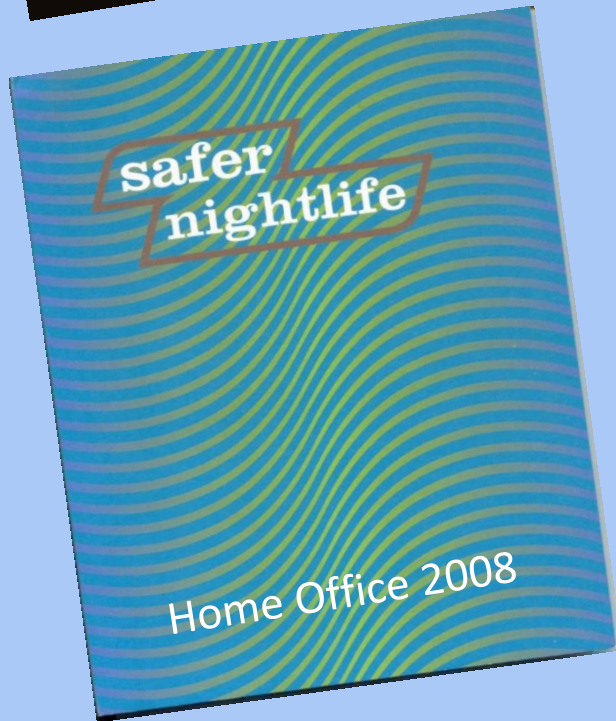


Neil Brooks
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From the mouths of Mamba-heads

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Some of the many
information campaigns that
have involved Chill Out



IT'S NOT BUD, IS IT?

**DO YOU USE
BLACK MAMBA
OR OTHER**

SYNTHETIC CANNABINOIDS?



**(A.K.A. SPICE, LEGAL BUD, SMOKING MIXTURE,
HERBAL SMOKING BLEND, FAKE WEED ETC.)**



**FOR MORE INFORMATION AND SUPPORT ON
THESE AND OTHER DRUGS CONTACT:**

UNDER 18S:

LIFELINE JOURNEY

0115 948 4314 / 07872 869 371

info@lifelinejourney.org.uk

2 Russell Place, (Just up from Rock

City, on Talbot St)

Nottingham, NG1 5HJ

OVER 18S:

RECOVERY IN NOTTINGHAM

FREEPHONE 0300 300 2200 / 07891 514 257

Chillout@frameworkha.org

12 Broad Street, Hockley

Nottingham, NG1 3AL

CHILL OUT
SOUND SUPPORT
www.chilloutnottingham.com

Nottingham
Crime & Drugs Partnership
www.nottinghamcdp.com

Recovery
NOTTINGHAM

"It was legal cannabis, and much cheaper, skunk £10 for less than a gram. This was 3 grams for £15, and it lasted longer."

"The shop Mamba wasn't as strong, the street stuff 'Johnny Mamba' or 'Loose' was much stronger. You bought the Loose in clear bags and could get 'single spray', 'double spray' and 'triple spray'. Don't know what it was sprayed with though, and it wasn't always the same thing!"

"Could get this really strong stuff, £10 for 3g. Normal shop mamba doesn't touch the sides after this stuff. Spraying weed with it to get people addicted. You don't rattle on weed, but you do with this."

Female 19

The first time she had it, thought it was a spliff. Had 2 tokes and was hyperventilating, 2 more and she was having an out of body experience.

Was soon smoking over 30g a week. Tolerances build up quickly and so does the damage.

After 5 months, she had;
Chest pains, sinus problems, ears bleeding, out of breath all the time, bowel problems, kidney pain and swollen lymph nodes on groin.

She was coughing up a mug of black phlegm in a night. Would sweat when wanting more. Kept smoking to keep her calm and 'knock her out'. She knew it was causing more damage.

"If i don't have a spliff in the morning, i will be sick. I have to have it. I can't breathe a nice breath of air and haven't been able to since the last time i can remember"

Mamba contractions, feels like the worst period pain.

Physically and psychologically addictive.

Mamba flicks a switch that turns off self control.

Would love a body scan to see the damage its done



Has now been stopped for 18 months, but a lot of the symptoms are still there.

Talking therapies helped. Building up confidence.

Prescription to help sleep.

Is now helping raise awareness to help others.

Male 18

Started smoking it because all his friends were.
18 months later, he's on 2 to 4g a day.



When using Mamba - withdrawals can start within 30 mins of stopping
"Mamba is better than sex", you get lost in it

Has irregular heart beats, palpitations.
Coughing up red stuff - blood?

Whats causing him the most problems are the shakes. His hands shake until he has some, but his legs are worse. They are constantly shaking, they cramp up because he cant stop it happening.

It makes him depressed, very depressed, talking suicide.
Prescribed Diazepam. It helped. Still alive and gave up Mamba

Male 22

Within 6 months of starting smoking Mamba he was on at least £20 a day (about 6g).

He gets: heart palpitations, short of breath, fitting and night terrors are common for him, coughs up dark phlegm, bad shakes and sweats. Loss of appetite has led to quite severe weight loss.

Can go into a very bad temper very easily and quickly.

His body craved it so much that he would wake up in the night to have some. The morning 'rattle' is worse than anything he's felt.

He's seen people get assaulted and robbed when they've collapsed through Mamba, so people can have money to buy their own.

What brought him into services was his desperation at not being able to keep down any food or drink. He was vomitting 'froth'.

Got him up to the Hospital ED dept. Dealt with him very well, kept him in, on a drip, did tests. Left in much better shape.

The Mamba Man

The devil, the Mamba Man, will get you.

Like a black shadow, all around you, coming to get you, makes you panic, can cause the 'fitting'.

"A negative and ominous energy began to surround me, suddenly i felt surrounded by several entities. Its difficult to describe what they were doing or saying to me, it felt like they were toying with me.

They were shutting me down, persecuting, tormenting, condescending, making me feel profound sadness.

Making me feel small, insignificant and worthless.

Their hate and coldness was beyond anything i could imagine, it seemed to go on for an eternity"



What do we do now?

The quality and effects are so varied and inconsistent, we need to know what chemicals are involved. Research project?

Services need to adapt. "People don't come to services, 'cos they don't feel they are for them. They don't want to be judged"

A variety of interventions and treatments need to be available.
It has to be about the individual, there is no 'one treatment fits all'

Talking therapies

Prescribing

Working with the needs of the individual

Share information - PIN network

