



CONTACT US

SOLVE IT Head Office

1b –1c Headlands, Kettering,
Northamptonshire. NN15 7ER

Tel: 01536 510010 Mobile 07973 875413

SOLVE IT North West

Tel: 0151 645 0645 Mobile 07973 875247

E-Mail info@solveitonline.co.uk
www.solveitonline.co.uk

SOLVE IT VSA

is a non-profit making charitable company limited by guarantee
Charity Registration 1123065 - Company Registration 6410586



PREVENTION THROUGH EDUCATION

VOLATILE SUBSTANCE ABUSE

THE DELIBERATE INHALATION OF
AEROSOLS, GASES, SOLVENT-BASED GLUES
& OTHER HOUSEHOLD PRODUCTS
IN ORDER TO BECOME 'HIGH'

BACKGROUND

SOLVE IT was first established in 1989 following the death of my 16 year old son in 1988, due to Volatile Substance Abuse (VSA).



As a responsible parent I had informed my children about the dangers of smoking, alcohol and illegal drugs but this type of substance abuse was never discussed. In fact prior to my son's death and as a qualified nurse, my knowledge of VSA was non-existent. After his death I began to research the subject and was astonished to discover an almost universal lack of awareness of VSA and its consequences. That is why in April 1989 **SOLVE IT** was born and VSA prevention through education was its primary objective. By creating a greater awareness to VSA and emphasising the consequences of such abuse, free of charge, to children, young people, parents, professionals and the community, I hoped to make a difference.

In the Queens Birthday Honours 2000 I was extremely proud to be awarded an MBE for the work that I had achieved to date, in relation to VSA and in April 2002, due to increased demand for the services provided by **SOLVE IT** it became a registered charity. From its inception, the charity has continually provided information, education, training and awareness for the community, parents, professionals and probably most importantly children and young people. The charity continues to extend its service provision and diligently works to prevent and reduce VSA in children, young people and adults by encouraging a healthy lifestyle, protecting them from harm, increasing their life skills and enabling them to make a positive contribution to society, by the provision of effective VSA preventative education and early intervention for children and young people, awareness for parents and training for professionals.

Counselling is offered nationally within 7 working days, to those who may be abusing volatile substances, along with family support and or counselling for their families. In addition, it now provides out-reach for those who do not access main stream school, and a local and national family support and counselling service, signposting and referral service for those directly affected by such abuse and training for professionals.

This year, 21 years on from the death of my son, **SOLVE IT** became **SOLVE IT VSA**, for whilst remaining a charity, it also became is a non-profit making charitable company limited by guarantee. It continues to provide a unique holistic and specialist service tackling all issues relating to VSA.

Perhaps most importantly, to date SOLVE IT has provided input to over 340,000 children, young people, parents, carers, professionals and organisations.

SOLVE IT has progressively developed its service provision, increasing its contacts and widening its geographical growth yearly whilst continuing to provide a free service to children, young people, parents, carers and those affected by such abuse. **SOLVE IT** promotes a general awareness to the consequences of this type of substance abuse and works towards the prevention of related deaths, illness, accidents, crime, and social exclusion.

Requests for information, universal and targeted education, training, counselling and family support continue to increase and contacts are growing rapidly each year.

VOLATILE SUBSTANCE ABUSE

ALSO KNOWN AS

- VSA • SNIFFING • INHALANT ABUSE • BUZZING •TOOTING •
- SOLVENT ABUSE •



GAS - AEROSOL - GLUE

SOLVE IT-VSA MISSION STATEMENT

"To provide a dedicated service to young people, adults, professionals and organisations that promotes understanding, awareness and education of the consequences of Volatile Substance Abuse, working towards the prevention of related deaths, illness, accidents, crime and the impact such abuse has on the family and community, enabling a safer and healthy environment.

To provide a confidential information, support, advice, advocacy and signposting service to all those affected by such abuse. To provide such services free of charge to young people, parents, guardians, carers and all those affected by such abuse.

To actively encourage the participation of children and young people in all areas of our service provision."



Dear Supporter

Using Gift Aid means that for every pound you give, the charity will receive an extra 28 pence from the Inland Revenue, helping your donation go further. This means that £10 can be turned into £12.80 providing your donations are made through Gift Aid. Imagine what a difference it could make to **SOLVE IT VSA!**

Below is a Gift Aid declaration that can be used when donating to the charity. Simply complete this form and return it to us at the address below.

I would like to make a donation to **SOLVE IT VSA** using Gift Aid.

My Details are:

First Name _____ Surname _____

Address _____

Post Code _____

I would like to Gift Aid the enclosed donation of £ _____

I would like to Gift Aid today's (insert date) _____ donation and all future donations I may make to **SOLVE IT VSA**, until further notice.

(To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount the charity will claim in the tax year.)

Please return the completed form to:

SOLVE IT VSA

1b – 1c Headlands, Kettering, Northants NN15 7ER

Tel: 01536 510010

E-mail info@solveitonline.co.uk

Website: www.solveitonline.co.uk

SOLVE IT AIMS AND OBJECTIVES

- To provide a specialist service dedicated to increasing the knowledge and awareness of VSA thereby reducing the level of abuse within all sections of the community subsequently reducing VSA related illness and death, social exclusion, truancy, anti-social behaviour, crime, and disorder.
- Decrease vulnerability for children and young people in relation to VSA, through specialist preventative education which will empower them to make informed choices and enable them to be healthy, stay safe & crime free.
- To ensure children and young people are encouraged and have an equal opportunity to participate at all stages of our service development.
- To ensure parents, carers, communities & community groups have the opportunity to increase their knowledge of VSA and its consequences, to enable early identification through specialist community awareness events.
- To provide VSA related targeted education and support through out-reach for children and young people
- To offer a specialist rapid response VSA out-reach service to "Hot Spot" areas of need.
- To enable the cessation or reduction of VSA for the individual user through the provision of a specialist Counselling and Support Service.
- To provide direct support and/or counselling to the families and / or siblings of those who may be abusing volatile substances through a specialist Family Support Service, thereby reducing the risks associated with family breakdown due to VSA.
- To ensure that the Counselling and Family Support service is available within 7 working days from initial requests for input.
- To provide the opportunity for professionals working with children to increase their knowledge of VSA & develop the ability to respond to early identification of its abuse through specialist training.
- To provide the main point of contact for initial enquiries and act as a referral point for children, young people, their families, carers and others who may be affected by VSA.
- To increase shared information to improve understanding of the consequences of VSA for the voluntary, community and statutory sector.

There remains no other similar charity that encompasses all of the services currently provided by SOLVE IT in relation to VSA.

Barbara K Skinner

Barbara K. Skinner MBE

Founder & Chief Executive - SOLVE IT- VSA

VSA* & DEATH

- VSA kills an average of **one** person every week in the UK
- In 2008 in **56%** of VSA deaths there was no evidence of previous abuse
- **2** deaths were due to the non-medical use of Nitrous Oxide (Laughing Gas)
- **25** deaths were due to Helium – **these figures are not included in the VSA Report**
- Since records began, the youngest person to die from VSA was **7** years old – the oldest was **85** years old
- Between 2000 - 2008 VSA killed more young people aged **10 – 15** than all illegal drugs

VSA & HEALTH

- VSA can damage all **internal organs**
- VSA is a powerful hallucinogenic which means young people can put themselves at risk which may lead to **tragic accidents**
- VSA can create a high in **15 - 30 seconds**, leading quickly to a 'mind altering state'

VSA & CRIME

- Crimes committed whilst high on these substances include murder, rape, assault, theft and vandalism
- The majority of drug users have admitted that VSA was their "Stepping Stone" to illegal drugs

VSA & YOUNG PEOPLE

- Volatile substances are the preferred choice for many young people
- Research has shown that 1 in 10 young people will have sniffed by 13

VSA & ADULTS

- Adult use of volatile substances in a crisis, can often be linked to childhood experimentation
- Volatile substances are used as a substitute and/or coping strategy when illegal drugs are not available

VSA FACTS

- Butane lighter refills continued to claim the most lives - linked to **83%** of all VSA deaths
- Volatile substances are easier to access than illegal drugs
- Sniffing itself is not illegal therefore it is easy for a user to argue that they are not doing anything wrong
- The average home contains over **50 products** that can be abused
- There is no such thing as a typical sniffer – those who abuse these substances can be any age, or come from any social, cultural or ethnic background
- VSA does not show up in any non-invasive drug testing

*VSA - VOLATILE SUBSTANCE ABUSE

Further facts can be obtained from St George's University of London - Trends in Death associated with Abuse of Volatile Substances 2008

SOLVE IT VSA MEMBERSHIP APPLICATION

SECTION ONE: Membership Classification

I wish to apply for the below category of membership (Please tick as appropriate)

Individual <input type="checkbox"/>	Family <input type="checkbox"/>	School/Youth Group <input type="checkbox"/>
Voluntary Sector <input type="checkbox"/>	Charity <input type="checkbox"/>	Statutory Sector <input type="checkbox"/>
Business <input type="checkbox"/>	Business Plus <input type="checkbox"/>	Business Extra <input type="checkbox"/>

SECTION TWO: Your Details

Name _____
Name of Organisation/Business _____
Address _____
Post Code _____
Tel No _____
Mobile _____
Fax _____
E Mail _____

SECTION THREE: Declaration

I / We affirm that _____
(Name of Individual / Organisation / Business)
agree to abide by the policies and constitution governing **SOLVE IT VSA**.
I confirm that I am 18 years or over
Signed _____
Date _____
I enclose the sum of £_____ in payment of membership fee
(Please make cheques payable to **SOLVE IT VSA**)

Please return completed form to **SOLVE IT VSA**

1b-c Headlands, Kettering, Northamptonshire NN15 7ER
Tel: 01536 510010 - Fax 01536 522943 – Mobile 07973 875413
E-Mail info@solveitonline.co.uk - Website solveitonline.co.uk

For Office Use Only:

Membership Number _____
Membership Details dispatched _____
Membership Renewal Date _____

SOLVE IT VSA MEMBERSHIP FEES

Classification	Annual fee	Benefits
VOTING MEMBERS		
SOLVE IT Directors, advisors, staff & volunteers	£15	<ul style="list-style-type: none"> • Voting rights at AGM
NON VOTING MEMBERS		
Individual	£10.00	<ul style="list-style-type: none"> • Up to date information on VSA Issues. • Regular updates on SOLVE IT • The opportunity to comment on future development • Free, open access to our Family Support and Counselling Service
Family	£15.00	<ul style="list-style-type: none"> • As above
Voluntary Sector/Charities With income below £200,000	£30.00	<ul style="list-style-type: none"> • As above plus Discounted rates for presentations and staff training
Voluntary Sector/Charities With income in excess of £200,000	£50.00	As above
Statutory Sector	£75.00	As above
Business Up to 50 employees	£50.00	As above
Business Plus 51-500 employees	£75.00	As above
Business Extra 500 plus employees	£100.00	As above
Schools	£50.00	At least:- <ul style="list-style-type: none"> • One VSA education session for children and or young people per year • One Parents Awareness Event per year • One Teacher Training Session per year • Free, open access to our Family Support and Counselling Service • The opportunity to comment on our future development

* All above fees are correct at time of print but are subject to periodic review

SOLVE IT VSA is a non-profit making charitable company limited by guarantee
Charity Registration 1123065 Company Registration 6410586

SOLVENTS AND THE BODY

The vapours are absorbed into the body via the lungs, then to the brain via the blood stream. In the brain they become absorbed by the fats. Volatile Substances leave the body by being breathed out, chemically altered by the liver or filtered by the kidneys.

POSSIBLE EFFECTS OF ABUSE

- Mild intoxication ▪ Hyper-activity ▪ High risk of accidents ▪ Convulsions ▪ Coma ▪
- Breathing difficulties ▪ Hallucinations ▪ Unconsciousness ▪ Vomiting ▪ Choking ▪
- Disturbed sleep pattern ▪ Personal care reduced ▪ Low sperm count ▪ Impotency ▪
- Sudden Sniffing Death ▪

Damage may also occur to :-

- Brain ▪ Heart ▪ Sight ▪ Hearing ▪ Speech ▪ Lungs ▪ Liver ▪ Kidneys ▪
- Bone Marrow ▪ Central Nervous System ▪

THE RISKS

No one can predict how much of a volatile substance will kill.

**A person can use a certain amount one time and seem fine,
but his/her next use could be fatal**

RISKS MAY INCLUDE:

Cardiac Arrest - Chemicals from volatile substances can cause the heart to beat very fast and irregularly and the user can suddenly stop breathing. These substances can make the heart extra-sensitive to adrenaline. A sudden rush of adrenaline combined with a volatile substance can make the heart stop instantly. "Sudden Sniffing Death" is responsible for more than half of all deaths due to VSA.

Asphyxia - Volatile Substance Abuse can cause a person to stop breathing from a lack of oxygen.

Suffocation - This is more common among users who inhale from plastic bags.

Injuries or Accidents - People may become careless or aggressive. This often leads to behaviours that can injure or kill, such as operating a motor vehicle dangerously or jumping from great heights. A person may also get burned or even be killed if near a naked flame or some other flammable substance during or after abuse.

Suicides - Coming down from a volatile substance high causes some people to feel depressed. In some cases this may lead them to take their own lives.

During Pregnancy - All substances can pass the placental barrier thus causing damage to the unborn baby or miscarriages.

DANGER

The biggest danger from abusing a Volatile Substance is **INSTANT DEATH**
Anyone experimenting with a volatile substance is at risk from **SUDDEN DEATH**
DEATH MAY OCCUR THE 1ST TIME, 10TH TIME OR 100TH TIME – IT CAN HAPPEN AT ANYTIME

IN AN EMERGENCY

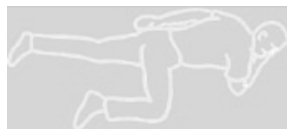
IF IN DOUBT CALL AN AMBULANCE

IF CONSCIOUS

- Stay calm
- Keep the person calm and still - there is a risk of sudden death if exertion follows sniffing
- Excitement or stimulation can aggravate hallucinations or provoke violence
- Give them air
- Do not allow the person to sleep (in case they vomit)
- Stay with him/her until the effects have worn off
- Once the source of the volatile substance is removed he/she may recover rapidly
- Be supportive but remember this is not the time to discuss their sniffing
- When recovered consider seeking professional help

IF DROWSY OR UNCONSCIOUS

- Keep calm
- Stress or activity may cause heart problems & sudden death
- If unconscious or not breathing get help - dial 999
- Place in the recovery position
- Administer CPR until help arrives
- Excitement or stimulation can aggravate hallucinations or provoke violence
- Once the source of the volatile substance is removed they may recover rapidly
- When recovered consider seeking professional help



THE ONLY TREATMENT FOR THIS TYPE OF SUBSTANCE ABUSE IS OXYGEN THERAPY



HEAD OFFICE



1b-1c Headlands, Kettering, Northants NN15 7ER

Telephone	01536 510010
24 Hour Help line	07973 875413 (answer phone sometimes in operation)
Fax	01536 522943
Website	www.solveitonline.co.uk
Email	info@solveitonline.co.uk

AVAILABILITY

Office	Monday to Friday, 10am - 4pm
Drop In Service	Mondays, 10am - 7pm
Counselling	By Appointment
Outreach	8am Onwards



HEAD OFFICE



THE SOLVE IT TEAM

Chief Executive

Barbara K Skinner MBE 07973 875413 barbara.skinner@solveitonline.co.uk

National Liaison Officer - Youth & Community

Deborah Clarke 07973 887693 deborah.clarke@solveitonline.co.uk

Out Reach Co-ordinator

Nick Dwyer 07973 887650 nick.dwyer@solveitonline.co.uk

Counsellor & Family Liaison Officer

Pauline Bruce 07973 875207 pauline.bruce@solveitonline.co.uk

Action 4 Children - Project Co-ordinators

Emma Cullup 07872 414419 emma.cullup@solveitonline.co.uk

Rachael Anderson 07872 414420 rachael.anderson@solveitonline.co.uk

SOLVE IT NORTHWEST

National Liaison Officer - Youth & Community

Alison Hodgson Office 0151 645064 alison.hodgson@solveitonline
Mobile 07973 875247

Counsellor & Family Liaison Officer

Office 0151 6450645
Mobile 07792 016727



PLEASE DO NOT HESITATE TO CONTACT A MEMBER OF OUR
TEAM FOR FURTHER ASSISTANCE OR INFORMATION



BRIEF SERVICE PROVISION

SOLVE IT provides a unique holistic and specialist service
tackling all issues in relation to Volatile Substance Abuse.

- The service aims to prevent or reduce Volatile Substance Abuse (VSA) in children and young people, particularly those we have traditionally found difficulty in engaging with, by encouraging a healthy lifestyle, protecting them from harm, increasing their life skills and enabling them to make a positive contribution to society, by the provision of effective VSA preventative education, early intervention, awareness for parents, training for professionals, with the added value of access to counselling for those who may be abusing volatile substances and family support and or counselling for their families.
- The interventions used increase knowledge and understanding, change attitudes, support community cohesion and promote engagement in children and young people.
- The service refers to Every Child Matters, Changes for Children, Tackling Drugs – Changing Lives and Drug Education in the Curriculum in its aim to prevent VSA and the harm such abuse may cause to children and young people and their families.
- By reducing the harm and deaths among children and young people, it will contribute towards the Government's five key outcomes for children and young people's health and well being in Every Child Matters Change for Children.
- The service enables children and young people to look at issues in relation to VSA and the impact such abuse may have on their health, achievement, exclusion, crime, families and communities.
- By preventing children and young people becoming problematic VSA users we can reduce the possible risk of them becoming involved in crime. This influences the harm that this particular type of substance abuse may cause to the individual, their families and communities.
- Targeting the parents and carers of children and young people collectively and on an individual basis, and providing VSA awareness and education enables them to initiate a dialogue with their children on the topic.

OUR KEY PRIORITIES

- Prevent Volatile Substance Abuse amongst children and young people
- Promote the well being of children, young people and adults by providing counselling and family support for those affected by VSA
- Improve the health and wellbeing of children, young people and adults
- Prevent children, young people and adults at risk from becoming involved in crime due to VSA
- Reduce VSA related crime and anti-social behaviour

Some of the resources available from SOLVE IT

- Increase the engagement of children aged 9 – 11 and young people aged 11-13
- Promote healthy lifestyles through community based events
- Improve the educational attainment, school attendance and self esteem of all children especially those who are looked after children or BEM communities through prevention and early intervention.
- Ensure that the voices of children and young people, especially those with SEN and disabilities are heard in the design and delivery of our services, through active participation.

TARGET GROUPS

Children and Young People

From all family and social backgrounds especially:

- Those, who for whatever reason do not access full time education
- The looked after
- Those involved in crime
- The disabled
- Those from ethnic minorities

These categories of children and young people, often forgotten, can be vulnerable to peer influence, and the consequences of VSA.

Parents Carers & Siblings

Families need the support and knowledge to enable them to help their children and young people make informed health decisions. In addition they need to have informed dialogue with their children to encourage prevention, enable early identification and referral pathways to specialist services available.

Professionals

Professionals who work with children and young people need the skill, knowledge and understanding of the consequences of VSA.

Communities

Communities are often unaware of the consequences of VSA in relation to health, crime and death. They need to be aware of services available and how to access them.

 <p>Young Person's Guide</p> <p>Targeted at 11 - 16 years olds these leaflets provide age appropriate details of the consequences of VSA</p> <p>30p each</p>	 <p>Parent Carer & Professional Guide</p> <p>Adult leaflets aimed at raising awareness of VSA containing information on abusable products, signs and symptoms of abuse</p> <p>30p each</p>
 <p>Talking to your child</p> <p>This booklet is aimed at aiding parents and carers to open a dialogue with their children on the consequences</p> <p>30p each</p>	 <p>Lifeskills Workbook</p> <p>A useful tool when working with children and young people on a group or one to one basis</p> <p>£25.00</p>
 <p>Training Packs</p> <p>A useful aid-memoir following professional training</p> <p>£3 per pack</p>	 <p>DVD</p> <p>A multi award winning short film produced by the young people at the Southend Princes Trust in conjunction with SOLVE IT</p> <p>£10 each</p>
 <p>Retailer Leaflet</p> <p>Designed to be adaptable in any county this leaflet raises retailer awareness of abusable products, signs and symptoms of abuse. It provides information on current legislation.</p> <p>Price available on request</p>	<p>Please contact 01536 510010 for further details OR Go to our website for an order form and details of discounts available www.solveitonline.co.uk</p>

COUNSELLOR & FAMILY LIAISON OFFICER

The Counsellor & Family Liaison Officer can provide:

- Support to any or all members of a family who are affected by VSA
- Counselling and support for those who may be trying to come to terms with bereavement due to VSA
- Emotional as well as practical support
- Information and awareness about the dangers and consequences of sniffing and how best to support the user
- One to one counselling
- Family mediation
- Signposting and referral to other relevant agencies or groups
- Support for those users not yet able to give up

Anyone requiring any of the above services is guaranteed to be seen within seven working days. Self or agency referrals by post, phone, e-mail or visit.

ALL COUNSELLING AND FAMILY SUPPORT SERVICES ARE FREE OF CHARGE.

PROFESSIONAL TRAINING

Training Aims & Objectives

Training is designed to provide an opportunity to develop understanding and an ability to respond to:

- VSA amongst young people in a range of settings including, Schools, Residential Homes, Secure Units and Young Offenders Units
- The impact of VSA on the Individual, the Family and Community

By the end of the training, participants will have a good understanding of:

- The issues in relation to young people and VSA
- The prevalence of VSA
- What products are abused
- Possible reasons for abuse
- Methods of abuse
- The effects and consequences of VSA
- The signs and symptoms of abuse
- Knowledge of emergency action
- Legislation in relation to VSA
- Harm minimisation
- Where to access support

THE SERVICE PROVIDES

- VSA awareness, preventative education, early intervention, rapid response for VSA hotspots, support and counselling for children and young people aged 9 and upwards. This information will be especially tailored to ensure that individuals receive not just a basic knowledge of VSA but life skill strategies that are calibrated appropriately to the understanding of the topic, overall exposure to VSA and likelihood of experimentation.
- VSA awareness, increased knowledge and support for parents and carers which will enable them to help their children and young people make informed health decisions, enable a dialogue and increase potential for early identification and interventions. Family support and counselling for parents and carers will also be provided for those whose children and young people may be affected by VSA.
- VSA Awareness Events for parents, their community and community groups will ensure that they are equipped with essential knowledge that will empower them in prevention, through early dialogue with their children and early detection, whilst enabling support routes to our specialist service provision to be identified.
- The dissemination of information and awareness at the community events will help to create empathy to the consequences of VSA, dispel myths and stigma of this type of substance abuse. In addition the events may alleviate community fears in relation to crime and enable those in the communities who choose to, to support abusers and their families in achieving their goals. It could also lead to stronger links between children and young people, their families and communities.
- Increased knowledge and awareness of VSA for professionals working with children and young people through training, will ensure they have the skills to enable them to address the issues surrounding VSA and provide a pathway to specialist support and referral. In addition, they will be enabled to respond to early identification, intervention and referral to the Family Support Counsellor.

Training is tailored in time and content to compliment individual requirements

SUMMARIES OF TYPICAL, AGE APPROPRIATE, VSA SESSIONS

The following is a summary of what **SOLVE IT** can offer to children aged 9 - 11 and those 11 and upwards. Each age appropriate session is tailored in content to suit individual needs. The times quoted are for guidance only but is the minimum amount of time that can be allocated to provide an unhurried session.

VSA PROGRAMME OFFERED TO YEARS 5 AND/OR 6

Session 1 Allow 1 hour for this session

- Introduction
- Establish Guide Lines
- Hopes and Dreams: Using photographs with examples of other children's hopes and dreams, the children will be asked what may stop them reaching theirs
- Introduce VSA by explaining that deliberately abusing aerosols gases and glues may stop some children reaching their hopes and dreams
- Test the children's knowledge and understanding of VSA
- VSA facts are discussed in relation to health, anti social behaviour, crime and death
- Case Studies are used to demonstrate the effects of VSA
- Questions and Answers
- Evaluation
- End on a positive note

VSA ACTION 4 CHILDREN PROGRAMME OFFERED TO YEARS 5 AND/OR 6*

The Action 4 Children project was created to give children more engagement with our work. The Action 4 Children programme consists of:-

A planning or introduction meeting with staff if requested

A **SOLVE IT** Training session for staff if required

A **SOLVE IT** Workshop for children in year 6

A **SOLVE IT** Education session for children in year 5

A **SOLVE IT** Action4Children assembly for parents including other outside agencies

A **SOLVE IT** Parent Awareness evening if required

Head Teachers who have participated in this project have informed **SOLVE IT** that it has been very beneficial for the children and the school.

Many of the agencies who participate in the community events offer their services to the schools. This enhances the school's network of professional agencies.

Session: Allow 3 hours for the **SOLVE IT** workshop for children to include a short break.

- The session will begin as in the VSA Programme offered to Years 5/6. The children will then work on their choice from a variety of activities such as poster design, drama performance, powerpoint presentation, writing poems, or other possible ideas suggested by them or their teachers
- A further 2 hour session no more than 2 weeks later is required for the Action 4 Children assembly for parents which will include stands etc from our partner organisations, also displays of the childrens work that were started in the workshop.

SEE OUR WEBSITE TO DOWNLOAD THE ACTION 4 CHILDREN TEACHER INFORMATION PACK

VSA SESSIONS OFFERED TO YOUNG PEOPLE AGED 11 and upwards

Session 1 Allow 1 hour for this session.

- VSA in relation to death
- The young people are given statistics in relation to the death aspect of VSA
- The three main ways that Volatile Substances can cause death are discussed using case studies as examples
- An age appropriate video or DVD will be shown
- Discussion on volatile substances in relation to health
- A discussion is held as to the possible reasons why young people may abuse volatile substances
- VSA in relation to accidents will be discussed using case studies as examples
- VSA in relation to crime, prison and illegal drugs explored
- A discussion takes place as to the reasons why we work in partnership with local prisons (photographs may be used in certain circumstances)
- The session ends with a prisoner's testimony, which includes details of VSA, illegal drugs and crime
- Questions - Answers
- Evaluation

OUT-REACH

The Out-Reach Co-ordinator can provide:

- Targeted awareness for hard to reach young people aged 11 and upwards with knowledge of the consequences of VSA, including those excluded from main stream Schools, in Residential Units, Secure Units, and Young Offenders Units
- Rapid response to VSA 'hotspots' enabling early assessment and initial counselling
- Localised Drop In providing support & counselling
- Referral and Signposting
- Rapid response to all areas of need
- Increased knowledge for hard to reach children and young people

CONTRIBUTIONS TO SOLVE IT'S SERVICE PROVISION

Although **SOLVE IT** provides its services free of charge to children, young people, parents and those affected by VSA, your voluntary contribution will be most gratefully received