Britain's War on Drugs: How is it going?

March 2025

Dr J Yates

@judithyates1

Retired GP Birmingham

Drug related deaths analyst.



## Britain's War on Drugs: What will happen in 2025?

The last three years things have changed:

- Nitazenes in Birmingham and the UK, in pills and increasingly in heroin
- Afghan poppy harvest in 2025?
- The story of Xylazine
- The story of SCRAs (synthetic cannabinoid receptors)
- What will happen next



Two groups are at increased and increasing risk of harm and of death:

- 1. Young people (often teenagers) who buy pills and powders on-line (especially diazepam, Xanax, oxycodone) may now contain nitazenes.
- 2. Older people (20-70) who normally use street heroin. May now contain nitazenes.

Nobody needs to die of opioid overdose if someone is around to give naloxone. (other things can also reduce risk of harm)

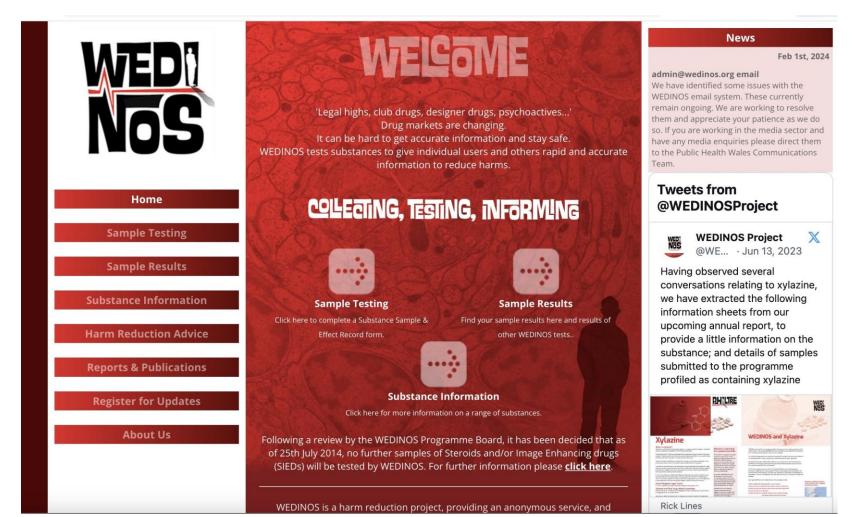
My first introduction to "nitazenes" was 3 years ago, in Birmingham Coroner's Office, in March 2022. Three young men who did not know each other, had died in 2021-22.

- 2 students and a young business man, aged 19, 20 and 27yrs.
- They all separately thought they had bought oxycodone pills.
- They were not people who used heroin. They were not known to drug treatment services.
- Toxicology showed n-pyrrolidino etonitazene. (What is it?)

Date of	Gender		Place of
death	Age	Substances contributing to Cause of death	death
October 2021	M 20	Synthetic opioid (N-pyrrolidino etonitazene) toxicity. Acute ethanolic intoxication. Benzodiazepine (Alprazolam) consumption. Zopiclone consumption.	Home
			1101110
January 2022		N-pyrrolidino etonitazene toxicity cocaine and flualprazolam use.	Home
January 2022	M 19	Combined toxicity of N-pyrrolidino etonitazene and flualprazolam	Home



# WEDINOS Welsh Emerging Drugs and Identification of Novel Substances





## WELSH EMERGING DRUGS AND IDENTIFICATION OF NOVEL SUBSTANCES

#### W024533

Date Received: 07 Mar 2022

Postcode: RG4 -

Purchase Intent: Oxycodone instant release

Package Label: Mallinckrodt M30 pill

Sample Colour: Blue

Sample Form: Tablet

Consumption Method: Array

Self-Reported Effects: Euphoria, Increased Confidence, Visual Hallucinations, Relaxed,

Nausea, Loss of consciousness

Sample Upon Analysis (Major): Etonitazepyne

Sample Upon Analysis (Minor):



Click to Enlarge

## Why are "nitazenes" here now?

- -1950s "nitazenes" :potent synthetic opioids, first discovered and described in scientific papers. Never used as medicines
- -2019: China controlled fentanyl and its precursors.
   Chinese underground chemists experimented with other synthetic opioids and re-discovered nitazenes..
- -2020-2021 First wave of Nitazenes i"new" synthetic opioids first arrived in the UK from China in pills, disguised as Oxycodone or as one of the benzodiazepines.

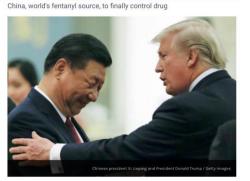
  Contributed to deaths of 3 young people in Birmingham and other teenagers around the UK.
- 2023: Taliban reduced poppy crop by 95%.
- Summer 2023: Second wave of nitazenes in the UK: "Nitazenes" found in "heroin" contributed to at least 38 deaths in Birmingham since June 2023
- -2025: will be worse as heroin becomes scarce and expensive



95% of Europe's illicit heroin comes from Afghanistan. Crop successfully reduced by 95% in 2022-23.

(Photo: Talking drugs)





Charles Fain Lehman

China will finally add fentanyl and its analogs to its list of controlled substances, following a Saturday meeting between Chinese president Xi Jinpi and President Donald Trum

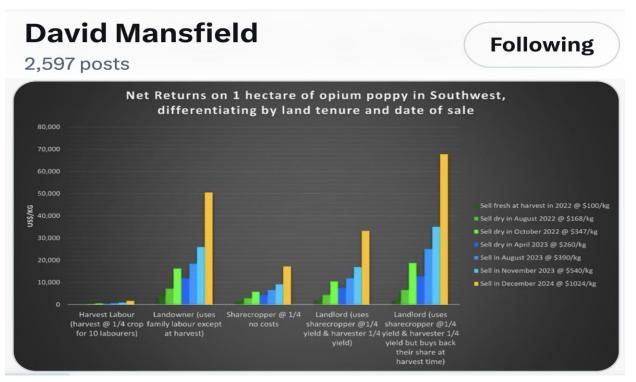
Synthetic opioid fentanyl successfully controlled by China in 2019

## Double whammy: Prohibition of fentanyl in China and prohibition of poppies in Afghanistan:

As poppy harvest had reduced by 95%, farm gate opium prices rose in 2023. The price fell slightly in 2024, because of high levels of opium from the record 2021-22 harvest, held in stock. Heroin still flowed to Europe during 2024. What will happen in 2025?



https://www.alcis.org/blog



**David Mansfield:** "His published work has sought to contextualise drugs as a development issue, and in particular has focused on developing pro-poor approaches to rural livelihoods interventions in illicit drug producing areas."

Hearing the news about the poppies, someone in Birmingham worried their heroin supply chain was threatened and experimentally added nitazene to the heroin sold across the north of the city: A sudden shock to the City.

Inquests found nitazenes contributed to the deaths of 38 young people in Birmingham between June 2023 and early 2024.

Table: Dr J Yates

The people who died had thought they had bought "ordinary" heroin. 32 people died in 2023, and 6 in first part of 2024.

Drugs mentioned as part of cause of death	Total Number of cases = 38	Number of nitazene related deaths per Month: (2024 inquests so far in brackets)
N-desethyl isotonitazene	32	2023: June x4 July x12 Aug x5 Sept x5 Oct x2 Nov x1 Dec x2 (2024: Feb x1)
Protonitazene	3	(2024: Jan x1 Feb x1 May x1)
Metonitazene	4	2023 July x1 Nov x1 Dec x1 (2024: Jan x1)
N-pyrolidino protonitazene	1	(Jan 2024 x1)
with Heroin:	25	In 13 cases, the only opioid found was a nitazene (no heroin)
with Cocaine:	18	
with Xylazine:	11	In 11 cases xylazine was also found as part of the cause of death
with Methadone:	5	Only 5 people were found to have methadone in their system at time of death.



## N-desethyl isotonitazene detected in polydrug users admitted to hospital in Birmingham

19 non-fatal presentations at A/E in Birmingham July-October 2023 (13 were non-fatal overdoses) and one fatality.

Published online: 14 Feb 2024

#### **Methods**

• This is an observational case series of patients with suspected or declared substance use who were admitted to hospitals in the Sandwell and West Birmingham National Health Service Trust between July and October 2023. All patients were found on toxicological screening to have been exposed to N-desethyl isotonitazene

#### **Results**

Twenty presentations involving **19 patients who tested positive for N-desethyl isotonitazene** were included in the study. In 19 presentations, multiple substances were detected on toxicological screening.

The number of patients testing positive for other substances were:

- 19 for cocaine and its main metabolite benzoylecgonine,
- 13 for morphine, 11 for the heroin-specific metabolite 6-monoacetylmorphine,
- 10 for xylazine,
- 8 for gabapentinoids (pregabalin and/or gabapentin),
- 7 for methadone and/or the metabolite, 2-ethylidene-1, 5-dimethyl-3, 3-diphenylpyrrolidine,
- 6 for benzodiazepines and
- 5 for the synthetic cannabinoid MDMB-4en-PINACA.

Since 2023, people who use heroin in the UK are increasingly at risk.

Simeon was living in a shared house in Birmingham, aged 33yrs.

He had bought what he thought was a bag of heroin, not knowing it contained n-desethyl isotonitazene. He shared one "bag" with two friends.

The other two survived, but Simeon died two days later in hospital in October 2023.

His mother believes that if there had been a drug consumption room in Birmingham, with drug checking, Simeon could still be alive today. 95 bbc.co.uk/news/uk-67589364

An inquest will determine the cause of his death, but Ms McAnoy says the coroner told her a nitazene was found in Simeon's system.



Simeon was the second of Jackie's four children

"We will never ever be the same as a family," she said. "For every one of us, something's gone. We are all more isolated. Christmas is coming up and no one wants to celebrate."

She has called for the government to step in. "This is going to become an epidemic and we're going to lose a lot of young people," she warned.

BBC.co.uk

#### Latest "nitazene" information from the WEDINOS site:.

237 examples of "nitazenes" in pills and powders submitted to WEDINOS since 2021.

(2021 = x 2, 2022 = x 23, 2023 = x 73, 2024 = x 179)

Here are the most recent examples:

Table: Dr J Yates. Information from WEDINOS.org

Date	Intended purchase	Ingredients when tested	appearance	Post code	place
28/2/2025	Heroin	Paracetamol, caffeine, heroin, n-desethyletonitazene, etonitazene	Brown powder	PH1	Perth (west of Dundee)
4/2/2025	Xanax	Etonitazepyne (N-pyrrolidino etonitazene)	White powder	S17	Sheffield
30/1/2025	Heroin	Protodesnitazene Protodesnitazene Protodesnitazene	Brown powder	SE17	Southwark, SE London
28/1/2025	Oxycodone ("oxy- protonitazene")	N-pyrrolidino isotonitazene	Blue pill	DH11	Durham
31/12/2024	Bromazolam (Xanax)	Etonitazepyne (N-pyrrolidino etonitazene) Cocaine	Red pill	S17	Sheffield Sheffield
19/12/2024	Protonitazene analoque (t9)	promethazene	White powder	DL16	Spennymoor (south of Durham)
4/12/2024	Heroin	Caffeine, Paracetamol, <mark>Isotonitazene</mark> , xylazine, N-desethyl etonitazene	Brown powder	EH4	Edinburgh
3/12/2024	Heroin	Xylazine, metonitazene, paracetamol, caffeine	Brown solid	NP20	Newport. (Loss of consciousness)
26/11/2024	Diazepam	Bromazolam. Metonitazene	Purple/black pill	BN3	Hove (Nr Worthing)
21/11/2024	Heroin	Xylazine, paracetamol, <mark>metonitazene</mark> , caffeine, bromazolam	Brown solid	NP20	Newport (Loss of consciousness)
19/11/2024	Isotonitazene	Isotonitazepyne (n-pyrrolidino isotonitazene)	Colourless, yellow powder	NE66	Alnwick, Northumberland
14/11/2024	Heroin	Noscapine, caffeine, paracetamol, Heroin, xylazine, metonitazene	Brown powder	CF10	Cardiff

## N-pyrrolidino etonitazene (etonitazepyne) in pills:

caused the first nitazene related deaths in Birmingham in 2021-22. I thought it had disappeared. On WEDINOS, the other 22 samples were in 2021-22 but it has now shockingly reappeared in Sheffield.

Date	Intended purchase	Some of ingredients found	appearance	Post code	place
4/2/2025	Xanax	Etonitazepyne (n-pyrrolidino etonitazene)	White pill	S17	<u>Sheffield</u>
31/12/2024	"Bromazolam (Xanax)"	Etonitazepyne (n-pyrrolidino etonitazene) Cocaine	Red pill	S17	<mark>Sheffield</mark>
No samples of	this particularly pot	ent nitazene between July 2022 a	and December 2024		
7/7/2022	Oxycodone	Etonitazepyne (n-pyrrolidino etonitazene)	White powder	CF23	Cardiff
29/6/2022	Oxycodone (M30)	Etonitazepyne (n-pyrrolidino etonitazene)	White/blue pill	NW69	brent
24/6/2022	Oxycodone	Etonitazepyne (n-pyrrolidino etonitazene)	Blue pill	M19	Stockport
20/6/2022	Oxycodone	Etonitazepyne (n-pyrrolidino etonitazene)	Blue pill	BS23	Weston-super-mare
7/6/2022	Ocycodone	Etonitazepyne (n-pyrrolidino etonitazene)	Blue pill	M1	manchester
7/6/2022	Oxycodone	Etonitazepyne (n-pyrrolidino etonitazene)	Blue pill	M1	Manchester
26/5/2022	Oxycodone (M30)	Etonitazepyne (n-pyrrolidino etonitazene)	Blue pill	EH55	Nr Edinburgh
23/5/2022	Oxycodone (M30)	Etonitazepyne (n-pyrrolidino etonitazene)	Blue pill	NG5	Nottingham
26/4/2022	Oxycodone	Etonitazepyne (n-pyrrolidino etonitazene)	Purple/blue pill	BS10	Bristol

Xylazine arrived in the UK in 2023, mainly in "heroin" samples.

## Xylazine is not an opioid

Created in 1962, it is a quick acting animal anaesthetic

(it also causes vaso-constriction so slow wound healing.)

## Xylazine is new to the UK drug market since 2022. Only 18 samples found by WEDINOS during whole of 2023 (table Dr J Yates. Information from WEDINOS.org website)

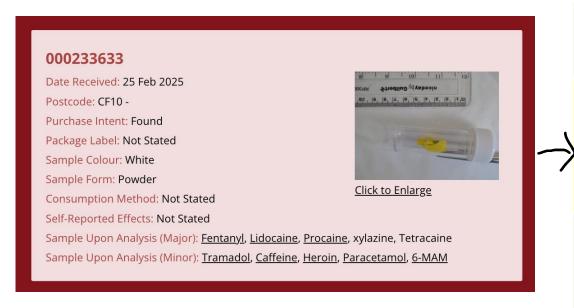
date	Intention	Some of the ingredients found	Appearance	Postcod e	Place
12/12/23	Heroin	Xylazine, paracetamol, metonitazene, isotonitazene	Brown powder	CF47	"loss of consciousness" Merthyr Tydfil
1/12/23	Street diamorphine	Xylazine, paracetamol, caffeine, metonitazene, isotonitazene, heroin, bromazolam, nitrazolam,	Pink, brown powder	SE26	Lewisham (London)
20/11/23	Heroin	Heroin, xylazine, paracetamol,	Brown powder	EH16	"Loss of consciousness" Edinburgh
27/10/23	Tramadol	Xylazine, paracetamol	White pill	CH5	Near Chester
22/9/23	Heroin	Xylazine, Paracetamol, Caffeine, Heroin, metonitazene, protonitazene, bromazolam, morphine, nitrazolam	Green, brown powder	TD1	Galashiels (South of Edinburgh)
18/9/23	Codeine	Xylazine	White pill	BA13	Westbury (near Bath)
11/9/23	Codeine	Xylazine	White pill	HD1	Huddersfield
23/8/2023	Codeine Phosphate	Xylazine	White pill	B7	Birmingham
10/8/2023	Codeine Phosphate	Xylazine Dipentylone	White pill	KT13	Weybridge
8/8/2023	Codeine	Xylazine	White pill	TN22	Uckfield
18/5/2023	Codeine	Xylazine	White pill	BN23	Eastbourne
18/5/2023	tramadol	Xylazine paracetamol	White pill	BH12	Bournemouth
23/4/2023	Codeine	Xylazine	White pill	BH12	Bournemouth
7/2/2023	Codeine	Xylazine	White pill	UB10	Uxbridge
7/2/2023	Diazepam	Xylazine Bromazolam	Blue pill	NP20	Newport
3/2/2023	Diazepam	Xylazine Bromazolam	Blue pill	NP11	Newport
2/2/2023	Diazepam	Xylazine Bromazolam	Blue pill	CF10	Cardiff

## The most recent examples of Xylazine found by WEDINOS. 46 examples in 2024, 18 in 2023, 5 in 2022

Date	Intended purchase	Some of ingredients found	appearance	Post code	place
25/2/2025	found	Fentanyl, xylazine, tramadol, caffeine, heroin, paracetamol	White powder	CF10	Cardiff
4/12/2024	Heroin	Caffeine, paracetamol, isotonitazene, xylazine, n-desethyl etonitazene	Brown powder	EH4	Edinburgh
3/12/2024	Heroin	Xylazine, Metonitazene, paracetamol, caffeine	Brown solid	NP20	Newport
21/11/2024	Heroin	Xylazine, paracetamol, caffeine, metonitazene, Bromazolam	Brown solid	NP20	Newport
14/11/2024	Heroin	Caffeine, paracetamol, Heroin, xylazine, metonitazene	Brown powder	CF10	Cardiff
20/11/2024	heroin	Xylazine, paracetamol, metonitazene	Brown powder	NP10	Newport
12/11/2024	Heroin	Xylazine, paracetamol, caffeine, Metonitazene	White powder	SA1	Swansea
5/10/2024	Heroin	Heroin, Paracetamol, Caffeine, xylazine	Brown powder	B56	Birmingham
1/10/2024	Heroin	Xylazine, Heroin, Metonitazene	Brown powder	EH55	Between Edinburgh and Glasgow
20/8/2024	Heroin	Xylazine, Paracetamol, Caffeine, Heroin, metonitazene, Bromazolam	Brown powder	B9 LL	"Loss of consciousness" Birmingham? (post code not correct?)

Table by Dr J Yates. Information from WEDINOS.org

# Illicit Fentanyl is still very rarely seen in the UK. There are only 4 examples on WEDINOS since 2019, but: one very concerning example was sent from Cardiff on 25/2/2025:



Date	Intended purchase	Ingredients when tested	appeara nce	Post code	place
25/2/2025	Found	Fentanyl Lidocaine Xylazine Tramadol Heroin Caffeine Paracetamol	White powder	CF10	Cardiff
23/9/2024	Heroin	Heroin, caffeine, paracetamol. Fentanyl	Brown powder	SG1	Stevenage (east of Luton)
14/5/2021	Fentanyl	Fentanyl	Colourle ss patch	HR3	Hereford
19/6/2019	China White Heroin	Fentanyl	White granules	HR3	Hereford

Screen shot from WEDINOS.org
Table: Dr J Yates. Information from WEDINOS.org

# SCRAs: ("mamba"/"spice") (synthetic cannabinoid receptor agonists)

Nothing to do with cannabis

"The exact number of synthetic cannabinoids discovered is difficult to pinpoint due to the continuous emergence of new compounds. However, based on available data:

- European Monitoring Centre for Drugs and Drug Addiction (EMCDDA = EUDA):

  Currently monitors 247 synthetic cannabinoids (as of June 2024), making them the largest group of new psychoactive substances in Europe.
- United Nations Office on Drugs and Crime (UNODC): Has reported around 280 synthetic cannabinoids worldwide."

(quote from Gemini AI)

Greater Manchester Drug Early Warning System. 12th July 2023

## WARNING

#### Synthetic cannabinoids ('Spice') vapes

There have been several recent incidents in a school in the Oldham area that have led to pupils collapsing after vaping a liquid. It is thought this liquid may have been sold as 'THC or 'cannabis oil'.

Four samples involved in incidents were tested and found to contain a synthetic cannabinoid called ADB-BUTINACA. This is one of the laboratory made chemicals found in 'Spice'. It is extremely dangerous for a young person with no tolerance to inhale even a single dose of a potent synthetic cannabinoid.









All four samples contained commercially produced flavoured e-liquid into which a synthetic cannabinoid had been added. Synthetic cannabinoids are the laboratory-made chemicals found in 'Spice'. It is thought the blue liquid (fig1) in the bottle was the same substance added to the commercially available refillable nicotine vapes (fig 2 and fig 3). A further commercially available refillable nicotine vape contained a honey coloured e-liquid, to which the same synthetic cannabinoid had been added (fig 4).

Synthetic cannabinoid (Spice) is rarely used outside of adult populations in prisons and among homeless populations. Spice has a very negative image among young people. It is therefore likely that the substance was mis-sold as THC or cannabis vape oil. In the past few years a number of similar incidents have been reported in Greater Manchester.

Reports of students becoming unwell after vaping are common. However, this is normally thought a result of vaping too much nicotine. It is highly unlikely that non-refillable/disposable nicotine vapes or other commercially available nicotine liquid has been spiked with 'Spice' (or THC), but is purchased/used in the belief it was a THC/ vape rather than a nicotine one.

## SCRAs - "Mamba" "Spice" are now increasingly found in "THC" vapes.

(synthetic cannabinoid receptor agonists)

Previously SCRAs mainly smoked by rough sleepers and people in hostels or prisons.

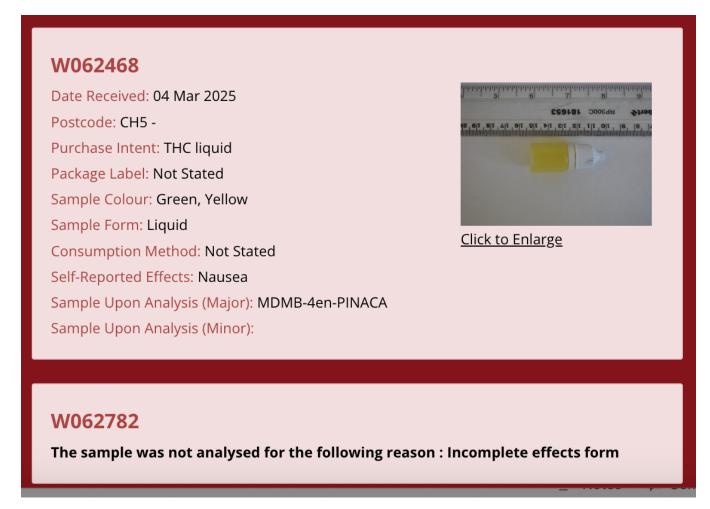
SCRAs were found to be main cause of death for 34 people in Birmingham since 2016: sudden death with seizure and/or cardiac arrythmias.

However since 2023, frequently found in vape liquids bought by teenagers and young people, where purchase intent was THC.

# Cause of death at inquest in Birmingham March 2023:

Date of death Age	Cause of death at inquest		
March 2023  Man aged 34	1a synthetic cannabinoid (MDMB-4en-PINACA) and cocaine toxicity	Construction worker. Found at friend's house in Birmingham. The synthetic cannabinoid and cocaine in combination led to death.	Not a "mamba" smoker. Mis-sold "THC" vape?

## March 2025: "THC" vape found by WEDINOS to contain only MDMB-4en-PINACA. Sent from Deeside (west of Chester)



(screen shot from WEDINOS.org)

## A quick audit of THC vapes tested by WEDINOS: January-March 2025

Almost 60% of Vapes bought as "THC", contained no THC.

48% contained only synthetic cannabinoids. (SCRAs)

## THC" Vapes tested by WEDINOS since January 2025 = 46

Contained THC	19	
Contained Nicotine	3	
Contained nothing	2	
Contained a synthetic	22:	MDMB-4en-PINACA = 17
cannabinoid		ADB-BUTINACA =3
		5-ADB = 1
		MDMB4en-PINACA + MDMB-Butinaca = 1



## Do the Police know what is happening to street heroin in UK? In 2023-24, Cocaine seizures were up 52%; Heroin seizures were down 54%!

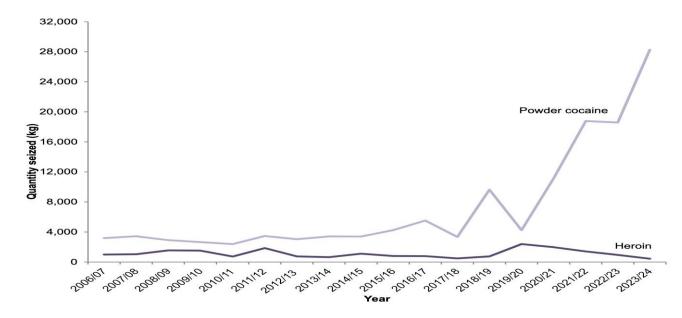
Police Seizures of drugs in England and Wales in the year ending March 2024:

Powder cocaine: 28.27 tonnes of powder cocaine was seized by police forces and Border Force; representing a **52% increase** compared to the previous year. This is the largest recorded quantity of cocaine since the time series began in **1973**.

Heroin: the total quantity of heroin seized decreased by 54%, from 950kg to 441kg, compared to the previous year. This is the lowest

quantity of heroin seized since 1989

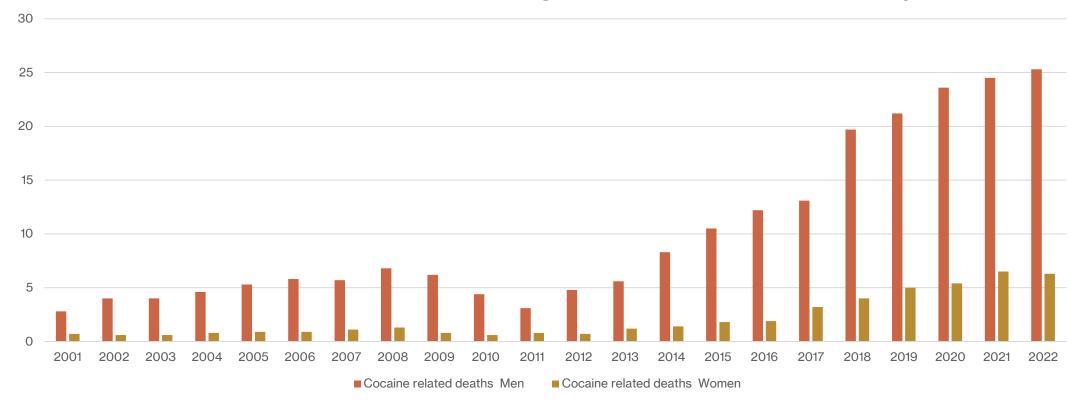
Figure 5: Quantity of powder cocaine and heroin seized by police forces and Border Force, years ending March 2007 to March 2024



Source: Home Office, Summary Table 2.

# Cocaine related deaths have risen in England and Wales for 11<sup>th</sup> consecutive year

Cocaine related deaths have risen in England and Wales for 11<sup>th</sup> consecutive year:



ONS: Age-standardised mortality rates per million people

https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/deathsrelatedtodrugpoisoninginenglandandwales/2023registrations

### Break-in report leads police to cannabis grow

Published: 11:00 10/04/2024



Police discovered a cannabis grow after being alerted to a break-in at a house.

Officers were called to Manston Mews, Radford, shortly before 5.45am on Tuesday (9 April) when up to six suspects were seen attempting to gain access to a proper

### **Basildon: Officers uncover** more than 500 cannabis plants

Published: 13:14 08/03/2024



## **April 2024**

Germany from April 1st 2024, everybody can grow 3 cannabis plants each. Also Switzerland plans adult use cannabis by 2026 Meanwhile in the UK.....

co.uk/news/24122205.bury-cannabis-farm-found-police-raid-along-gardener/

Bury: Cannabis farm was found after police raid along with 'gardener'









A "considerable and significant" cannabis farm was discovered after a police raid at a house in which a "gardener" was also found.

March 2024

### Feb 2024

Cannabis farm worth £360,000 uncovered by police in Shifnal three arrested

shropshirestar.com/news/local-hubs/telford/shifnal/2024/04/11/police-find-cannabis-farm-worth-360k-in-shifna

Police have found a cannabis farm with more than £360,000 of plants seized during the raid.

By Dominic Robertson Published Apr 11 Last updated Apr 11



April 2024

Officers seize 117 plants from cannabis farm following Bury warrant

gmp.police.uk/news/greater-manchester/news/news/2024/march/officers-seize-117-plants-from-cannab



Ads by God

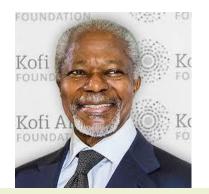
Why this ad







March 2024



Kofi Annan "I believe that drugs have destroyed many lives, but wrong government policies have destroyed many more."

Secretary General of the UN, 1997-2006



I have come to agree with Kofi Annan and with Lord Charlie Falconer: that prohibition has always led to more dangerous drugs.

Nitazenes are here in response to prohibition

Synthetic Cannabinoid Receptor Agonists (SCRAs, Spice, mamba), now also seen in "THC vapes" are here as response to prohibition.

Xylazine is now seen mixed with heroin as a response to prohibition

"legalise and regulate the supply of drugs – including cocaine and heroin - to undermine gangsters who are killing thousands every year" Lord Charlie Falconer, Labour Party Conference side event, 2018. (Shadow Attorney General 2020-2021)



## TRANSFORM'S 5 MODELS OF REGULATION.



Doctor.

Medical prescriptions
– for registered users
of drugs such as
injectable heroin



Specialist Pharmacists.

Sales to registered adult users – for drugs such as amphetamine, powder cocaine and MDMA



Licensed Retailers.

Sales to adult users for drugs such as cannabis



Licensed Premises.

Sale and consumption for adult users – similar to Dutch 'coffee shops' – for drugs such as cannabis



Unlicensed Premises.

Sale of lower-risk products such as caffeinated drinks and coca tea

https://transformdrugs.org/publications/after-thewar-on-drugs-blueprint-for-regulation



## What will happen in 2025?

We are unlikely to end our War on Drugs this year.

Heroin will become scarce and expensive.

Nitazenes are an ncreasing threat to 2 groups:

- 1. Young people (often teenagers) who buy pills and powders on-line (especially diazepam, Xanax, oxycodone)
- 2. Older people (20-70) who normally use heroin

#### We Need:

- Drug checking. Toxicology. More real time information
- Naloxone (including people who go to clubs or pubs where people might take pills)
- "Safe supply" (increase all forms of prescribing: OST including heroin assisted treatment. Also benzos for those who have become dependent)
- "Drug consumption rooms" especially attached to needle syringe programmes, where people who have nowhere safe or hygienic to inject their drugs can come inside and get whatever help they need.
- High Tolerance Housing: Somewhere safe for people who use drugs to live without fear of eviction.

Let's end the "war on drugs" and the war on people who take drugs

Stop doing things which don't work

Stop causing harm

Thank you
Dr Judith Yates
@judithyates1
March 2025

