

## CYPDAS NEWSLETTER 26.06

Compass CYPDAS will now be sharing a newsletter every two weeks, providing service updates, contact details, and a feature piece on different substances to raise awareness amongst children and young people.

### SOMETHING NEW

As we are supporting our young people through different forms of media, we have found it very important during these times to keep a presence on social media. We now have a Facebook page in which we will be running Q&A sessions from so please keep an eye out for this and please share. <https://www.facebook.com/CYPDAS/>

### ADAPTED SERVICES DURING COVID-19

We continue to support our children and young people, using different forms of media to keep in regular contact. We are still accepting new referrals through the usual means. We would like to thank everybody for their co-operation during this time.

#### ACTIVITIES TO KEEP THE BOREDOM AT BAY

1. Enroll in a free course online and learn something new
2. Now it is safe to do so, meet up with friends!
3. Make something for pride month, maybe a rainbow flag to put in the window.

*If you are worried about a friend, family member or yourself and are after some more information, please get in touch:*

**Service mainline: 01788 578 227**

**Text ChatHealth: 07507 331 525** (for ages 11-19)

**Email: [compass.warksyps-duty@nhs.net](mailto:compass.warksyps-duty@nhs.net)**

**Instagram: @compasswarksyp**

### QUICK TIPS: STAYING SAFE

## TOPIC 6: CIGARETTES

Cigarettes are made up of two main components, tobacco and nicotine. Tobacco is the brown grassy like substance in cigarettes. Nicotine is the addictive drug that is in tobacco.

### THE EFFECTS

Nicotine is a stimulant drug, when smoked it gives the smoker a 'nicotine rush' and makes the heart beat faster. When trying cigarettes for the first time a person may feel sick and dizzy and may start to cough a lot. Smokers who have not had a cigarette in a while may become agitated. People often associate cigarettes with relieving stress.

### THE RISKS

**Smoking as we know can cause many different illnesses for a person, from mild to severe. Smoking cigarettes causes a build up of tar in the lungs, this comes from the tobacco. It means that a person may have reduced oxygen levels and may struggle to breathe. Prolonged use can cause serious health issues including gum disease, lung cancers and can also increase the chance of complications after surgery such as wounds not healing. Smoking does not only damage the persons smoking but also those around them, this is known as second hand smoke.**

### THE LAW

Within the law tobacco or cigarettes are legal to buy for those who are 18 and over. They

Let somebody know where you are or where you are going, keep your phone charged, and always call 999 in an emergency!

are illegal to those under 18 to buy, smoke and sell.