



Drug, Alcohol, Tobacco and Vaping Policy

Ashton St Peter's C of E VA Primary School



Drug, Alcohol, Tobacco and Vaping Policy

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Ashton St Peter's C of E VA Primary School

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Introduction

This policy outlines policy of **Ashton St Peter's C of E VA Primary 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 a young person receives the help 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 Ashton St Peter's C of E VA Primary School we aim to:

- **ensure our approach to drugs, alcohol, tobacco and vaping is a whole school one, designed as part of our commitment to, and concern for, the health and wellbeing of our whole school community.**
- **ensure the approaches and processes 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 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 complexities¹.

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,

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>

homelessness, time in care, and serious or frequent offending². 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 substances³.

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 age⁴.

The [most recent treatment data](#) indicates 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 mortality⁵.

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 prevented⁶.

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 disease⁵.

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 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 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.

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 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

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 were developed as a tool to help adult smokers quit. They are an alternative option to tobacco as part of a structured quit attempt. [Latest evidence](#) on vapes estimates they are likely to be 95% less harmful than tobacco. This does not mean they are risk free; 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 the use of vapes 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 toxins 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 adults 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 is clear: vaping is not safe or risk free for young people

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 them by vaping.

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:

- Safeguarding
- PSHE
- Science
- Behaviour
- Anti-bullying
- Medicines
- Educational visits
- Equal opportunities
- Exclusion policy

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

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 E](#) for guidance on identifying and responding to child exploitation.

Confidentiality

The welfare of children and young people will always be central to school/college 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
- 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

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 \(bedsveru.org\)](#)

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

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
<p>By the end of primary, pupils should know;</p> <ul style="list-style-type: none"> the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. 	<p>By the end of secondary, pupils should know;</p> <ul style="list-style-type: none"> 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. 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 Ashton St Peter's C of E VA Primary 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 curriculum is planned and taught in line with national curriculum guidance, DFE guidance, Ofsted requirements and evidence based high quality resources.

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

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

Ashton St Peter’s C of E VA Primary School is mindful that some pupils will require targeted support. Bedfordshire Young People Substance Misuse Service, provided by Aquarius, 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 Aquarius will be completed (see [Appendix B](#)). Aquarius offer 1-to-1 psychosocial support, family sessions and group work. The young person can choose to access brief intervention (1-3 sessions) looking at the risks of the specific drug(s) and/or alcohol, or they can access more long-term support looking at their social, emotional, and physical wellbeing (up to 12 sessions). 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 Central Bedfordshire ([Appendix G](#)).

Choose You can support young people to quit tobacco and can provide further information around tobacco use.

If you have any concerns over an individual young person's tobacco use, with the young person's consent and involvement, a referral to Choose You can be completed via the [Choose You website](#) where they will be offered 1-to-1 support to quit smoking, family members are welcome to attend.

Whilst the Choose You 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 [Choose You website](#).

The service is also available for advice and support for young people looking to stop using smokeless products like snus.

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 ([Appendix A](#)). Disposal of illegal substances must be witnessed. Police can dispose of drugs for a setting

School/College Boundaries

- The school boundary is **marked by the green fencing and includes the school field.**
- The school day is 8:45a.m. to 3:30 p.m.
- If a drug, alcohol, smoking or vaping related incident takes place in the immediate vicinity of the school/college, near the start or end of the school/college day, at an after-school/college club or at an evening school/college event, it will be dealt with at the discretion of the Headteacher 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 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 premises, the school 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.

See [Appendix F](#) for more information about responding to incidents involving drugs.

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 Headteacher 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 Personal Social Health Education Lead is responsible for:

- Reviewing and updating the Policy and Scheme of Work in the context of the PSHE 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, School Record of Incident Involving Unauthorised Drugs or Alcohol (including Tobacco/Vapes)

School/College Record of Incident Involving Unauthorised Drugs or Alcohol			
Tick to indicate the category, tick more than one if applicable:			
Drug, alcohol, tobacco, vape or paraphernalia found ON school/college premises		Pupil disclosure of drug, alcohol, tobacco or vape use	
Emergency/Intoxication		Disclosure of parent/carer drug or alcohol misuse	
Pupil in possession of unauthorised drugs, alcohol, tobacco or vape		Parent/carer expresses concern	
Pupil supplying unauthorised drug, alcohol, tobacco or vape on school/college premises		Incident occurring OFF school/college premises	
Name of pupil:		Name of school/college:	
Pupils' form:		Date of incident:	
Age of pupil:		Time of incident:	
Ethnicity of pupil		Indicate if second or subsequent incident involving the same pupil	
First Aid given?	YES	NO	
First Aid given by:			
Ambulance/Doctor called?	YES	NO	
Called by:		Time:	
Drug/ and or alcohol or tobacco involved (if known) (e.g. Alcohol, paracetamol, Ecstasy):			
Drug, alcohol, tobacco or vape found/removed?		YES	
NO			
Where was the drug, alcohol, tobacco or vape found/seized			
Name and signature of witness:			
Name:		Signature:	
Disposal arranged with (Police/Parents/Other):			Time:
If Police, incident reference number:			
Brief description of incident (including any physical symptoms):			

Was parent/carer informed	YES	NO
Is yes name of parent/carer:		
Informed by:	At time	
Other action taken: (referral to drug and alcohol support services, Choose You, agencies involved, educational psychologist report requested, case conference called, pupils/staff informed, LA/GP/Police consulted)		
Completed by:		
Contact details:		
Date:		
Name of any other staff members involved in incident:		
Contact details:		

Appendix B, Aquarius Referral Form

Please password protect the document before emailing and send password in separate email – YPBedfordshire@aquarius.org.uk



PLEASE COMPLETE ALL SECTIONS AS THOROUGHLY AS POSSIBLE TO AVOID DELAYS IN CASE ALLOCATION

CONSENT				
<p>We will not accept any referral without explicit consent from the young person.</p> <p>Before completing this referral form, please ensure you have spoken to the young person, explained the service, shared our leaflet where possible, (electronic copies are available on request), and gained explicit consent around the sharing of information and receiving support. Aquarius is a voluntary service.</p> <p>If the young person refuses to consent to a referral and there is a clear need for Aquarius advice and support, please do not hesitate to contact the service as we can provide you with advice and guidance around supporting their needs.</p>				
<i>By completing this referral I confirm that I have spoken to the young person, they have agreed to receiving support, and they have consented to their information being shared</i>			Date Consented	
<th>CLIENT DETAILS</th>				CLIENT DETAILS
Name				
Address			Postcode	
Telephone:		Mobile Tel. Number:		
Email address:				
Date of Birth		Age:	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other	
Nationality		Ethnic Origin:	Country of Birth:	
<p>If the YP is aged between 5 and 13s old and being referred because of someone else's drug or alcohol use please complete the below:</p>				
Parent/Carer name:				
Parent/Carer address				
Parent/Carer Tel. Number				

Is the parent/carer aware of the referral?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is it safe to complete home visits?	<input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Not Known
DETAILS OF REFERRER		
Name		
Organisation		Relationship:
Address	Postcode	
Telephone		Mobile Number:
Email Address		
How did you hear of service?		
Details of Young Person Continued		
Registered Disabled	<input type="checkbox"/> Yes <input type="checkbox"/> No	Primary Impairment:
GP Details:		
How would the Young Person like to be contacted?	<input type="checkbox"/> Letter <input type="checkbox"/> Home Tel. <input type="checkbox"/> Mobile	<input type="checkbox"/> Referrer <input type="checkbox"/> School / Education <input type="checkbox"/> Parent / Carer
Can Aquarius leave messages on their:	<input type="checkbox"/> Home phone <input type="checkbox"/> Mobile phone	<input type="checkbox"/> Send text messages <input type="checkbox"/> Send letters
Best time to contact YP		
Which school does the Young Person attend?		
Where / When would the Young Person like to meet?		
DETAILS OF CONCERNS		
Is the YP being referred for:	<input type="checkbox"/> Own Drug / Alcohol use (FOCAL CLIENT) <input type="checkbox"/> Parental/Sibling drug/alcohol use (AFFECTED OTHER)	

Please tick Exploitation risk and other known risk indicators:

- | | | |
|--|--|--|
| <input type="checkbox"/> Links with older peer group for money/drugs | <input type="checkbox"/> History of abuse | <input type="checkbox"/> Engaging in sex |
| <input type="checkbox"/> Missing/staying out Behaviour | <input type="checkbox"/> Risk taking behaviour | <input type="checkbox"/> Challenging |
| <input type="checkbox"/> Previous or Current LAC behaviour | <input type="checkbox"/> Peers engaged in exploitation | <input type="checkbox"/> Offending |

Reason For Referral
(including current drug use and concerns, what led to referral, whether it is open to Early help or Social Care, mental or physical health concerns)

OTHER AGENCIES INVOLVED

(1) Name of Professional	
Service	Contact Tel. Number:
E-mail address	
(2) Name of Professional	
Service	Contact Tel. Number:

E-mail address	
(3) Name of Professional	
Service	Contact Tel. Number:
E-mail address	

Appendix C, Multi-agency information sharing form guidelines



Pan-Beds-MA-information form-guidelines

Appendix D, Multi-agency information sharing form



Multi-agency-information-submission

Appendix E, 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 - <https://chooseyou.co.uk/quit-smoking/vaping/guide-to-quit-vaping-for-under-18s/>
- Guide for parents/carers supporting young person to quit vaping - <https://chooseyou.co.uk/quit-smoking/vaping/quit-vaping-guide-for-parents-and-carers/>

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 Health has produced a very helpful brief to use evidence available to debunk 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/ZkOrodiXHqs>
 - 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 \(link opens in new window\)](http://alcoholeducationtrust.org)
- 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

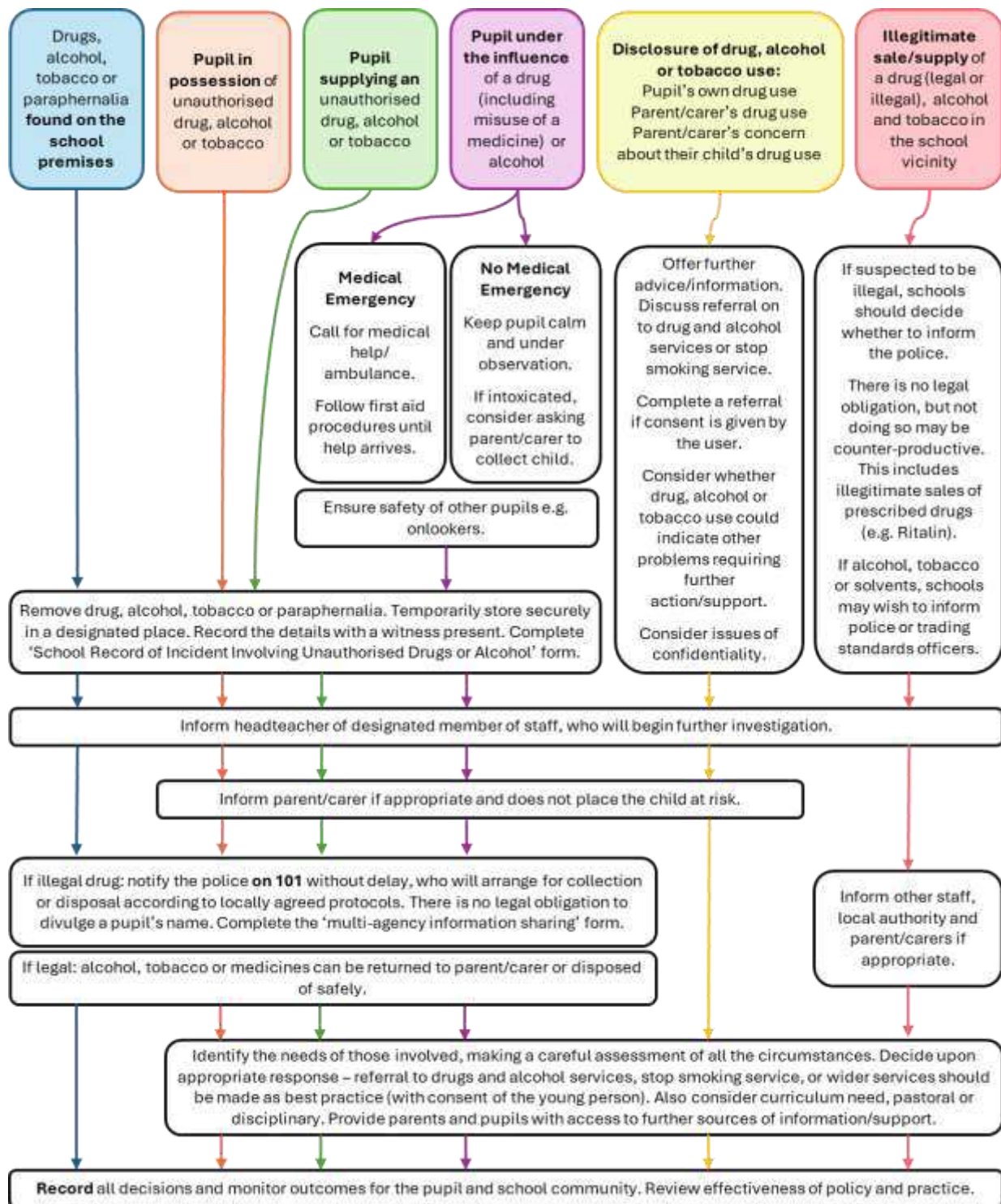
Bedfordshire Against Violence and Exploitation - <https://www.bavex.co.uk/>

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 F, Responding to Incidents Involving Drugs



Appendix G, Contact Information for Health and Wellbeing Services in Bedfordshire, Luton and Milton Keynes for Children, Young People and Families (June 2025)

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	https://bedslutonchildrenshealth.nhs.uk/ https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-health-hub/ ccs.bedsandlutonchildrenshealthhub@nhs.net	<p>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.</p> <p>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.</p>	<p>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</p>
	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)	<p>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.</p> <p>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.</p>	<p>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.</p>
	Bedford Borough Central Bedfordshire Luton	Parentline Cambridge Community Services NHS Trust	https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service/parentline/	<p>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.</p>	<p>Parentline: for parents and carers of those aged 0-19 (25 with SEND) TEXT 07507 331456 if you live in Bedfordshire TEXT 07507 331886 if you live in Luton</p>
	Milton Keynes	Parentline	Parenting and Family Support - Family Lives (Parentline Plus) Family Lives	<p>Parenting and family support is available from Family Lives (formerly Parentline Plus) through the website, online chat</p>	<p>Helpline: 0808 800 2222 or message on WhatsApp: 07441 444125 for support with parenting and family worries</p>

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
	Bedford Borough Central Bedfordshire Luton	ChatHealth CCS NHS Trust	https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service/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 other local services including emotional support or sexual health services.	ChatHealth: for young people aged 11-19 (25 with SEND) TEXT 07507 331450 if you live in Bedfordshire TEXT 07520 616070 if you live in Luton
	Bedford Borough Central Bedfordshire Milton Keynes Luton	SHOUT	https://giveusashout.org/get-help/	The SHOUT text messaging service offers free confidential 24/7 text messaging support for anyone who is struggling to cope.	Text SHOUT to 85258
Mental Health	Bedford Borough Central Bedfordshire Luton	CAMHS East London Foundation Trust (ELFT)	North Bedfordshire CAMHS: https://www.elft.nhs.uk/camhs/where-we-work/north-bedfordshire-camhs South Bedfordshire and Luton CAMHS: https://www.elft.nhs.uk/camhs/where-we-work/south-bedfordshire-luton-camhs	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.	Email: 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
	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	Email: cnw-tr.mkspcamhsspa@nhs.net Tel: 01908 724228 for new referrals Tel: 01908 724544 for existing patients

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
	Bedford Borough Central Bedfordshire	CHUMS	www.chums.uk.com/	Bereavement 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 Bedford Borough Milton Keynes	Everything Ok?	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 North of Central Bedfordshire	Bedfordshire Open Door	www.bedfordopendoor.org.uk	Offering up to 12 weeks of free confidential face to face, telephone or online counselling for young people aged 13 -25 years living in 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 permission 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. Schools Counselling also available – contact for more information.	Call 01582 674442 for more information or visit website.
	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	https://tokko.co.uk/	Variety of support for young people 13 +	W: www.tokko.co.uk E: info@tokko.co.uk T: 01582 544990

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
	Luton	Total Wellbeing	https://www.totalwellbeingluton.org/home https://www.totalwellbeingluton.org/social-prescription.html	<p>Range of support for people to improve their physical and emotional health and wellbeing.</p> <p>Social prescription available for young people and families</p>	<p>Call 0300 555 4152 or email info@totalwellbeingluton.org</p>
	Milton Keynes	A range of services and support is available for supporting children and young people in MK with their emotional health and wellbeing.	How you feel matters in Milton Keynes Milton Keynes City Council	<p>A local working group has co-produced a document which sets out clearly how children and young people can access support in Milton Keynes.</p>	How you feel matters in Milton Keynes Milton Keynes City Council
		The Mix	Mental Health Support Group Milton Keynes - The Mix MK	<p>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.</p>	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!	<p>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.</p>	Service Six- Contact us
Adult Mental Health services	Bedford Borough Central Bedfordshire	East London Foundation Trust (ELFT)	www.elft.nhs.uk/service/329/Bedfordshire-Mental-Health-and-Wellbeing-Service	<p>Bedfordshire Mental Health and Wellbeing Service provides mental health services across Bedford Borough and Central Bedfordshire.</p>	<p>See website 01234 310589</p>
	Luton	East London Foundation Trust (ELFT)	https://www.elft.nhs.uk/location/bedfordshire-and-luton	<p>Luton Mental Health and Wellbeing Service provides mental health services</p>	<p>Charter House, Alma Street Luton, LU1 2PJ Telephone: 01582 708999 elft.communications@nhs.net</p>

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
	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 Tel: 0800 023 2057 Also see website link
	Central Bedfordshire	Early Help Central Bedfordshire Local Authority	https://www.centralbedfordshire.gov.uk/info/8/support_for_professionals/518/information_for_practitioners_-_eha/2	Central Bedfordshire Early Help services	Email: earlyhelp@centralbedfordshire.gov.uk Tel: 0300 300 8585 (Office Hours) Tel: 0300 300 8123 (Out of hours) Also 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
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.	Tel: 01234 718700 (office hours) Tel: 0300 300 8123 (out of hours) Email:

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
					multiagency@bedford.gov.uk
	Central Bedfordshire	MASH Central Bedfordshire Local Authority	https://www.centralbedfordshire.gov.uk/info/92/careers_in_childrens_safeguarding_and_early_help/394/how_and_where_we_safeguard/2	Safeguarding services	Tel: 0300 300 8585 (Office hours) Tel: 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	Tel: 01582 547653 (office hours) Tel: 0300 300 8123 (Out of hours) E-mail: MASH@luton.gov.uk
	Milton Keynes	Front Door	Milton Keynes Multi Agency Safeguarding Hub (MASH) Milton Keynes City Council (milton-keynes.gov.uk)	Safeguarding services	Tel: 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://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page	See website	See website
	Luton	Local Offer Luton Local Authority	https://directory.luton.gov.uk/kb5/luton/directory/localoffer.page	See website	See website
	Milton Keynes	Local Offer Milton Keynes Local Authority	Milton Keynes City Council (mksendlocaloffer.co.uk)	See website	See website
Child Sexual Exploitation	Bedford Borough	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

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
support for young people	Central Bedfordshire				
	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
Children's Community Specialist Health Services	Bedford Borough Central Bedfordshire Luton	Cambridge Community Services NHS Trust	https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-childrens-community-and-specialist-nursing-service/	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 and psychosexual counselling	Bedford Borough Central Bedfordshire Milton Keynes	iCaSH Cambridgeshire Community Health Services NHS Trust	Bedfordshire - https://www.icash.nhs.uk/where-to-go/icash-bedfordshire Milton Keynes - https://www.icash.nhs.uk/where-to-go/icash-milton-keynes	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
	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

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
Oral Health Improvement	Bedford Borough Central Bedfordshire	Cambridgeshire Community Services (CCS)	https://www.dentalhealthcareeoe.nhs.uk/services/oral-health-improvement/bedfordshire/	Please see website	Please contact us via our email: ccs.oralhealthbeds@nhs.uk 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	Choose You	https://chooseyou.co.uk/	Choose You is a free local service to help you build healthy habits, like quitting smoking or reaching a healthy weight.	Tel: 0800 013 0553 Also see website: https://chooseyou.co.uk
	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	Bedford Borough Central Bedfordshire Milton Keynes	Choose You	https://chooseyou.co.uk/	Choose You is a free local service to help you build healthy habits, like quitting smoking or reaching a healthy weight.	Tel: 0800 013 0553 Also see website: https://chooseyou.co.uk
	Luton	Stop Smoking Service	https://www.totalwellbeingluton.org/stop-smoking.html	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.	Tel: 0300 555 4152 Text QUIT to 60066 Refer via the website

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
Drug and Alcohol Services for Young People	Bedford Borough Central Bedfordshire	Aquarius (Cambridge Community Health Services)	www.aquarius.org.uk	Specialist services for children and young people who use substances or gamble, and those who are affected by a parent's or carer's substance misuse.	Tel. 0330 008 3925 to refer a young person, or to request a referral form. Referrals also received via Early Help, 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).	Complete 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 Tel: 07557317317, 07557318684, 07557317331, 07823518842.
Adult Drug & Alcohol Treatment Service	Bedford Borough Central Bedfordshire	P2R East London Foundation NHS Trust (ELFT)	https://changeyourtomorrow.co.uk/#areas/elft/pages/Home	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.	Tel: 0333 332 4019 Self-refer via the website Professional and GP referrals via this link
	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 with a range of expertise available in one place.	Tel: 0800 0546 603.
	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	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

Service	Area Covered	Organisation	Website	Service Available	How To Make Contact?
				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.	
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.	Tel: 01234 880 625 or email Hello@communityled.org.uk">Hello@communityled.org.uk to discuss needs. Referrals are also made via P2R.