Welcome to this month's newsletter which explores facts about Cannabis.

What is Cannabis?
Cannabis usually comes as either the dried heads or flowers of the plant (weed, grass or skunk) or as a solid block or lump of compressed resin (dope, hash, rocky or pot). Hash oil is not often seen in Britain.

The Law
Cannabis is a Class B drug. The maximum sentence for possessing Cannabis can be up to 5 years in prison and an unlimited fine. The maximum penalty for supplying Cannabis is 14 years in prison and an unlimited fine.

Possible impact on children:
- Are parents who smoke Cannabis regularly and heavily, able to have energy to fulfil routines in the home? e.g. put children to bed on time, provide regular meals?
- How much money are parents spending on Cannabis? Does this mean that other resources for the children are not bought? e.g. nappies, food, toys.
- Is the Cannabis stored safely within the home? Can the children reach it?
- Are children exposed to passive smoking?
- If parents are often stoned, are they still able to provide regular love and affection to their children? e.g. giving them cuddles, playing games.

Methods of Use
The most common way of taking Cannabis is to smoke it with tobacco in cigarette papers. You can smoke grass in cigarette papers without tobacco. When you breathe in cannabis smoke, it enters your bloodstream through your lungs. It is pumped through the heart and up to the brain. You can feel the full effect after about 15 minutes and it will last for about 1 hour. You can also swallow Cannabis by eating it, or adding it to a drink. When you swallow Cannabis, its effects are much stronger and last longer (up to 12 hours). It can take an hour or 2 before you feel the effects.

Welcome to this month's newsletter which explores facts about Cannabis.

If you are working with any parents who are experiencing drug or alcohol misuse then please consider making a referral to Jennifer Bawden, Parental Substance Misuse Worker based in Initial Response Team, Welbeck House. E: jbawden@wandsworth.gov.uk T: 0208 871 7885