



**CREATE STRENGTH**  
RECOVERY SOLUTIONS

# Group Report

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[www.cslhg.org](http://www.cslhg.org)  
[cslhginfo@gmail.com](mailto:cslhginfo@gmail.com)  
07379 915 190

**20**  
**19**



## Principles, Values and objectives

The Cannabis, Spice and Legal Highs Group provides essential information, advice, assistance and support to long-term chronic users and their families, support workers and concerned others. We host dynamic mutual aid support groups in local venues where experience and advice are shared in a safe non-judgmental abstinence-based user-led environment. We use, web, social media and emerging technologies to promote our proven delivery model.

We believe all drug users have the ability to turn their lives around and make positive, sustainable change to their personal circumstances and the communities they live in.

We attract a unique membership and have assumed a responsibility to service users of cannabis, spice and legal highs who would not normally access traditional services.

The serious issues we address include; anxiety, depression, isolation, confidence, sleep and insomnia, psychosis, paranoia, schizophrenia, unemployment, homelessness, poverty, offending, child support, custody issues and institutionalisation.

Our target member might live in a bedsit in West Yorkshire, isolated, anxious and unfit for work or social activity. We want to project the principles and ethos of our group deep into the communities we serve, providing potential members access to safe, structured meetings and a robust support network.

We have consistently achieved transformative improvements in our hard to reach and seldom heard diverse cohort, supporting members with serious lifelong addictions and have helped them grow and develop into volunteering, employment and general health and wellbeing.

**It's not about what we do  
It's what we do next**

Cannabis  
Spice & Legal  
Highs Group



[cslhg.org](http://cslhg.org)



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**#M0268**

### **Group Member Testimonials**

*I started coming to the Spice, Cannabis and Legal high's group around a year ago. Although all these drugs have played a part in my battle over the years along with alcohol and prescription medication when I came to my first meeting, I couldn't stop using heroin and crack cocaine. My life had become a daily nightmare of finding money, scoring and using and nothing else. I was mentally exhausted and void of any emotion, a shell of a human being and only misery surrounding me.*

*After attending for a little while and listening to the hope and encouragement of those in group who had managed to stop using and were now living happy productive lives, I managed to stabilise on my suboxone and stop using street drugs. Very shortly after I detoxed off the medication also and now live a life of abstinence of any mood-altering substance. It's only been possible with the input of groups like this, regular attendance and putting into action what was suggested. It's good for my recovery to keep coming to group for ongoing support and guidance but also to offer my experience to those who are just starting on their journey to a better life, free from addiction.*

*Suzanne Mother, wife. At peace in recovery*

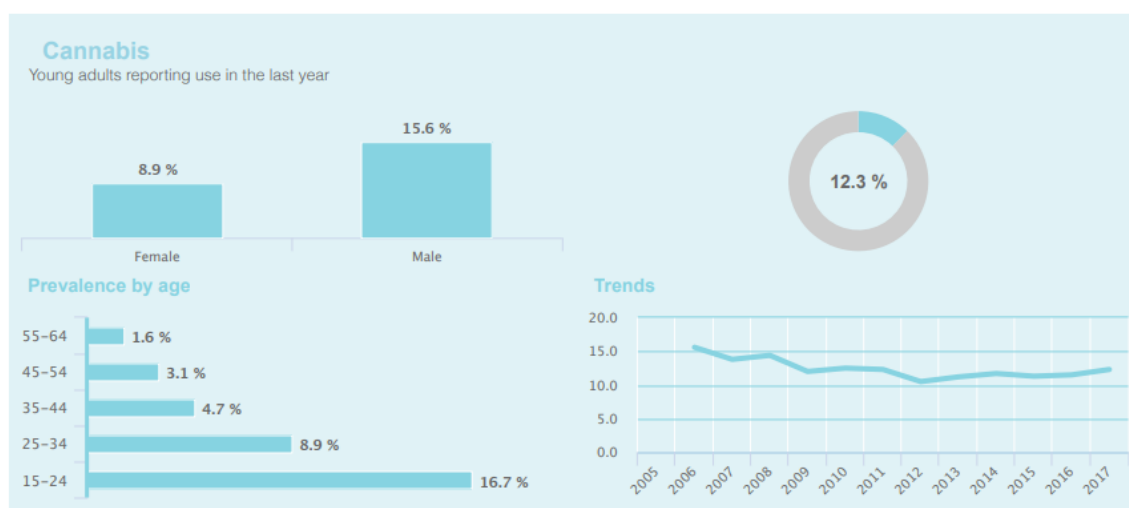


## 1.0 Context

### *Latest statistics from EMCDDA UK Drug Report 2019*

*In the early 2000s, prevalence of last year cannabis use reported by the Crime Survey for England and Wales was among the highest reported by European countries; however, this is now at a level that is fairly typical to that seen elsewhere in Europe. Following a decrease in prevalence between 2003/04 and 2009/10, the trend in cannabis use in the general population has since been relatively stable. **The prevalence rate in 2017/18 was the highest reported since 2008/09**; however, the increase from 2016/17 was not statistically significant.*

### Estimates of last-year drug use among young adults (16-34) in England and Wales



SOURCE: <http://www.emcdda.europa.eu/system/files/publications/11355/united-kingdom-cdr-2019.pdf>

## 1.1 Local Scene

Our geographical focus is mainly within the Bradford metropolitan district; however, some group members, in the absence of appropriate local support, regularly travel to our meetings from as far afield as Leeds, Huddersfield and Preston. Bradford has suffered from severe under investment for several years. Addiction services budgets have halved and inevitably treatment provision has suffered. As a result, groups such as ours have emerged as an essential part of the local response. We have developed solid partnerships with New Directions, the local drug and alcohol recovery provider and particularly with the Bridge Project a trusted sounding board upon who, we rely on for support and strategic advice, safeguarding services, staff supervision & mentoring, two-way referrals and governance. As a result, Bradford now has a far healthier range of provision for individuals needing support.



*Typical example correspondence from website enquiry*

## CSLHG-BOOK OF EMAILS

On Tue, 26 Feb 2019, 10:57 , <[no-reply@parastorage.com](mailto:no-reply@parastorage.com)> wrote:

- You have a new message:
- Via: <https://www.cslhg.org/>
- Message Details:
  - 
  - Name [REDACTED]
  - Email [REDACTED]@outlook.com
  - Subject Treatment centre
  - Message I am 48 years old. I have been smoking cannabis for 30 years, increased use since 2005. I am also on fluoxetine for anxiety and depression and going through menopause. I am concerned for my mental health. I have currently been unable to leave the house in days, I stay in and smoke more it's a vicious circle and I'm really concerned now. I have previously tried numerous ways and times to stop smoking in desperate for help now. Do you provide a inpatient treatment or could you recommend anywhere please?
  - Kind regards [REDACTED]

**#M0267**

### Group Member Testimonials

*I have been attending the spice and cannabis group for over a year now. I am now 4 months clean from all drugs. I liked the way this group tested my thinking about why I took drugs and I always left feeling much better than when I got there. I felt part of the group and that we were all in it together. I will be forever grateful to the group and facilitator. I now go back every week to let people know about my journey.*

**Wayne Service User- Abstinent since September 2019**

## CSLHG-BOOK OF EMAILS

[REDACTED] <[REDACTED]@gmail.com>

Mon, 13  
Jan, 15:22

to [cslhginfo](mailto:cslhginfo)

Hi my names [REDACTED] I'm fighting a case to get custody and contact for my daughter I've had few hair strand tests what have come back positive for cannabis I need some help can you please get back to me my contact number is 07543 [REDACTED]

*Typical example correspondence from website enquiry*



## 2.0 Overview 2019

In many respects 2019 has been our most challenging year, a year in which, our limited resources have been stretched. As awareness of our impact has increased, our voluntary model which served us well as a membership based mutual aid support group meeting once a week, has proved barely adequate to meet the extra demand for our unique approach. We are struggling to host four weekly meetings and deliver, presentations, workshops and training courses. We have tried to secure long-term funding to invest in sustainable development, but this has so far, proved difficult. The bidding process itself has diverted our resources, sucking confidence and momentum. We hope that the seriousness of chronic cannabis use, increasing potency and the role of synthetic analogues has not been underestimated by commissioners and grant making trusts.

Despite these pressures we are determined to continue fighting for the resources we urgently need and delighted to be in a position to report more progress in terms of growth, income, stability, exposure, clarity of purpose and in setting measurable development goals.

### Milestones include:

- Rolling out professional substance misuse training program
- Increasing group attendance by 9.6%
- Increasing membership by 67%
- Exceeding 3,000 unique session attendances
- Progressing from a specific drug of choice support group to a comprehensive model offering help to clients addicted to a wide range of drugs and addictive behaviours.
- Increasing levels of web site and social media activity and interest
- Forging and strengthening relationships with local partners
- Celebrating our 5<sup>th</sup> anniversary

We have responded positively to demand for workshops, presentations and information desks at community venues and events including the national Favor Recovery Walk, Yorkshire Counsellors Network and local organisations and hostels. We have also launched campaigns to promote income generation and raise awareness of the need for our approach.

We are establishing an Associate Membership Scheme to build links and develop training relationships with successful businesses and not for profit organisations willing to support us financially. Further information can be found by sending an email to [cslhginfo@gmail.com](mailto:cslhginfo@gmail.com) with the words "Associate Membership" in the subject field.

We have developed policy documents addressing- equality and diversity, safeguarding, risk assessment and privacy.

We are actively working towards the next stage in our development. Having demonstrated the need for a user led niche service, we must now secure a sustainable future by addressing aspects of group structure and operations. We warmly welcome input in helping us to achieving our goals from interested parties and individuals.

Since our formation in March 2015 up to December 31<sup>st</sup>, 2019 we have recruited 324 individual members in crisis, hosted 474 regular meetings in 6 different venues producing an aggregate of 3,490 unique session attendances.

We gather and collate anonymised data covering a range of variables including, drug of choice, employment status, information on tobacco consumption, periods of drug abstinence exceeding 12 months and significant reduction outcomes.

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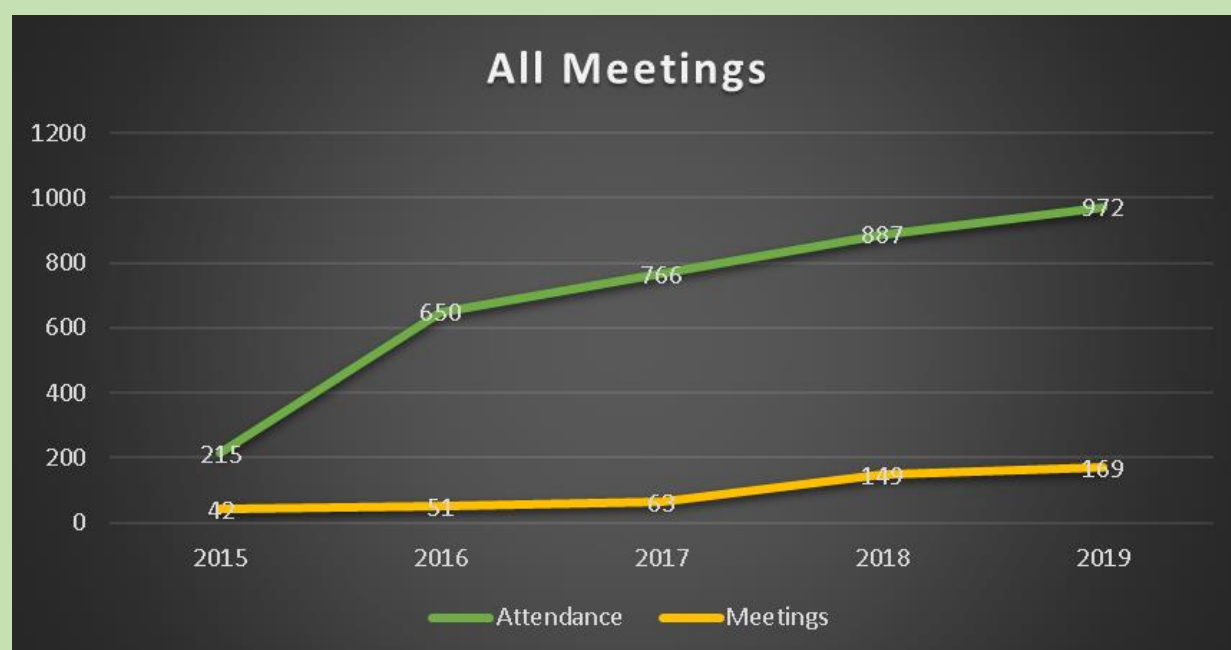


## 3.1 2019 Attendance data

Confidential data is recorded using tracking parameters such as: individual attendance, year of birth, first, second and third drug of choice, date of abstinence and assigned drug worker. Anonymity is preserved through a unique reference membership number.

### (i) 2019 Mutual Aid Meeting Statistics

2019	Meetings	Attendance	New Members
(Friday) The Vault Bradford	52	489	58
(Tuesday) Shipley Fire Station	47	245	1
(Tuesday) Holme Wood	19	100	7
(Wednesday) Bevan House	51	138	10
<b>TOTAL</b>	<b>169</b>	<b>972</b>	<b>76</b>
Attendance 2015	42	215	51
Attendance 2016	51	650	88
Attendance 2017	63	766	60
Attendance 2018	149	887	46
Attendance 2019	169	972	76
<b>TOTALS</b>	<b>474</b>	<b>3,490</b>	<b>321</b>
Increase 2018/2019	+13.42%	+9.58%	+67.4%



### (ii) 2019 Historical Meeting Statistics



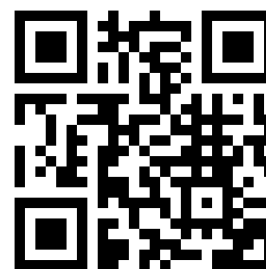


## 4.0 Media Technology & Promotion

Our support group is extended beyond our regular meetings by the use of technology and social media. We incorporate, mobile phone and SMS communication, group chat, Facebook messaging, Twitter, Google apps, Open tools, QR codes and media networking in addition to hosting a website and traditional print and promotional material.

We promote the sharing of ICT skills and knowledge within our membership, particularly through our workshops and shadowing of service roles.

We are regularly approached by news media outlets for quotes and insights regarding cannabis and spice issues we are however cautious in our dealings. We also engage with local press when placing campaign ads and circulating group News Media.



<https://www.cslhg.org/>

*Typical example correspondence from website enquiry*

### CSLHG-BOOK OF EMAILS

#### Drug advice

[REDACTED] <[REDACTED]@outlook.com>  
To: "cslhginfo@gmail.com" <cslhginfo@gmail.com>

30 March 2019 at 10:58

Hi, I'm looking for a way to help my son. He's 13 years old and through friends and the area we live he has been smoking cannabis, i know he has been smoking it for at least 6 months on a regular basis, but i suspected it for at least a year. He is staying with his dad in a different area to try limit contact with the friends he's smoking with. This doesn't seem to be working. He still has contact with them at school and when he visits me. I've had help from CHAMS and Families First because of his behaviour in the past but he refuses to engage with any of them. He has never admitted to smoking even when I have had proof. He steals from me (I'm assuming to buy cannabis) he's stolen anything from 50p to £20 notes and a sentimental coin collection, he also has never admitted to the stealing. He is quite a happy boy and i know he loves his family, but i feel, he thinks it is normal for him to be involved in these types of things. It's so difficult for me to get him any kind of help when he won't admit to smoking and seems happy to carry on. I'm looking for any practical advice or services that might be able to help me.  
Thank you.  
[REDACTED]



## 4.1 Facebook

facebook

<https://www.facebook.com/cslhg/>

We administer and moderate 2 closed Facebook pages (Bradford & Shipley) allowing confidential communication, networking and the distribution of literature outside of normal support hours. The page primarily acts as a 24-hour support channel allowing members to reach out to other members for advice and support outside the confines of scheduled group sessions. Members are given access to this useful facility after attending 4 regular meetings. Administrators are elected within the group to moderate and develop Facebook policy.

We also host a public Facebook page to allow contact, information requests and generate support and understanding. There is no prerequisite to view this page which acts as a promotional platform. This page is indexed and searchable creating greater awareness of the group's presence and activities.

The public page is linked to a campaign page for public health messaging and outreach information.

## 4.2 Twitter

twitter

<https://twitter.com/cslhginfo> @cslhginfo

The group maintains a **Twitter account** promoting group meetings and activities. We have a strict non-political policy associated with this account. Volunteer members maintain and develop this brand.

As a platform, Twitter acts as a public relations tool for communicating our presence to other organisations as opposed to directly engaging with potential members. It is however a necessary and productive arm to our online strategy.



We regularly tweet under the following hashtags;

[#cslhg](#)  
[#substanceabuse](#)  
[#mentalhealth](#)  
[#legalhighs](#)  
[#spice](#)  
[#cannabis](#)



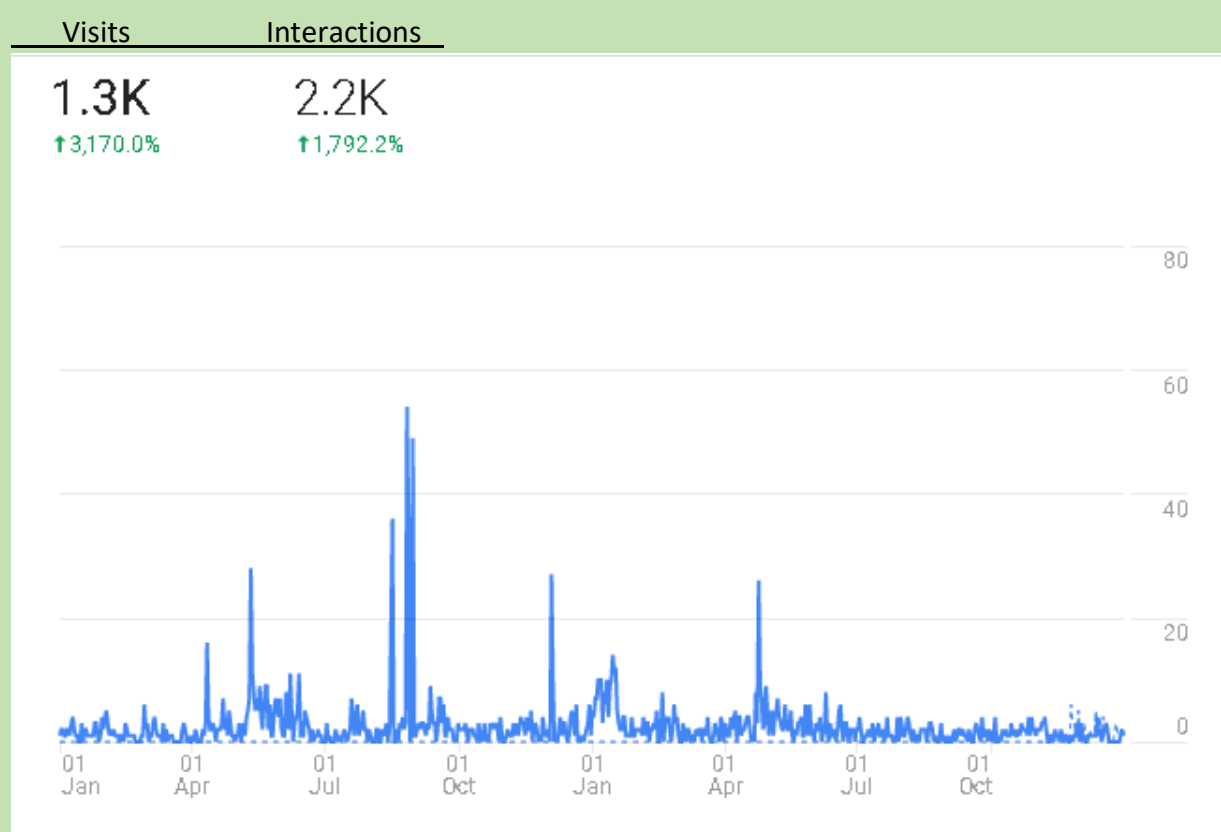
Secure | https://www.cslhg.org

## 4.3 Web Presence & Strategy

The group owns the domain [cslhg.org](https://www.cslhg.org) and runs a website giving background information about the group, meeting locations and times, information and research about cannabis, spice and legal highs. We also host a live chat client and a contact form. Promotional material is integrated through social media, traditional media and QR codes.

The website provides another public focal point of contact and information. We welcome back links, promotion and reviews.

### (i) 2019 cslhg.org Google Analytics



Google Analytics for period 01-01-2019 to 31-12-2019

Costs for website domain and hosting 2019

CSLHG-2018AC-001.4-d	Website Domain & Hosting	£ 124.21
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## 5.0 Meetings & Events

We hosted several special events in addition to our regular meetings. We also delivered workshops and presentations in response to increasing demands from local organisations.

2019 saw a steady increase in attendance in our core mutual aid meetings with our Shipley Fire Station and Vault café meetings performing particularly well. Both meetings are well established within the recovery community with the Shipley meeting, hosted at **Shipley Fire Station**, accommodating members who cannot attend daytime meetings with an emphasis on supporting members who wish to maintain abstinence.

Our longest established regular meeting at the **Vault café** benefits from service users of New Directions operating from the Unity Recovery Centre.

The **Bevan House Wellbeing Centre** meeting caters to users of cannabis and spice from the homeless and refugee community served by Bevan House. Attendance at this meeting reflects the chaotic profile of the users who attend. This meeting is subject to review.

At the request of Healthy Lifestyle Solutions CIC, the group began a meeting at the TFD Centre in **Holmewood** on 12<sup>th</sup> March, despite the pressing need for a support group in this community and online and printed promotion, the meeting failed to gain traction. We do however support the community by responding to workshops and popup requests from the community partnership anchor.

Mutual aid support groups remain as our core function and we will continue to support and develop the network evaluating and refining our delivery model.

### (i) 2019 Meeting Venues & Statistics

<b>TUESDAY MEETING - SHIPLEY</b> <b>6:00 - 8:00 pm</b> <b>Shipley Fire Station</b> <b>1 Shipley Fields Rd,</b> <b>SHIPLEY</b> <b>BD18 2DG</b>	<b>SHIPLEY</b>	
	AVE	<b>5.21</b>
	MEETINGS	<b>47</b>
	ATTENDANCE	<b>245</b>
<b>WEDNESDAY MEETING – BEVAN</b> <b>10:15 - 12:15 pm</b> <b>Bevan House</b> <b>Wellbeing Centre. Dale Street,</b> <b>BRADFORD.</b> <b>BD1 4HT.</b>	<b>BEVAN</b>	
	AVE	<b>2.89</b>
	MEETINGS	<b>47</b>
	ATTENDANCE	<b>136</b>
<b>FRIDAY MEETING - VAULT</b> <b>12:30 - 3:00 pm</b> <b>The Vault</b> <b>Trafalgar street,</b> <b>BRADFORD.</b> <b>BD1 3DN</b>	<b>VAULT</b>	
	AVE	<b>9.50</b>
	MEETINGS	<b>52</b>
	ATTENDANCE	<b>494</b>



#M0273

## Group Member Testimonials

*I have been a cannabis user, on and off for about 28 years. I have stopped in the past but always seemed to be drawn back to it. I have been off it for about 10 months now and the group has really helped in reminding why I want to keep off it. It's such an amazing feeling to be able to spend time with non-judgemental people, that support and help each other. No matter what mood I go into the group, I always leave feeling glad I made the effort to attend.*

**Angela Abstinent since May 2019**

### CSLHG-BOOK OF EMAILS

Anita Brewin <Anita.Brewin@bdct.nhs.uk>

13-11-2019  
17:59

to cslhginfo@gmail.com, [REDACTED]

Hello Dave and to whom it may concern,

[REDACTED] asked that I email to endorse his own comments about the positive impact coming of cannabis & spice and other substances has had on his mental wellbeing and quality of life. It is clear to me that [REDACTED] has made positive use of the support he's been offered by your group I know he is keen to make a contribution in supporting others to make the same positive steps in pursuing their life goals – just as he is now doing.

With regards,

Dr Anita Brewin  
Consultant Clinical Psychologist  
Clinical Lead for EIP and CMHpS  
Professional Lead for Clinical Psychology in BDCFT  
c/o EIP Assessment team  
Culture Fusion  
125 Thornton Road,  
Bradford  
BD1 2EP  
Tel: 01274 221022  
Mobile: 07738 977326 (preferable contact)  
Email: [anita.brewin@bdct.nhs.uk](mailto:anita.brewin@bdct.nhs.uk)  
**better lives, together** | [www.bdct.nhs.uk](http://www.bdct.nhs.uk) | [t@BDCFT](mailto:t@BDCFT) | fb BDCT02

*Typical example correspondence from website enquiry*



## 6.0 2020 Future Plans

2020 will be dominated by developing a **strategic plan** which will help us risk and build on our strengths. We are at an **organisational crossroads**. We must either grow and develop or go the way of so many other well-meaning under-resourced exhausted, community groups and pale into insignificance. Whilst we remain determined and optimistic, unless we are able to secure our survival through investment we will let down a cohort of individuals with pressing and complex needs who have not responded to conventional treatment methods. Our groups provide a trusted pathway to person centred recovery underpinned by carefully supervised peer-support. The power of authentic outreach and connection we deliver must be protected and further developed. We have more important work to do.

Our ongoing **spice harm reduction outreach campaign** is strategically linked to our **spice awareness training** which is designed to bolster our vibrant and well received mutual aid meeting network. Our approach is able to respond effectively to the rising synthetic cannabinoid crisis. This aspect of our work is focused on the street homeless community and ex prisoner

population. We also plan to become more heavily involved in spice use research and information gathering and knowledgeable advocates for disenfranchised users and their concerned families. A second strand to our deeper involvement in the provision of spice addiction support will lead to increasing engagement with inmates and the **ex-prison population**. More relationships and networks are being formed to make this happen, not least through our links with academics, independent research groups, and criminal justice professionals.

We shall in future focus on securing funds to enable **development and sustainability**. This may mean adapting our constitution and structure. Regardless of which legal entity is chosen, a grounded peer-led, membership model will be maintained, coupled with sound **governance** and more solid **partnership working**.

The implementation of our plans which will be reviewed and regularly updated will be communicated through the Reflection meetings minutes. Please email [cslhginfo@gmail.com](mailto:cslhginfo@gmail.com) for an invitation.

Cannabis  
Spice & Legal  
Highs Group  
[www.cslhg.org/](http://www.cslhg.org/)

[cslhg.org/meetings](http://cslhg.org/meetings)

**Recovery from addiction clears the slate  
and leaves you with a blank page.  
You can write anything on a blank page.**



## 7.1 Finances and Match Funding

In 2019, the group deferred income from successful bid applications, training, donations and associated membership from the previous year.

## 7.2 Income 2019

Ref	Outstanding balance from 2018	365.70
(i)	ABCD Holme Wood	1000.00
(ii)	ABCD Outreach	1000.00
(iii)	Training Income	500.00
(iv)	Subscriptions	150.00
(v)	Contributions/donations	101.99
	<b>Total</b>	<b>£ 3,167.69</b>

## 7.3 Expenditure 2019

Ref	Outgoings
(i)	Health Messaging Winter 2018
(ii)	ABCD Holme Wood
(iii)	ABCD Outreach
(iv)	Training Costs including (set-up costs)
(v)	Deferred income 2018
	<b>Total</b>

## 7.4 Balance 2019

Ref	Debit	Credit
(i)	7.2 Income 2019	£ 3,167.69
(ii)	7.3 Expenditure 2019	£ 1,261.90
	<b>Balance/Cash in bank 31-12-2019</b>	<b>£ 1,905.79</b>

## 7.5 Voluntary Hours 2019

Last year our meetings needed 538 voluntary contact hours supplemented with 68 workshop/presentation hours and 14 training delivery hours. Additional hours for network and admin meetings, outreach time, development and bid writing contributed a further 184 recorded hours. Inevitably a great deal more voluntary time is spent providing essential and sometimes life changing, one-to-one support, and informal coaching and mentoring. In addition, our volunteers drove over 380 miles per month.

**4,543** Total miles driven

**804** Total hours





## 8.0 Contact Details

Voice mail: 07379 915 190  
email: [cslhginfo@gmail.com](mailto:cslhginfo@gmail.com)  
web: <https://www.cslhg.org>  
Facebook: <https://www.facebook.com/cslhg/>  
Twitter: <https://twitter.com/cslhginfo>  
#cslhg <http://twubs.com/cslhg>

## 9.0 Acknowledgements

The group is immensely grateful for the continuing support we receive from The Bridge Project. We owe a sincere debt of gratitude to **Sue Knowles, Marcus Dorey, Michael Ritchie, Gary Joseph, Melva Burton, Gordon Roscoe, Tracey Hogan, Jon Royle, Martin Brook, Kyra Dobson and Darren Wild** of The Bridge Project. **Joe Kean and Martell O'reilly** of CGL, **Marion Coates** of The West Yorkshire Fire Service. **Helen Lincoln, Babs Cooper and Dominic Maddocks** of Bevan House Wellbeing Centre. **John Fox** of The Hepatitis C Trust, **Lincoln Oakley** of CABAD and **Julie Wakefield** and **James Blezard** of Healthy Lifestyle Solutions CIC.



Thank You

## 10.0 How you can help

Our group is an independent, self-managing user led organisation born from a need to support abstinence and empower individuals to beat addiction through sustained recovery. We believe all drug users have the ability to turn their lives around and make a positive contribution to the communities they live. If you are like minded and feel you want to contribute your support, we welcome contributions in many forms.

- (i) **Financial contributions** can be made via our web site donation page at <https://www.paypal.com/donate/?token=a1x2ctIGDwyGxfrUFI20tIBvjVivweHTzbyDZ1Z9-I53sggEeWwnV-EeenBYLFO2cNEC0&country.x=GB&locale.x=GB>
- (ii) **In Kind contributions** such as office supplies, help with printing, photocopying, laminating etc or you can donate warm clothing, sleeping bags and food in support of our homeless outreach campaign.
- (iii) **Recycling**- you may wish to support one of our campaigns by donating mobile phones and IT (<https://www.cslhg.org/mobile-donations>)
- (iv) **Giving your precious time**- We always need capable volunteers with the mix of skills and Experience to help us with our important work. Please send an email to [cslhginfo@gmail.com](mailto:cslhginfo@gmail.com) for more information.





Help us to  
help  
others





## SPICE AWARENESS TRAINING

### Unit 102 Spice Harm Reduction & Practice

**DURATION:** 1 day

**AUDIENCE:** Management, frontline staff, & volunteers -working in: criminal justice, treatments, housing, health & social care and related disciplines.

#### CANNABIS, SPICE & LEGAL HIGHS GROUP

Founded and directed by experts by experience and provides the only specialist network of cannabis spice & legal highs self-help groups in the UK. We provide a range of consultancy and training services to front line provider organisations, policy makers, local authorities and institutions



#### COURSE DETAILS

Knowledge & understanding of spice and other synthetic cannabinoid receptor agonists. Anatomy of the brain and CB1/CB2 receptors, treatment, intervention, best practice.

Certificate, course material and USB drive included.

**This training will give staff the confidence to manage the impact of spice and develop strategies to intervene effectively.**

Includes:

- Known Harms
- Interventions and strategies for managing intoxication
- Treatment approaches and clinical interventions
- Withdrawal & Recovery
- SCRA compounds and effects
- Classification and legislation
- Current trends
- Pathways to recovery
- Developing policies and procedures

To establish your training needs and provide a bespoke event tailored to your specific organisational context



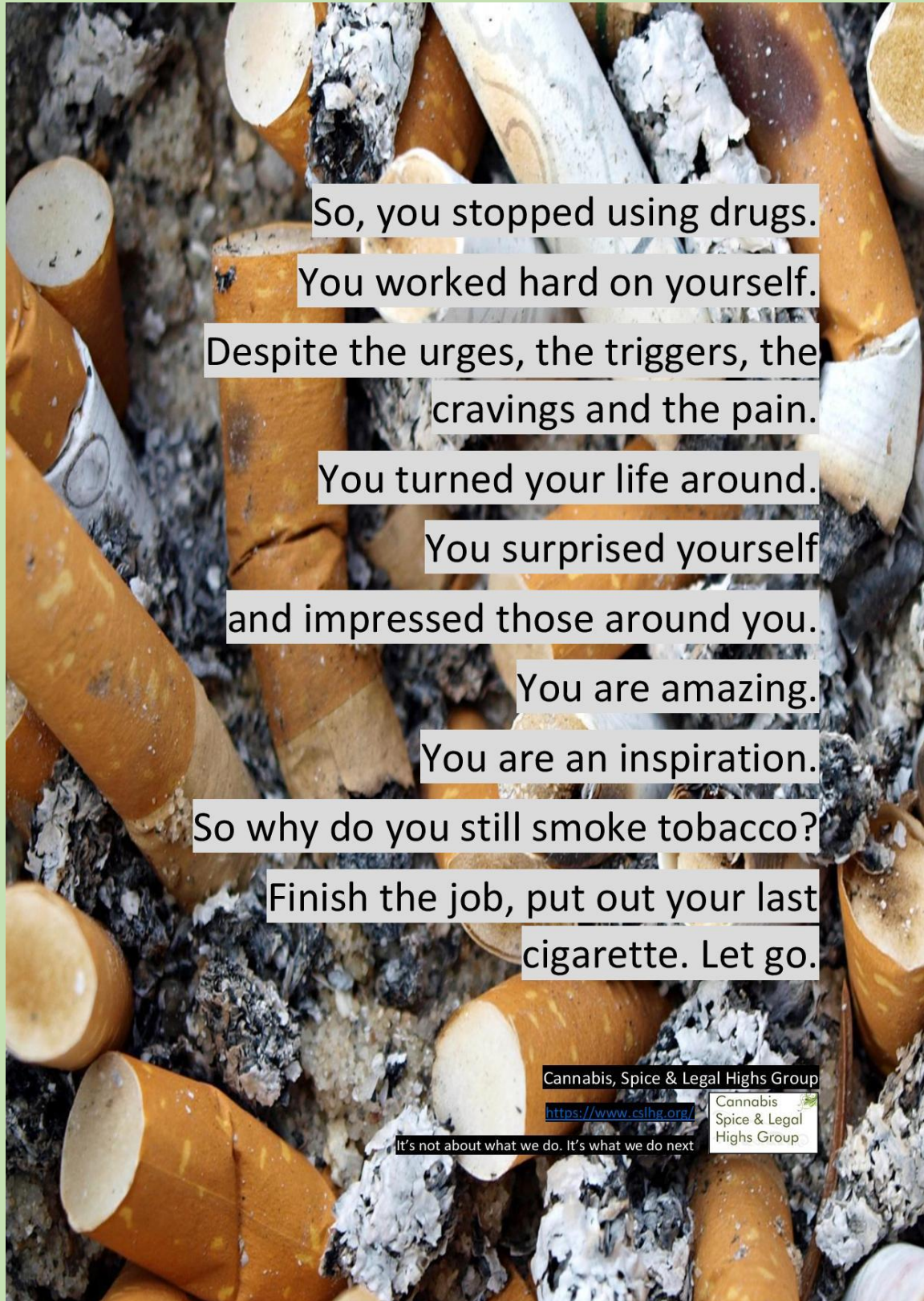
#### Further information:

<https://www.cslhg.org/training>

Dave Memery M.07821 946883 email: [cslhginfo@gmail.com](mailto:cslhginfo@gmail.com)



CSLHG Let's Go. Let Go Campaign



So, you stopped using drugs.  
You worked hard on yourself.  
Despite the urges, the triggers, the  
cravings and the pain.  
You turned your life around.  
You surprised yourself  
and impressed those around you.  
You are amazing.  
You are an inspiration.  
So why do you still smoke tobacco?  
Finish the job, put out your last  
cigarette. Let go.

Cannabis, Spice & Legal Highs Group  
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It's not about what we do. It's what we do next

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