

Welcome to our monthly newsletter, the contents of which have been created for parents and carers in mind. We hope you will read with interest and establish what would be relevant for your children. Our aim is to offer advice and support to keep you and your family safe.

## Drug Safety: What is Lean?

**Lean**, (also known as Purple Drank, Barre, Sizzurp or Syrup) is a liquid which is consumed by drinking. Lean is made from a cough syrup containing two drugs, Codeine and Promethazine. The syrup is mixed with a fizzy drink and sometimes a sweet to cover up the taste of the medicine to make a purple cocktail. Whilst in the UK there is no ready-made Codeine and Promethazine cough syrup some people buy Promethazine or Codeine separately or mix them with other over the counter cough medicines.

Children and young people like to experiment and with the main ingredients readily available & relatively cheap to purchase. Please ensure you discuss the dangers, risks and effects with your children.

### Effects

This will be determined by the contents used, but **Lean** made from Codeine and Promethazine has been described as having several stages or levels:

- **Stage 1:** A mild energy lift
- **Stage 2:** Relaxation and a feeling of being a little drunk with mild hallucinations
- **Stage 3:** is an 'out of body state' like a low dose of Ketamine
- **Stage 4:** is a fully dissociative or 'tripped out' state

Effects start within 30-60 minutes and last for about six hours.

For more information on **Lean** please click on the below link and then select 'Young person'.

<http://www.thedrugswheel.com/?page=lean>

If you have any medical concerns please call **NHS 111** for advice or **999** in a medical emergency.

## Drug Safety: Nerds Rope (Cannabis oil disguised as confectionery)



We are wanting to make parents and carers aware of counterfeit sweets packaged to look like a **Nerds Rope**. The 'sweets' are packaged to a professional standard and look like the real confectionery product. They contain cannabis (infused with cannabis oil) and a high amount of THC (Tetrahydrocannabinol - the main psychoactive ingredient in cannabis). There are concerns about the attractiveness to children and young people who mistakenly ingest them. A small number of packets have been found in Cambridgeshire. We are asking the public to be vigilant and to always check what your child is consuming.

As a child or young person often has a smaller body mass than adults the effects may be more profound. The effects of a child or young person ingesting THC are listed below:

- Loss of coordination
- Hallucinations
- Nausea/vomiting
- Lethargy, collapse or loss of consciousness
- Cardiovascular.

Unfortunately, this is reality – the link below is a news article from this week!

<https://www.bbc.co.uk/news/uk-england-london-54420635>



## Stop Search

A recent, national survey completed by children and young people identified that they felt confused and worried about encounters with the Police. With that in mind we would like to share how a lawful stop search should be conducted and some tips to make the experience less concerning.

Did you know that Police officers have the power to stop and search you in a public place and search you if they suspect you are in possession of prohibited articles such as drugs, weapons and stolen property? Police Officers will speak to you and explain what they need you to do. It is important you listen carefully. They are not there to cause you any harm, they just want to make sure you and the public are safe. If you do have items on your possession just calmly inform the officer and follow their instructions. An Officer should always inform you of **GOWISELY** (see below).

Grounds (reason for the search)  
Object the Police are looking for

Warrant card should be shown  
ID of the officer  
Station the officer works from  
Entitled to a record of the search  
Legal power used  
You are being detained for the search



## BHM 2020

DIG DEEPER, LOOK CLOSER, THINK BIGGER

What is **Black History Month** and why do we celebrate it in the UK?

It began as a way of remembering important people and events in the **history** of the African diaspora. It is **celebrated** in October in Ireland, the Netherlands, and the United Kingdom.

**Black History Month** was adapted to give meaning and power to the Race Relations and Equality Acts in the UK.

Visit the below website to learn more about BHM and discover why it is important to see differences & acknowledge history.

<https://www.blackhistorymonth.org.uk/>

This winter be  
**BRIGHT**  
and you'll be alright!

## Be Safe. Be Seen.



Children and young people are often injured in road collisions simply because they are not easily visible. This becomes more of a problem during the Autumn and Winter months as heavy rain, fog and shorter daylight hours cause poor visibility. **Be Safe. Be Seen.** is a road safety campaign which is promoted during October, reminding **all** road users to look out for each other during the darker hours.

The campaign highlights the importance of being seen on our roads, choosing reflective and fluorescent clothing or accessories when walking or cycling. Children and young people tend to opt for coats and jackets which are darker in colour. Wearing something bright or reflective is important, keeps us safe and is a great help to other drivers and road users. Cyclists should remember it is an offence to cycle in the hours of darkness without a front light, a rear light and a red rear reflector.

It is worth noting that statistics show that child pedestrian road collisions are more likely to occur between the hours of 3:30pm and 4pm. Parents are encouraged to let their children visit the Department for Transport website which combines road safety information with interactive games <https://www.think.gov.uk/education-resources/>.

The picture that says a thousand words, the same child is in both images!



### Calling all females year 9 and 10!!

Prove you've got what it takes to safeguard our digital planet by applying for the opportunity to attend one of these CyberFirst courses:

This on-line course is designed for females only (sorry guys) currently in Years 9 & 10. The course is fun, **free** and interactive. It is instructor led in virtual classrooms.

To find out more information about applying please visit this link <https://www.smallpeicetrust.org.uk/cyberfirst>

Be quick as the course starts next week (12<sup>th</sup> & 13<sup>th</sup> Oct 2020)

Good luck!

We would love to hear your feedback, comments & suggestions as to what you would like us to cover in these newsletters. Please contact the team via our email [Schools&CYP@Cambs.pnn.police.uk](mailto:Schools&CYP@Cambs.pnn.police.uk)

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