



Gofal Cymdeithasol **Cymru**
Social Care **Wales**

Uned 443 - Deall ffactorau sy'n cyfrannu at angen am ofal a chymorth ar unigolion a/neu ofalwyr

Unit 443 - Understanding factors that contribute to individuals and/or carers needing care and support

Deilliant Dysgu 10: Deall defnyddio a chamddefnyddio sylweddau

Learning Outcome 10: Understand substance use and misuse



Mae'r adnodd hwn wedi'i ddatblygu mewn partneriaeth â'r Consortiwm Ymarferwyr Gwasanaethau Cymdeithasol (SSP) ar ran Gofal Cymdeithasol Cymru. Mae'r consortiwm yn cynnwys y partneriaid canlynol:

This resource has been developed in partnership by the Social Services Practitioner (SSP) Consortium on behalf of Social Care Wales. The consortium is made up of the following partners:



Gofal Cymdeithasol Cymru a'i gyngorwyr penodedig sy'n berchen ar hawlfraint y deunyddiau hyn. Gall darparwyr dysgu, awdurdodau lleol a darparwyr gwasanaethau gofal yng Nghymru gopïo, atgynhyrchu, dosbarthu neu drefnu bod y Rhaglen Ddysgu Ymarferwyr Gwasanaethau Cymdeithasol (SSP) ar gael fel arall i unrhyw drydydd parti arall ar sail ddielw yn unig. Rhaid i unrhyw bartïon eraill sy'n dymuno copïo, atgynhyrchu, dosbarthu neu fel arall wneud y Rhaglen Ymarferwyr Gwasanaethau Cymdeithasol (SSP) ar gael i unrhyw drydydd parti arall geisio caniatâd ysgrifenedig Gofal Cymdeithasol Cymru ymlaen llaw.

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Sgiliau Astudio / Study Skills



Cyfeirnod / Referencing



Darllen / Reading



Ysgrifenu / Writing



Myfyrdod Beirniadol /
Critical Reflection



Cyfathrebiad /
Communication



Gwaith Grŵp / Group Work



Cyflwyniad / Presentation



Ymchwil / Research



Sgiliau rhyngpersonol /
Interpersonal Skills



Gofal Cymdeithasol Cymru
Social Care Wales

www.gofalcymdeithasol.cymru
www.socialcare.wales



Yn ôl ym
Gymdeithas Cymru
Government of
Wales

Sgiliau Astudio Cudd / Hidden Study Skills

Peidiwch ag anghofio bod amrywiaeth o sgiliau wedi'u gwreiddio, gan gynnwys...

Trefniadaeth

Cadw amser

Cynllunio

Cymryd nodyn

Cynllunio Traethawd

Gwrandawriad

Datrys problemau

Penderfyniadau

Cwestiynu

Siarad yn effeithiol

Cyfathrebu llafar

Efallai y bydd rhai o'r rhain yn rhan o'ch sgiliau rhyngpersonol hefyd.

Don't forget there are a range of skills embedded including...

Organisation

Time keeping

Planning

Note taking

Essay planning

Listening

Problem solving

Decision making

Questioning

Effective speaking

Verbal communication

Some of these may form part of your Interpersonal Skills too.

Meini prawf asesu: Rydych yn deall:

10.1 Y mathau o sylweddau y gall unigolion eu defnyddio:

- eu hymddangosiad
- eu heffeithiau
- risgiau
- llwybrau gweinyddu
- statws cyfreithiol

10.2 Dosbarthiadau clinigol o sylweddau

10.3 Ystyr y term 'camddefnyddio sylweddau'

10.4 Gwahanol gategoriâu o ddefnyddio sylweddau

10.5 Beth yw ystyr y term 'iechyd meddwl a chamddefnyddio sylweddau ar y cyd'

10.6 Problemau iechyd meddwl sy'n gysylltiedig â chamddefnyddio sylweddau

10.7 Materion a wynebwr gan unigolion ag afiechyd meddwl a chamddefnyddio sylweddau

10.8 Gwasanaethau a gweithwyr proffesiynol a all ddarparu gwybodaeth, cyngor a chymorth ychwanegol i unigolion ynghylch camddefnyddio sylweddau, ac ymyriadau a all helpu

Assessment criteria: You understand:

10.1 The types of substances individuals may use:

- their appearance
- their effects
- risks
- routes of administration
- legal status

10.2 Clinical classifications of substances

10.3 The meaning of the term 'substance misuse'

10.4 Different categories of substance use

10.5 What is meant by the term 'co-occurring mental health and substance misuse'

10.6 Mental health problems associated with substance misuse

10.7 Issues faced by individuals with both mental ill-health and substance misuse

10.8 Services and professionals who can provide additional information, advice and support to individuals about substance misuse, and interventions that can help

10.1 Y mathau o sylweddau y gall unigolion eu defnyddio:

10.1 The types of substances individuals may use:

Pwy ydw i?

Who am I?

I nodi'r math o sylwedd, gofynnwch gwestiynau i aelodau'ch grŵp am...

To identify the type of substance ask your group members questions about...

- eu hymddangosiad
- eu heffeithiau
- risgiau blaenoriaeth
- llwybrau gweinyddu
- statws cyfreithiol

- their appearance
- their effects
- priority risks
- routes of administration
- legal status

Welsh:

Mae sawl ffordd y gellid hwyluso'r gweithgaredd hwn yn dibynnu ar amser a gwybodaeth bresennol y grŵp.

Awgrym yw defnyddio taflenni ffeithiau fel y rhai a ddarparwyd gan Drugwise sy'n rhoi sylwedd unigol i bob aelod ac yn annog gweddill y grŵp i ofyn cwestiynau iddynt i ddyfalu'r cyffur. Fel arall, gellid rhoi nodyn post it parod i'r aelodau ei roi ar eu talcen. Yna gallent gerdded o gwmpas a gofyn cwestiynau i aelodau eu grŵp i geisio dyfalu pa gyffur ydyn nhw.
<https://www.drugwise.org.uk/factsheets-and-infographics/>

Byddwch yn ofalus i ganolbwyntio ar risgiau blaenoriaeth o fewn y maes/arbenigedd

English:

There are various ways this activity could be facilitated depending on time and the existing knowledge of the group.

A suggestion is to use factsheets such as those provided by Drugwise providing each member with an individual substance and encouraging the rest of the group to ask them questions to guess the drug. Alternatively members could be given a prepared post it note that they place on their forehead. They could then walk around and ask their group members questions to try to guess what drug they are.

<https://www.drugwise.org.uk/factsheets-and-infographics/>

Be mindful to focus on priority risks within the area/specialism

10.2 Dosbarthiadau clinigol o sylweddau

Rhestrwch gynifer o fathau o sylweddau/cyffuriau ag y gallwch y gall unigolion eu defnyddio.

Mae pedwar prif gategori o gyffuriau yn seiliedig ar eu heffeithiau, fodd bynnag gall rhai orgyffwrdd mwy nag un grŵp.

Gan weithio mewn grwpiau bach, defnyddiwch yr adnoddau canlynol i osod y cyffuriau yn eu categorïau perthnasol.

10.2 Clinical classifications of substances

List as many types of substances/drugs as you can that individuals may use.

There are four main categories of drugs based on their effects, however some may overlap more than one group.

Working in small groups, use the following resources to place the drugs in their relevant categories.

Welsh:

Gellid ategu'r gweithgaredd hwn trwy ddefnyddio cardiau lluniau neu flychau cyffuriau lle maent ar gael

English:

This activity could be complimented by the use of picture cards or drugs boxes where available

Adnoddau:

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2018-19/HSC18-19_2-3/multi-lang/unit15/1-substance-misuse.htm

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/drugs-recreational-drugs-alcohol/types-of-recreational-drug/>

<http://www.drugwise.org.uk/drugsearch-encyclopedia/>

Resources:

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2018-19/HSC18-19_2-3/multi-lang/unit15/1-substance-misuse.htm

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/drugs-recreational-drugs-alcohol/types-of-recreational-drug/>

<http://www.drugwise.org.uk/drugsearch-encyclopedia/>

Symbylyddion

Stimulants

Iselder

Depressants

Cyffuriau lladd poen opiaidd

Opiate based painkillers

Hallucinogens

Rhithrithogenau



Gofal Cymdeithasol Cymru
Social Care Wales

www.gofalcynddeithasol.cymru
www.socialcare.wales



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10.4 Gwahanol categorïau o ddefnyddio sylweddau

Defnyddio astudiaethau achos i greu trafodaeth ar beth yw ystyr

- Arbrofol
- Hamdden
- Dibynnol

10.4 Different categories of substance use

Discuss, what constitutes

- Experimental
- Recreation
- Dependent substance use



Welsh:

Camddefnyddio sylweddau arbrofol yw'r cam cyntaf mewn camddefnyddio sylweddau pan fydd person yn dechrau archwilio ac arbrofi â sylweddau. Mae camddefnyddio sylweddau arbrofol fel arfer yn gyfnod mynd hebio o gam-drin sylweddau'n ysgafn, sydd fel arfer yn digwydd yn y glasoed ac oedolion ifanc, nad yw'n symud ymlaen i ddefnydd rheolaidd. Gall camddefnyddio sylweddau arbrofol gael ei weld fel ffordd o ffitio i mewn a chymdeithasu â phobl eraill ac adeiladu grŵp cymdeithasol. Yn y rhan fwyaf o achosion, bydd unigolion yn ofalus ynghylch y sylweddau y maent yn eu cymryd, a faint o sylweddau a gymerir.

Mae **camddefnyddio sylweddau hamdden** yn cyfeirio at ddefnydd achlysurol neu gymdeithasol o sylweddau er mwynhad, fel arfer yn dechrau fel ffordd o ddarparu pleser neu wella bywyd cymdeithasol. Alcohol a thybaco yw'r ddau sylwedd cyfreithlon mwyaf cyffredin sy'n cael eu camddefnyddio. Canabis yw'r sylwedd anghyfreithlon mwyaf cyffredin sy'n cael ei gamddefnyddio, ac yna cocên.

Mae **camddefnyddio sylweddau dibynnol / problemus** yn datblygu o ddefnyddio sylweddau dro ar ôl tro sy'n arwain at symptomau diddyfnu wrth roi'r gorau i ddefnyddio. Gall dibyniaeth gynnwys cynnydd y defnyddiwr mewn goddefgarwch, syndrom diddyfnu, ymdrechion aflwyddiannus i leihau amllder y defnydd neu roi'r gorau iddi yn gyfan gwbl a cholli rheolaeth ar ddefnydd.

Mae camddefnyddio sylweddau yn cyfeirio at: defnydd niweidiol o sylweddau at ddibenion heblaw'r rhai y'u bwriadwyd ar eu cyfer defnyddio sylwedd mewn symiau gormodol.

Mae'r term yn aml yn cyfeirio at sylweddau anghyfreithlon, fodd bynnag, mae sylweddau cyfreithlon hefyd yn cael eu camddefnyddio'n aml iawn, fel alcohol a meddyginiaethau presgripsiwn.

Gall camddefnyddio sylweddau gynnwys defnydd arbrofol, adloniadol a dibynnol a/neu broblematig o sylweddau a gafwyd yn gyfreithlon, yn anghyfreithlon, a gafwyd gyda neu heb

bresgripsiwn ac y gellir eu defnyddio'n unigol neu mewn unrhyw gyfuniad â sylweddau eraill.

CBAC 2019

English:

Experimental substance misuse is the first step in substance misuse when a person starts to explore and experiment with substances. Experimental substance misuse is usually a passing period of light substance abuse, usually occurring in adolescence and young adulthood, that does not progress to regular use. Experimental substance misuse may be seen as a way to fit in and socialise with other people and to build a social group. In most cases, individuals will be cautious about the substances that they take, and the quantities of substances taken.

Recreational substance misuse refers to the casual or social use of substances for enjoyment, usually starting as a way to provide pleasure or improve social life. Alcohol and tobacco are the two most common legally available substances misused. Cannabis is the most common illegal substance misused, followed by cocaine.

Dependent / problematic substance misuse develops from repeated substance use that results in withdrawal symptoms upon stopping use. Dependence may include the user's increase in tolerance, withdrawal syndrome, unsuccessful attempts at cutting down frequency of use or stopping altogether and losing of control of usage.

Substance misuse refers to:

the harmful use of substances for purposes other than for which they were intended using a substance in excessive quantities.

The term often refers to illegal substances, however, legal substances are also very often misused, such as alcohol and prescription medicines.

Substance misuse may include experimental, recreational and dependent and/or problematic use of substances which have been obtained legally, illegally, acquired with or without prescription and may be used singularly or in any combination with other substances.

WJEC 2019

10.3 Ystyr y term 'camddefnyddio sylweddau'

Mae camddefnyddio sylweddau yn cyfeirio at ddefnydd niweidiol neu beryglus o sylweddau, gan gynnwys:

- alcohol
- cyffuriau anghyfreithlon a phresgripsiwn
- glud
- aerosol
- sigarêts
- caffeine.

Gall defnydd aml o'r sylweddau hyn arwain at ddiabyntiaeth

Trafodwch – pa effaith y gallai hyn ei chael ar

- Yr unigolyn
- Ei deulu a'i ffrindiau?
- Addysg/cyflogaeth?
- Tai?
- Cyllid?
- Iechyd a lles meddyliol?

10.3 The meaning of the term 'substance misuse'

Substance misuse refers to the harmful or hazardous use of substances, including:

- alcohol
- illicit and prescription drugs
- glue
- aerosol
- cigarettes
- caffeine.

Frequent use of these substances can lead to dependency

Discuss – what impact might this have on the

- The individual
- Their family and friends?
- Education/employment?
- Housing?
- Finances?
- Mental health and wellbeing?

Welsh:

Mae camddefnyddio sylweddau yn effeithio ar iechyd a lles unigolion mewn sawl ffordd ac yn effeithio ar bob agwedd ar fywyd.

Corfforol - Yn achosi newidiadau pwysau, cyfog, llygaid gwaed, anadl ddrwg, heintiau, damweiniau, afiechyd cronig, problemau cwsg, pydredd dannedd, brechau croen neu smotiau, problemau gyda'r galon a chylchrediad a methiant organau.

Meddyliol ac ymddygiadol- Yn achosi iselder, seicosis, gorbryder, paranoia, ymddygiad ymosodol, byrbwylltra, colli hunanreolaeth, galluoedd gwneud penderfyniadau gwael, anallu i ganolbwyntio, dryswch, colli cof, chwantau.

Cymdeithasol - Yn achosi perthnasoedd i chwalu, trais domestig, dadleuon, colli cyfeillgarwch, ynysu cymdeithasol.

Ariannol - Yn achosi colli swyddi, dyled, diweithdra, cofnod troseddol, colli cartref o bosibl.
WJEC CBAC LTD 2019

English:

Substance misuse impacts on the health and well-being of individuals in many ways and impacts on all aspects of life.

Physical - Causes weight changes, nausea, bloodshot eyes, bad breath, infections, accidents, chronic disease, sleep problems, dental decay, skin rashes or breakouts, heart and circulation problems and organ failure.

Mental and behavioural - Causes depression, psychosis, anxiety, paranoia, aggressiveness, impulsiveness, loss of self-control, poor decision-making abilities, inability to concentrate, confusion, memory loss, cravings.

Social - Causes breakdown in relationships, domestic violence, arguments, loss of friendship, social isolation.

Financial - Causes job loss, debt, unemployment, criminal record, potential loss of home.
WJEC CBAC LTD 2019

10.5 Beth yw ystyr y term 'iechyd meddwl a chamddefnyddio sylweddau ar y cyd'

Pan fydd gan unigolyn ag afiechyd meddwl broblem camddefnyddio sylweddau a salwch iechyd meddwl, er enghraifft, iselder, anhwylder deubegynol, neu orbryder, fe'i gelwir yn anhwylder sy'n cyd-ddigwydd neu'n ddiagnosis deuol.

Nid yw delio â chamddefnyddio sylweddau, alcoholiaeth, neu gaethiwed i gyffuriau yn hawdd ac mae'n anoddach pan fo'r unigolyn hefyd yn cael trafferth gydag afiechyd meddwl.

10.5 What is meant by the term 'co-occurring mental health and substance misuse'

When an individual with mental ill-health has both a substance misuse problem and a mental health illness, for example, depression, bipolar disorder, or anxiety, it is called a co-occurring disorder or dual diagnosis.

Dealing with substance abuse, alcoholism, or drug addiction is not easy and is more difficult when the individual is also struggling with mental ill-health.

10.6 Problemau iechyd meddwl sy'n gysylltiedig â chamddefnyddio sylweddau

Gall pobl gamddefnyddio alcohol neu gyffuriau i leddfu symptomau afiechyd meddwl heb ei ddiagnosio, i ymdopi ag emosiynau anodd, neu i newid eu hwyliau am gyfnod byr.

Fodd bynnag, mae camddefnyddio sylweddau yn achosi sgîl-effeithiau ac yn y tymor hir yn aml yn gwaethgu'r symptomau yr oedd yr unigolyn am eu lleddfu i ddechrau.

Y cyflyrau afiechyd meddwl a gysylltir amlaf â chamddefnyddio sylweddau yw iselder, anhwylder deubegynol, ac anhwylderau gorbryder fel anhwylder obsesiynol cymhellol (OCD), anhwylder straen wedi trawma (PTSD) a ffobia cymdeithasol.

10.6 Mental health problems associated with substance misuse

People may misuse alcohol or drugs to ease the symptoms of undiagnosed mental ill-health, to cope with difficult emotions, or to change their mood for a short time.

However, misusing substances causes side effects and in the long run often worsen the symptoms the individual initially wanted to relieve.

Mental ill-health conditions most often associated with substance misuse are depression, bipolar disorder, and anxiety disorders such as obsessive compulsive disorder (OCD), posttraumatic stress disorder (PTSD) and social phobia.

10.7 Materion a wynebir gan unigolion ag afiechyd meddwl a chamddefnyddio sylweddau

Gall fod materion cyffredinol eraill, megis digartrefedd, salwch corfforol neu dlodi sy'n gysylltiedig ag afiechyd meddwl a chamddefnyddio sylweddau.

Gall yr holl faterion hyn, ac eraill, waethygu'r afiechyd meddwl a chamddefnyddio sylweddau.

Gall unigolion hefyd brofi stigma a gwahaniaethu.

Gall fod yn anodd cael mynediad at wasanaethau, am amrywiaeth o resymau, er enghraifft, gwybod am wasanaethau ac adnoddau, cyrraedd gwasanaethau'n gorfforol neu fod â'r hyder i gyrraedd gwasanaeth.

10.7 Issues faced by individuals with both mental ill-health and substance misuse

There may be other prevailing issues, such as homelessness, physical illness or poverty linked to mental ill-health and substance misuse.

All of these issues, and others can make the mental ill-health and substance misuse worse.

Individuals can also experience stigma and discrimination.

Accessing services can be difficult, for a range of reasons, for example, knowing about services and resources, physically getting to services or having the confidence to get to a service.

10.8 Gwasanaethau a gweithwyr profesiynol a all ddarparu gwybodaeth, cyngor a chymorth ychwanegol i unigolion ynghyd camddefnyddio sylweddau, ac ymriadau a all helpu

New Link Wales <https://www.newlinkwales.org.uk/>
Dan 24/7 <http://dan247.org.uk/>
EDAS <http://www.e-das.wales.nhs.uk/home>
Recovery Cymru <http://www.recoverycymru.org.uk/>
Cwmsela Cyffuriau ac Alcohol CAIS
<https://www.cais.co.uk/services/drug-and-alcohol-counselling/>
Barod Cymru <http://barod.cymru/>
Alcohol Change UK <https://alcoholchange.org.uk/>
Dewis Cymru
<https://www.dewis.wales/> / <https://www.dewis.cymru/>

10.8 Services and professionals who can provide additional information, advice and support to individuals about substance misuse, and interventions that can help

New Link Wales <https://www.newlinkwales.org.uk/>
Dan 24/7 <http://dan247.org.uk/>
EDAS <http://www.e-das.wales.nhs.uk/home>
Recovery Cymru <http://www.recoverycymru.org.uk/>
CAIS Drug and Alcohol Counselling
<https://www.cais.co.uk/services/drug-and-alcohol-counselling/>
Barod Cymru <http://barod.cymru/>
Alcohol Change UK <https://alcoholchange.org.uk/>
Dewis Cymru <https://www.dewis.wales/>



www.gofalcymdeithasol.cymru
www.socialcare.wales



Welsh:

Mae **New Link Wales** wedi ymuno â **SOLAS** a **Recovery Cymru** i ddatblygu rhaglen o'r enw Camau Cyntaf at Adferiad sy'n galluogi defnyddwyr i gael mynediad at wasanaethau unigol i'w helpu i wella. <https://www.newlinkwales.org.uk/>

Mae **Dan 24/7** yn llinell gymorth rhad ac am ddim sy'n galluogi unigolion i siarad â rhywun yn gyfrinachol am eu brwydrau gyda chyffuriau neu alcohol. <http://dan247.org.uk/>

EDAS yw'r pwynt mynediad sengl i driniaeth a chymorth camddefnyddio sylweddau i unigolion sydd am fynd i'r afael â'u defnydd eu hunain o alcohol neu gyffuriau, yn ogystal ag aelodau o'u teulu a'u gofalwyr sy'n chwilio am arweiniad a chymorth. Mae'n darparu mynediad syml ac effeithiol at yr ystod lawn o wasanaethau camddefnyddio sylweddau yng Nghaerdydd a Bro Morgannwg. <http://www.e-das.wales.nhs.uk/home>

Mae **Recovery Cymru** yn gymuned hunangymorth a chefnogaeth i bobl sydd mewn neu sy'n ceisio adferiad o broblemau alcohol a chyffuriau. <http://www.recoverycymru.org.uk/>

Mae **Cwmsela Cyffuriau ac Alcohol CAIS** ar gyfer pobl sy'n pryderu am eu hyfed neu gymryd cyffuriau eu hunain neu am yfed neu gymryd cyffuriau rhywun arall (ee partner, rhiant, ffrind agos neu berthynas). <https://www.cais.co.uk/services/drug-and-alcohol-counselling/>

Mae **Barod Cymru** yn arbenigo mewn cymorth camddefnyddio sylweddau i oedolion a phobl ifanc. <http://barod.cymru/>

Mae **Alcohol Change UK** yn cynnig cymorth a chefnogaeth i unigolion sy'n dioddef o gamddefnyddio alcohol ac i'r rhai sy'n poeni am eu hyfed. <https://alcoholchange.org.uk/>

Gall **Dewis Cymru** roi gwybodaeth i unigolion am gefnogaeth yn eu hardal leol. <https://www.dewis.cymru/>

English:

New Link Wales has joined forces with **SOLAS** and **Recovery Cymru** to develop a programme called First Steps to Recovery which allows users to access individualised services to help their recovery. <https://www.newlinkwales.org.uk/>

Dan 24/7 is a free helpline allowing individuals to talk to someone in confidence about their struggles with drugs or alcohol. <http://dan247.org.uk/>

EDAS is the single point of entry into substance misuse treatment and support for individuals looking to address their own use of alcohol or drugs, as well as members of their family and carers looking for guidance and support. It provides a simple and effective access to the full range of substance misuse services in Cardiff and the Vale of Glamorgan. <http://www.e-das.wales.nhs.uk/home>

Recovery Cymru is a self-help and support community for people in or seeking recovery from alcohol and drug problems. <http://www.recoverycymru.org.uk/>

CAIS Drug and Alcohol Counselling is for people who are concerned about their own drinking or drug taking or about the drinking or drug taking of someone else (e.g. a partner, parent, close friend or relative). <https://www.cais.co.uk/services/drug-and-alcohol-counselling/>

Barod Cymru specialises in substance misuse support for both adults and young people. <http://barod.cymru/>

Alcohol Change UK offers help and support to individuals suffering from alcohol abuse and for those who are worried about their drinking. <https://alcoholchange.org.uk/>

Dewis Cymru can provide individuals with information on support in their local area. <https://www.dewis.wales/>

Ffynonellau defnyddiol

Deddfwriaeth -
http://resource.download.wjec.co.uk.s3-eu-west-1.amazonaws.com/vtc/2018-19/HSC18-19_8-14_9-12/ multi-lang/unit01/01-substance-use-and-misuse.html

Useful sources

Legislation -
http://resource.download.wjec.co.uk.s3-eu-west-1.amazonaws.com/vtc/2018-19/HSC18-19_8-14_9-12/ multi-lang/unit01/01-substance-use-and-misuse.html