



CREATE STRENGTH
RECOVERY SOLUTIONS

Group Report

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Principles, Values and Objectives

While our heritage lies in providing support to long-term chronic users of cannabis, spice and legal highs, Create Strength Group has evolved beyond this core focus to now provide essential information, advice, assistance and support to anyone whose life is being affected by their own, or someone else's, addictive behaviour. We host dynamic mutual aid support groups in local venues and online where experience and advice are shared in a safe non-judgmental abstinence-based user-led environment. This means that our meetings are led by our members and are aimed at creating a safe space for individuals who wish to find a solution to their problems. 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 changes 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. We are however attracting more and more users of other substances and those involved with wider addictive behaviours.

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 members might be living 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.





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016#M0348

Group Member Testimonials

I joined the Cannabis Spice and Legal Highs Group at the beginning of April 2020, I had struggled with sustainability due to my cannabis addiction and excessive gambling, and when I became furloughed this became even more difficult. Since any previous attempts at controlling my habits had been unsuccessful, I came to the realization that I had to do something different. I was informed of the Cannabis Spice and Legal Highs Group and in my desperation, I decided it was worth attending, as my struggles could not get much worse.

Since joining the group, I am proud to say I no longer use cannabis and I have also stopped gambling. The group offered me overwhelming support from the very first meeting I attended and taught me to be grateful for what I have, that I cannot change what I have done, but I can change what I do next. Continually attending meetings reminds me what they have helped me to achieve and is essential to my personal growth.

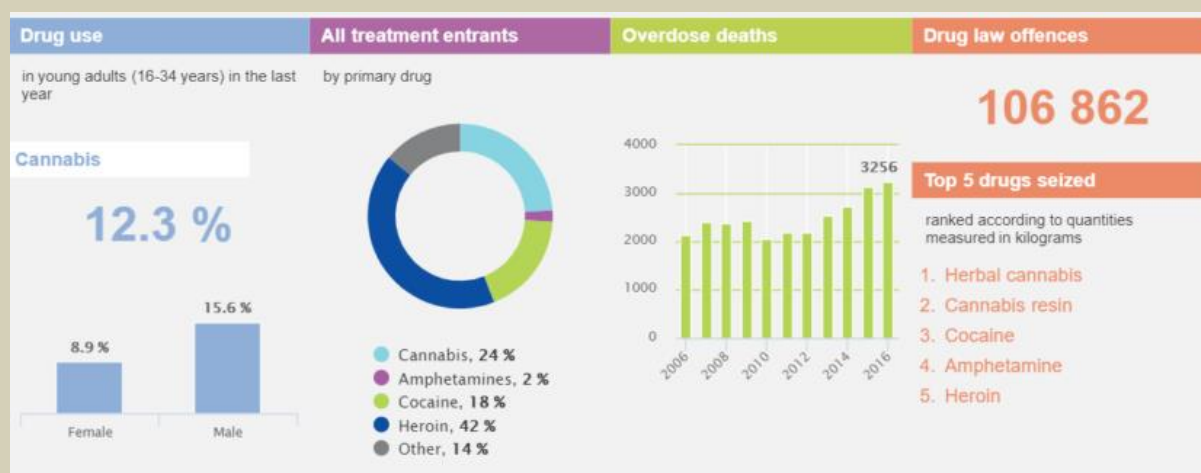
Craig Abstinent since April 7th 2020



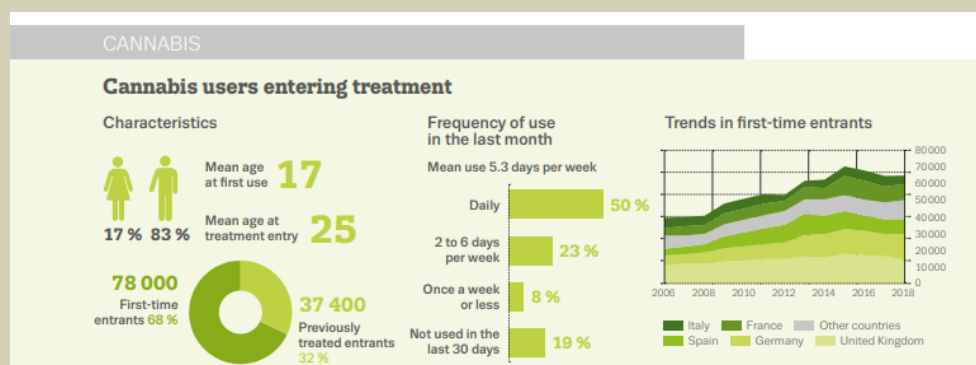
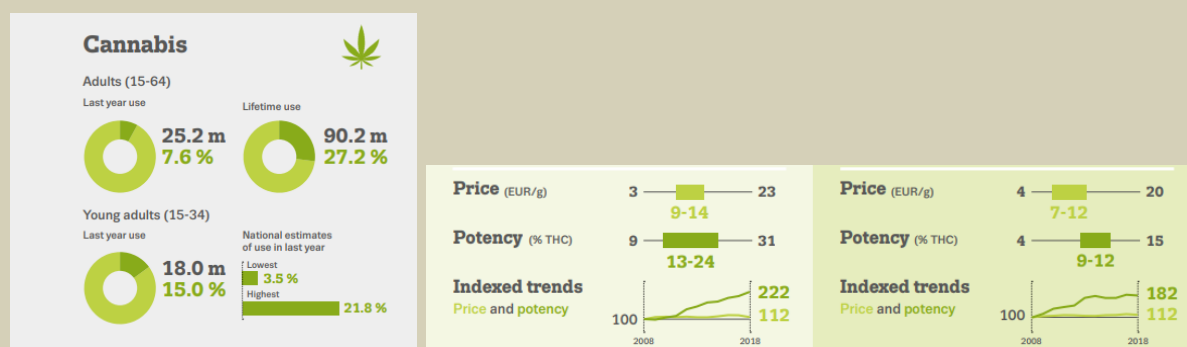
1.0 Context

Latest statistics from EMCDDA UK Drug Report 2020

Analysis of indexed trends shows an overall increase in the potency of both herbal cannabis and cannabis resin since 2008. The latest data suggest that the THC content of resin sold in Europe is now on average almost twice that of herbal cannabis.



SOURCE: <https://www.emcdda.europa.eu/system/files/publications/13238/TD0420439ENN.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.

1.2 COVID-19

Any 2020 annual report would not be complete without mentioning the impact of the coronavirus pandemic and the effects of the lockdown. In some sense COVID-19 was an opportunity for us to implement and develop our online meetings. This widened our reach and saw us hosting enquiries and visitors from as far afield as Oregon, U.S.A., and Vancouver, Canada. Our response of course had to be adapted to mirror these special circumstances. The level of support and care was increased as a result. Despite suffering personal loss throughout our membership, the organisation became more resilient and flexible. One likely legacy however will be the inclusion of online meetings as part of our delivery model.



Typical example correspondence from website enquiry 11 Nov 2020

Laura [REDACTED] just submitted your form: Contact
on [cslhg](#)

Message Details:

Name: Laura [REDACTED]

Email: [REDACTED] [123@gmail.com](#)

Subject: Myself

Message: I have recently realised that I am now
addicted to weed and would like any help i can
get with it



015#M0129

Group Member Testimonials

I came to the Cannabis, Spice and Legal Highs Group with all kinds of different addictions, weed being one of them. I've found coming through a recovery program that the Cannabis group was really helpful to me, it gave me a bit of perspective on my life and gave me determination to educate myself and to live life on its own terms
Norman Abstinent since 1st January 2019

2.0 Overview 2020



In many respects 2019 was our most challenging year until 2020 turned into a year in which everyone will remember. The Covid-19 pandemic dominated the year and changed the way in which all organisations function. For us the benefits of being a small community group paid off immediately. We had the flexibility to quickly make decisions and implement changes. We hosted our first online meeting on 17th March and by the end of March were sharing best practice with larger organisations about our experiences with Zoom.

Our workload immediately went up. In the first weeks of lockdown, we perfected our online facilitation training and delivered our programme to 5 senior members, increasing our management team to 8. During this period our meeting schedule doubled from 3 weekly meetings to 6, with regular admin meetings in addition to monthly Reflections Management Committee meetings. This increase was dictated by demand. Stability and routine are a foundation in recovery from addiction and the turmoil of the first few weeks of the pandemic saw many new members driven to our meetings. We quickly implemented a women's meeting and our first closed meeting dedicated solely to newcomers. Despite being a group dedicated to promoting abstinence to recovering addicts, we had always, from the very early days of the group, responded to requests from family members, loved ones and concerned others who had been impacted by someone else's addiction. As a result, we hosted our first family member group on June 1st.

Our voluntary model was under pressure even before lockdown and the increased demand only exacerbated the situation. Fortunately, through the National Lottery Community Fund we managed to secure vital income to deliver a Covid-19 Response Plan and from September 1st we began to implement an ambitious project-based delivery solution. Despite this temporary funding the organisation requires longer term investment, and this strategy is being formulated and will be implemented in early 2021.

Finally, 2020 was the year that saw us adopt a new name. The Cannabis, Spice & Legal Highs Group name served us well in the early years of our formation, however we have increasingly attracted more current and ex users of other substances and addictive behaviours and although cannabis still remains by far the first drug of choice for the majority of our associates, we are now known as Create Strength Group. We still maintain the Cannabis, Spice & Legal Highs Group brand but feel the new name better fits our future development. As a small group within this overcrowded sector there are no plans to abandon our specialism in cannabinoid addiction and recovery.



Milestones include:

Consolidating our substance misuse training program, increasing training revenue.

- Increasing group attendance by 175.62%
- Increasing membership by 18.77%
- Exceeding 9,500 unique session attendances since 2015
- 877.88% Increase in Income
- Increasing levels of website and social media activity and interest
- Celebrating our 6th anniversary

We have responded positively to demand for workshops, presentations and training by successfully moving delivery to an online model.

We are in the process of establishing a CIO Foundation model, transforming our organisation from a constituted community group accountable to the membership to a registered charity accountable to a board of trustees and the Charity Commission.

014#M0295

Group Member Testimonials

I came to the Cannabis, Spice and Legal Highs Group in August 2019 after being released from prison. Since then, I have regularly attended meetings and now provide support as an Admin team member. With encouragement from the group, I have been able to rebuild my life and put things in place to create a better future – from receiving my forklift licences to achieving level 1 and level 2 NVQs in adult health and social care.

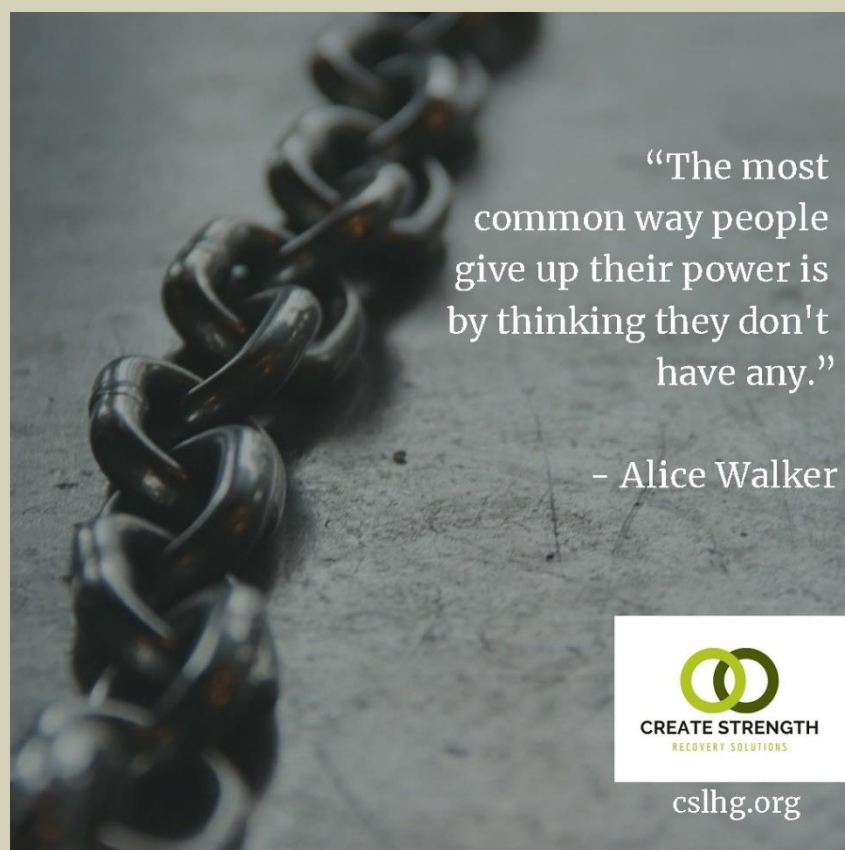
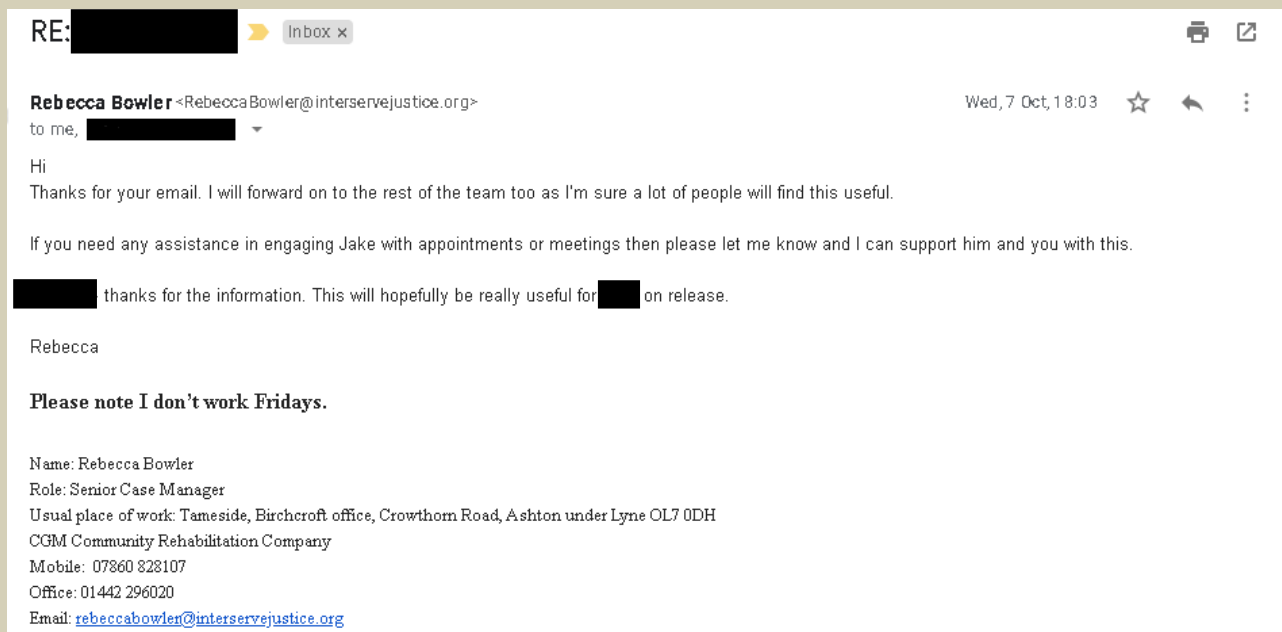
Before coming to the group, I was involved in crime to feed my addiction which resulted in me going to prison on more than one occasion. When I came out of prison in 2019, I decided I wanted to change my life and be clean from drugs. The Cannabis, Spice and Legal Highs group at The Vault was the first group I attended after my release which was on 9th August 2019. The members of the group showed me compassion and I found it really helped to listen to their stories because it made me feel less alone and gave me hope that I too could change my life.

Today I have a placement within the recovery services at the needle exchange and am continuing to further my education by studying towards a Level 3 diploma at college. I have not touched drugs since I went back to prison on 30th May 2019. While it was prison that got me clean, it was the Cannabis, Spice and Legal Highs Group that kept me clean. Today I have a family, a life, and a reason to stay clean.

PG father, grandfather, son. Abstinent since 9 August 2019



Typical example of email correspondence from family member referral 7 October 2020





3.0 Support and Statistics



Since our formation in March 2015, and up to December 31st, 2020, we have recruited 386 individual members in crisis, hosted 760 regular meetings in 6 different venues and online, producing an aggregate of 9,580 unique session attendances.

Despite changes to local services, we maintain strong links with professional and associated partner agencies. We again acknowledge the valuable support received from The Bridge Project who have provided advice and assistance, relationships with trustees, the Senior Management Team, staff and volunteers. Positive working relationships also exist with Bradford Community Action, Bevan House and Healthy Lifestyle Solutions CIC.

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.

Despite our group expanding to accommodate all addictions, cannabis remains the main drug of choice to the majority of our associates and it is where our specialism and USP lies. The table below outlines the percentage values of each drug associated with our members.

Within our cohort, we are aware of the increasing use of nitrous oxide, particularly amongst young men with a noticeable uptake since the lockdown. In addition to self-reporting, we have also had several requests from community groups asking us to develop a training package to address this issue.





(i) 2020 Cohort Drug of choice Statistics				(ii) 2020 Gender Breakdown		
MEMBER #	1DOC	2DOC	3DOC	MALES	282	73.44 %
CAN	99	17	10	FEMALES	102	26.56 %
SPC	16	3	0	TOTAL	384	
LGH	3	0	0	<ul style="list-style-type: none"> Data correct at 27/12/2020, includes members only, visitors excluded. 		
ALC	18	5	3			
COC	6	5	1			
CRK	10	7	2			
	152	37	16			
CAN	65%	46%	63%			
SPC	11%	2%	0%			
LGH	2%	0%	0%			
ALC	12%	14%	19%			
COC	4%	14%	6%			
CRK	7%	19%	13%			
KEY: DOC=DRUG OF CHOICE,						

3.1 2020 Attendance data

Confidential data is recorded using individual attendance over the year. Figures include attendance outcomes for all meetings, both physical, prior to 17 March and online attendance since lockdown restrictions were announced. Anonymity is preserved through a unique reference membership number.

week 32/8						
SUN	MON	TUE	TUE	WED	THURS	FRI
14:00	18:00	14:00	18:00	14:00	18:00	14:00
ONLINE	FAMILY	WORKSHOP	SHIPLEY	WOMENS	NEWCOMER	VAULT
181	182	183	184	185	186	187
686	687	688	689	690	691	692
1657	1671	1678	1697	1701	1713	1724
8	14	7	19	4	12	11
18/10/2020	19/10/2020	20/10/2020	20/10/2020	21/10/2020	22/10/2020	23/10/2020
Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date	Meeting date



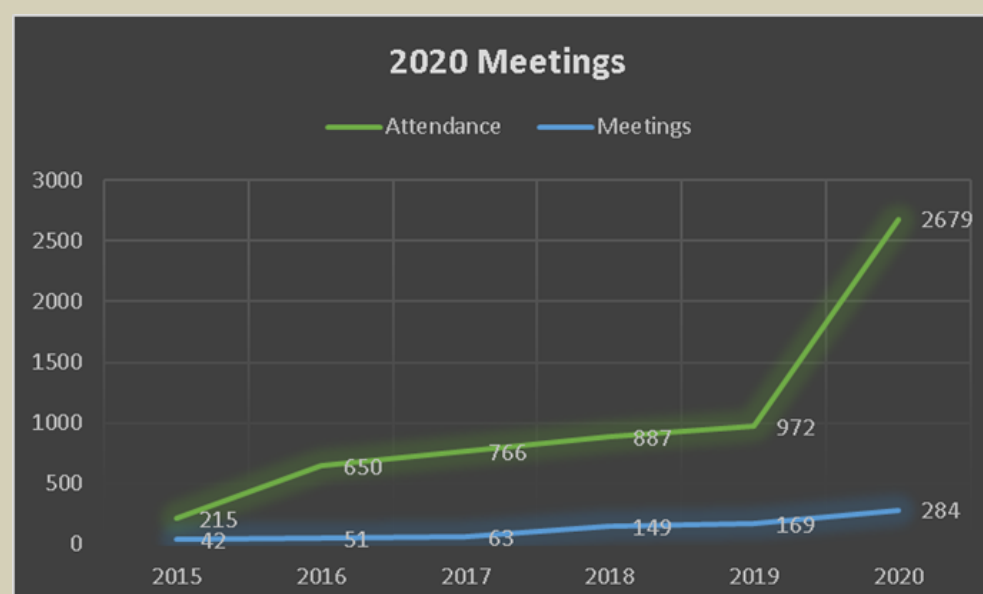
(i) 2020 Mutual Aid Meeting Statistics

2020	Dates	Meetings	Attendance	Individuals
(Friday) The Vault Bradford	03/01 - 13/03	11	216	50
(Tuesday) Shipley Fire Station	07/01 - 10/03	10	80	22
(Wednesday) Bevan House	08/01 - 11/03	10	20	5
Online Meetings	17/03 - 30/12	253	2,363	84
TOTAL	2020	284	2,679	161
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
TOTALS		758	6,169	482
Increase 2019/2020		+68.05%	+175.62%+	

Two factors account for the massive increase in attendance figures for 2020, firstly the Covid-19 pandemic created an environment in which online meetings were necessary, this in turn allowed us to host more meetings at a time when demand rapidly increased. Secondly the National Lottery funding allowed us to deliver a coordinated resourced response that gave us the space to deliver a project-based solution in addition to allowing the organisation to evolve into a CIO structure.

With the advent of the establishment of online meetings, a future, post Covid, is envisaged where online meetings, perhaps hybrid, become a permanent part of our delivery model where associates can dial in to physical meetings, in addition to a regular online schedule.

(ii) 2020 Historical Meeting Statistics





4.0 Media Technology & Promotion

We use a range of media outlets and technology to extend the reach of our support group beyond our regular meetings and have become more reliant on these means of communication during the coronavirus pandemic.

Pre March 2020, outside of the meetings we used social media, telephone, SMS, email and our website to connect with our audience and provide additional support to members. While these methods remain a crucial part of our communications strategy, the Covid-19 crisis has meant that we have had to embrace digital platforms further by adapting our meetings to an online format.



Since 17 March 2020, we have coordinated our weekly online meetings via Zoom. With National Lottery funding, we have been able to make these meetings through the procurement of suitable devices that have subsequently been loaned out to members, who otherwise would have been excluded.

Since our establishment, social media and emerging technologies have been key to our delivery model. The extensive use of Zoom, Google Open Documents and Drive are some examples of this. 2020 however saw the addition of a dedicated digital marketing specialist to the admin team that allowed our approach to be consolidated and bolstered.

In this new digital-age, promotion of our support group has relied heavily on social media, word-of-mouth and networking. However, during 2020, we have also engaged in several partnership-based activities with local organisations and media outlets, securing coverage across both offline and online platforms:





- **Our Girlington, October 2020**

- Our Project Lead, Dave Memery, was invited to take part in an online discussion with Our Girlington and connections about the reality of drugs in our community. This was broadcast live over Facebook and the recording subsequently shared across multiple social media and online platforms, including YouTube. The purpose of this event was to promote awareness of the dangers of drugs across Bradford's South Asian communities and to demonstrate cross-community collaboration.

- **Inside Time UK, November 2020**

- In November, Admin Team member Wayne Redmond was interviewed for Inside Time magazine. This publication is widely distributed across the UK's prison network and is available to all current prisoners, as well as the workforce within this sector. The interview was published on 27 November across both print and digital editions and further promoted via Inside Time's social media channels. The interview was coordinated as part of our Resettlement strategy and was pivotal in raising the group's profile across this specific audience.

- **West Yorkshire Chaplaincy**

- As part of our Resettlement strategy, we were invited to a meeting with West Yorkshire Community Chaplaincy to discuss how we work as a group and how we can work in partnership with them, in helping male adults who were leaving custody. This was one of a number of meetings we had with charities who work in the criminal justice system. This strategy was part of raising our profile in this field.

4.1 Website (<https://www.cslhg.org/>)

Our website remains central to our online strategy – both in terms of providing information to prospective partners and members and also for lead generation. As part of our transformation process, the website will prove a vital asset in educating our audience on the evolution of the group and our new organisational structure. The enquiry process will remain intact; however, the content will be developed to reflect all changes.

In 2020, traffic to our website increased by 16.1% compared to the previous year (*figure 1*). More New Users have been recorded and the average duration spent on the site has increased from just under one minute, to over one and a half minutes. Bounce Rate has also decreased by 6.4%, indicating that more users are landing on our site with the intention of engaging.

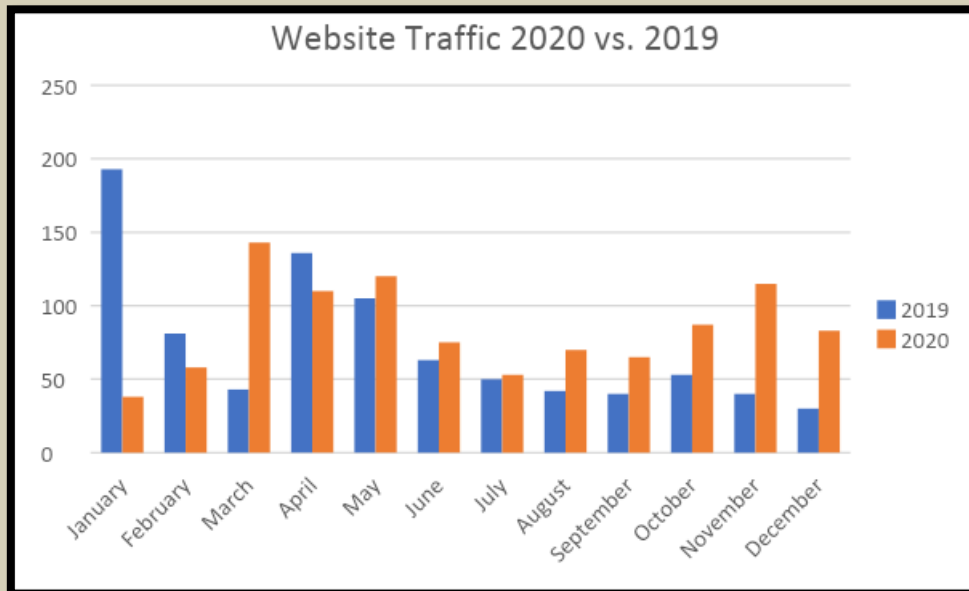


figure 1

This year, there was a spike in traffic in March, which was an unsurprising result as this is when we moved our operations online following the national lockdown. In October and November there was also a jump in traffic to the site, coinciding with the broadcast of Dave's online discussion with Our Girlington, Wayne's interview with Inside Time and the launch of our promotional video – suggesting that each campaign was effective in raising awareness of the group.

During 2019, the majority of traffic was driven in equal proportion by Direct and Organic Search channels, whereas in 2020, this shifted more towards Organic Search and Social Media (*figures 2 & 3*). Given the contrast in social climate, year-on-year, this change can be viewed as being unsurprising.

Direct traffic refers to the action of an individual landing on the site after typing the web address into the browser – something we would expect to happen as a result of an individual seeing a piece of offline marketing material (posters, flyers, etc.) where the web address is clearly indicated. Due to the lockdown in 2020, there has been less footfall in all key locations which means that our offline material has become less visible. However, it is positive to see that almost 30% of our traffic has come from Social Media, as this channel has been key in helping to drive awareness of the group during these unprecedented times.



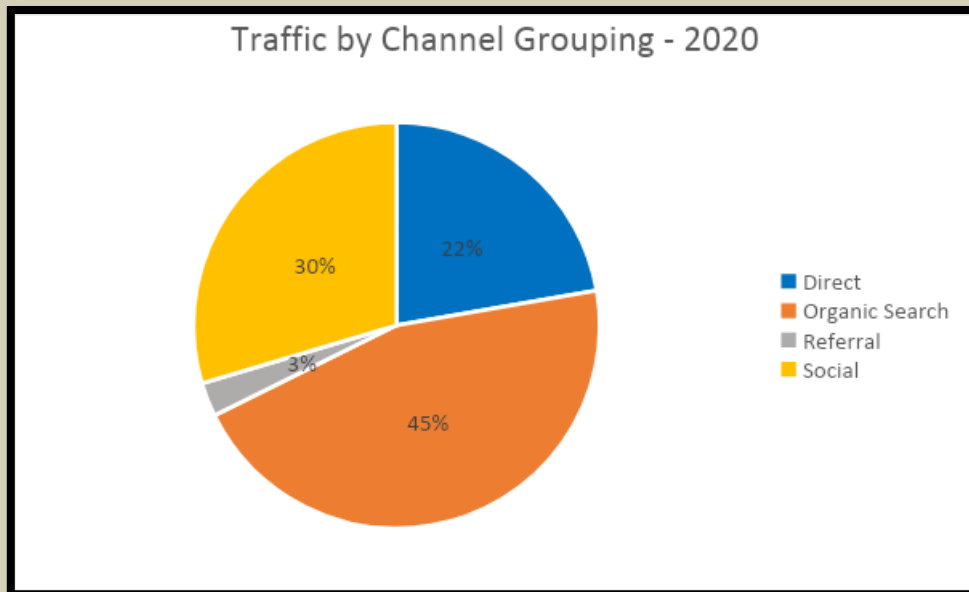


figure 2

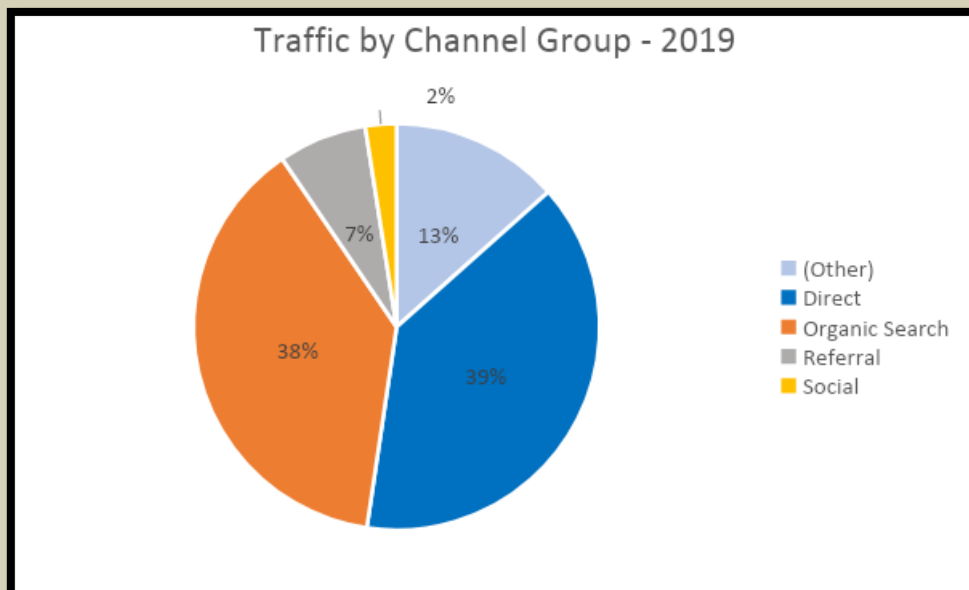


figure 3



CSLHG Training



4.2 Facebook **facebook**

We currently host a public Facebook Page which is managed by volunteer members and is designed to allow contact, information enquiries and networking outside of normal support hours.

Throughout the year, we have continued to update our Facebook Page and keep in regular contact with those who follow us. A steep increase in Page Likes was recorded between March and April (*figure 4*), which coincided with the coronavirus pandemic and reflected the shift in communication methods. The number of Page Likes has continued to grow at a steadier pace thereafter.

Looking at our visibility across Facebook, there is clear correlation between Reach and Engagement: where we have recorded an increase in engagement, our reach has subsequently been extended. In addition to the initial increase in engagement in April and May, this is particularly true of the later part of the year where robust marketing activity took place.

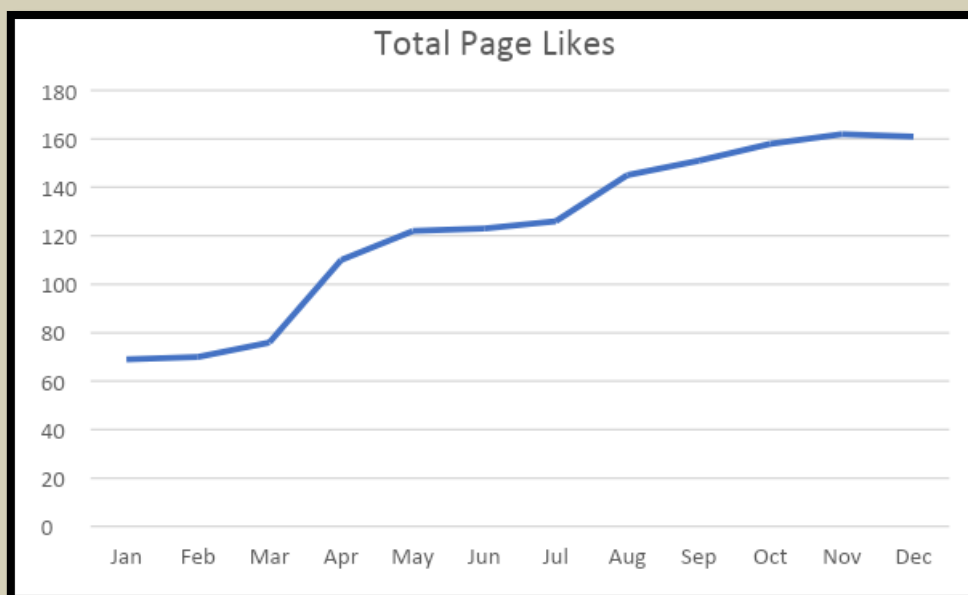
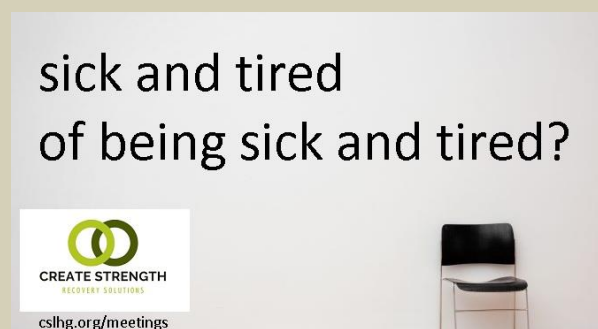


figure 4



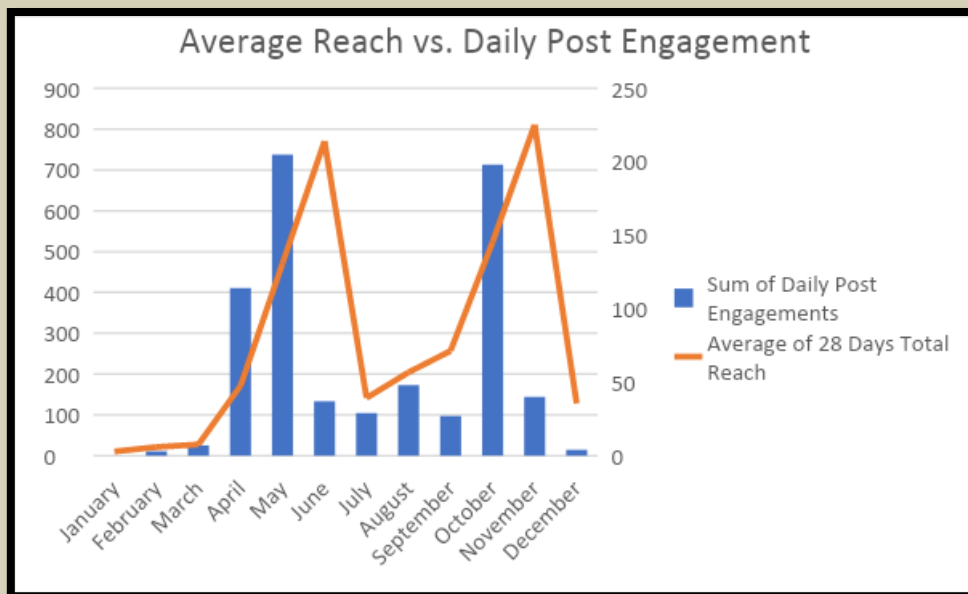
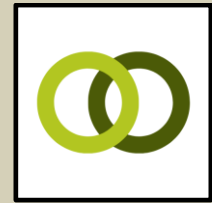


figure 5

CSLHG Video: <https://fb.watch/2X2Cav8n04/>



4.3 Twitter



Volunteer members of our group also manage and maintain our Twitter account. We use this account to promote our meetings and to engage in conversations that are relevant to the group. There is a strict non-political policy associated with this account.

The role of Twitter within our online marketing strategy is slightly different to Facebook, but nonetheless, equally as important. With Twitter we are better able to engage with and raise our profile across a professional network, largely due to the platform having a more “open-door” policy. We generally find that our core audience (i.e., target group members) are less accessible on this platform which is another reason why our messaging is more tailored towards communicating our presence to similar organisations and influencers within the sector.

As demonstrated by *figure 6*, we became more active on Twitter following the lockdown, as online platforms quickly became our primary means of communication. This quickly was reciprocated with engagement from other accounts and an extension in our reach. The same result occurred in October and November as we engaged in further marketing activity, namely the partnerships with Our Girlington and Inside Time and the launch of our new video.

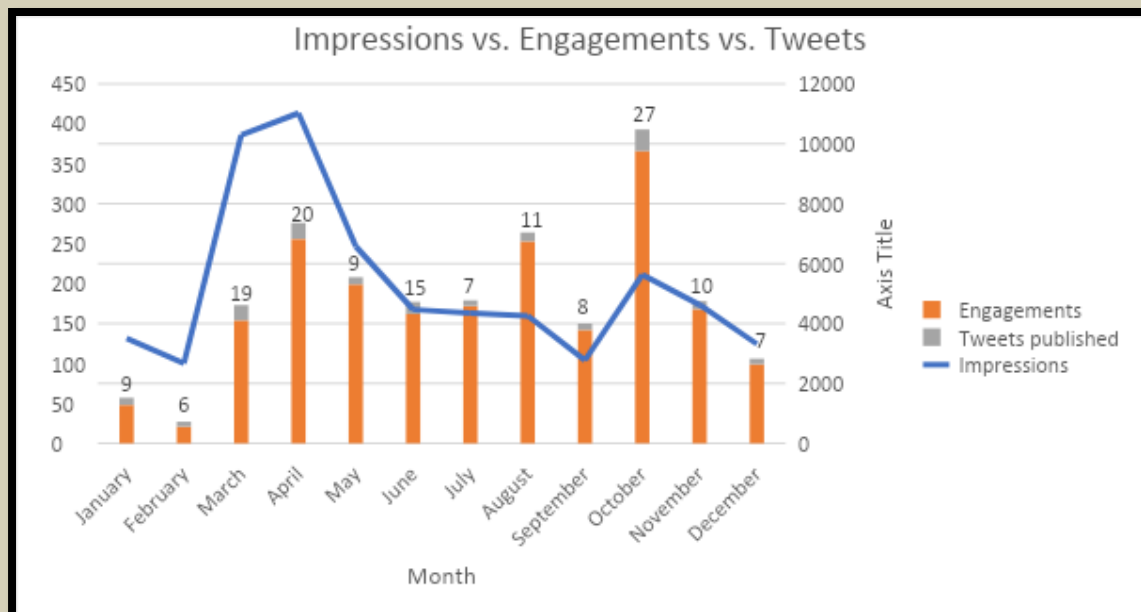


figure 6

This activity also resulted in a boost in our Follower numbers in the final months of 2020, which followed a period of much steadier growth during the earlier part of the year (figure 7).

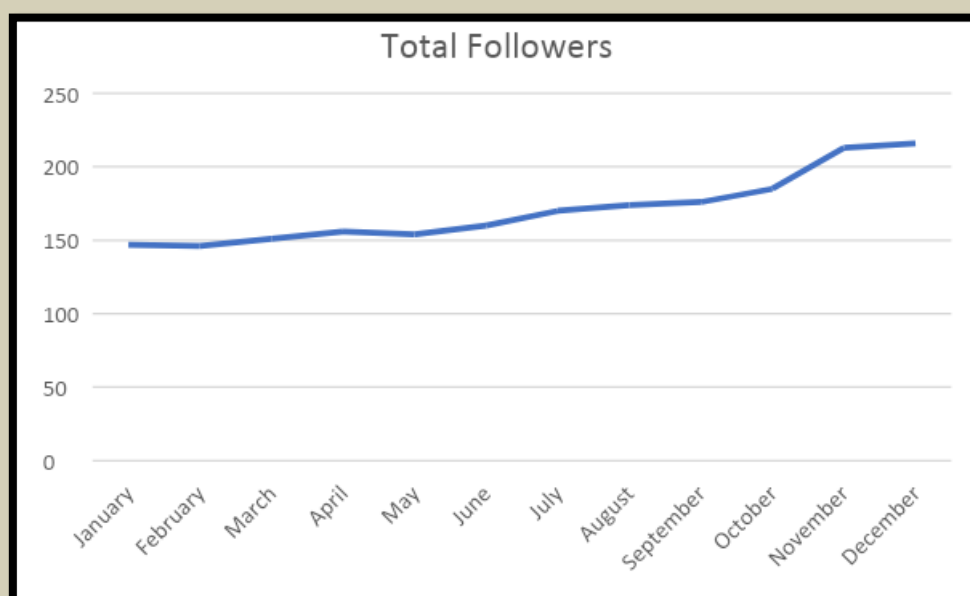


figure 7

Costs for website domain and hosting 2020

CSLHG-AC-WIX-NOV-20	Website Domain & Hosting	£ 124.21
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5.0 National Lottery C-19 Response Project



On September 1st, 2020, the group secured our largest bid to date. As part of the National Lottery's Community Fund, we were awarded £23,740 in order to respond to the Covid-19 crisis. Our approach was divided into 5 main areas-

Goal 1 - Coordinate a managed organisational response to the Covid-19 crisis.

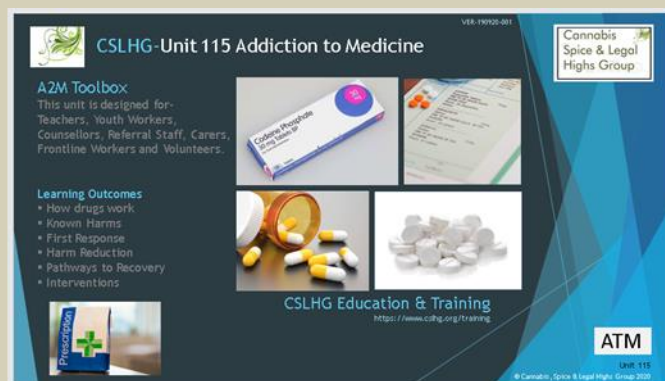
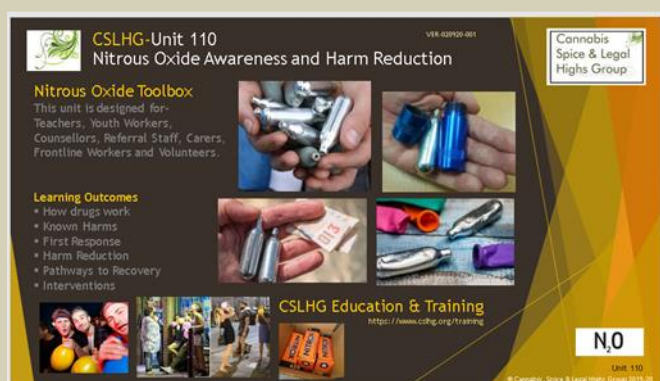
Goal 2 - Establish our online meetings.

Goal 3 - Allow us to develop new meetings.

Goal 4 - Develop our substance misuse training.

Goal 5 - Explore CIC/CIO status

We delivered a project-based solution with a development team of 9 focusing on each of the stated deliverable goals included the reapid development of 2 new training packages, namely unit 110 Nitrous Oxide Awareness and Harm Reduction and unit 115 Addiction to Medicine.



In addition to training, we also established a long-needed presence in the criminal justice sector and began to promote a meeting in South Wales. The award also allowed us to submit a Charitable Incorporated Organisation (CIO) application to the charity commission, changing our status from a constituted community group to a registered charity with all the benefits such as Gift Aid, better governance and greater access to funding.

#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.

Sophie Abstinent since May 2019



6.0 2021 Future Plans

2021 will be dominated by a post Covid world. Our future will be dependent on securing continuation funding and the emerging landscape.

The consolidation of our mutual aid network will mirror the conditions created by the pandemic aftermath. The role of **online meetings** will not disappear, experiences and knowledge learned in Zoom meetings will carry through to both our mutual aid network where hybrid meetings are a real possibility with associates dialing in to physical meetings and in our **training delivery** where some of our online learning will be run over Zoom.

High on our agenda is the development and implementation of a **group recovery programme** that supports and enhances the work we do beyond our mutual aid meetings. This will allow our associates to carry forward evidence based techniques whilst taking part in a structured learning environment. Furthermore this approach in turn will encourage our cohort to continue seeking educational development.

Our position as experts by experience in the local cannabinoid field affords us to comment and report on local trends and developments. This coupled with our increasing contact and networking with academic partners leads us to develop this area in greater depth. We are currently developing a **Nitrous Oxide Project** to respond to the many local requests for information we are receiving from community groups, parents, youth workers and individuals in addition to self reporting of incidents by users directly involved in the practice. A comprehensive mapping exercise is currently underway identifying areas and quantities of the substance for recreational purposes across the district. This in turn is backed up by a fully developed awareness training package which will be delivered to stakeholders and front line workers.



The implementation of our plans which will be reviewed and regularly updated will be communicated through our website, briefing documents and via our social media channels. Please email cslhginfo@gmail.com for more information.



7.0 Finances and Match Funding

In 2020, the group deferred income from successful bid applications, training fees and donations. We are always looking for income and fundraising opportunities, please contact us if you could assist us in any way.

Donation link - please distribute

https://www.paypal.com/donate?token=0QvoOERcDA4ckUV3IM9MEOQunqmdrpcZOFBmFI6pvdJOlb_YlkBwta_sghqnr8u9VYw0HleQAttcUymv

7.1 Income 2020

Ref		Income (£)
(i)	National Lottery Grant	23,740.00
(ii)	Training Income	250.00
(iii)	Contributions/Donations	169.19
	Total	£ 24,159.19

7.2 Expenditure 2020

Ref		Outgoings (£)
(i)	Wages	8,803.38
(ii)	Volunteer Expenses	1,988.55
(iii)	IT & Equipment	481.07
(iv)	Stationery	91.13
(v)	Payroll Software	13.80
(vi)	Telephone Expenses	20.00
(vii)	Recovery Walk	32.97
(viii)	Marketing	48.00
	Total	£ 11,478.90

7.3 Balance 2020

Ref		Debit (£)	Credit (£)
(i)	Outstanding Balance 31-12-2019		1,905.79
(ii)	7.2 Income 2020		24,159.19
(iii)	7.3 Expenses 2020	11,478.90	
	Balance/Cash in bank 31-12-2020		£ 14,586.08



7.4 Voluntary Hours 2020

Last year our meetings needed 568 voluntary contact hours supplemented with 68 workshop/presentation hours and 94 training delivery hours. Additional hours for network and admin meetings, outreach time, development and bid writing contributed a further 224 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 NL-C19 Project had 3,032 recorded hours in 2020.

3,032 Project hours

3,986 Total hours

8.0 Contact Details

Voice mail: 07379 915 190
email: cslhginfo@gmail.com
web: <https://www.cslhg.org>
Facebook: <https://www.facebook.com/cslhg/>
Twitter: <https://twitter.com/cslhginfo>

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, Melissa Dorey, Michael Ritchie, Gary Joseph, Melva Burton, Gordon Roscoe, Tracey Hogan, Jon Royle, Martin Brook, Jenny Brown, John Robinson, Tracy Bostock and David Calcot of The Bridge Project. Joe Kean of CGL, Marion Coates of The West Yorkshire Fire Service. Helen Lincoln, Babs Cooper and Dominic Maddocks of Bevan House Wellbeing Centre. Ashley Peter Ryan of Bespoke Care & Support Services, John Fox of The Hepatitis C Trust, Lincoln Oakley of CABAD and Julie Wakefield and James Blezard of Healthy Lifestyle Solutions CIC. Alex Ferrier of the National Lottery. Ann Chambers, Vie Clerc, Rosemary Phillips and Caroline Lomax of CSLHG Family Support Group.

In addition, consistent contributions by the admin team on a voluntary basis have enabled us to maintain our unique support, hard work by the following people is gratefully acknowledged: Craig Chambers, Norman Fontaine, Abi Fox, Paolo Gallone, Suzanne & Wayne Redmond, Waine Stott, Gabriel Stoltz, Vance Taylor, Adele Waite.

Thank You

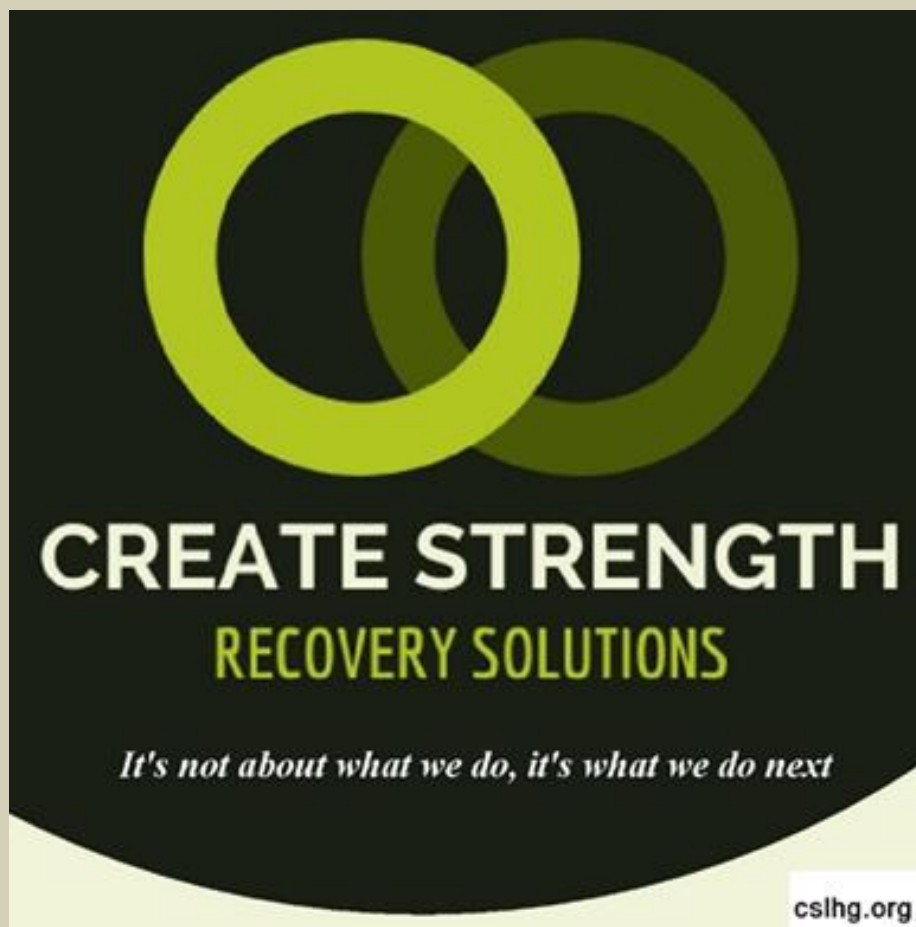


10.0 How you can help

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.

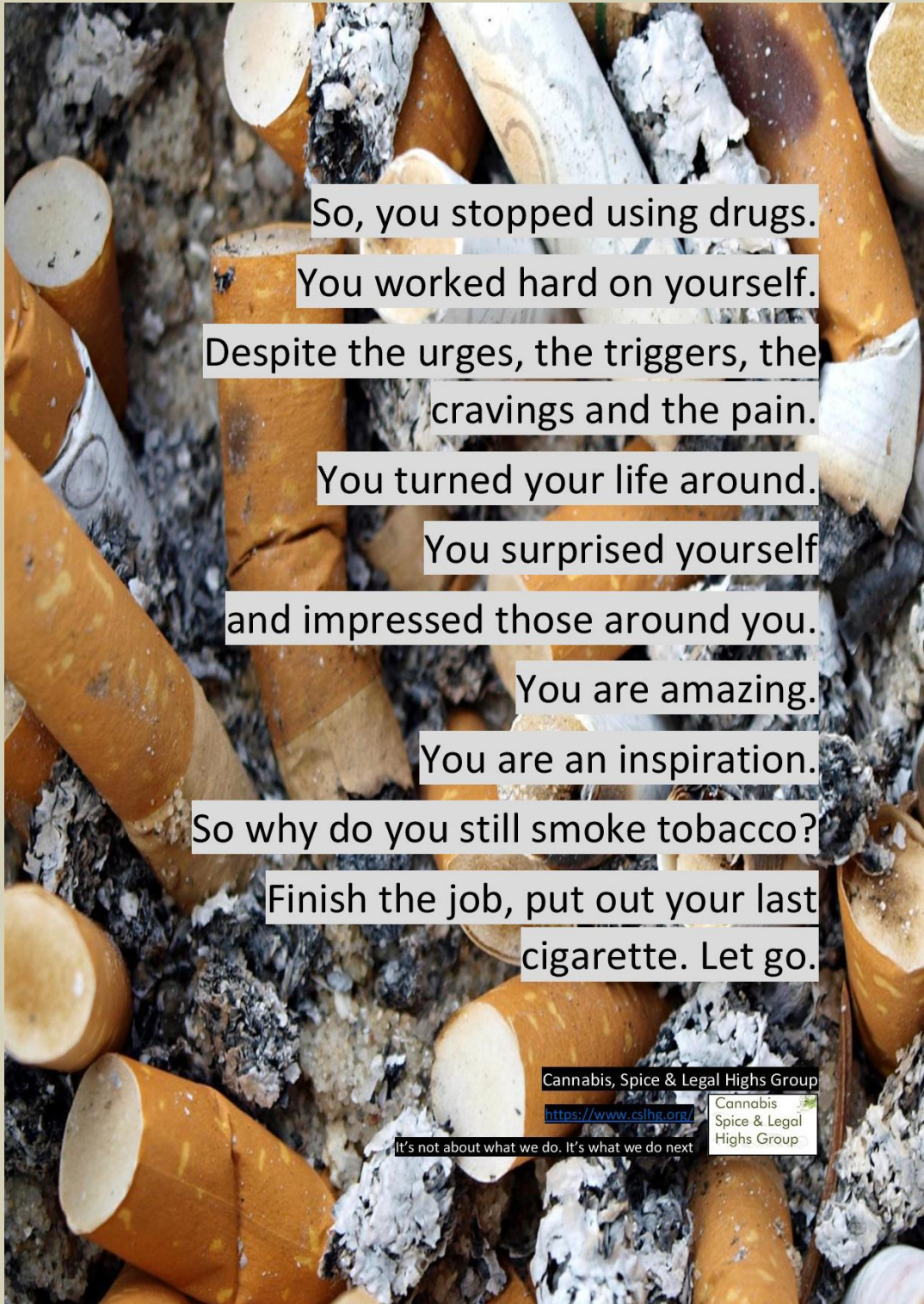
- (i) **Financial contributions** can be made via our web site donation page at <https://www.paypal.com/donate/?token=a1x2ctIGDwyGxftrUFI20tIBvjVivweHTzbyDZ1Z9-I53sqgEeWwnV-EeenBYLFO2cNEC0&country.x=GB&locale.x=GB>
- (ii) **In Kind contributions** such as office supplies, help with printing, photocopying, 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 for more information.







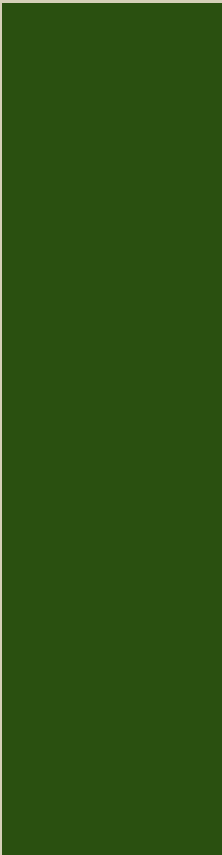
CSLHG Let's Go. Let Go Campaign



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
<https://www.cslhg.org/>
It's not about what we do. It's what we do next

Cannabis
Spice & Legal
Highs Group



Create Strength Group



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