

**CYPDAS NEWSLETTER 07/08/20**

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.

**ABOUT US**

We provide support for Warwickshire children and young people under 25 who are vulnerable to substance use or have been affected by another's substance use. The service is free and confidential.

**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. Keep an eye out on our social media pages for any upcoming events.

**ACTIVITIES TO KEEP THE BOREDOM AT BAY**

Keep an eye out for compass stones. Compass have hidden painted stones across Warwickshire for you to find. If you find one you need to post a picture of it to Instagram and tag us in it. @compasswarksyp And then re-hide for another person to find!!

*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@nhs.net](mailto:compass.warksyps@nhs.net)**

**Instagram: @compasswarksyp**

**QUICK TIPS: STAYING SAFE**

**If you have friends that smoke, make sure that they smoke outdoors and away from anyone with asthma and always call 999 in an emergency!**

**TOPIC 9: ASTHMA AND DRUGS**

Asthma is a long-term condition that affects around 5 million people in the UK. It is something that affects a person's airways, often making it difficult for them to breathe. There are many triggers to asthma.

**THE EFFECTS**

Asthma can make a person wheezy, give them a tight chest and make them breathless. Many things can affect this such as stress, allergies, smoke, dust, emotions, a sudden change in the weather etc.

**THE RISKS**

**People with asthma are at risk of having asthma attack, these are life threatening and can cause death. People who have asthma and take substances are putting themselves in danger.**

**Drugs may include harmful substances that may make the symptoms of asthma worse. Those individuals that choose to take substances can also forget to take their medication that is controlling their asthma, therefore putting themselves at risk.**

**People may be affected by another person's use of a substance, for example smoking. Smoke is a trigger for asthma and therefore being around smoke can worsen the symptoms of it. Smoke also sticks to materials such as carpets and clothes for up to 2 and a half hours after a cigarette has been smoked and can therefore be the cause to worsened symptoms hours after.**

