

SORTED

Drug and Alcohol Service

SORTED is Northumberland's substance misuse service for young people.



October 2025

Message from Craig Newbiggin-Team Manager

Welcome to our first newsletter!

Our aim is that this will be a termly update (in line with schools) with what we see locally and nationally in substance misuse to help you support young people in the best way possible.

We will aim to share trends that are being seen with updated resources. If there are additions that you would like to see within the newsletter, please contact Helena so this can be your go to for all things substances.

Highlights & Updates

The Service provides information, advice, treatment and support to young people of Northumberland, who are under the age of 18 (and up to 25 if appropriate), in relation to substances.

'Substances' refers to:

- all legal and illegal drugs
- alcohol
- volatile substances, such as solvents and nitrous oxide
- over the counter and prescription drugs
- Smoking/Vaping

We can support young people to be safer with their use or if they are ready to make changes to reduce

Trends -Ketamine

In England, the number of under-18s entering drug treatment who describe ketamine as one of their problem substances rose from 335 to 917 between 2020-21 and 2023-24, according to the National Drug Treatment Monitoring System.

Young people are using ketamine more often and this is moving away from the club scene and children have recounted how they used it with friends to "chill" in the local parks or at home.

The main worry around ketamine is dependency and urinary/ bladder issues from long term use.

If you want more information, look in the Resources section below for our referral or harm reduction to share with your staff and students.



Upcoming Training

We are continuing to offer our Bitesize substance awareness sessions Via Learning Together

If any teams/services have a particular concern or interest we can also tailor make training sessions to fit your needs.

Spotlight: Stop Smoking/Vaping Service

This year we have rolled out the Stop Smoking/Vaping Service. Our worker Miriam Whadcoat is supporting Northumberland young people to understand the risks and help them make permanent change.

Our new Stop Smoking/Vaping Program is a structured, one-on-one service designed to address these challenges.

It's important that the young person being referred consents to the referral and is in a place where they want to make a positive change to their smoking/vaping use. This could be a goal of reduction, but the ultimate aim should be abstinence.

Resources & Support

Scan to make a
referral



**Contact us: sorted@northumberland.gov.uk
01670 536 400**

Resources:

Sorted padlet:

<https://padlet.com/sorted1/sorted-drug-resources-g6yoi1jvgnee31ek>

Email Helena.swarbrook@northumberland.gov.uk for Substance Awareness Training or group work