

Classes of drugs

There are 3 classes of drugs – A, B & C.

Class A

Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms, methyl amphetamine and other amphetamines prepared for injection.

Penalties for possession

Up to seven years in prison or an unlimited fine. Or both.

Penalties for dealing

Up to life in prison or an unlimited fine. Or both.

Class B

Cannabis, amphetamines, methylphenidate (Ritalin) and Pholcodine.

Penalties for possession

Up to five years in prison or an unlimited fine. Or both.

Penalties for dealing

Up to fourteen years in prison or an unlimited fine. Or both.

Class C

Tranquilisers, some painkillers, GHB (Gamma hydroxybutyrate) and ketamine.

Penalties for possession

Up to two years in prison or an unlimited fine or both.

Penalties for dealing

Up to fourteen years in prison or an unlimited fine. Or both.

Lawful arrest

It is an offence for a person to have a Controlled Drug in his/her possession without authority.

Unlawful possession of a controlled drug in Classes A or B is an arrestable offence by virtue of the punishment that can be imposed.

Possession of a Class C drug is not an arrestable offence, but could result in arrest as the arresting officer is unqualified to say what class the drug is and it may be considered reasonable to arrest on suspicion of having a Class A or B drug.

Specific defenses

Knowing or suspecting the drug to be a controlled drug, possession was taken for the purpose of preventing another person from committing or continuing to commit, an offence in connection with that drug and as soon as possible after taking possession, they took all steps as were reasonably open to them to destroy the drug, or to deliver it into the custody of a person lawfully entitled to take custody of it.

Drug related litter

- Scorched tinfoil, tinfoil tubes & match boxes
- Scorched spoons, ligatures & citric acid
- Small spoons & containers
- Squares & folds of paper
- Syringes & needles
- Small mirrors, razors & straws
- Cigarette papers, homemade cigarettes & pipes
- Soft drinks cans and bottles used as pipes
- Cling film & tinfoil



Controlled drug disposal kit

Controlled Drug disposal kits are Home Office approved and are fully compliant with the 1985 Misuse of Drugs Regulations.

Alcohol, how much is too much?

Men should not drink more than 14 units of alcohol each week, the same level as for women. This equals 6 pints of average strength beer a week, which would mean a low risk of illnesses such as liver disease or cancer. The previous guidelines were 21 units for men and 14 units for women per week.

An additional recommendation is not to 'save up' the 14 units for 1 or 2 days, but to spread them over 3 or more days. People who have 1 or 2 heavy drinking sessions each week increase the risk of death from long term illnesses, accidents and injuries. A good way to reduce alcohol intake is to have several alcohol free days a week.

Alcohol Facts

- There were 8,790 alcohol-related deaths in the UK in 2010
- Up to 17 million working days are lost each year due to the effects of alcohol
- Drinking after a workout can cancel any gains
- Drink three double gin and tonics a day and you'll put on up to 4lbs in four weeks
- Alcohol isn't a stimulant, it's a depressant

Statistics

When drinking more than the recommended levels:

- Men are 1.8 to 2.5 times as likely to get cancer of the mouth, neck and throat, and women are 1.2 to 1.7 times as likely
- Women are 1.2 times as likely to get breast cancer
- Men are twice as likely to develop liver cirrhosis, and women are 1.7 times as likely
- Men are 1.8 times as likely to develop high blood pressure, and women are 1.3 times as likely

Help

An easy way to see if someone is binge drinking, or drinking to high risk levels, is by tracking drinking habits at MyDrinkaware.co.uk – an online drinks diary and unit calculator that gives personalised feedback and tips to help cut down if required.

Alcohol abusers need help and support and their GP can advise if change is required and will offer help and advice.

High risk drinkers

Regularly drinking over 8 units a day
or 50 units a week if you're a man

Regularly drinking over 6 units a day
or 35 units a week if you're a woman



Potential long term effects

- Hepatitis
- Cirrhosis of the liver
- Gastritis
- Pancreatitis
- High blood pressure
- Cancer (mouth, throat)
- Brain damage
- Heart failure
- Death