

Social Service Department 2024 - 2026

Rhona Theodore

Social Service aims to promote the welfare of others.

"The Social Services Department reaches out to the community and individuals who are neglected, suffering or in need, without any prejudice of race, religion, age or gender by sharing the love of Jesus Christ through giving our love and support".

WWCTU

We all breathed a sigh of relief with the end of "COVID" but in its wake, people who were living alone are still finding it difficult to resume their activities. They have lost the urge to leave their homes and are finding it difficult to pick up the threads of friendship.

What we can do:

Make a list of names (friends) and phone, visit, take them out (especially if they do not drive). Would they like a lift to church? Do they need help to visit the doctor? Groceries? Or just to sit with them and watch TV!

(tip: don't wait for them to contact us)

Prior to working with children and adults, we need to be aware of the 'why' people take drugs in the first place. Everyone knows that drugs are dangerous and a difficult habit to break... but everyone THINKS that they are different, and it won't affect them. People turn to drugs and alcohol for a multitude of reasons; understanding these motives may be what it takes to help someone overcome addiction:

- To fit in
- To escape or relax
- To relieve boredom
- To seem grown up
- To rebel
- To experiment
- and please add to this list as needed for each area/country.

They think drugs are a solution. But eventually, the drugs become the problem. Difficult as it may be to face one's problems, the consequences of drug use are always worse than the problem one is trying to solve with them. The real answer is to get the facts and not to take drugs in the first place.

But let's start from the beginning: in a Newsletter FARE: Foundation for Alcohol Research & Education, states *"It is not just the nine months of pregnancy that should be alcohol-free: prior to conceiving, while trying to conceive, while pregnant, while breast feeding it is safest not to drink alcohol. Ensuring breastmilk remains alcohol-free is crucial for infants, as their developing brains are more susceptible to the effects of alcohol harm than adults."*

Social Service Department 2024 - 2026 Rhona Theodore

In Victoria, Australia, our Drug Education in schools continue to be well received. It is important and one way to try to educate and influence young people. In addition to the range of excellent information leaflets, that we have used in over the 25+ years, we introduced games for students based on snakes and ladders called 'vapes and ladders' and 'smokes and ladders', which have proved very popular with the staff and students in schools visited. Vaping is very harmful, and I have attached a leaflet, (prepared by Anne Bergen) about it which you can download and adapt for your needs. The Australian Government is trying to enforce a new ban on the sale and importation of vapes.

Let us be vigilant to promote and protect our Christian values in our homes and communities. Other issues we might include as we work to promote the welfare of others include moral issues, family violence, and gambling. At the local level, let us work to strengthen and develop work in the local branches and to take good care of the members and continue membership recruitment.

Merciful God, You hold heaven and earth in a single peace. Have mercy on those who suffer in this world because of war, civil strife, persecution, and poverty. We particularly pray for the peoples of the Holy Land, Palestinians and Israelis. We pray for every land with its own special needs.



"Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to HIM be the glory in the church and in Christ Jesus to all generations forever and ever Amen." Ephesians 3:20-21

Let's resolve to make 2024 a year of building trust and hope in all that we can accomplish together. – Antonio Guterres, in his message for the New Year. Antonio Guterres is Secretary-General. United Nations.

Is it better to vape than to smoke cigarettes?

Vaping was originally promoted as a harmless way for people to stop smoking harmful cigarettes. However, vaping is also dangerous and most vapes contain addictive nicotine like cigarettes do. A report by Australian National University found that, of current smokers:

- 53% still smoke cigarettes
- About 35.5% have previously smoked
- 15.5% have never smoked.
- Young people are 7 times more likely to take up smoking if they Vape

Is Vaping Legal in Australia?

In Australia it is illegal for anyone to buy vapes that contain nicotine without a doctor's prescription. **It is illegal to sell vapes to anyone under 18.** However, labelling on vapes is often incomplete and often doesn't include the nicotine which is present. It appears to be easy for people, even children, to obtain vapes containing nicotine. The Australian Government is currently aware of this.

Second-hand vaping

The steam emitted from vapes is not just water vapour. It contains harmful chemicals that were in the vapes, especially carcinogenic (cancer causing) substances like formaldehyde that people nearby inhale.

Some of these harmful substances stick to clothing and in bathrooms.



Phone: 03 9791 8490

Email: wctaustralia@gmail.com

Website: www.wctu.com.au

VAPING

A vape is an e-cigarette, a vaping machine that consists of a battery, atomizer and e-liquid and, when used, produces vapour (not just water vapour) instead of smoke. Each vape pod is the equivalent of about 22 cigarettes.



Vaping is harmful. Vapes produce ultra-fine particles and contain 100s of ingredients including usually nicotine, benzene (found in car exhausts), formaldehyde (used to store animal specimens), and metals like nickel, tin, and lead, as well as sometimes marijuana, cocaine, opioids, psychedelics, and amphetamines. Manufacturers (often cigarette manufacturers) aim to attract teenage users by adding enticing fruity flavours to make teens think that they are harmless or even good for them. In fact, studies in 2016 and 2018 found that more than 50 of these flavourings have ingredients that are irritating to the throat and lungs.

Because vaping is relatively new, it is too soon to know all the harm that it will do. It will take many years before its effect on e.g. cancer, will be clear.

VAPING AND THE HUMAN BODY

Effects on lungs

Studies show that vaping irritates lungs. **E-VALI** (e-cigarette and vaping acquired lung injury) is now a recognised medical problem caused by smoking vapes containing nicotine.

Studies suggest that even nicotine-free vaping can irritate the respiratory system, cause cell death, trigger inflammation and harm blood vessels.

In 2019, research through multiple studies by Johns Hopkins Medicine reported a link between e-cigarettes and increased odds for developing asthma and chronic obstructive pulmonary disease. January 21, 2020, the CDC (Centre for Disease Control) had confirmed that vaping was associated with 60 deaths in the United States and more than 1000 cases of E-VALI. The symptoms of the lung disease resulting from vaping include coughing, shortness of breath, chest pain, nausea, vomiting, diarrhea, fatigue, and stomach pain.

Daniel, 17, in USA, had been vaping several times a day and developed severe lung problems as a result. He required a complete lung transplant to save his life.

Poisoning, seizures, and burns also occur with vaping.

Effect on the brain

The brain continues to change and pathways develop until a person is in their mid-20s. Nicotine is very addictive, and nicotine use during adolescence can change the structure and function of the brain. It affects the developing attention, learning, memory, mood, impulse control, and mental health. The habit of puffing on a vape develops, becoming an addiction.

Effect on the mouth: Vaping can increase the risk of tooth cavities and gum disease.

Effect on the heart

Some studies have shown that taking a puff of a nicotine e-cigarette can cause an immediate increase in heart rate and blood pressure. Different studies in 2017, 2018 and 2019 found that vaping did increase a person's risk of heart disease.

