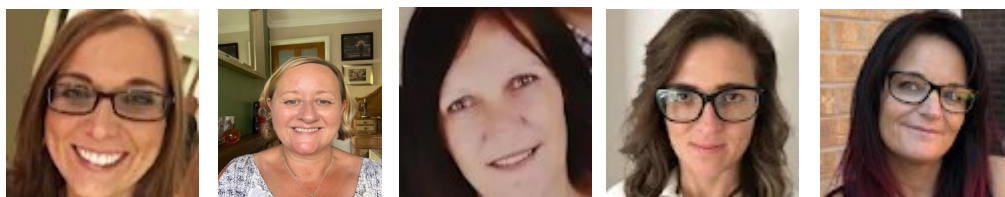
## A Warm Welcome....

**We have had 2 new members of staff join our team this quarter, Jazz Ross who has written a little about herself in this issue, she is the new Advanced Practitioner for the Staying Close, Staying Connected Project. Also Emma Beeson who is the new Recovery Worker for Staying Close Staying Connected. More about this project to come in the next Newsletter!**

## We Are With You Lincolnshire

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

## The Team!– Rebecca, Yvonne, Ruth, Cherianne, Zoe Jazz, Liz, Diane, Steph, Angela & Emma



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