



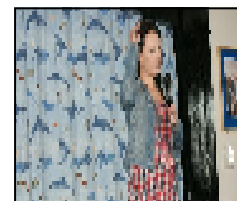
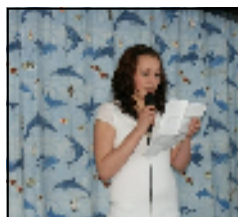
01202 741414

YOUNG ADULTS DRUG & ALCOHOL SERVICE  
IN POOLE

Poole YADAS news

A  
P  
R  
O  
F  
E  
S  
S  
I  
O  
N  
A  
L  
S  
  
R  
E  
S  
O  
U  
R  
C  
E

# YADAS THE LAST JOINT EVENT



The last event that Bournemouth and Poole YADAS will jointly host together, prior to the changes on July 1st this year, was an astounding success. The fundraiser at Branksome Dene Community room and beach area on 25th May had the support of local police and the fire brigade ensured the evening went off without a hitch. The young people connected to the service gave speeches to inform the local community of their aspirations and dreams for the future, after succeeding in their YADAS treatment. We raised over £400 to support the cannabis groups young people in gaining a Bronze Level Art Award.

Thank you for your support.

## NAIL VARNISH REMOVER & GBL

In February, YADAS news reported the misuse of nail varnish remover pads, with young adults drinking water that they had been soaked in. GBL (gammabutyrolactone), a class C drug since deaths in 2009, is widely used in paint stripper. The substance (a mood altering drug similar in effect to ecstasy) has been replaced in the pads since April, to remove the potential for solvent abuse.

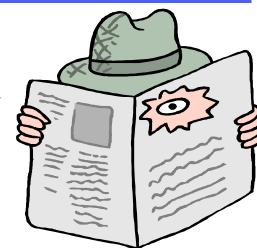
GBL is particularly dangerous when mixed with alcohol or other drugs and due to its potency, is reportedly easier to overdose on than heroin. A doctor at Royal Edinburgh Hospital informed the press in May, that a man had become 'acutely psychotic' a few hours after taking the substance, having soaked the pads to extract GBL. Old stock should now be unavailable with GBL free pads on sale.

**Inside this issue:**

YADAS INSPIRATION	2
TURLIN MOOR UPDATE	3
'THE ALCOHOL TRAP' BY JODIE	3
STEROIDS & YOUNG PEOPLE	4
'RANDOM THOUGHTS' BY DAN	5
SAFFRON AS A HALLUCINOGEN	6
GOODBYE YADAS BOURNEMOUTH	6

### B'MOUTH YOUNG PEOPLE'S STEROID USE RISES.

See page 4 for more information of the local situation and the harmful effects of steroid use. See pages 3 & 5 for young peoples thoughts.




# YADAS INSPIRATION

Turlin Moor Youth Club have been successfully running a Wednesday lunch club for young people who are NEET (not in education, employment or training). The idea behind the scheme, funded by Poole Youth Service, is to provide a safe, clean space for these young people to join together in preparing, cooking and sharing food. Promoting life skills and encouraging young adults to seek occupation, the project succeeds in acting as a gateway for them to access courses or employment. Over the past 4 1/2 years, Andy Holquette (Poole Key Worker), has been involved in a number of projects in the Poole area. He has provided education for 11-19 year olds in the majority of Poole schools and youth clubs. The inspiration for the Wednesday lunch club evolved from the fact that Andy was trained and worked as a chef in Poole General Hospital, prior to gaining a post with the YADAS team. He conceived the 'Cook & Munch' project which started in Creekmoor, working along side Poole Youth Service, Connexions and the Duke of Edinburgh. 16-24 year olds who were NEET and additionally had substance misuse issues, accessed the support of the partner agencies, gained informal drug and alcohol education, whilst preparing and cooking healthy food each week. The course ran for about 21 weeks and during that time over 45 Poole young people attended the project. Some of the young adults gained a Substance Misuse Level 1 qualification and most who attended made significant changes around their substance misuse; some young people stopped

their use completely. With the support of Connexions, young people were able to look into college courses and employment opportunities and 85% of those who accessed the project ended up with jobs or commencing a college course. Additionally, some of those involved achieved 'Bronze' modules towards their Duke of Edinburgh Award. Through joint work with Poole Youth Service outreach team, Andy went on to work in the Broadstone area on Friday nights. For 8 weeks he improved relationships with the workers and local young people and by responding to the needs of the community, Andy was able to tackle alcohol, cannabis and stimulant drug issues. 12 of the young people who Andy engaged with went on to access the YADAS service to make significant changes around their use. Following the Broadstone initiative, Andy commenced close work with staff at Turlin Moor Youth Club in Hamworthy. Staff wanted to address issues on a Fri-



day night with young people drinking alcohol in the area. Alongside Ruth Caines, Andy started a 'Friday Night Project', focusing on harm minimization and drinking. Running fortnightly with the support of Poole Youth Service, Police and Poole Housing Project, young

**YADAS DROP-IN**  
meet  
**Andy Holquette**  
at the  
**Quay Advice Centre**  
in Poole for  
advice,  
information and  
support  
  
**MONDAYS 3-5pm**

people from the age of 13 engaged with the workers. The youth club opened from 6.30pm-9pm to provide free activities for these young people, including computers, pool and all sports facilities. Andy cooked for all those who attended so that even if they went on to drink after the session, the homemade meal went a long way to improve levels of drunkenness. Drug and alcohol education was also provided by Andy and a sexual health worker additionally offered support and guidance. The fortnightly project housed between 25 and 80 young people per session and proved extremely successful. On the nights the project was unable to run, feedback from local police was that there were more problems in the area and that they received more calls from members of the public about antisocial behaviour. A significant number of these young people made positive changes to their weekend alcohol routine and recent reports are that this continues. Well done Andy Holquette, the young people of Poole are lucky to have such an inspiration!

# A MOOR TO BE PROUD OF

Ruth Caines (Youth Worker in Charge) has been working at Turlin Moor Youth Club (TMYC) for the last 10 years. Whilst introducing a YADAS client with an interest in cooking, to Ruth's Wednesday lunch club, I had the privilege to meet with Ruth and some of the young people who regularly attend at the club. I was impressed with the friendly atmosphere and the young adults who had prepared and cooked a spaghetti bolognese for lunch, invited me to join them (it really tasted very good). Ruth's motto 'if you value people, they will value you back' and her fair but strict boundaries, makes the club a safe



and therapeutic place for young people to attend. The club offers a wide range of activities including paintball, football and trips away. Currently being organized is the TMYC's third trip to Disneyland Paris. The young people have been training for an upcoming sponsored 40 mile bike ride in the South Downs, with the aim of replacing a worn out pool table and in aid of charity. A 10 week project that provides certification, has just started in DJ and

'mixing', with the input of a professional DJ. The 'Turlin Times', which provides young peoples local news, is being promoted by the youth council and the inspiring art work and poems written are posted around the club lending a happy and homely feel. Their coffee bar promote a 'beat the fizz' approach and fair-trade produce, inspiring the young people to consider their own and also 'world' health. The kitchen has masses of information regarding food safety and hygiene and courses are run in certification. Life skills promotion is very much Ruth's aim and takes into account both the individual and group needs of the local community. Well done Ruth, another Poole un-sung hero!

## 'THE ALCOHOL TRAP' BY JODIE BUDDEN

I never thought I'd see myself drink it, at such a young age.

At first I thought it was cool, I drank all night, I done silly things.

My eyes ache, my head is spinning, my mouth tastes like a pure dustbin.

I think I'm going to be sick.

But I felt so CONFIDENT!

When I drink, I'm over the moon, I feel like superman.

I'm not the same person I am when sober.

I'm shy and have no confidence.

Now I always want to feel like that.

Every weekend I'd hook up with some of the mates.

We would put our money together.

I would have to save my lunch money up and go hungry in school.

It takes more to get me drunk now.

I'm not being sick anymore.

Well at least I haven't been in quite a while.

Jodie has just successfully completed an alcohol home detox with YADAS. She wrote this poem to try to explain why she was drinking in school. Jodie hopes that both parents and young people will read this and see the trap that young people can fall into with alcohol.

Now I'm drinking in the morning and on school nights.

I once drunk in school. The teacher noticed, I was sent to sober up.

I'm now really down. I get aggressive a lot.

I'm in a deep black hole of depression.

I'm sat at home.

All I can think of is, where am I gonna get my next bottle of booze from?

I'm so angry deep down.

Because I feel without the booze, I'm not that confident person no more.

I'm angry all the time.

I know I'm only 14,

But you don't understand.

I'm being dragged into the alcohol trap.

# STEROIDS & YOUNG PEOPLE

There is an increasing demand among young people, especially young males, to use steroids. This is coupled with the popularity of body building exercises and equipment.



In order to gain muscle mass quickly and easily, most body builders, weightlifters, athletes and other sports people, are seeking shortcuts towards bodybuilding. Bodybuilding steroids are the synthetic (artificial) hormones that boost testosterone in the body. Testosterone is the main sex hormone in males, that is produced in the testicles, supporting muscle and bone growth. Bodybuilding steroids have been generally used by body builders, athletes and weightlifters, to achieve the weightlifting benefits from their exercise regimen. They help increase the size and strength

## HARM REDUCTION SERVICE

### Park Lodge

A free, friendly and confidential service for all injecting drug users who live in Bournemouth.

#### Drop in Service

Mon & Wed 9.00am-5.00pm

Tues & Thu 1.00pm-5.00pm

Fri 9.00am-4.00pm

**01202 395768**

of body muscles and also increase energy levels during physical workouts. Young males especially however, have been making use of bodybuilding steroids, to increase stamina, muscle size and strength, and to also improve personal appearance and reduce body fat. Be-

tween the ages of twelve and twenty-six, testosterone levels in males increases. At the start of puberty, the hormonal patterns in the

## UNWANTED SIDE EFFECTS

- acne
- aggression
- anaphylactic shock
- birth defects
- decreased blood clotting ability
- cancer
- cardiovascular disease
- anxiety & depression
- gynecomastia (man boobs)
- hypertension & palpitations
- water & salt retention
- kidney, liver issues & jaundice
- prostate enlargement
- testicular atrophy (shrinking)
- immune system suppression
- hair loss
- headaches & stomach aches
- muscle tears
- lethargy & insomnia
- decreased libido

body undergoes huge fluctuations, which leads to the development of male characteristics. Using bodybuilding steroids before the age of twenty-six can have a harmful effect on the natural production of testosterone. Whenever any extra amount of testosterone is added to the body, the body will stop its own

hormone production. The main side effects that may bother younger males include shrinking of the testicles, decreased sexual drive and unwanted hair loss. A large number of bodybuilding steroid users inject the drug. This in itself needs appropriate advice, to prevent associated problems with using needles. The

## HARM MINIMISATION CLINIC POOLE CIVIC CENTRE ANNEXE

Free, confidential advice, support and equipment

**01202 633821**

or

**01202 633534**

free, friendly and confidential Needle Exchange, based at Park Lodge, Boscombe, provide steroid advice packs and clean injecting equipment for between 30% - 50% of there total intravenous users. YADAS has recently introduced an additional number of 18-21 year olds to the service, to gain appropriate advice and sterile equipment, after the young people claimed they could not access free needles in Bournemouth due to funding cuts. The risks of sharing needles includes infection of hepatitis and HIV.



MEET

**KAREN BOUGHEY**

AT TOWNSEND YOUTH CENTRE

ON THURSDAYS IN JUNE

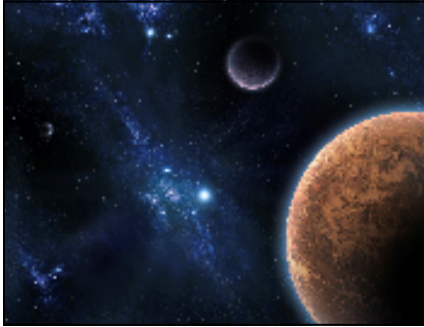
**DROP-IN**

**4-6pm**



# 'RANDOM THOUGHTS' by Dan, 18

How can so many people blindly walk their own paths in life, content in the knowledge that they have loved ones, a home, and stable income. I myself crave these things, but when I achieve them, life is still empty. The universe is so big and I

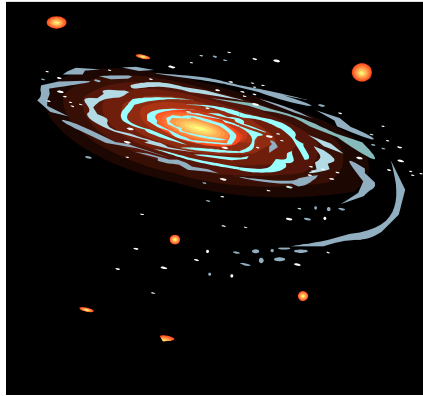


am so little; a pointless speck standing on a 6 billion trillion ton rock, hurtling round and round a giant ball of burning gas at 70,000mph. Staring into the night sky and wondering why existence is so fleeting, your lifetime permits you limited existence, barely enough time to even escape the pull of our suns gravity, let alone reach a new horizon. Why can I not exist forever, infinitely expanding? Why can I not escape this? It is never going to happen; I am never gonna see a

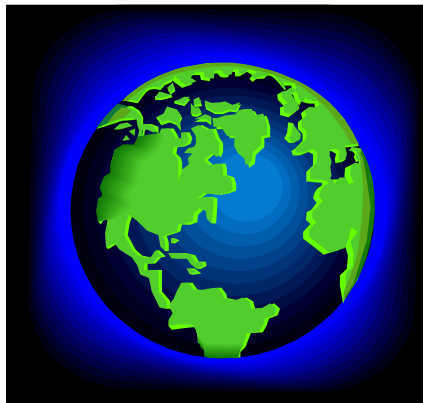


new world or a new life. I can never explore our own galaxy, a place that in my mind has a larger relation to home and comfort than any other place in this world. Why do I feel this way? Why do I feel so many confusing things? Why do I see the futile waste of my life to come? This life can never offer me peace, only hatred for all else but my family, and the small acts of good and kind-

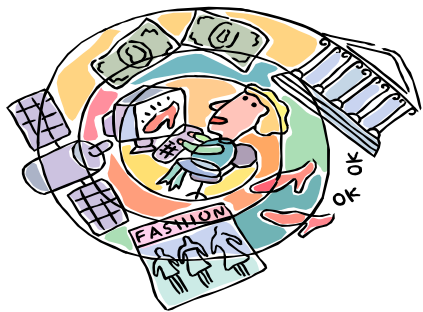
ness and selflessness to have been or



be committed. Life never stops, it never thinks its time to get comfy. I don't know why but I cannot stop the feeling of utter disgust for all things human. I hate the way people strive to be the best because it involves a larger salary. At this stage in human history we should be forgetting about borders, race, social status, currency and politics. People need to wake up and realize that



humans are heading in the wrong direction. This path leads to stagnation, we will not progress. We need to forget about the price tag and



build hydrogen fuel cells, no matter

the cost, to make sure that scientific progression can branch off in all directions-at a speed gov-



erned by minds and not money. Education should be free. No matter the level of

education and how long it takes, there should be no quibble. Children should be given whatever time and encouragement needed to choose what they are interested in. People make

mistakes as children. Some children do not fully mature until late teenage years or even in their 20's.



We need to live in a world where people focus on minds. Minds free to do whatever it is they feel passionate about. Science

doesn't just mean lab coats and measuring devices. Music and the arts are intimately related to philosophy, another form of science that is dear to me. I am trying to explain that life has to give something in return for a marvelous experience, instead of a new car or TV.



# SAFFRON AS A HALLUCINOGEN

After watching the TV docu-drama 'Atlantis' early in May, I learned that saffron, in the past, was used as an hallucinogenic. This was a new one on me so I researched the subject and my findings follow. Most people are aware that saffron is the most expensive spice in the world by weight. It is handpicked and takes between 150,000 to 200,000 flowers to provide 1 kilogram of saffron spice. The dried stigmas of the saffron flower are the part that is used for flavouring, dye and perfume. The spice is also widely used for medicinal purposes and ancient cultures believed that saffron had healing and hallucinogenic effects on humans. Saffron is believed to cause



euphoria and act as an aphrodisiac, as well as acting as a mood elevator. Scientists of the University of Berne have researched the hallucinogenic effect of saffron, because authors of the ancient world warned about the serious symptoms of empoisoning, or even death, in too high a dosage. Between 10 and 20 grams can be lethal for a human being. The initial symptoms of taking the spice as an hallucinogen are giggles, followed by paralysis of the central nervous system. An old story tells of a man who had laughed himself to death, after hav-



ing eaten meat which was over seasoned with saffron. It is widely reported that once the value of saffron was discovered, that the powdered form has been illegally diluted with additional substances such as cement, flour and talc (similar to today's drug deals). Offices were established all over Europe to control the genuineness of this natural product. Recently in the news, the spice has been reported to protect from blindness, protecting the eyes from damage caused by bright sunlight.

# GOODBYE YADAS BOURNEMOUTH

'Sadly, due to recommissioning, as from 1st July 2011, EDAS, will no longer be the contract holders for Bournemouth young peoples substance misuse services. Business will continue as normal under EDAS management for Poole YADAS and referrals for Poole young people will continue to be made in the same fashion as before. I would like to personally thank all the Bournemouth YADAS staff who made the project such a success and wish them well in any future roles. Without their dedication, professionalism and expertise, the young people of Bournemouth with substance misuse issues, would not have achieved such fantastic outcomes. The Poole YADAS service will remain based at 54a Ashley Rd, Poole and watch this space for new, exciting and innovative ways forward for drug and alcohol interventions for Poole's young residents.'

**Mindy Crespi**  
EDAS Chief Executive



Elaine Reavenall, Advanced Practitioner Youth Service, joined 2000



Andrew Larby, Senior Practitioner Social Services, joined 2005



Chris Keenan, Social Worker YOT/YADAS, joined 2002



Karen Boughey, Key Worker, joined 2008



Leigh Bursey, Admin Support, joined 2010



Kelly Johnson, Key Worker, joined 2005