

WELCOME

to the inaugural WEDINOS quarterly newsletter

The WEDINOS Project has been designed specifically for the collection and testing of new psychoactive substances (NPS) and, most importantly, dissemination via the website - www.wedinos.org - of pragmatic evidence based harm reduction information.

As such, WEDINOS aims to go beyond identification of novel substances, to address the harms associated with use of NPS, new combinations of established drugs and NPS and Steroids & Image Enhancing Drugs (SIEDs). During September and October 2013, WEDINOS was officially launched across Wales via eight launch conferences in Bangor, Cardiff, Llandridnod Wells, Merthyr Tydfil, Narberth, Newport, Swansea and Wrexham. 325 attendees representing 166 services attended these WEDINOS

launches and as a result, there are 70 named sites across Wales where WEDINOS packs are available for sample providers to complete the effects form and submit samples, full details of participating sites can be found on our website - www.wedinos.org.

'Legal highs, club drugs, designer drugs, new psychoactives...'

The term "new psychoactive substances" has been legally defined by the European Union as "a new narcotic or psychotropic drug, in pure form or in a preparation, that is not scheduled under the Single Convention on Narcotic Drugs of 1961 or the Convention on Psychotropic Substances of 1971, but which may pose a public health threat comparable to that posed by substances listed in those conventions". (Council of the European Union decision 2005/387/JHA).

What are Temporary Class Drug Orders?

The Misuse of Drugs Act 1971 has been amended to enable the Home Secretary to place a new psychoactive substance causing sufficient concern about its potential harms under temporary control by invoking a temporary class drug order. With the exception of the possession offence, all the offences under the Misuse of Drugs Act 1971 will apply for substances controlled by this measure. This new power became available on 15 November 2011.

News from the Home Office

12 December 2013 - The Minister of State for Crime Prevention (Norman Baker) announced that the coalition government will conduct a review into new psychoactive substances - <https://www.gov.uk/government/speeches/drugs-policy-review-into-new-psychoactive-substances>

11 December 2013 - Letter to the ACMD about the control of the NBOMe and Benzofuran compounds as Class A and B drugs respectively - <https://www.gov.uk/government/publications/government-letter-to-the-acmd-on-control-of-nborne-and-benzofuran>

10 December 2013 - New evidence of harm caused by ketamine misuse - Ketamine should be upgraded to a Class B drug following increased evidence of bladder damage from frequent misuse - <https://www.gov.uk/government/news/new-evidence-of-harm-caused-by-ketamine-misuse>

3 October 2013 - ACMD letter to Minister for Crime Prevention, Jeremy Brown MP, advising on the scheduling of khat. - <https://www.gov.uk/government/publications/acmd-advice-on-the-scheduling-of-khat>

WEDINOS in the News -



South Wales Argus

http://www.southwalesargus.co.uk/news/10740985.Gwent_Bars_can_lock_up_drugs_in_new_scheme



North Wales Pioneer

<http://www.northwalespioneer.co.uk/news/129752/four-males-hospitalised-after-taking-drug-known-as-brain.aspx>

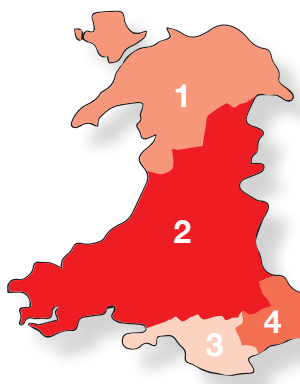
Findings...

In the first three months WEDINOS has received 144 samples for testing; and identified 85 substances that were either found in combination or isolation in the samples

Where...

Samples were submitted from 16 local authority areas, covering 6 of the 7 Welsh Health Boards.

Breakdown of submissions by geographic areas:

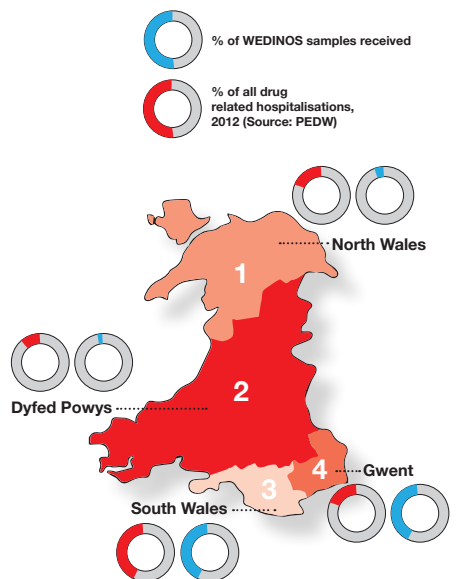


1. - North Wales - 7 samples
2. - Dyfed Powys - 3 samples
3. - South Wales - 57 samples
4. - Gwent - 54 samples

23 samples came from undisclosed locations.

In relation to local authority area, the highest proportion of samples came from Newport, 43 samples were received, accounting for 30% of all samples received.

Proportion of WEDINOS samples relative to drug related hospitalisations (PEDW 2012)



Who...

84% of all submissions were from males.

The gender split for Mind Altering/Psychoactive was 3:1 males to females. In relation to Steroids & Image Enhancing Drugs all samples were submitted by males.

The average age of all sample providers was 31. Of those samples that were submitted as Mind Altering/Psychoactive and age was stated the average age 31. The average age of sample providers for Steroids & Image Enhancing Drugs was 29 years.

Where the intended purchase substance was listed (95/144) (including both Mind Altering/Psychoactive substances and Steroids & Image Enhancing Drugs).

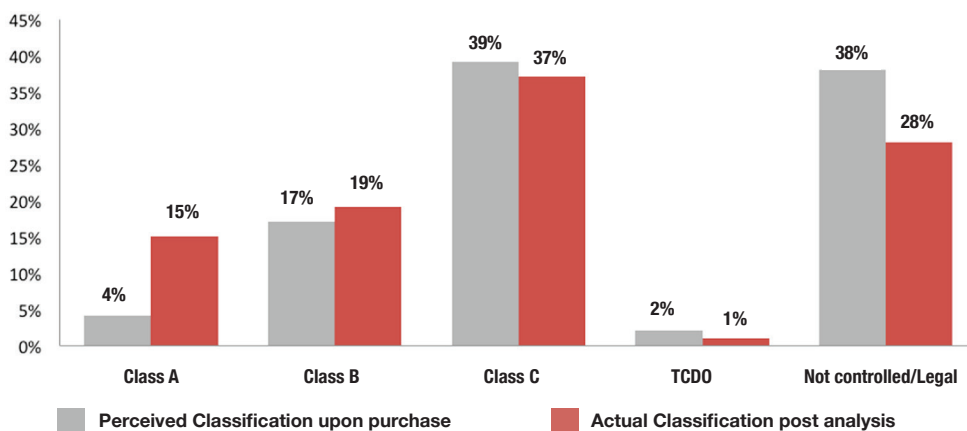
- 4 samples were purchased in the belief that they were Class A substances
- 16 Class B
- 37 Class C
- 2 were subject to a Temporary Class Drugs Order
- 36 were believed not to be controlled.

Post analysis we see that Class A increased by 2 ½ times from 4 samples to 14. Class B also increased from 16 to 18; Class C and TCDO fell from 37 to 35 and 2 to 1 respectively. Substances that are not controlled fell from 36 to 27. In relation to the Mind Altering/Psychoactive samples (n = 58); of those samples 30 were purchased as not controlled / legal. Following analysis 5 contained a Class A substance, 2 class B, and 1 a class C, based on the highest classified substance present.

Why... Reason for purchase

73% of samples were purchased for Mind Altering/Psychoactive purposes. The other 27% were purchased as Steroids & Image Enhancing Drugs. 42 of the samples contained amphetamine-like stimulants, including: Amphetamine, Methamphetamine, Para-Chloroamphetamine, Ephedrine and Cathinones. 20 contained Synthetic Cannabinoid Receptor Agonists.

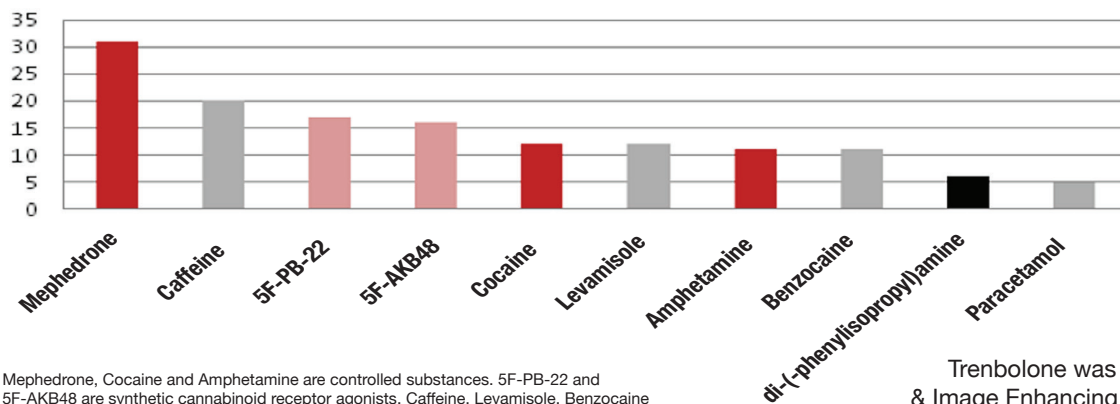
Proportion of Controlled and not Controlled / Legal – Perceived and Actual



NB. Following analysis samples were categorised based on the highest classified substance present. Order of classification / control – Class A, B, C, Temporary Class Drugs Order, Not controlled.

Most commonly identified substances

Ten most commonly identified substances in Mind Altering/Psychoactive samples.



Mephedrone, Cocaine and Amphetamine are controlled substances. 5F-PB-22 and 5F-AKB48 are synthetic cannabinoid receptor agonists. Caffeine, Levamisole, Benzocaine and Paracetamol are commonly found bulking/cutting agents in psychoactive substances. di-(phenylisopropyl)amine is an impurity found in amphetamine.

Trenbolone was the most common Steroid & Image Enhancing Drug, identified on 17 occasions. Trenbolone Acetate was the most commonly identified Steroid & Image Enhancing Drug ester.

Mephedrone

Mephedrone was the most commonly identified substance over the past quarter. During this period we have heard anecdotal reports of a potential fall in purity levels of Mephedrone and a rise in the practice of cutting Mephedrone with bulking agents. From the samples where mephedrone was a major component (n = 29) 97% contained Mephedrone as the only major or minor identified component. The remaining one sample contained caffeine as a minor component.

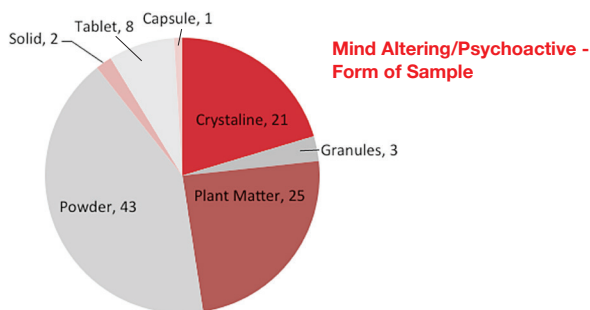
The most commonly found psychoactive substance was Mephedrone. The most commonly identified psychoactive substance that is not currently controlled was the synthetic cannabinoid receptor agonist 5F-PB22.

Caffeine appears to be the most popular bulking/cutting agent; appearing in diverse samples that also contained Heroin, Amphetamine, Mescaline, Methylhexamine, Cocaine, BZP, TFMPP, Mephedrone and Cocaine as major components. From the samples we have analysed it was the main cutting agent found in street amphetamine appearing in all samples where amphetamine was a major component and was not a packaged psychoactive product (Packaged products containing Amphetamine as a major component: Ivory Dove & Ivory Dove Ultra – WEDINOS Website reference numbers 30150 & 30152).

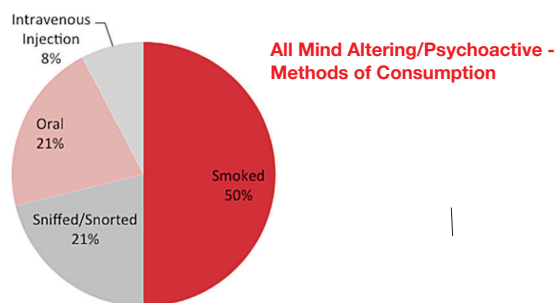
How... Form of Sample & Method of Consumption

Mind Altering/Psychoactive

Mind Altering/Psychoactive samples (n=103) came in a variety of forms, the most prevalent sample form was powder.



Assuming that all Synthetic Cannabinoid Receptor Agonists are smoked, other samples were consumed through a variety of methods, the most common method was sniffing/snorting.

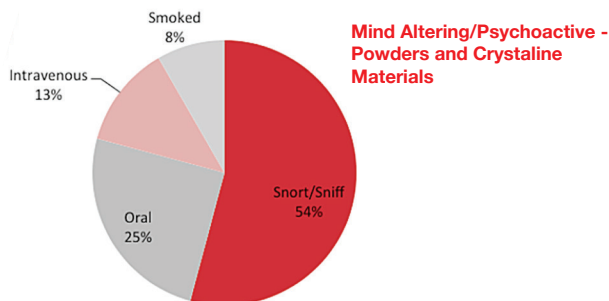
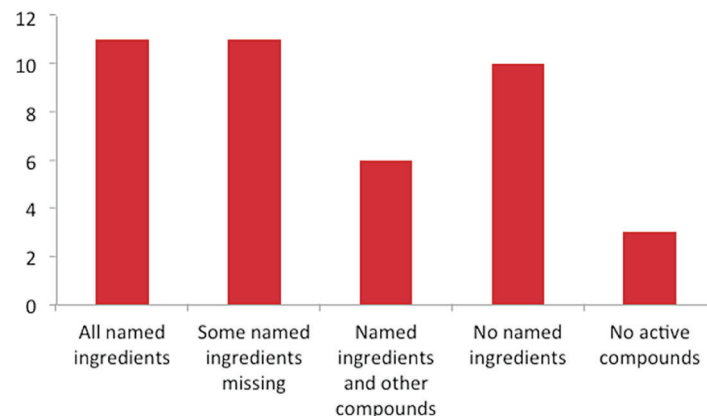


Focusing on the method of use for powders and crystalline materials we see that snorting/sniffing is the most common method of use. Intravenous use accounted for 13% and relates to samples of Mephedrone that were submitted from the South Wales/Vale of Glamorgan area.

Steroids and Image Enhancement

Eleven of the SIED samples analysed contained all of the expected/named ingredients. Equally, eleven samples contained some, but not all of the expected/named. The remaining 19 were made up of samples that contained some of the named ingredients, but also other compounds (six samples); ten samples contained none of the named ingredients at all, with three samples containing no active chemical compounds.

SIEDS – Ingredients found upon analysis

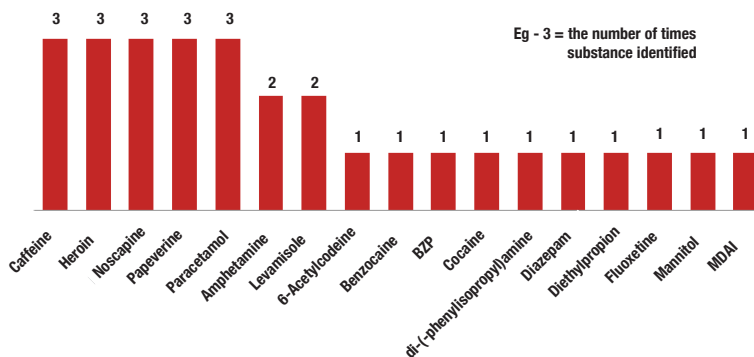


Geographic Profiles / Local Trends

In the future it is hoped that we will be able to map trends in substances used, methods of consumption and demographic profiles.

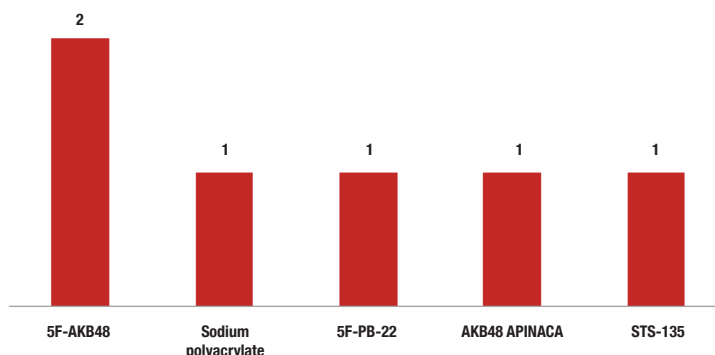
North Wales

Seven Samples were received from the North Wales. During analysis of those samples, 17 substances were identified either in combination or in isolation. Heroin was the most commonly identified controlled psychoactive substance, with all samples containing at least Noscapine, Papaverine and Paracetamol; also found in the Heroin samples was Caffeine, Amphetamine, Levamisole, 6-Acetylcodeine, Fluoxetine and Mannitol. One sample purchased as Speed, did not contain any of the expected ingredient, Amphetamine; but was found to be the appetite suppressant Diethylpropion.



Dyfed Powys

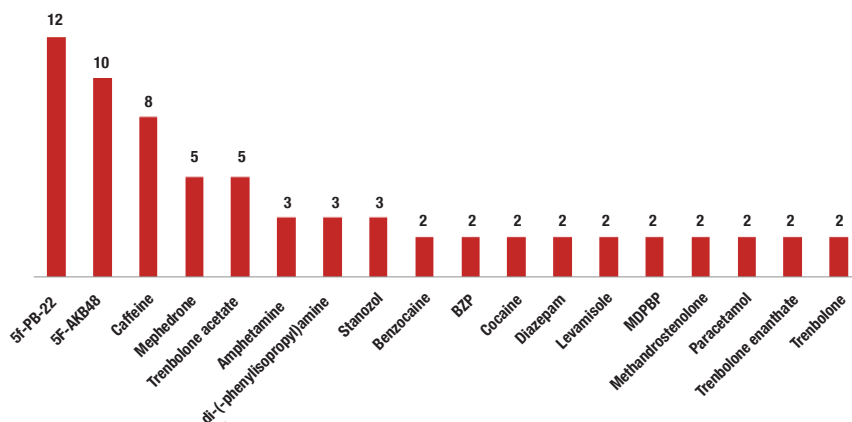
Three Samples were received from the Dyfed Powys. During analysis of those samples, four substances were identified either in combination or in isolation. The synthetic cannabinoid receptor agonist's 5F-AKB48, AKB48 APINACA and STS-135 in a sample of herbal material. Sodium Polyacrylate was found in crystalline sample, this substance is also is very effective water absorber -it can absorb 200 to 300 times its weight in water and is often found in disposable nappies. And 5F-PB-22 and 5F-AKB48 (synthetic cannabinoid receptor agonists) were found in a sample of Psy-clone herbal incense.



Geographic Profiles / Local Trends continued

South Wales

57 samples were received from the South Wales. During analysis of those samples, 55 substances were identified either in combination or in isolation. The synthetic cannabinoids receptor agonist 5F-PB-22 was the most commonly identified substance (12/57), this was commonly found in combination with another synthetic cannabinoids receptor agonist 5F-AKB48. Caffeine was the most commonly identified bulking/cutting agent, being found in samples that were purchased as Mescaline NBOMe, Amphetamine and MDA.

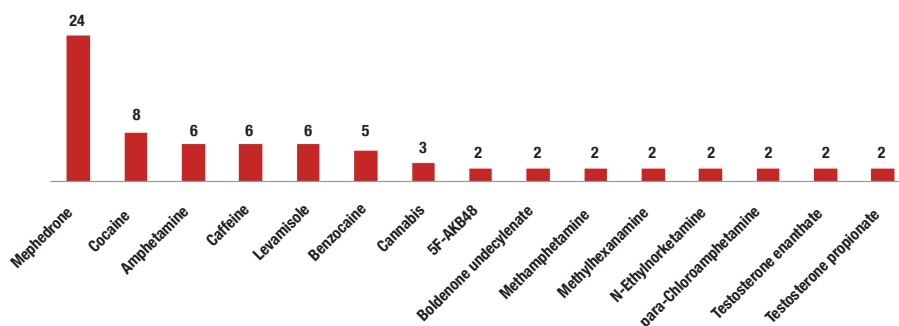


Other Substances Identified Include:

- 2,5-Dimethoxy-4-ethylamphetamine
- 2-aminoindane
- 2C-E
- 5-APB
- 5-MeO-DALT
- 5-MeO-DIPT
- 6-APB
- Agomelatine
- alpha-PBP
- alpha-PVP
- AMT
- Clenbuterol
- Diethyltryptamine
- Dihydrocodeine
- Drostanolone propionate
- Ecstasy
- Ketamine
- Mannitol
- MDAI
- MDP2P
- Mescaline
- Mescaline NBOMe
- Mestanolone
- Methylhexanamine
- Methylone
- Methyltestosterone
- Nandrolone caprylate
- Nandrolone decanoate
- Oxandrolone
- Oxymetholone
- Phenazepam
- Salvinorin A
- Soap
- Testosterone decanoate
- Testosterone phenylpropionate
- TFMPP
- Zolpidem

Gwent

54 samples were received from the Gwent. During analysis of those samples, 31 substances were identified either in combination or in isolation. Mephedrone was the most commonly identified substance (24/54); Caffeine and Levamisole were the most commonly identified bulking/cutting agents (6/54. Levamisole was found exclusively in samples that contained cocaine as a major component, where as caffeine was found in samples that contained Amphetamine.

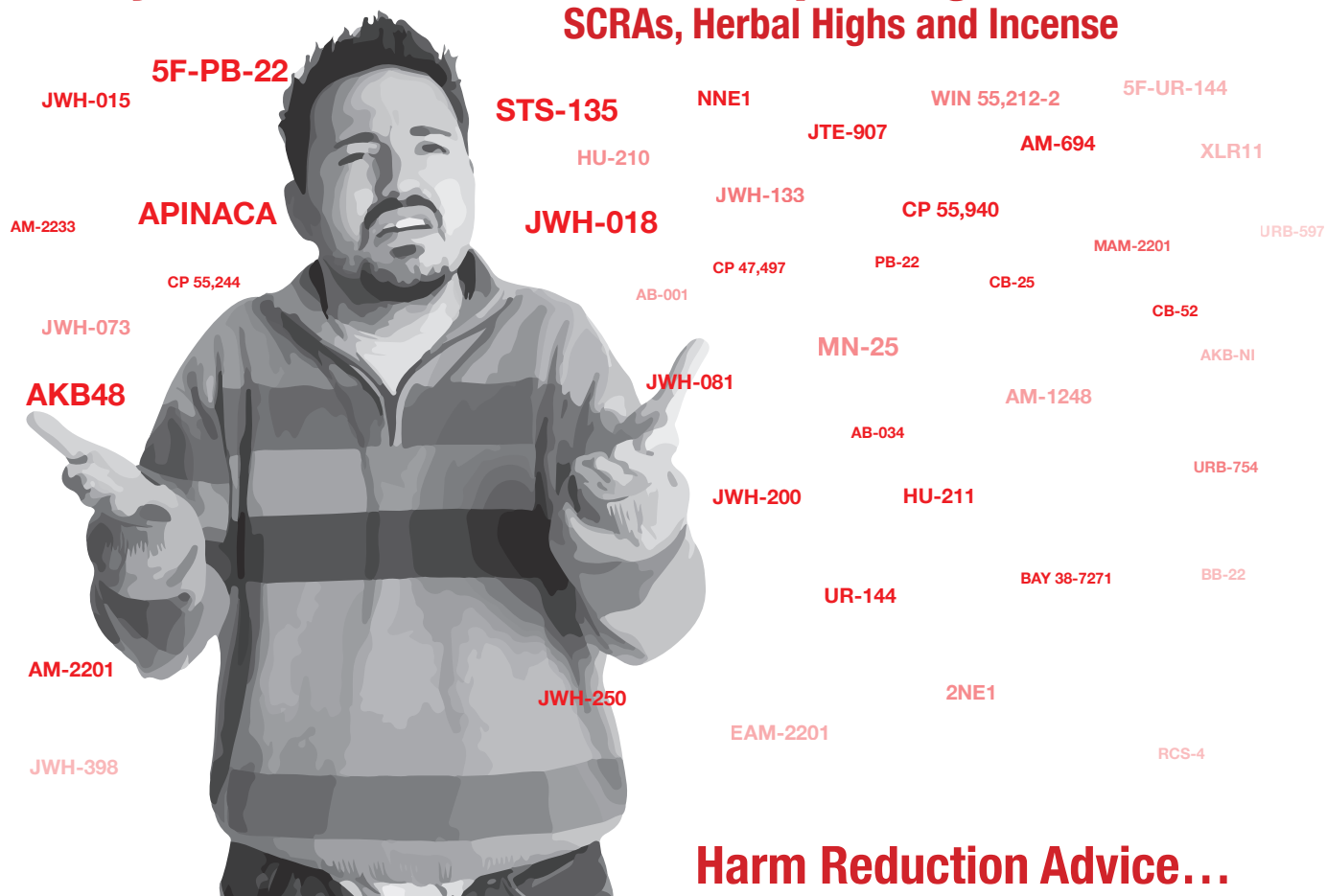


Other Substances Identified Include:

- 5F-PB-22
- 6-Acetylcodeine
- BZP
- di-(phenylisopropyl)amine
- Ephedrine
- Ketamine
- Mescaline
- Methoxetamine
- Methyltestosterone
- Papaverine
- Stanozolol
- STS-135
- Testosterone cypionate
- Trenbolone acetate
- Trenbolone hexahydrobenzylcarbonate
- Vitamin B3

Synthetic Cannabinoid Receptor Agonists

SCRAs, Herbal Highs and Incense



Harm Reduction Advice...

Smoking product; used as an alternative to cannabis. The synthetic cannabinoid receptor agonists are usually sprayed onto a "herbal mixture/blend" of dried plant material.

Reported effects include: Euphoria, Auditory Hallucinations, Visual Hallucinations, Relaxation, Increased Confidence, Enhanced Senses, Increased Libido, Irregular Heartbeat, Nausea, Paranoia, Memory Loss, Insomnia, Depression, Suicidal Ideation, Agitation, Tremor, Anxiety, Confusion, Changes in perception, Chest pain, Palpitations, Dry mouth, and Vomiting.

In lieu of more detailed information only the broadest of harm reduction messages can be offered, including the following:

- Be aware that the description of contents on the package of any compound may bear no resemblance to the actual contents. Although described as "herbal" compounds the actual psychoactive material is typically synthetic, not herbal;
- Although sold on-line and via 'head-shops,' some of the products sold as "legal" may in fact be controlled drugs; often neither the manufacturer nor the retailer are certain as to the identity and legality of the product they are selling;
- **POTENCY IS HUGELY VARIABLE:** start with a very small dose (match-head size or less) and only escalate dose cautiously, giving time for previous doses to wear off;
- Some people report blends containing a mix of different chemicals can have more unpleasant side effects and should only be used with great caution;
- Be **VERY** cautious about using such compounds in bong or pipes: it is harder to regulate intake and easy to take too much;
- Don't get into bouts of competitive use (e.g. in bucket bong etc) as there is a high risk of overdosing;
- If sourcing pure powder synthetic cannabinoids, only use very small doses, calculated using scales and thoroughly mixed in to smoking material;
- Don't use in conjunction with other drugs, especially other forms of cannabis, alcohol or stimulants; There may be a risk of heart problems: you are best off avoiding these compounds if you have an existing heart problem or are using alongside stimulants;
- As synthetic cannabinoids may exacerbate anxiety and paranoia only use in an environment in which you feel safe, with people who you trust. Avoid using if prone to anxiety or have existing mental health problems;
- In the event of panic or anxiety, often treating as for panic attack will help resolve symptoms – sitting down, head down, regular breathing and reassurance. However more serious symptoms, including delusional behaviour or respiratory distress may require medical assistance;
- If you experience a sustained period of fast heart rate, or experience chest pains call an ambulance;
- Use can cause a comedown, development of tolerance, dependence and withdrawal symptoms. If using these compounds, don't use constantly and take breaks from use;
- Don't drive or operate machinery when using these compounds.
(Harm reduction bullet points taken from KFX briefing http://www.kfx.org.uk/drug_facts/drug_facts_images_and_pdfs/synthcanna2013.pdf)
- Make sure you have more days where you don't use, than days where you use.
- Use in a safe environment with trusted company.
- Tell someone you are with what you are taking.

Substances identified by WEDINOS 1st Oct 2013 - 31st Dec 2013

Substance	Category
Agomelatine	Antidepressant
Fluoxetine	Antidepressant
Diethylpropion	Appetite suppressant
Benzocaine	Bulking/Cutting Agent - Local Anaesthetic
Caffeine	Bulking/Cutting Agent
Levamisole	Bulking/Cutting Agent - Immunomodulator
Mannitol	Bulking/Cutting Agent
Noscapine	Bulking/Cutting Agent - Antitussive
Papaverine	Bulking/Cutting Agent - Vasodilator
Paracetamol	Bulking/Cutting Agent - Analgesic
Cannabis	Cannabinoid
Diazepam	Depressant - Benzodiazepine
Dihydrocodeine	Depressant - Opioid Analgesic
Etizolam	Depressant - Benzodiazepine Analogue
Heroin	Depressant
Phenazepam	Depressant - Benzodiazepine
Zolpidem	Depressant - Sedative
N-Ethyl-norketamine	Dissociative Hallucinogenic
Salvinorin A	Dissociative Hallucinogenic
Ketamine	Dissociative psychedelic
Mescaline	Hallucinogenic - Phenethylamine
Mescaline NBOMe	Hallucinogenic
6-Acetylcodeine	Impurity found in illicit drug production
di-(1-phenylisopropyl)amine	Impurity found in illicit drug production
Methoxetamine	Ketamine derivative
Vitamin B3	Niacin - Organic Compound
MDP2P	Precursor
Boldenone	Steroid & Image Enhancing Drug (SIED)
Boldenone undecanoate	SIED
Boldenone undecylenate	SIED
Clenbuterol	SIED
Drostanolone propionate	SIED
Ephedrine	SIED - Stimulant
Mestanolone	SIED
Methandrostenolone	SIED
Methylhexanamine	SIED - Sympathomimetic Drug
Methyltestosterone	SIED
Nandrolone caprylate	SIED
Nandrolone decanoate	SIED
Oxandrolone	SIED
Oxymetholone	SIED
Stanozolol	SIED
Testosterone cypionate	SIED
Testosterone decanoate	SIED
Testosterone enanthate	SIED
Testosterone isobutyrate	SIED
Testosterone isocaproate	SIED
Testosterone phenylpropionate	SIED
Testosterone propionate	SIED
Trenbolone acetate	SIED
Trenbolone enanthate	SIED
Trenbolone hexahydrobenzylcarbonate	SIED
5-Androstenedione	SIED
2,5-Dimethoxy-4-ethylamphetamine	Stimulant - Phenethylamine
2-aminoindane	Stimulant
2C-E	Stimulant - Phenethylamine
5-APB - Stimulant	Stimulant
5-MeO-DALT	Stimulant - Psychedelic Tryptamine
5-MeO-DIPT	Stimulant - Psychedelic Tryptamine
6-APB	Stimulant
alpha-PBP	Stimulant
alpha-PVP	Stimulant
Amphetamine	Stimulant
AMT	Stimulant - Psychedelic Tryptamine
BZP	Stimulant - Piperazine
Cocaine	Stimulant
Diethyltryptamine	Stimulant - Psychedelic Tryptamine
Ecstasy - Stimulant	Stimulant
MDAI	Stimulant
MDPBP	Stimulant
Mephedrone	Stimulant - Cathinone
Methamphetamine	Stimulant
Methiopropamine	Stimulant
Methylone	Stimulant
Nicotine	Stimulant
para-Chloroamphetamine	Stimulant
TFMPP	Stimulant - Piperazine
5F-AKB48	Synthetic Cannabinoid Receptor Agonist (SCRA)
5F-PB-22	SCRA
ADB-PINACA	SCRA
AKB48 APINACA	SCRA
JWH-175	SCRA
STS-135	SCRA
Sodium polyacrylate	Water Lock
Soap	



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