Drug, Alcohol, Tobacco and Vaping Policy

White School School

Drug, Alcohol, Tobacco and Vaping Policy

Date of Document:	Sept 2025
Date for Review:	Sept 2026
Lead Reviewer:	M.Bartle
Approval By:	Governing Body

Contents

2 Introduction
4 School/College Ethos
5 Confidentiality
5 Drug, Alcohol, Tobacco and Vaping Education
7 Referring and Signposting
8 Drug, Alcohol, Tobacco and Vaping Related Incident Procedure
9 Staff Roles and Responsibilities
10 Appendices

Introduction

This policy outlines policy of **White Spire School** for:

- Drug and Alcohol Education
- Handling of drug and alcohol related incidents
- Smoking Education
- Vaping education
- Handling of smoking and vaping related incidents

Drug, alcohol, tobacco and vape misuse pose a significant risk to a young person's physical and psychological health and development.

This policy is designed to ensure that a young person receives the help that they may need from specialist services, and to understand what the drivers of their drug and/or alcohol, tobacco or vape use may be.

At White Spire School we aim to:

- **ensure that our approach to drugs, alcohol, tobacco and vaping is a whole school/college one, designed as part of our commitment to, and concern for, the health and wellbeing of our whole school community.**
- **ensure that the approaches and processes that we follow for drug, alcohol, tobacco and vaping related incidents are clear for all pupils, staff, parents/carers and the wider community.**
- **manage drugs, alcohol, tobacco and vaping in a way which enables pupils to access educational opportunities in a safe environment, which ensures the health and safety of individuals and community.**
- **ensure a whole school/college approach to smoking and vaping in order to protect all members of the school community from the harms of second-hand smoke (from smoking only) and to prevent the uptake of and reduce the prevalence of smoking and vaping across the school community.**
- **be mindful of the evidence that exclusion of a pupil increases their vulnerability, increasing exposure to exploitative and coercive relationships, often increasing their risk around substance use, smoking, vaping and sexual behaviour.**

Drugs and Alcohol

The use of legal and illegal drugs by young people is associated with immediate and long-term risks to their health and wellbeing, which vary with the type of drug taken. There is evidence to suggest that young people who use recreational drugs run the risk of damage to mental health including suicide, depression and disruptive behaviour disorders.

For some young people using drugs or alcohol is a type of "self -medication" to relieve stress or distressing thoughts or to block emotional trauma, this is particularly the case for those young people that face additional complexities[1].

[1] Young Minds. (2017). Childhood adversity, substance misuse and young people's mental health. Available at: https://youngminds.org.uk/media/1547/ym-addaction-briefing.pdf

Amongst 10 to 15 year olds, an increased likelihood of drug use is linked to a range of adverse experiences and behaviour, including truancy, exclusion from school, homelessness, time in care, and serious or frequent offending[2]. One of the strongest predictors of the severity of a young people's drug and alcohol misuse problem is the age at which they start using substances[3].

The Chief Medical Officer recommends that the healthiest and best option is for children who do drink alcohol not to start until at least 15 years of age[4].

The most recent treatment data indicates that cannabis and alcohol are the most common substances that young people are seeking help with. However young people also come to treatment services using a range of substances including ecstasy (MDMA), new psychoactive substances and cocaine.

Smoking

The younger the age of uptake of smoking, the greater the harm is likely to be, as early uptake is associated with subsequent heavier smoking, higher levels of dependency, a lower chance of quitting, and higher mortality[5].

Smoking remains the single largest cause of preventable deaths and one of the largest causes of health inequalities in England. There are still 7.3 million adult smokers and more than 200 people a day die from smoking related illness which could have been prevented[6].

Child and adolescent smoking causes serious risks to respiratory health both in the short and long term. Children and young people who smoke are 2 to 6 times more susceptible to coughs and increased phlegm, wheeziness and shortness of breath than those who do not smoke. Smoking impairs lung growth and initiates premature lung function decline which may lead to an increased risk of chronic obstructive lung disease later in life. The earlier children become regular smokers and persist in the habit as adults, the greater the risk of developing lung cancer or heart disease[5].

There are several reasons why children and young people start smoking; it may be for fun, or out of curiosity, but one of the more common reasons is peer pressure from friends or classmates who want them to try smoking as acceptance into a group. Children and young people can use smoking to cope with stress, as do some adults. There is also a notable association between smoking and other substance use.

Smoke-free products including legally available tobacco-free nicotine pouches known as are becoming more readily available in the UK, however pouches containing tobacco are not legal for sale. These products are often referred to under the umbrella term snus and have

---

[2] HM Government (2017). 2017 Drug Strategy. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/628148/Drug_strategy_2017.PDF

[3] Robins, LN & Przybeck. (1985) Age of onset of drug use as a factor in in drug and other disorders, NIDA Research Monograph. 56(1). Pp. 178-92.

[4] Donaldson, L. (2009) Guidance on the Consumption of Alcohol by Children and Young People. Department of Health. 2009

[5] Ash young people briefing https://ash.org.uk/wp-content/uploads/2019/09/190913-ASH-Factsheet_Youth-Smoking.pdf

[6] Towards a Smokefree Generation: A Tobacco Plan for England 2017 https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/630217/Towards_a_Smoke_free_Generation_-_A_Tobacco_Control_Plan_for_England_2017-2022__2_.pdf

risen in popularity amongst young people in Scandinavia whilst their appearance amongst professional footballers in the media has brought it to the attention of young people at home.

There is currently little guidance around the use of snus as it is a newly emerging product within the UK, however both forms of the pouches are being openly sold. These pouches contain at least 28 cancer causing substances, and pose a risk to the cardiovascular health of their users as well as increasing the risk of diabetes and metabolic syndrome, as well as damaging oral health and posing risk to pregnant women and their babies [7].

Vaping

Vapes are intended as a tool to help adult smokers to use in place of cigarettes as part of a structured quit attempt. Latest evidence on vapes estimates that they are likely to be 95% less harmful than traditional cigarettes. this does not mean they are safe, it just means that they contain approximately 5% of the chemicals and toxins that are in cigarettes. There is not enough evidence available at present to know the long term effects of vaping.

In recent years there has been a reported increase in prevalence in use of yapes amongst young people which is proving challenging for professionals working with young people.

There has also been an increase in reports of unsafe illegal vapes which can contain dangerous chemicals like lead and nickel being found for sale in our local areas. This creates an additional risk of harm to young people.

There is clear advice (1.6.3) from NICE (National Institute For Health & Care Excellence) that vapes should not be used by children and young people, or those who do not currently smoke, as nicotine is an addictive substance and the long term risks are not yet known. The law bans the sale of nicotine vaping products to persons under 18 and bans the proxy purchasing of these products to under-18s by adults.

The message for young people is clear: Vapes are not safe or risk free for non-smokers. If you don't smoke, don't vape!

There are many reasons why young people try vaping. These are often similar to the reason above for why they start smoking. these can include curiosity, to feel included with friends who vape, peer pressure, to cope with stress. Additionally, some young people misunderstand or are confused about the potential risks posed to young people by vaping.

You may wish to make vapes a prohibited item in your school policy using the wider powers of Searching, Screening and Confiscation, however confiscations should only be done in conjunction with behavioural support for the students to understand the reasons for the use of a vape and what support could be offered to help the student to change this behaviour.

[7] Can legislation protect young people from snus and snus-like products? Can legislation protect young people from snus and snus-like products? | NVC (nordicwelfare.org)

School/College Ethos

This document describes our school/college approach to drugs, alcohol, tobacco and vaping education, prevention and resilience building, supporting positive health and well-being. This policy is intended as guidance for all staff including non-teaching staff and governors.

- This policy should be read in conjunction with and complement the following school policies: Child protection policy
- Behaviour for Learning policy
- KCSIE 2024
- PSHCE
- Anti-bullying
- Equal opportunities
- Exclusion policy
-

Exclusion **should not be** the automatic response to a drug, alcohol, smoking or vaping incident and permanent exclusion should only be used in serious cases. More detail on excluding pupils can be found in the DfE Exclusion Guidance. School exclusions may make a pupil more vulnerable to criminal exploitation, including recruitment into county lines activity. [8,9,10]

Concerns relating to Child Exploitation must be taken seriously – please see Appendix F for guidance on identifying and responding to child exploitation.

Confidentiality

The welfare of children and young people will always be central to our school policy and practice. All pupils need to feel able to talk in confidence to a member of staff about drug or alcohol related problems. However, in line with safeguarding procedures, staff will not be able to promise complete confidentiality and information about a child in relation to drugs or alcohol and will follow the same procedure as for other sensitive information.

Smoking

Children under the age of 16 can consent to their own treatment if they're believed to have enough intelligence, competence and understanding to fully appreciate what's involved in their treatment. This is known as Gillick competent.

Otherwise, someone with parental responsibility can consent for them.

This could be:

- the child's mother or father
- the child's legally appointed guardian
- a person with a residence order concerning the child
- a local authority designated to care for the child

[8] NSPCC: Criminal Exploitation and Gangs https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/
[9] The Children's Commissioner: Keeping kids safe https://www.childrenscommissioner.gov.uk/wp-content/uploads/2019/02/CCO-Gangs.pdf
[10] Bedfordshire VERU: Identifying and Responding to Child Exploitation Identifying-and-responding-to-child-exploitation.pdf (bedsveru.org)

- a local authority or person with an emergency protection order for the child.[11]

Drug, Alcohol, Tobacco and Vaping Education

Drug, alcohol and tobacco education contributes to children's health and safety; it is part of a broad and balanced curriculum. An understanding of drugs, alcohol and tobacco enables pupils to make informed decisions and forms part of the school's duties under safeguarding (Keeping Children Safe in Education).

The National Drug Strategy 2017 highlights the key role of schools and particularly PSHE in helping children and young people develop confidence and resilience, key protective factors in effective prevention.

The Khan review into smokefree 2030 policies recognises that children who grow up in a smoking household or environment are more likely to become smokers. Schools have an opportunity to have whole family conversations when a student is found to be smoking or vaping. This can help to identify any environmental factors that make smoking behaviour more acceptable to the young person or allow easier access to tobacco products at home including vapes.

NICE guideline NG209 recommends a coordinated whole school approach to smoking and vaping. It also recommends that as part of the curriculum on tobacco, alcohol and drug misuse, children, young people and young adults who do not smoke should be discouraged from experimenting with or regularly using vapes.

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education, and Health Education compulsory for all school-aged children and young people.

The table below outlines the drug and alcohol requirements detailed in statutory guidance on relationships education, relationships and sex education (RSE) and health education:

Summary of requirements (Drugs, alcohol and tobacco)	
Primary	**Secondary**
By the end of primary, pupils should know; • the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	By the end of secondary, pupils should know; • the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. • the law relating to the supply and possession of illegal substances. • the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.

[11] Children and Young People Consent to Treatment https://www.nhs.uk/conditions/consent-to-treatment/children/

	• the physical and psychological consequences of addiction, including alcohol dependency. • awareness of the dangers of drugs which are prescribed but still present serious health risks. • the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.

Drugs, Alcohol and Tobacco Education at White Spire School aims to:

- **Enable pupils to make informed healthy and safe choices by increasing their knowledge, challenge their understanding and develop their skills.**
- **Support pupils to develop positive self-esteem and resilience in order to help them assert themselves, respond to pressure, assess risks and seek help, support and advice to keep them and others safe from harm.**
- **Provide accurate, factual and up to date information about substances and the dangers of smoking and vaping.**

Our PSHE and Health Education programme is planned and taught in line with national curriculum guidance, DFE guidance, Ofsted requirements and evidence based high quality resources.

Our PSHE and Health Education addresses keeping safe, healthy relationships and understanding the world around you as part of a planned, progressive and age-appropriate curriculum. It focuses on factors such as raising educational achievement, training and employment, promoting positive health and wellbeing, positive relationships and meaningful activities.

Evidence shows that drug education programmes and approaches that solely rely upon scare tactics, knowledge only approaches, and mass media campaigns are not effective.

In addition, the PSHCE Association advises caution about the use of ‘drop-down days’ if used in isolation and not as part of a planned, and more comprehensive PSHCE programme.

Social and educational outcomes for young people are likely to be better if they attend school regularly. Young people who are unable to access education at school because they have been excluded for the use of alcohol or using illegal drugs are more likely to develop problematic use. Good management of drugs and alcohol in schools is therefore closely aligned with ensuring educational attainment and achievement for all, and with robust safeguarding. Young people who don’t attend lessons or who have been excluded from school are more likely to smoke regularly compared to those who had never truanted or been excluded.

Referring and Signposting

White Spire School is mindful that some pupils will require targeted support. Youth Drug and Alcohol Solutions (YDAS), provided by Milton Keynes City Council, supports 5 to 19-year olds impacted by substance misuse whether this is their own use, or if they are affected by someone else's.

If we have any concerns over an individual young person's drug and/or alcohol use, or if the young person is an affected other, being affected by someone else's drug and alcohol use, with the young person's consent and involvement, a referral to MKYDAS will be completed (see appendix A). MKYDAS offer 1 to 1 psychosocial support, family sessions and group work.

This may also be completed alongside other appropriate referrals for example Safeguarding within the Local Authority (front door), School Nurse, or to the local Child and Adolescent Mental Health Service (CAMHS).

Details of additional locally available targeted support, around wider vulnerability as well as drug and alcohol support are detailed in the Contact information for schools for key Health and Wellbeing Commissioned Services/In House Services for Milton Keynes (appendix G).

The Stop Smoking Service supports young people to quit tobacco and can provide further information around tobacco use.

If we have any concerns over an individual young person's tobacco use, with the young person's consent and involvement, a referral to The Stop Smoking Service will be completed (see appendix B) where they will be offered 1 to 1 support to quit smoking, family members are welcome to attend.

Whilst the Stop Smoking Service does not have a dedicated programme for people that want to quit vaping, there is information about vaping and guides for young people and parents and carers who either want to quit vaping themselves or want to support someone to quit vaping. You can access all of this on the E-cigarettes section of the Stop Smoking Service website.

We are committed to sustaining a good level of professional curiosity and submitting a Multi-Agency Information Submission Form (Appendix C, D) where appropriate as sharing information in this way may help other organisations with key investigations and safeguarding issues.

Drug, Alcohol, Tobacco and Vaping Related Incident Procedure

Key Procedural Issues

- Always inform the Head Teacher/designated safeguarding lead
- For safeguarding issues, refer to the school/college Safeguarding Policy
- Record ALL incidents on C-POMS. Disposal of illegal substances must be witnessed. Police can dispose of drugs for a setting

School/College Boundaries

- The school/college boundary is to the school gate.
- The school day is children entering the premises between 8am and 3.30pm.
- If a drug, alcohol, smoking or vaping related incident takes place in the immediate vicinity of the school, near the start or end of the school, at an after-school club or at

an evening school event, it will be dealt with at the discretion of the Head Teacher or other designated member of the senior management team.
- Drug, alcohol, smoking or vaping related incidents occurring during school/college day trips or residential trips will be dealt with as if they had occurred within the school/college boundaries.

Health and safety of the child/young person should always be the principal concern when responding to all incidents.

A senior member of staff who is responsible for the school/college policy should liaise with the police and agree a shared approach to dealing with drug-related incidents. This approach should be updated as part of a regular review of the policy.

If a pupil is suspected of being under the influence of drugs or alcohol on school/college premises, the school/college will prioritise the safety of the young person and those around them.

If necessary, it should be dealt with as a medical emergency, administering first aid and summoning appropriate support. Depending on the circumstances, parents/carers or the police may need to be contacted. If the child/young person is felt to be at risk, the Safeguarding Policy will come into effect.

Staff Roles and Responsibilities

The Governing Body is responsible for:

- Authorising the Drug, Alcohol, Tobacco and vaping Education policy and any subsequent reviews of the policy and ensuring that the terms and ethos of this policy are followed.
- Reviewing the policy every 3 years.
- Monitoring the number and nature of drug, alcohol, tobacco or vaping related incidents
- The outcomes, including any disciplinary action.

The Head Teacher is responsible for:

- Ensuring that the terms and ethos of this policy are followed.
- Appointing a Senior Management Team to implement the policy and ensure a planned drug and alcohol education curriculum is delivered in line with recognised good practice.
- Ensuring that staff are provided with the required training and guidance to deliver effective drug education and respond to drug and alcohol related incidents.
- Ensuring that pupils are aware of the rules on drugs, alcohol and tobacco, and the consequences.
- Ensuring that clear procedures for drugs, alcohol, tobacco and vaping incidents with appropriate sanctions consistent with the school/college Behaviour, Exclusion and Safeguarding policies are in place.
- Liaising with external agencies and organisations.

The PSHCE Lead is responsible for:

- Reviewing and updating the Policy and Scheme of Work in the context of the PSHCE programme in light of research and local and national data.

- Monitoring the effectiveness and quality of the planned and delivered curriculum for PSHE, including Drug, Alcohol, Tobacco and vaping Education
- Providing leadership and training for staff.
- Auditing and monitoring resources for effective teaching and learning.
- Producing an annual PSHE report for school/college governors, to include recommendations and the identification of opportunities and threats to good practice.

Appendix A, Aquarius Referral Form

In line with GDPR guidelines the Milton Keynes Youth Drug and Alcohol Solutions (YDAS) team will not be able to process this referral without the requirements outlined in the privacy notice below being met.

Privacy Notice Statement

Please note by completing this referral, the YDAS team will expect the following:

- **This referral has been discussed and agreed by the referred young person.**
- **You consider the young person to have capacity to give informed consent.**
- **You have explained that any information held on this form will be stored by Milton Keynes City Council on a secure database.**

Signed by referrer
……

Signed by Young Person referred ……

Section 1

Date Received by YDAS	Date Allocated to YDAS	Date 1st Appointment Offered

Please tick the box below if this referral is for:		Please tick the box below if this referral is for:	
A young person affected by their own drug and alcohol use. *Complete Section 1 & Section 2 if the young person*		**A young person affected by someone else's drug and/or alcohol use (i.e., parent/carers)** *Complete Section 1 & Section 2 if the young person*	

Details of Referrer			
Name			
Organisation		**Relationship**	
Address			
		Postcode	
Landline		**Mobile**	
Email Address			

Details of Young Person	
Is the Young Person aware of the referral?	

Is the Young Person's Parent/Carer aware of the referral?					
Young Person's Signature to Consent to Referral					
Name					
Address					
			Postcode		
Landline		**Mobile**			
Name of parent/carer & Mobile number					
Date of Birth		**Age**		**Gender**	
Nationality		**Ethnic Origin**			
Registered Disabled	☐ Yes ☐ No	**Primary Impairment**			
Registered with GP	☐ Yes ☐ No	**Surgery Name**			
Is the young person current subject to the following:		☐ EHA ☐ CIN ☐ CPP ☐LAC			
Do you consent to the following methods of contact?		☐ Email ☐Landline ☐ Mobile ☐ Referrer			
Known substance issues					
Identified risks					
Where would the young person feel most comfortable meeting?					
Would the young person like to be accompanied? **Would the referrer like to attend the initial meeting?** **Will family/carer be involved in support?**					
Is there anything we need to know that could support engagement?					
Other Agencies Involved in Supporting the Young Person					
Agency & Practitioner		Contact Number			
Agency & Practitioner		Contact Number			
Agency & Practitioner		Contact Number			
Agency & Practitioner		Contact Number			

Please email completed referral forms to the Milton Keynes YDAS team at: ydas@milton-keynes.gov.uk

Section 2

Written Consent from Parent/Carer is required below if the young person is aged 12 or under.

Consent
This form records your consent to collect relevant information about your child and to store this information securely within Milton Keynes Council and to share (when appropriate) with other third parties. Your Youth Drug and Alcohol Solutions worker will explain this to you so you can make informed decisions about what is shared and with whom.
Confidentiality
No information about your child is ever shared with any other agency without your permission unless it is necessary to keep your child or others safe from harm. If this was the case, we will explain to you why we need to share such information and where possible involve you in how the information is shared. Your child's personal information whether electronic or paper will always be stored securely.
Information sharing with other agencies
We will only share information about your child with other agencies/professionals involved in your child's care with your consent unless we believe your child or others are at risk of harm, or we have a legal obligation to release the information to statutory organisations. We will discuss with you which agencies/professionals you consent to us sharing information with. The Youth Drug and Alcohol Solutions team will actively encourage you to share information where it supports the care/treatment your child is receiving from us and from other professionals. This will ensure that there is good co-ordination and communication between professionals and reduces any unnecessary duplication.
Consent to Hold and Share Information
1. As part of your child's care, the Youth Drug and Alcohol Solutions team may need to share information, as appropriate, with other agencies such as Children's Social Care and Education. Please tick and/sign to agree to sharing information. **2.** As described above, the Youth Drug and Alcohol Solutions team will hold personal details regarding you and your child within their secure database. Please tick to agree for Youth Drug and Alcohol Solutions team to hold your personal information.

Parent/Legal Guardian*		
Name:	**Signature:**	**Date:**

Appendix B, Stop Smoking Service Young Person Referral Form

Please complete all fields of this form in block capitals.

Full Name					
Date of Birth	____/____/____				
Gender	**Male** ☐	**Female** ☐	**Pregnant**	**Yes** ☐	**No** ☐
Address				**Postcode**	
Email					
Contact Number				**Comments:**	
Self Referral	**Yes** ☐ **No** ☐ (If yes, you do not need to complete the referring organisation box below)				
Referring Organisation (Team Code – if applicable)					
Referrer					

Preferred method of contact?	**Phone** ☐	**Post** ☐	**Email** ☐	**Text** ☐
Are your family aware that you smoke?	**Yes** ☐		**No** ☐	
Could we contact your referrer if we cannot get hold of you?	**Yes** ☐		**No** ☐	

Please return to: Central Bedfordshire Stop Smoking Service, Priory House, Monks Walk, Chicksands, Shefford, SG17 5TQ

Call us of freephone 0800 013 0553

Email: stopsmoking@centralbedfordshire.gov.uk

Appendix C, Useful resources

Guidance for school leaders and staff on managing drugs and drug-related incidents within schools and pastoral support for pupil has been produced by the government.

Information on snus:

- smokelesstobaccoeip.pdf (ash.org.uk)
- Awareness-and-use-of-nicotine-pouches.pdf (ash.org.uk)

Vaping Resources

Our resources:

- Guide to quit vaping for under 18;s - PUB005_23 Quit Vaping Guide for Under 18's A5 DRAFTv1.pdf - Google Drive
- Guide for parents/carers supporting young person to quit vaping - PUB005_23 Quit Vaping Guide Parents Carers A5 DRAFTv1.pdf - Google Drive

There are also several National PHSE smoking and vaping resources available currently that can be shared with children and young people or anyone working with young people linked below:

- OHID Vaping teaching resources
  - https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview#vaping
- Aimed at helping Key Stage 3 children understand the impact that vaping has on their physical and mental wellbeing. The three curriculum linked resources feature:
  - Information on nicotine, what vaping is and the impact it has
  - Films co-created by young people
  - Activities to prompt pupil discussion and reflection
  - Content written and reviewed by teachers
  - Guidance on teaching about vaping
  - Flexibility of use as either short form time activities or a full lesson plan
  - Endorsement from the NHS
- ASH (Action on smoking and health) and Smokefree Sheffield https://ash.org.uk/resources/view/ash-brief-for-local-authorities-on-youth-vaping
  - short animated films, posters, guides for parents and carers, classroom presentations and teachers' toolkits.
- Catch your breath – the smoking and vaping programme for schools
  - https://healthyschoolscp.org.uk/pshe/smoking-and-vaping-local-offer/
  - Primary schools teaching resources to raise awareness of the risk of smoking and vaping and leaflets that can be shared with parents.
  - Secondary school prevention and cessation resources to discourage pupil uptake or vaping and proactive advice and support to help those who have started vaping to stop.
- Action on Smoking and Heath has produced a very helpful brief to use evidence available to debunked some of the common myths about vaping including:
  - Vaping nicotine is more harmful than smoking tobacco
  - Vaping is more addictive than smoking
  - Disposable vapes deliver as much nicotine as 50 cigarettes
  - Vaping is a proven gateway into smoking
  - Nicotine damages brain development in young people

    - The main reason children vape is because they like the flavours
    - You can read the full briefing here: https://ash.org.uk/uploads/Addressing-common-myths-about-vaping-ASH-brief.pdf?v=1691052025

There are more facts about vaping, specifically for young people available here:

- FRANK – Facts about vaping
    - https://www.talktofrank.com/drug/vapes
- Healthy school's videos about vaping facts:
    - https://youtu.be/ZkOrodiXHgs
    - https://youtu.be/J0C2-dpO_Zo

Teacher workbook from the Alcohol Education Trust - key stages 3 and 4

The Alcohol Education Trust has published its latest teacher workbook (link opens in new window), giving guidance on delaying alcohol consumption and reducing the risks by teaching resilience. The workbook is DfE approved and a PSHE quality assured resource. Ideal for those delivering alcohol education, it offers 'pick and mix' lesson plans, games and quizzes for effective and enjoyable alcohol awareness.

Teacher newsletter from the Alcohol Education Trust

The Alcohol Education Trust (link opens in new window) publishes teacher and parent newsletters.

- alcoholeducationtrust.org (link opens in new window)
- talkaboutalcohol.com

Teachers' area from the Alcohol Education Trust

The Alcohol Education Trust (link opens in new window) provides educational materials and lesson plans, which are listed by subject to make lesson planning simple. There are different levels of resources for different age groups and abilities, together with short film clips and hand out sheets.

New resources, checked by PSHE Association

The PSHE Association has quality assured two drug and alcohol related resources from CWP resources:

PSHE provides a set of lessons for key stages 1 to 5, to support the teaching of a variety of issues within drug and alcohol education

The evidence based Talk about alcohol (link opens in new window) for secondary teachers from the Alcohol Education Trust (AET) focuses on enabling students to make informed choices about alcohol use and includes teacher notes, worksheets, discussion-based work and links to interactive games, quizzes and activities.

Friendship & Social Group Focus

Resources available from:

Alcohol Education Trust: Produce the 'Talk About Alcohol' Teacher Workbook

Experimentation & Personal Identity Focus

Drug education in the context of relationships, managing emotions and peer norms

Building resilience, decision making skills and self-esteem resources available from:

Rise Above: Website created by young people for young people which aims to build emotional resilience, equipping individuals with the skills and knowledge they need to make informed decisions and help deal with the pressures of growing up.

Violence & Harm reduction

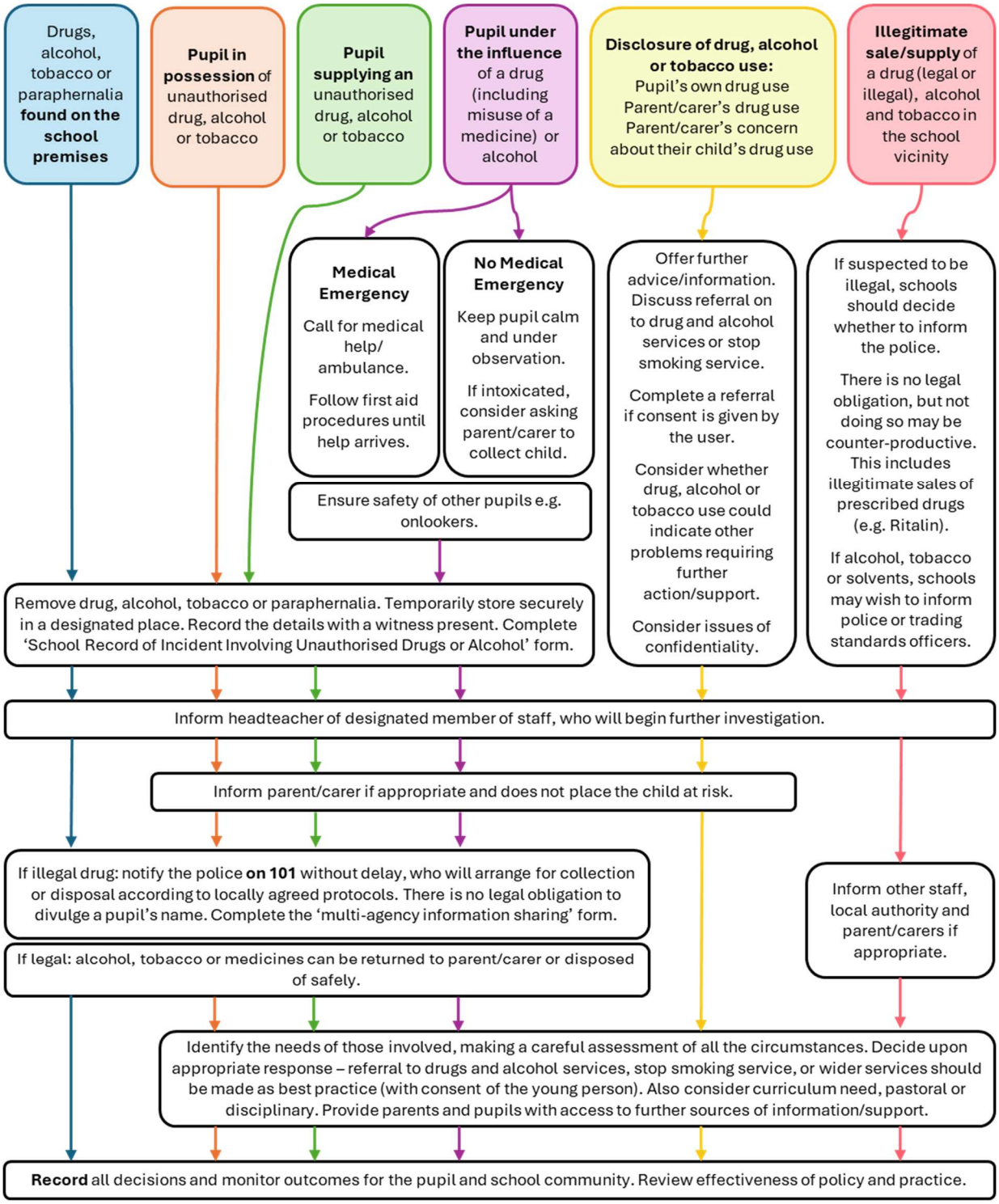
Bedfordshire Against Violence and Exploitation - https://www.bavex.co.uk/

Raising awareness and reporting of exploitation especially those linked to organised crime, including county lines and child sexual and/or criminal exploitation

Bedfordshire Violence & Exploitation Reduction Unit (VERU) - https://bedsveru.org/

Identifying and Responding to Child Exploitation - Identifying-and-responding-to-child-exploitation.pdf (bedsveru.org)

Appendix D, Responding to Incidents Involving Drugs



Appendix E, Contact Information for Health and Wellbeing Services in Bedfordshire and Milton Keynes for Children, Young People and Families (June 2024)

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
0-5 Health Visiting, 5-19 School Nursing	Bedford Borough Central Bedfordshire Luton	Cambridge Community Services NHS Trust	www.cambscommunityservices.nhs.uk https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/health-hub ccs.bedsandlutonchildrenshealthhub@nhs.net	School Nurses can support on a one to one basis virtually or in school where there is a need for talking therapy and guidance with issues of exam pressure, relationships and other health issues or conditions. Health Visitors can support parents and children under 5 yrs. With a wide range of health issues, such as support with parenting, Maternal mental health support and infant feeding.	0-19 team Single Point of Access which can direct any enquires to the relevant school nurse team on any one day. 0300 555 0606 Please see website Also via direct contact with HV/Sch Nurse
	Milton Keynes	Central & North West London NHS Foundation Trust	Milton Keynes 0-19 Universal Health Service (Health Visitors and School Nurses) :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)	This service is available for all pregnant women, children, families and young people in Milton Keynes. All services are provided within the integrated 0-19 team and include Health Visiting and School Nursing. Aiming to help to empower parents, children and young people to make decisions that affect their and their family's health, development and wellbeing. Staff consist of health visitors, school nurses, staff nurses, nursery nurses, healthcare assistants and administrators. Health visitors and school nurses are all qualified nurses or midwives who have undertaken specialist training in public health, child development and health needs assessment.	0-19 single point of access via administrative team. You can call us on 01908 725100 Monday to Friday between 9.30am and 4.30pm where there is a duty Health Visitor/School Nurse available to speak to you and help and support you.
	Bedford Borough Central Bedfordshire	Parentline Cambridge Community Services NHS Trust	www.cambscommunityservices.nhs.uk/bedfordshire-parentline	Parentline offers advice and support on a range of issues such as weaning, sleep and emotional health. They can also find out how to access other local services.	Parentline: for parents and carers of those aged 0-19 (25 with SEND) TEXT 07507 331886
	Luton		https://www.cambscommunityservices.nhs.uk/luton/childrens/services/0-19-service---children's/parentline-luton		
	Milton Keynes	Parentline	Parenting and family support is available from Family Lives (formerly Parentline Plus) through the website, online chat	Parenting and Family Support - Family Lives (Parentline Plus) | Family Lives	helpline 0808 800 2222
	Bedford Borough Central Bedfordshire	ChatHealth Cambridge Community Services NHS Trust	www.cambscommunityservices.nhs.uk/bedfordshire-chathealth	ChatHealth, a service for young people to confidentially ask for help about a range of issues, or make an appointment with a school nurse. They can also find out how to access	ChatHealth: for young people aged 11-19 (25 with SEND) TEXT 07520 616070

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
	Luton	ChatHealth CCS	https://www.cambscommunityservices.nhs.uk/luton/chathealth	other local services including emotional support or sexual health services.	
	Milton Keynes	ChatHealth CNWL	ChatHealth anonymous health support text service | Milton Keynes Childrens Health (cnwl.nhs.uk)	ChatHealth is a confidential help and advice service for children and young people in Milton Keynes aged 11-19. With ChatHealth you can get advice and support on a range of issues such as bullying, emotional health and wellbeing and sexual health.	To access ChatHealth, all you need to is text your query or question to 07480 635517. The messages are delivered to a secure website and are received by the Milton Keynes ChatHealth Nursing Team who will respond within one working day. The ChatHealth service is available Monday to Friday 9am to 4.30pm
Mental Health	Bedford Borough Central Bedfordshire Milton Keynes Luton	SHOUT	REFLECT TEXTLINE: Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.–text reflect to 85258	Reflect is a free, confidential and 24/7 text support service for anyone in the UK who needs advice or help. It is delivered by trained volunteers and clinicians who are available around the clock to listen and support anyone who is feeling anxious, lonely, overwhelmed or not quite themselves. It is part of the wider network of Shout services across the UK.	text reflect to 85258
	Bedford Borough Central Bedfordshire Luton	CAMHS East London Foundation Trust (ELFT)	www.elft.nhs.uk/service/201/CAMHS-Bedford-Borough NORTH BEDFORD CAMHS: https://camhs.elft.nhs.uk/service_detail.aspx?ID=201 SOUTH BEDFORD / LUTON CAMHS: CAMHS (South Bedfordshire and Luton) | East London NHS Foundation Trust (elft.nhs.uk)	The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. The service works to provide them with a greater knowledge of their condition and improve coping techniques.	elft.spoebedfordshire@nhs.net Tel: 01234 893301 OR for urgent support Call 111 Option 2 – 24/7 ALL AGES Young people can talk to a CAMHS professional directly who can arrange additional support. IN AN EMERGENCY, DIAL 999

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
	Milton Keynes	CAMHS CNWL	Milton Keynes CAMHS :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)	Milton Keynes Child and Adolescent Mental Health Service (CAMHS) supports families and professionals who are concerned about children and young people who may be experiencing mental health difficulties. Read more about children's community mental health services	A Single Point of Access now exists for all new referrals to Milton Keynes Specialist Child and Adolescent Mental Health Service (CAMHS). The contact details have now changed to 01908 724228 and cnw-tr.mkspcamhsspa@nhs.net. Existing patients should call 01908 724544.
	Bedford Borough Central Bedfordshire	CHUMS	www.chums.uk.com/	Mental health and wellbeing services for children, young people and families. Please see website for the types of services available.	See website 01525 863924
	Central Bedfordshire	Building Resilience Programme Brook	www.brook.org.uk/outreach-and-education/central-bedfordshire/	The Brook Building Resilience programme supports education settings to take a whole school approach to resilience, including professionals, parents and carers and young people.	centralbedfordshire@brook.org.uk
	Central Bedfordshire	Everything Ok? Central Bedfordshire	www.everything-ok.co.uk/	Everything Ok? is a website designed to help young people find the help and support they need when they are questioning their thoughts and feelings.	See website
Counselling and Support Services for young people	Bedford Borough	Bedford Open Door	www.bedfordopendoor.org.uk	Offering up to 12 weeks of free confidential face to face, telephone or on line counselling for young people aged 13 -25 years living Bedford Borough or North Central Bedfordshire. One off telephone Drop In sessions available too – just call or text to organise a convenient time for the call. Schools Counselling also available – contact for more information.	Young people can self-refer by calling 01234 360388, texting 07922105200 or emailing counselling@bedfordopendoor.org.uk Professionals can refer by calling the office (with from young person)
	Central Bedfordshire	Sorted Counselling Service	http://sortedbedfordshire.org.uk/	Offering free confidential counselling for young people aged 10 -25 years living South Central Bedfordshire.	Call 01582 674442 for more information.

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
				Schools Counselling also available – contact for more information.	
	Bedford Borough Central Bedfordshire	Relate Talktime	https://www.relate.org.uk/find-my-nearest-relate/centre/bedfordshire-luton-relate-centre	Live chat, telephone and web cam counselling for young people.	Call 01234 356350 email appointments.bedsandluton@relate.org.uk
	Luton	Tokko	Support Projects – Tokko	Variety of support for young people 13 +	W: www.tokko.co.uk E: info@tokko.co.uk T: 01582 544990
		Total Wellbeing	https://www.totalwellbeingluton.org/home https://www.totalwellbeingluton.org/social-prescription.html	Range of support for people to improve their physical and emotional health and wellbeing. Social prescription available for young people and families	Call 0300 555 4152 or email info@totalwellbeingluton.org
	Milton Keynes	YIS	YiS Young People's Mental Health (mkyis.org.uk)	Education outreach counselling and wellbeing hub	YiS Young People's Mental Health (mkyis.org.uk)
		The Mix	Mental Health Support Group Milton Keynes - The Mix MK	The Mix is a drop-in service supporting emotional health and mental well-being. We encourage people to form new friendships and access support services. No appointment is necessary and everyone is welcome. We meet every Monday between 2.00 and 4.30 at Unity Park Station (the old bus station) MK9 1LR.	Mental Health Support Group Milton Keynes - The Mix MK
		Service Six	Service Six- Service Six supports children and young people to live healthier & happier lives!	With a focus on early intervention, service six work with children and young people to provide support at a crucial time in their lives - to help them get back on track and become more resilient and equipped to meet future challenges life may bring and to be able to live healthier, happier and safer lives. Please follow the link HERE to find out more about the current services they offer in MK.	Service Six- Contact us
Adult Mental Health services	Bedford Borough	East London Foundation Trust (ELFT)	www.elft.nhs.uk/service/329/Bedfordshire-Mental-Health-and-Wellbeing-Service	Bedfordshire Mental Health and Wellbeing Service provides mental health services across Bedford Borough and Central Bedfordshire.	See website 01234 310589

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
	Central Bedfordshire				
	Luton	East London Foundation Trust (ELFT)	https://www.elft.nhs.uk/location/bedfordshire-and-luton	Luton Mental Health and Wellbeing Service provides mental health services	Charter House, Alma Street Luton, LU1 2PJ Telephone: 01582 708999 elft.communications@nhs.net
	Milton Keynes		Mental health and wellbeing | Milton Keynes City Council (milton-keynes.gov.uk)	This link provides mental health services including crisis support	Please see website
Early Help	Bedford Borough	Early Help Bedford Borough Local Authority	www.bedford.gov.uk/social-care-health-and-community/children-young-people/help-for-families/early-help/	Early help is about taking action early and as soon as possible to tackle problems emerging for children, young people and their families. Early help means providing support as soon as possible to help families cope with difficulties and working together with other services to prevent bigger problems emerging. Support can come from a range of services and organisations, for parents, children and young people of any age. Our aim is to provide the right action at the right time with the right support.	Email: earlyhelp@bedford.gov.uk See website link 0800 023 2057
	Central Bedfordshire	Early Help Central Bedfordshire Local Authority	www.centralbedfordshire.gov.uk	Central Bedfordshire Early Help services	0300 300 8585 (Office Hours) 0300 300 8123 **(Out of hours)** See website
	Luton	Early Help Luton Local Authority/Family Partnership Service Flying Start	https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/family-partnership-service.aspx https://www.flyingstartluton.com/	Family Partnership Service provides support for vulnerable children, young people and families. Delivers services to improve outcomes for children by intervening early when help and support is needed.	To access FPS call MASH on 01582 547653 or email mash@luton.gov.uk Call 01582 368245 or email Flyingstart@eyalliance.org.uk
	Milton Keynes	Early Help Milton Keynes Local Authority	Milton Keynes Early Help	Milton Keynes Early Help Services	MK Early Help Leaflet

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
Safeguarding Front Door	Bedford Borough	Integrated Front Door Bedford Borough Local Authority	https://localoffer.bedford.gov.uk/kb5/bedford/directory/service.page?id=KhuF2dS2z58 email: multiagency@bedford.gov.uk or mash@bedford.gcsx.gov.uk.	The Integrated Front Door acts as the first point of contact for receiving all early help assessments and safeguarding concerns or enquiries.	01234 718700 (office hours) or 0300 300 8123 (out of hours). email: multiagency@bedford.gov.uk
	Central Bedfordshire	MASH Central Bedfordshire Local Authority	www.centralbedfordshire.gov.uk email: AccessReferral@centralbedfordshire.gov.uk	Safeguarding services	0300 300 8585 (Office Hours) 0300 300 8123 **(Out of hours)** Email: AccessReferral@centralbedfordshire.gov.uk
	Luton	MASH Luton Council	https://m.luton.gov.uk/Page/Show/health_and_social_care/safeguarding/safeguarding_children/Pages/default.aspx?redirectToMobile=True	Safeguarding services	Telephone 01582 547653 Out of hours: 0300 300 8123 E-mail MASH@luton.gov.uk Website Further information on safeguarding children
	Milton Keynes	Front Door	Milton Keynes Multi Agency Safeguarding Hub (MASH) | Milton Keynes City Council (milton-keynes.gov.uk)	Safeguarding services	How to contact the MASH Call 01908 253169 or 253170. Email children@milton-keynes.gov.uk Complete the Multi Agency Referral Form (MARF)
Local Offer	Bedford Borough	Local Offer Bedford Borough Local Authority	Bedford Borough Mental Health and Wellbeing Hub | Bedford Local Offer	In here you will find all sorts of fascinating and up-to-the-minute information about what is going on in your area and details on how to access Services, Organisations and Activities that are right for you. You will also find information about childcare settings, childminders and early help support for all families.	Local.offer@bedford.gov.uk
	Central Bedfordshire	Local Offer Central Bedfordshire Local Authority	https://www.centralbedfordshire.gov.uk/info/15/special_educational_needs_and_disability_-_local_offer	See website	See website
	Luton	Local Offer Luton Local Authority	https://directory.luton.gov.uk/kb5/luton/directory/localoffer.page	See website	See website

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
	Milton Keynes	Local Offer Milton Keynes Local Authority	Milton Keynes City Council (mksendlocaloffer.co.uk)		See website
Child Sexual Exploitation support for young people	Bedford Borough Central Bedfordshire	Link To Change	https://www.linktochange.org.uk/	Providing wellbeing and resilience support to children and young people aged 12-26 years old in changing the cycle of exploitation.	01480 474974 See website
	Luton	Luton Sexual Health Service	https://www.lutonsexualhealth.org.uk/info-advice/sexual-exploitation/	Help, support and advice	1st Floor Arndale House, The Mall, Luton, LU1 2LJ Switchboard 01582 497070
	Milton Keynes	MK Together	Worried about a child? | Milton Keynes City Council (milton-keynes.gov.uk) 1.1 Safeguarding from Sexual Exploitation | Milton Keynes Inter-Agency Safeguarding Children (procedures.org.uk)	If you believe that a child is suffering, or at risk of significant harm, you should contact the relevant emergency services by ringing 999. If the child you are concerned about is not in immediate danger you should report your concern to us. The Milton Keynes Child Exploitation Indicator tool can be accessed via the Resources page of the MK Together website.	See website links
Childrens Community Specialist Health Services	Bedford Borough Central Bedfordshire Luton	Cambridge Community Services NHS Trust	www.cambscommunityservices.nhs.uk/bedfordshire	Please see website	See website link
	Milton Keynes	MK Community Paediatric & complex Needs Service Teams. CNWL NHS	Milton Keynes Community Paediatric Team :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk) Milton Keynes Children with Complex Needs Service :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)	Please see website links	Please see website links
Sexual Health-STI Testing, HIV , Contraception	Bedford Borough Central Bedfordshire Milton Keynes	iCaSH Cambridgeshire Community Health Services NHS Trust	www.icash.nhs.uk	Our iCaSH (integrated Contraception and Sexual Health) service provides all aspects of sexual and reproductive health, including contraception, sexually transmitted infection (STI) and HIV testing and treatment. iCaSH is available from easily accessible single locations	Self-referral by calling 0300 3003030 – www.icash.nhs.uk

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
and psychosexual counselling	Luton	Luton Sexual Health Service	24 & Under – Luton Sexual Health	We offer free, confidential, non-judgemental advice and support for young people. People of any age are welcome to access Luton Sexual Health clinic sessions, at any time or location. If you have any concerns or questions about sexual health, no matter what age you are, we can help.	1st Floor Arndale House, The Mall, Luton, LU1 2LJ Switchboard 01582 497070
Oral Health Improvement	Bedford Borough Central Bedfordshire	Cambridgeshire Community Services (CCS)	http://www.cambscommunityservices.nhs.uk/BedsOralHealth	Please see website	Please contact us via our email: ccs.oralhealthbeds@nhs.net or by phone. 01525 631223
	Luton	Dental Wellness Trust	https://www.dentalwellnesstrust.org/ https://www.communitydentalservices.co.uk/our-clinics/bedfordshire/luton-liverpool-road/	Please see websites	Please see website
	Milton Keynes	CF Centres MK 0-19 HV & SN Service	Children and Family Centres | Milton Keynes City Council (milton-keynes.gov.uk)	Please see website link and refer to 0-19 HV & SN as above	Please see website link and refer to 0-19 HV & SN as above
Healthy Weight	Bedford Borough Central Bedfordshire Milton Keynes	More Life	www.more-life.co.uk/	MoreLife provide weight management programmes for adults, children, teens and families that are designed to create long-lasting shifts in behaviour and give clients the tools and support they need to achieve their health goals.	bedford@more-life.co.uk 0808 208 2340
	Luton	Active Luton	Home | Total Wellbeing Luton	Weight management, healthy eating and physical activity family programmes We offer a free weight management service in Luton from multiple locations, including daytime and evening sessions	Self-referral via telephone (0300 555 4152) or via the Total Wellbeing website.
	National Organisation	Beat: eating disorders support	https://www.beateatingdisorders.org.uk/	BEAT: national eating disorder charity and it has lots of resources available via its website.	https://www.beateatingdisorders.org.uk/
Stop Smoking Service	Bedford Borough Central Bedfordshire Milton Keynes	Stop Smoking Service	www.smokefreebedfordshire.co.uk bedsccg.stopsmokingservice@nhs.net	If you or someone you know is looking to quit smoking, we're here to help. Our friendly, specialist advisors offer free advice and support across Central Bedfordshire, Bedford Borough and Milton Keynes.	0800 013 0553 Refer self by calling service telephone number or emailing

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
	Luton	Stop Smoking Service	https://www.totalwellbeingluton.org/stop-smoking.html info@totalwellbeingluton.org	Total Wellbeing Luton offer expert advice and free stop smoking treatment, including Nicotine Replacement Therapy or E-cigarette support, to provide you with the best chances of quitting smoking for good.	Anyone living, working or studying in Luton can self-refer: 0300 555 4152 Text QUIT to 60066
Drug and Alcohol Services For Young People	Bedford Borough Central Bedfordshire	Aquarius (Cambridge Community Health Services)	www.aquarius.org.uk	We offer specialist services for children and young people who use substances or gamble and those who are affected by a parent or carer's substance misuse.	0330 008 3925: Phone to refer a young person, or to request a referral form. Referrals are also received via EHA's, social care referrals and MASH
	Luton	ResoLUTiONs	ResoLUTiONs Young People's Service | Change Grow Live	Young Persons drug and alcohol support – one to one support to make healthier choices for mental and physical health	0800 0546 603 Switch board number Ask for the YP and Family Hub Service
	Milton Keynes	The Young People's Drug and Alcohol Service (Milton Keynes Council)	Drugs, alcohol and young people | Milton Keynes City Council (milton-keynes.gov.uk)	The Young People's Drug and Alcohol (YPDA) service deliver a high quality and caring service for young people aged 18 and under (up to 25 with additional needs).	You can ask for support from our service by completing a referral form. Referrals should be sent to: ypdaservice@milton-keynes.gov.uk. If you require an offline copy of the referral form, please email the team so that this can be arranged. For other enquiries telephone: 07557317317, 07557318684, 07557317331, 07823518842.
Adult Drug & Alcohol Treatment Service	Bedford Borough Central Bedfordshire	P2R East London Foundation NHS Trust (ELFT)	www.elft.nhs.uk/service/299/Path-to-Recovery-P2R-Bedford-Borough	P2R is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. We provide an integrated service with a range of expertise available in one place.	01234 352220 Anyone can self refer or ask their doctor or another professional to refer on their behalf. Referrals can also come professionals
	Luton	CGL-ResoLUTiONs	https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/victoria-street	ResoLUTiONS is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. We provide an integrated service	If you'd like to get in touch, the best way would be to give us a call on 0800 0546 603.

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
				with a range of expertise available in one place.	
	Milton Keynes	ARC-MK (Addiction Recovery Community Milton Keynes) provided by Central North West London NHS Trust	https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes	ARC Milton Keynes is a service provided in partnership by CNWL and We Are With You as a free and confidential service for people who live in Milton Keynes. The service helps people break a cycle of addiction to substances such as heroin, cocaine, and new psychoactive substance as well as long term alcohol or gambling addictions. We work with people at any stage of their alcohol, drug or gambling difficulties to provide a single point of access to assessment and treatment for problems.	Any health or social care professional can make a referral on your behalf. You can also self-refer to the service in person or contact us by phone 01908 250730 or by email: cnwl.arc-mk@nhs.net
Support, advocacy, mentoring & advocacy service (SAMAS) for clients recovering from drug & alcohol problems	Bedford Borough Central Bedfordshire	Community Led Initiatives (CLI)	http://www.communityled.org.uk/	Through mentoring, group activities, community building and co-production we remove barriers to community inclusion for people who are socially excluded, facing complex issues such as drug and alcohol misuse, homelessness, offending and mental ill-health.	Call 01234 880 625 or email Hello@communityled.org.uk to discuss needs. Referrals are also made via P2R.