We The Undersigned- 2019 Survey: comments and findings

WTU Case Study Survey
689 responses

Gender:
689 responses

- Female: 58.2%
- Male: 41.2%

Ethnicity:
689 responses

- White: 90.1%
- Mixed/Multiple ethnic groups
- Asian/Asian British
- Black/ African/Caribbean/Black British
- Prefer not to say
- Human
- Irish
- Human
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**County:**
- 684 responses

- Kent
- Bristol
- Cornwall
- Devon
- Norfolk
- Essex
- Surrey
- Hampshire

**Employment Status:**
- 689 responses

- Employed full time: 182 (26.4%)
- Employed part time: 85 (12.4%)
- Self employed: 164 (22.1%)
- Retired: 90 (13.2%)
- Unemployed: 186 (27.1%)
- Student: 32 (4.6%)
### Employment History

- Carer
- Chef
- N/A
- Electrician
- None
- Various
- Coach driver
- Photographer
- Professional
- Self employed
- Employed
- Director
- Education
- Secretary
- Factory worker
- Working
- Childcare
- Construction
- Employed
- security
- Driver
- Senior Care Officer
- Plasterer
- Engineering
- carpenter
- Artist
- Mechanic
- none
- Retail
- Domestic
- Carer
- Manager
- Electrician
- No
- Vehicle technician
- Social worker
- Always worked
- Yes
- 30 years in IT currently a director of an IT company
- Senior management. Self employed. Parent.
- 3 years volunteer youth worker, 5 years kitchen porter/chef
- Retail sales
- Arborist
- Prefer not to say
- Lorry driver
- Administration
- School bus driver
- Self Employed since school in 96'
- Fine finisher and French polisher.
- Shop owner/retail
- Health care assistant 9 yrs, retail 1 yr
- NHS
- Employed since leaving college in 2011 Specialist spinal care assistant currently
- Social worker before medical retirement
- Bilingual
- Writer/Proofreader/Editor/Translator and Writing Tutor Writer for advertising agencies Strategic writer/planner/supervisor for advertising agencies Owner of Direct Marketing Consultancy in Puerto Rico Senior Marketing, PR and Events Planner Marketing Director Counselor after finishing my third BA in Psychology
- Had many business and also worked as a support worker now training to be a counsellor
- Self employed various
Post-graduating: 2008 - 2010 - Customer Care Adviser at United Utilities 2010 - 2014 - Case Owner for Customer Relations at United Utilities 2015 - 2017 - Active and non-active Laundry worker at Sellafield 2018 to present - Director at Lakeland CBD

Manufacturing Industry - Operations Manager

I have a very varied and illustrious career, everything from HGV driver to plumber

I have been gainfully employed from the age of 15. Changed career and retrained at 28 and now work in the TV industry.

Good

Houseparent Chef DJ

Warehouse worker, Life guard, Youth Worker, Youth trainer, youth services adviser, outreach worker, drug education teacher, arrest referral agent, Government think tank adviser (demos-Labour- David Blunket/Hilary Armstrong.)

mother

Trained as nurse 1982 and worked in nursing till 1999. Taught in further and higher education, health and social care and public services. Retired from society in general 2004 went on the road and home educated my then 5 year old son for 10 years. Still living the unconventional life working self employed at whatever is required especially in the alternative/natural energies

Varied in Horticulture and Teacher

Teaching assistant

ruined by being criminalised for cannabis

Long term sickness

Landscape gardener, building site foreman, forklift operator, pharmaceutical manufacturing (aseptic clean room operator), Tattoo studio manager, Carer.

Fully employed

Financial Services eg Stock Broke( admin )

1998-2002 worked at holiday sight from age 11/12 with a trekking center. 2002-2004 had a horses also helped with other people ie grooming mucking and turning out. 2007-2011 started off as a genital assistant in hotel then chefed for 2 years. 2011-2012 worked as second chef in golf club and bar 2012-2016 Started as chef in a carer home also did relief care then full time care Then 2 years in a nursing home 3 years working for 1 client in her home I still work there

worked for british bakeries from the age of 16 to 28 Run family Business from 29 to now

Medical secretary / nail therapist

plumbing heating engineer

Iv always worked since i left school until 7 year ago when i took a year out to put my self back into collage to gain new qualification in order to change my trade. For 9 years i built up a successful career as a tree surgeon. Since going to collage im now a motorcycle mechanic and have worked my ways up and continue to progress in the industry.

Health care assistant/retail advisor

British Army

Clinical Laboratory Manager 40+ years

Sundry manual jobs; ordained Priest in the Chuch of England 1980

IT Technical Support

IT / Gardening

Chef/restaurant owner

Catering
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- Last job was as a student support worker for teenagers and young adults with additional needs of all kinds
- Civil Servant 37 yrs.
- Hgv Driver
- Horticulture assistant
- Telecommunications consultant team leader Au pair Nursing auxillary Nursery nurse Delivery driver Telesales operator Cleaner Packer In a bar I can't remember them all sorry fibromyalgia clouds
- On ESA due to health
- N/a
- I’ve had gaps of employment due to illness, but full time for the past 4 years
- Dr of Sociology
- Civil Sevice 30 years
- Stonegate (slug and lettuce)
- Graphic Design, Web Design
- Qualified coastal skipper, been stay home mom for 12 years.
Do you think the UK Government is actively denying its citizens their human rights by denying them lawful access to cannabis?

- Other countries have opened up to the facts that cannabis heals/helps with a multitude of conditions yet our government still push big pharmaceuticals
- Too much potential for big business
- I have no interest in remaining alive. Literally none. Cannabis is the single product capable of giving me a relatively normal life. It forces me to interact, even minimally with society and other people in general. No access to cannabis equals me committing suicide in fairly short order. The death penalty was abolished in the U.K decades ago therefore how can a government legitimately deny me access to a natural plant when said denial of access/right to grow results in my death?
- People should have the right to chose what they do with their bodies as long as it doesn’t bring harm to others. I don’t need or want the government to essentially step into my life and tell me what to do at such a private and personal level. Not only do I believe it’s wrong for them to do so, but I also doubt their intentions for doing so as they don’t follow the relevant science for cannabis.
- It’s against the law and classed as a class B drug. It should be made widely available for medical use
- Herbs should be free for all to use.
- I think it’s appalling that there should be any laws against cannabis
- I believe anyone over the age of 18 should have the right to choose whichever substance they wish to use. Whether it’s a creative tool, medicine or just to relax after a tough day.
- I think it’s unfair that certain positions can grow it but we the general public cannot
- By stopping us using a safe medicinal plant that has been used by humanity for tens of thousands of years all for reasons which really have nothing to do with safety or crime prevention.
- UK is biggest grower and yet people have VERY limited access.
- Tobacco & alcohol are much more dangerous. The law is outdated and needs changing now we have the evidence on cannabis.
- We know the NOw have licences to grow cannabis all the while denying its medicinal worth they sell high thc cannabis to the states for medicinal use... Maybe it’s the air in America? Makes what is just a useless weed in the UK a medicine once hitting the shores of the free.
- The problem is that of all plant life available this is the only one that they have prohibited for their own needs and now are profiting hugely from at the expense of all life on this planet. From a herbal point of view it is even more senseless to demonise this plant as dangerous when it is the most inoffensive and biodiverse plant that has no harmful side effects. It still amazes me that one can buy aconite from garden centres and the like without a health warning when it is such a deadly plant.
- I’m a responsible adult with some metal issues that are kept in control through the use of cannabis. 20 years alcohol free and haven’t been a danger to the public in those 20 years and that is all thanks to cannabis. It’s saved the government a fortune not having to clear up after my drunken antics!
- How can a government actively grow and export medical cannabis and not freely give it to the citizen’s who employ them or allow the citizen’s to freely grow and self medicate
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- I use it for medicinal purposes as prescription meds exasperate symptoms from varied chronic illnesses, cannabis helps ease the daily pain and the stress
- It’s a human right to medication. If it’s classed as medication and distributed in one country, I fail to understand how it’s safe for that country but not our own
- I am ill and it helps my symptoms
- The basis for the prohibition of cannabis here in the UK is fraudulent at best and evil at worst. It is hypocritical, nonsensical, and entirely in conflict with science and fact. There is absolutely no true and universal basis for maintaining anything related to cannabis illegal and this prohibition is simply a modern construct against public interest, health and wellbeing, fuelled by bias, greed and bigotry. Denying one’s chosen pursuit of health, wellbeing and happiness, with the caveat that it’s not causing harm to others, is indeed a violation of our universal human rights.
- I believe that all drugs should at least be decriminalised. I do not think that anybody has the right to tell me what to consume. I work hard pay my taxes contribute to society in a positive way. How I choose to relax or medicate myself is my business
- 100% and they are doing it to protect their own interests. British Sugar, Big Pharma etc. 
- It’s a plant
- There is big money mrs may want to get
- I’m so sick of taking pills that have bad side effects and don’t work anyway. I use cannabis to relieve my pain and anxiety, it’s the only thing that helps me.
- For years the Government have told us cannabis is 'dangerous'. We now learn that this is a lie. Many other countries are legalising and not encountering the problems our Government forecast. It is our right to choose our medicine and ways for recreation if it hurts no one else. The Government disregards the advice of its experts and continues to persecute us. A denial of our human rights.
- Absolutely. Leaving it in the hands of the black market is the only element of the entire culture of cannabis that is dangerous. And I’m not even talking about the quality of the products, I’m talking about the criminal aspect associated with it. It should be my right as a human being to choose to grow a plant that helps me in literally every aspect of my life and has done for more than half of my life to date. Even if the UK Government is not prepared to legalise and regulate it and make it available to purchase, the fact that cultivation and possession is illegal is denying us our basic human right of being healthy and well.
- I believe cannabis is being denied legalisation due to the knock on affect it would have on opioid medications. Cannabis is a natural plant and is safer than nicotine or alcohol
- Simply put they are the Criminal’s NOT I although I was convicted as such
- All humans have the right to self-determination, freedom of consciousness, expression of identity, to pursue peaceful beliefs & practises and have the right to a private and dignified life. The political policy of cannabis prohibition denies these fundamental, inalienable human rights, upon the false premise that criminalisation is necessary for protecting people from the potential harms of cannabis.
- Our bodies are designed to consume cannibas that is why we have a endocabbinol system.
- We have cannabis receptors, we are cannabis we have the right.
- Due to the fact as a human being I have an Endocannabinoid system. The endocannabinoid's in cannabis are fundamental to my endocannabinoid system to function fully to maintain homeostasis within my body's regulatory system. to deny me this is a basic denial of my body's basic need for good health. so it is my Human right to consume cannabis for my body to get the correct endocannabinoid's into my system.
I believe consecutive governments have conspired to deny us the use of cannabis for a number of reasons, depopulation being the most worrying. This is certainly a violation of our human rights.

It's obvious from the reintegration of cannabis in the USA and Canada to name a few, that cannabis isn't that big of an issue. It's the government's attitude towards cannabis. If I had the chance to legally use cannabis instead of alcohol, I would do so. It causes me great anger and frustration that our (UK) future, is decided by a group of people that have no interest in the benefits of cannabis, by benefits I also mean the natural wonder of growing it, it looks like a very interesting plant to grow (from what I have seen on YouTube)

Complete conspiracy against all life on the planet until they can profit from a simple plant whilst allowing everything to slowly die from deficiencies.

If looking at the Universal Declaration on Human Rights Apart from the Nutritional and therefore health I believe covered by article 8, article 7 Everyone is equal under the law I should therefore have the right to grow cannabis if families of MPs can, article 12 for my rights of privacy and article 18 as I am a Cantheist, which is a cannabis based religion

Cannabis is medicine. A natural source of medicine that everyone should have the right to grow and consume. It is far less harmful than opioids...and even alcohol or tobacco.

It's unfair that some mps profit from legal cannabis

In the same way my body has opioid receptors I also have an endocannabioid system. I can access legal opioids to manage pain, "medication" that worldwide has caused far more deaths and addiction than cannabis. But my autonomous decision to use cannabis to manage the same pain and regulate my mental health comes with the risk of prosecution but not the same risk to my health.

I use cannabis as medication to ease pain and inflammation I have due to two prolapsed discs.

It is illegal to grow even for medicinal purposes yet I can grow for example Rosemary, and other herbs

If I had access legal to cannabis I wouldn't be on so may pain meds that are far far worse than cannabis

I think it should be as legal as drinking coffee and alcohol.

Ignorance and red tape is holding everything up for children and those with chronic illness.

We should all have the informed and free choice of what we use / consume for our healthcare any nutrition. Its a law founded on lies and even the classification of the drug has no scientific merit. The government are protecting their own investment. Laws apply to everyone without exception so why is it ok for family members of out mp’s to run business growing and profiteering from cannabis while denying it to the rest of us

I suffer from multiple chronic illnesses and use cannabis to ease the symptoms

It’s illegal

I lived in Oregon for 30 years and it's been legal for medical use since 1998 and adult use since 2016. This is a step back in time and it's ridiculous that the UK is still bathed in myth and lies. It's embarrassing. Having a UK government licenced cannabis producer since 1998 and still insisting cannabis has no medicinal value is certainly denying its citizens their human rights by denying them access to cannabis. I resent being turned into a criminal to treat my medical issues. This is wrong and has to be put right.

I am a recreational user but totally agree with the medical side of the fight

I believe access to nature is a fundamental human right. Moreover, as a Christian I believe Cannabis to be part of the Divine creation, declared "good" by the Creator in the creation
Myths found in the book of Genesis. The UK Government thus not only denies fundamental human rights, but obliges its Christian citizens to deny their faith. Curious, that, in a country that has a Church "by law Established".

- As our current government grow and export abroad as a medicine but do not allow their own people the access to this and propagate that it has no medicinal value with no intent to change this is hypocrisy at it's finest.
- No Medical Cannabis Available at the Pharmacy. Only Medical Cannabis Available via illegal means
- The idea that one sect of man should dictate what parts of nature can be used and in turn capitalised on by whom and how just doesn’t sit right with me. Humans inhabit the earth, and in turn cannabis is all of ours to use/share as we see fit for ourselves!
- They should allow us to use cannabis both as a health option and recreationally as we see fit as its a far safer option than tobacco or alcohol.
- For year and years more proof has been coming out about the health benefits of cannabis.. yet our government still deny us and are happy for us to be unhealthy in pain and suffering
- they like to feed you with phara drugs and alcohol. Because they are getting a revenue stream keeping there people down.
- I believe they keep illegal as the known all the benefits and how much it will cost big pharma and oil companies connected to the country
- I cannot function without the use of cannabis. It is as simple as that. I have to break the law to live a relatively bearable existence. And that’s a struggle. I was ready to use heroin again because of constant pain for over 10 yrs, I was at my wit’s end. I was in bits as I've been in recovery I'm not sure 12/14 yrs dates are sketchy as I was very ill and nly died. I was told in 2009 I had 6 yrs at the most by Mr Bentleys colleague on the Wilson ward, wythenshaw hospital,. I did my thing, on the anniversary of that appointment I ghoigh poo, went vegan stopped crack and methadone, started smoking again, hey presto. Veganism and cannabis saved me.
- Cannabis is the only drug that helps ease my pain as I can't take prescription drugs because of side effects which was slowly killing over the years
- Blocking access to a natural product - that helps!
- Cannabis is a plant; prohibiting it is ridiculous. Highly toxic plants are not restricted in this way, so why is Cannabis? I don’t believe that the Government has sovereignty over my state of mind; nor should they be able to punish me in a court of law for ingesting whatsoever plant I please, as a free human being harming no third party nor causing any loss or damage I fail to see why I should be criminalised for my choice of pain relief & relaxation.
- The UK Government should give citizens the right to consume cannabis, both for recreational use, but perhaps especially for medicinal purposes.
- Right to health, right to a private life, right to be free from torture
- I feel attacked whenever someone treats me like a criminal when say I consume this plant for my mental health issues
- Absolutely. It seems to me that there is more to it than what the Government is letting on. Usually money & it's a known fact that they profit from the growing of cannabis to be exported to other countries.
- The prohibition of cannabis was brought in on false information. We have new information about the safety of this plant and yet the government still digs their heels in. This plant has been used for 1000’s of years and now the government want to make money off it.
• Being punished for using a plant that has helped me for 30 years and caused nobody else any harm is actively denying me my human right by denying me lawful access to cannabis.
• PEOPLE ARE SUFFERING & DYING THAT COULD BE SAVED IF THEY HAD ACCESS TO CANNABIS.
• Cannabis is a massively important medical resource, treating multiple disorders without the need for many harmful chemicals. Its worth has been proven.
• I need it to function without pain and I will continue to
• They lie about the health benefits - whilst exporting more than any other country.
• Corruption corporate greed
• Its just so backwards that this country can happily poison us with alcohol and tobacco and reap profits whilst continuously criminalizing people who choose to consume cannabis, a substance that has been proven medicinal beneficial on many levels and consumed correctly completely harmless
• I think it should be legalised. It is a plant. At the end of the day it can solve pretty much most of the world’s problems right now and it needs to be legalised As soon as possible.
• it’s a law based on racism and profiteering and not on the needs of the many
• I believe that it should be a human right to use cannabis if you choose to. The science behind cannabis should not be ignored, people will die today when cannabis could have been a chance for them. That is just immoral.
• They don’t have the right to tell me what I can and cannot put into my body, it’s no different to consuming basil (in very basic terms, I’m sure you get my point)
• They can see the same studies as us so act accordingly
• Yes I believe this is the case as we should have the freedom to consume cannabis wether sick or not
• It is Confirmation of Bias it can be changed
• Plant based medicines are our human right and the govt already grows them for themselves.
• To use cannabis I get forced to either buy off criminals or become a criminal.
• its a natural plant that should only be governed by the laws of nature and not man made laws
• Cannabis is a plant and belongs to the earth, no different to lavender, roses, nettles etc, they are not here to be dictated on by humans who only seek power and money.
• Theresa May & Victoria Atkins have purposefully denied access to cannabis, doctored reports and set their husbands up to profit from the largest cannabis exports in the world out of the UK. A report undertaken in 1996 showed conclusively that cannabis is medicine and those involved (senior clinicians & politicians) have suppressed the evidence in order to profit from licences they have issued to friends & family to grow cannabis for medical purposes within the UK. Corruption & hypocrisy in these positions of responsibility has led to untold, needless suffering and deaths. There is no scientific evidence to support the UK stance on cannabis and voluminous evidence to prove that use of cannabis is a fundamental human right as well as a seriously effective medicine. The UK government is amoral.
• Can’t war against an idea, ideological fraud , cest que vie , freeman on the land
• Cannabis should be decriminalised. People should have the freedom to choice to consume, or not to
• I have used cannabis from around 14 years old recreationally. I have gone through periods of abstinence and know it is not addictive, unlike alcohol which I can access freely. I have a bad history of mental health problems (largely caused through trauma in my early childhood) i became reliant on alcohol which led to multiple suicide attempts (always under the
influence of alcohol) I stopped drinking last September and I use cannabis to help my ptsd. I have never tried to kill myself or lost sight of my instincts whilst using thc. It angers me I cn access the things that can kill me yet the plan that heals me I can't!

- It is a valuable plant medicine, it would be great to use it with patients
- A medicinal plant that freely grows from the ground should be available to all, we should be able to grow and make our own medicine
- It's all about a monopoly for them
- You asked a closed question. I think the government should immediately decriminalise human interaction with all cannabis products
- Well it's illegal so ipso facto.
- This is helping many people including myself. It is a herbal plant we should be given a choice.
- We have an Endocannabinoid system. We NEED this vital herb. Vit C is to scurvy as Cannabis is to MOST ailments.
- It stops so much pain helps with mental health issues and helps with fits etc it is mad not to allow it has been around a lot longer that any medications used today and is a lot safer than using them!
- Its common sense. Its working.
- It has been shown to alleviate many conditions and should not be denied those who suffer.
- We have a right to choose what we consume and what alternative medicine we decide to utilise. In my humble opinion if alcohol and tobacco remain legal there is no reason that cannabis should remain illegal it has no reported deaths ever compared to tobacco and alcohol which take countless lives every year as well as costing a small fortune to communities. There are no medical benefits to either alcohol or tobacco but there are many scientifically proven benefits in cannabis.

At what age did you start consuming cannabis?

- 16
- 15
- 14
- 17
- 18
- 13
- 12
- 20
- 11
- 19
- 23
- 21
- 22
- 45
- 32
- 46
- 24
- 30
• 25
• 37
• N/A
• 38
• 35
• NA
• 29
• 27
• 48
• 13
• 36
• 43
• 57
• 41
• 65
• Na
• 50
• 40
• 44
• 60
• 6
• 73
• 33
• 70
• 59
• 75
• 67
• 42
• 55
• 54
• 12 years old
• 28
• 14/15
• 15 to mid 20's
• 74
• I haven't yet
• 15/54
• 13 but then I got list with class a drugs and ignored herb stupidly until 2015 when she embraced me on my withdrawal.
• 49
• 17 turning 18
• 53 years old
• 39
• Sixteen
• at 18yrs old
• 36 regularly, 16 recreational but not daily
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- 61
- n/a
- 11/12
- Around 18
- Tried it in twenties, started using after 40
- 30.
- First time aged 9
- I used cannabis from 17-30 on & off the began again at age 48
- 8
- In my 20's
- 77
- 17-18
- 16
- 14 years old
- 62
- Regularly in my mid twenties
- 47
- N/a
- None
- 40
- 14/15 Properly. 1st tried at age 10.
- so smoking it around 13 years old
- 19/20
- 26
- Around 17 year's old
- 34
- 76
- smoked first joint at age 14,
- 80
- I dont consume but I give it to my Sister who has Epilepsy
- 66
- 78
- 31
- 15/16
- 16 but i stopped smoking around 20. I later began smoking again at around 30 when i had many medical problems
- na
- 56

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Under what circumstances did you start consuming cannabis?

- Recreational
- Recreational
- With friends
- With friends
- Social
- Socially
- Recreationally
- recreational
- with friends
- Pain relief
- Recreationally
- NA
- Socially
- For fun
- N/A
- Friends
- Curiosity
- Recreation
- Na
- Peer pressure
- Recreational with friends
- Fun
- Peer pressure
- Recreational use
- Health
- Socially with friends
- Curiosity
- curiosity
- Pain management
- social
- At a party
- Friends
- Recreationally with friends
- Pain and insomnia
- socialising
- Tried to commit suicide 15 times in 2 days. A friend gave me a joint and things changed. I gained an unexpected ability with the consumption of cannabis; the ability not to give a damn anymore. It made life a lot easier to deal with. 22 years later and somehow I’m still here
- Socially. It was what young people did for a laugh without going out into town and potentially getting into violent situations (which is what happened to most of the people I knew that went out drinking)
- With peers
- Recreational enjoyment
- A friend introduced it to me when drinking a carry out
Enjoyment/recreational
At the time I thought I was a rebellious teen, but I now realise that I was using it to self medicate. I had actually used alcohol, tobacco and butane to escape from my problems before trying cannabis.
Following the death of my mother to cope with the stress of my GCSES which were just after this event
Recreation and stress relief
Smelt nice, so wanted some.
I was brought up in an abusive family
With mates at school lunch
For pain
For pleasure
When I first tried it, it was during a social setting when a bong was being passed around. I didn’t start consuming it consistently until around seven years ago (2012) more for my health than anything else.
Recreationally at a party with friends
Medicinal, for stress
Health
With friends for recreational use
For recreation. Moving to medical as well as I become more aware of its benefits.
Me and a friend watched the first South Park episode that the character Towelie appeared in. If you haven't seen it, Towelie is a pot smoking towel that hows up and gives the boys advice on proper towel use. We found him hilarious at 15. We decided to buy some pot because of Towelie. We purchased from a guy in our class at school. It was just soapbar and the first time we smoked, we didn't even know we had to burn it first and were just cutting chunks off it and putting it in papers with tobacco. Needless to say, it had no effect. We did that a couple of times then the guy we got it off sold us some more and made us a lung, which was just the top of a two litre bottle with a carrier bag taped round it and some tin foil on top. We went and smoked a full eight of soapbar up a cliff and left when we’d finished it. We didn’t think it had done anything till we stood up to walk back down the cliff. I was suddenly very paranoid that the people walking up past us knew we were high. We got to the bottom and went to the shop and sat on a bench and ate snacks and suddenly I felt wonderful. That was enough to make me want to carry on smoking pot and I have done ever since.
Osteoarthritis and Osteoporosis pains
I was young and influenced....
With friends around the camp fire. What a wonderful introduction to this kind herb.
My sister's boyfriend let me try it.
Always had interest
smoking with friends
I was curious and tried it with friends
To help with pain. I have fibromyalgia, osteoarthritis of the neck and spine, osteopenia which led to crush fractures of spine. I was on 39( pharmaceutical )tablets a day plus liquid morphine. 12 of those tablets also being opioids. This ruined my stomach and left lesions and ulcers. I became addicted to tramadol, because the side effects of not taking a days worth was equal to that of someone on heroin foing cold turkey. Cannabis helped me come off ALL of those tablets safely and without the horrendous "cold turkey "faze.
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- i chose to use it to help my mental health
- Grieving depression
- A fellow non drinking friend introduced me to it as we didn’t like drinking alcohol
- Medicinal - to treat 85yr old husbands COPD
- Recreational use i enjoy the felling of cannabis
- I haven’t yet
- I have oesophagus cancer
- With friends at a party
- I needed to escape my abusive childhood
- I was suicidal, Homeless and addicted to prescribed opiate tablets. On anti depresants
- Just for fun
- I was interested to try it, so went out and found a dealer.
- As a social thing with mates to chill and have fun.
- Birthday Gift
- Medical and meditative reasons
- With a friend .. I was in pain with back problems
- Summer camp USA
- It found me when alcohol nearly lost me everything.
- Done some research sounded good
- Comfort through mental distress
- Drug resistant epilepsy. Constant life threatening seizures
- Recreationally initially.
- To help my medical conditions
- At a party.
- My boys were using so I decided to investigate because of the 'skunk' hysteria. Found that what msm was telling me was false.
- Recreational/spiritual
- Medica reasons
- Insomnia
- My father allowed me to smoke at home rather than go out and get drunk like other kids were doing.
- I STARTED CONSUMING CBD & SMOKED CANNABIS TO TRY & GET OFF PHARMACEUTICAL POISONS THAT WERE KILLING ME & TO HELP ME WITH ALCOHOLISM.
- Recreational use in company of others
- It relieves my migraine s
- Wanted to see what it was about, but for medical reasons now
- Pleasure recreational
- no big story, i just decided to try it one day. i immediately made a connection with it
- Nervousness and stopping my panic attacks

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Please indicate the reasons for which you currently consume cannabis:

<table>
<thead>
<tr>
<th>Reason</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recreational</td>
<td>466 (67.6%)</td>
</tr>
<tr>
<td>Medicinal</td>
<td>585 (84.9%)</td>
</tr>
<tr>
<td>Therapeutic</td>
<td>485 (70.4%)</td>
</tr>
<tr>
<td>Manage Addiction</td>
<td>-82 (11.9%)</td>
</tr>
<tr>
<td>Relaxational</td>
<td>-223 (32.4%)</td>
</tr>
<tr>
<td>Nutritional</td>
<td>-317 (46%)</td>
</tr>
<tr>
<td>Social</td>
<td>-309 (44.8%)</td>
</tr>
<tr>
<td>Creative</td>
<td>-275 (39.9%)</td>
</tr>
<tr>
<td>Spiritual</td>
<td>-219 (31.8%)</td>
</tr>
<tr>
<td>Meditation</td>
<td>-32 (4.6%)</td>
</tr>
<tr>
<td>Religious</td>
<td>-47 (6.8%)</td>
</tr>
<tr>
<td>Environmental</td>
<td>-10 (15.7%)</td>
</tr>
<tr>
<td>Industrial</td>
<td>-23 (3.3%)</td>
</tr>
</tbody>
</table>

1. I don't consume cannabis
   - 1 (0.1%)
2. To enjoy beauty
   - 1 (0.1%)
3. The withdrawal from opiate
   - 1 (0.1%)
4. It actually tastes good
   - 1 (0.1%)
5. Alternative to tobacco
   - 1 (0.1%)
6. I'm not sure if nutrition
   - 1 (0.1%)
7. Covers this b...
   - 1 (0.1%)
8. General well-being
   - 1 (0.1%)
9. Helps manage stress and anxiety
   - 1 (0.1%)
10. Ethical and financial
    - 1 (0.1%)
11. For pure pleasure
    - 1 (0.1%)
12. To aid writing poetry
    - 1 (0.1%)
13. Because I like it
    - 1 (0.1%)
14. It helps me reduce my rhythm as I am...
    - 1 (0.1%)
15. Taste. Not that fuss about the "high"
    - 1 (0.1%)
16. Holps with depression
    - 1 (0.1%)
17. Fun
    - 1 (0.1%)
18. Prophylactic
    - 1 (0.1%)
We The Undersigned- 2019 Survey: comments and findings

How is the frequency of your cannabis use best described?
We The Undersigned- 2019 Survey: comments and findings

**Yearly:**
- 12 (9.4%)
- 3 (2.3%)
- 1 (0.8%)
- 2 (1.6%)
- 1 (0.8%)
- 4 (3.1%)
- 0 (0%)
- 7 (5.5%)
- 3 (2.3%)
- 95 (74.2%)

**In what forms do you consume cannabis?**
- Flower/Bud: 580 (84.2%)
- Hash/Resin: 328 (47.6%)
- RSO: 211 (30.6%)
- FECO: 223 (32.4%)
- Other concentrates: 169 (24.5%)
- Tinctures: 136 (19.7%)
- Balms/Lotions: 161 (23.4%)
- Edibles: 334 (48.5%)
- I don't consume cannabis: 27 (3.9%)
We The Undersigned- 2019 Survey: comments and findings

What method/s do you use to consume cannabis?

- Smoking: 522 (75.8%)
- Vaping: 361 (52.4%)
- Dabbing: 135 (19.6%)
- Ingesting (Eating): 410 (59.5%)
- Suppositories: 15 (2.2%)
- Pessaries: 5 (0.7%)
- Topically (Through the skin): 222 (32.2%)
- I don't consume cannabis: 204 (38.3%)

Use of cannabis with drugs

Nicotine

Do you use nicotine?

- Yes: 40.1%
- No: 59.9%
How does your consumption of cannabis impact your nicotine use and/or addiction?

- N/A
- Na
- Still smoking
- For smoking, I mainly use grinded cannabis bud combined with tobacco in a joint.
- I used to smoke rolling tobacco between 15-20 a day. I also used to smoke 'spliffs' rollups with cannabis in them. Now I just smoke cannabis only, with the aim to move onto just using a dry herb vapourizer in the coming weeks.
- If I have cannabis I smoke less joints than I would cigarettes
- After over 20 years trying methods to get off nicotine completely, cannabis was the only one successful. Over 10 years off nicotine now.
- I use a small bit of tobacco in a joint and also smoke straight joints but I don’t smoke tobacco on its own anymore
We The Undersigned- 2019 Survey: comments and findings

- Smoked tobacco for around 15 years, gave up traditional smoking 5 years ago and switched to vaping.
- I stopped smoking cigarettes thanks to cannabis oil
- I’m using my nicotine vape much less when I’m vaping flower
- Hardly ever use tobacco anymore.
- I don’t use nicotine
- I merely add a buffer of tobacco behind my "roach"/filter so as to stop any plant material being taken in with a drag!
- The tobacco i use is additive free to eliminate the addictive elements that are added by the petro pharma tobacco corporations. The tobacco plant was used as a therapeutic plant for chest complaints via inhalation of smoke by whichever method adopted
- I smoke less cigarettes if I smoke cannabis. I never smoke cigarettes and home, but smoke too many cigarettes if I’m at work or in public view (only because of the fear of prejudice).
- Don’t smoke at all
- I do not smoke tobacco without marijuana in it. I used to smoke 25 cigs a day. Now none apart from in my joints
- n/a
- I used to smoke 20 a day if I could find an alternative to tobacco to put in my spliffs with hash I would
- Smoke less
- I rarely use nicotine and, at the times I do, they wouldn’t be during times I’d be smoking weed anyway. The occasional night out/event and/or when indulging in hard drugs, all of which are fairly rare these days.
- Smoke pure - no nicotine
- More joints equals more Pueblo... I am trying with Pueblo but it’s what I know
- I used to smoke cannabis with tobacco but I realised thatcombusting tobacco was a bad health choice. I now use a dry herb vape which has led to the realisation that toxic Tobacco (unlike non-toxic cannabis) make me feel ill!
- If i was able to use more cannabis i would not use tobacco anymore.. but i do enjoy smoking joints so would smoke pure if could have better cheaper consistent supply of cannabis.
- If i run out of cannabis my nicotine consumption rockets
- I use tobacco that has no petrochemical additives as i know that unadulterated tobacco is a healing plant that helps with chest problems
- I stopped using tobacco twenty years ago i found it easy as i never liked its use it and only used it to smoke cannabis which was wrong its not needed at all
- I’ve never been a heavy ciggarette smoker, on average 5-6 day, I maybe use 1 1/2 ciggarettes a day now
- I only tend to smoke roll ups when I’m out alone. I have children and I don’t smoke anything around them at all.
- Less tobacco
- I vape cbd and nicotine together
- I don’t use yet
- I don’t use tobacco
- Cannabis allowed me to stop smoking cigarettes but it was only when i starting to grow my own i was able to completely stop all tobacco use. And not just my self but all 3 of us under the same roof
We The Undersigned- 2019 Survey: comments and findings

- I used to smoke 10 cigarettes per day I use enough for about 4 cigarettes per day by smoking marijuana
- I don’t use tobacco
- I try and not to smoke cigarettes with out cannabis in it
- I mix tobacco and Bud to make joints
- I smoke too much tobacco if I don’t have cannabis
- I currently only consume tobacco with cannabis and purely for financial reasons, to help make my cannabis last longer
- I use canna leaves instead of tobacco nowadays
- I love smoking, if I cant have cannabis I will have 15-22 fags a day. I cant afford to smoke cannabis by its self so I mix with tobacco. Less tobacco than fags, also more joints. If I could just smoke bud I’d smoke no tobacco and definitely be healthier
- Stopped smoking many years ago when I started regular use of Cannabis for therapeutic / medicinal reasons.
- I smoke nicotine and cannabis. Cannabis use has no impact on my nicotine consumption. Since I’ve been using cannabis I have drastically decreased my nicotine addiction
- When I used to smoke cannabis I only had 2 cigarettes/day
- I pretty much only use tobacco when using cannabis now.
- I SMOKE A LOT LESS CIGARETTES WHEN I SMOKE CANNABIS
- I have not used nicotine for over 30 years
- I use far less ..never smoke tobacco on its own
- Help with my pain some I don’t have to take so many opids n other pills
- its really hard to say. while i know i REALLY need to stop mixing cannabis and tobacco in joints, i rarely smoke tobacco without cannabis… unless i am out and about. so im not sure if i has an impact or not… all i know is i REALLY need to stop smoking tobacco
- I use Tabacco in my spliffs, I don’t smoke Cigarettes.
- I use nicotine when smoking because cannabis is so expensive if you don’t grow your own. I would stop smoking nicotine today if i could have access to more cannabis which is so much more healthier for our bodies.
- I used to smoke cigarettes every day, now I don’t smoke cigarettes anymore just cannabis
- The more I think I want joint just tobbaco, when I have stopped using tobbaco my weed use went down.
- I only smoke a small bit of tobacco when using cannabis
- can smoke 4-5 cigarettes to 1 joint
- Nicotine helps the cannabis over the blood brain barrier so I don’t have the same level of benefit with pure cannabis. Since taking feco I have no cravings for tobacco and only use a tiny amount medicinally.
- Ex smoker of nicotine, so if I smoke use a bong
- I smoke less tobacco using flower and vaping, im giving up baccy soon
- I smoke less cigarettes when stoned
- Drink less when I take cannabis
- Because I am relaxed from cannabis I do not feel the need for a nicotine fix.
- I swapped cannabis fan leaves for tobacco
- I substitute a nicotine vape with a cbd vape about 50% of the time
- I use vapes for nicotine I don’t tend to use them after about five as I use cannabis to relieve pain and tension.
Particularly CBD flower (also banned in the UK) has been instrumental in phasing out tobacco use.

If I smoke bongs I don’t use tobacco can go without it for days easily

I don't smoke fags only joints. And that could mean 2 hours between joints if I smoked just cigarette I would consume 1 every half hour

It helped me quit a 45 year addiction to nicotine, now only consume Cannabis

When I'm able to consistently use cannabis in any form I do not use nicotine. When I'm unable I've relapsed into using nicotine again.

I used to use tobacco with cannabis but now I vape it instead or use a pipe or bong. I still smoke tobacco sadly but far less and I intend to stop fully and go combustion free!!!

If I smoke cannabis I don't smoke cigarettes

I've gone from 20+ cigarettes a day to 5/6 joints

I smoke a small amount of nicotine through the day and add it to spliffs but if vaping I use cannabis on its own.

i find once i have had a spliff i do not smoke cigerettes, i would rather wait till the next spliff!

I only use cigs to roll with cannabis i do not smoke otherwise

I have not smoked tabacco for 13 years. Cannabis helped me to quit.

I am trying to give up tobacco and using cannabis as a substitute works really well for me. Cannabis also helps with the addiction to tobacco, and with the psychological side effects. It calms me down when I'm stressed and helps me not to reach for the tobacco.

I quit smoking after switching to vaping

I vape, but vape less when medicated. I do not smoke cannabis

I only smoke pot. No cigarettes.

I smoke regularly wheather it's tabacco or cannabis

I do not smoke cigarettes on their own.. Literally a line of baccy at the bottom as a nicotine hit as been a smoker for 25+yrs

During the part of the day that I use cannabis I don't bother smoking cigarettes because I smoke cannabis mixed with tobacco. I smoke 2 or 3 cigarettes in an hour, but only 1 or 2 joints.

I smoke but hate it, given up a few times for 12 months here 6months there etc but life has been very challenging for the last couple of years & the old roolly has been through thick & thin with me & wont let go

N/a

When I'm not at work I don't smoke cigarettes, only joints.

Unfortunately, I often have to use tobacco to smoke cannabis, as I cannot afford to smoke it pure. I notice that this increases/triggers my nicotine addiction. Edibles/vaping/smoking thc and cbd both reduce the nicotine cravings.

Smoke less cigarettes

I don’t feel any urge to smoke a cigarette or use my vape when I smoke cannabis

Using Hemp Tea with ground bud means no longer needing tobacco

I use it when I roll to bulk it out me keep it burning. If I had legalization I would come off nicotine all together and vape knowing what I’m buying from a shop

I don’t smoke cigarettes at all when I use cannabis oil I do use a small amount of tobacco mixed with the cannabis bud as a smoker from years find it very hard to stop an I do smoke some cigarettes at work it helps with stress as my partner is very sick at home

I put very little tobacco in each joint I roll, (which are always single(1) paper joints) but when I have no cannabis I still roll my own full tobacco cigarettes.
• Switched to ecigs 6 years ago after smoking 50a day for years.
• Cant afford pure joints, im useing the weakest rolling tobacco atm, used to go through two 50 gr golden virginia a week, i currently use 50 g amber leaf a week
How does your consumption of cannabis impact your alcohol use and/or addiction?

- N/A
- I rarely drink
- I don’t drink alcohol.
- I don’t drink alcohol
- I dont drink
- I don’t drink
- I don’t drink
- NA
- Na
- I do not drink alcohol
- From 1996 till 2014, I drank a litre bottle of rum a day. After increasing my daily intake of cannabis from 1 or 2 grams a day to 4 grams a day in 2014, I stopped consuming alcohol on a daily basis.
- I do drink on occasion, though it’s not something I particularly enjoy. When I have been drinking I avoid consuming cannabis because in the past it would always lead to me vomiting and 'whiteying'. That was always when consuming a mixture of cannabis and tobacco though, so I don’t know if the effect would be the same now that I am nicotine/tobacco free.
- When I smoke cannabis I don’t drink much alcohol but I don’t drink much anyway I prefer to be stoned
- Alcoholic for many years, but now drink far less often and and less quickly taking by using cannabis.
- I choose not to drink alcohol anymore .I have chosen cannabis instead
- I quit drinking around 10 years ago, wasn’t a daily drinker but when I drank I’d binge heavily.
- Since I broke my leg in 2015 I have had the sum total of roughly 50 pints in 4 years. This would have been a week and a halfs worth of drinking when I was at it full blast. I was dependant. Cannabis has kept me off the alcohol to the point where I have broken my
dependence and I can enjoy 1 or 2 pints without craving more. Furthermore I barely touch the stuff now

- Smoker not a drinker
- Reduces it very well.
- I use cannabis to unwind. I have no need for alcohol
- As stated above (in the nicotine section) 20 years alcohol free and all thanks to cannabis!
- Cannabis is better for my illnesses than alcohol
- I still drink on occasion, but since drinking exacerbates my symptoms, I've cut down some. I've found that neither my drinking alcohol and consuming cannabis have any effect on the other, but at times I do enjoy how alcohol and cannabis mix well together. In other words, I now prefer to be 'crunk' than just drunk.
- If I'm consuming alcohol socially I still use cannabis.
- Na
- I smoke less tobacco.
- I much prefer using cannabis to unwind. There was a two and a half year period of my life where I worked for an employer that could carry out random drug tests so, during that period, my cannabis consumption was basically nothing so I did try and replace it with other drugs either not tested for or that wouldn’t show up in the system after a few days, alcohol included. But cannabis always has been and always will be my drug of choice.
- Always been a drinker
- I like a beer or a glass of wine. I used to drink quite a lot socially but less so now. I find when I vape a little cannabis that I don’t really want to drink alcohol.
- I practically dont drink.. so has no impact. i choose when i drink. and that's about 1 bottle twice a year.
- I'm not a big drinker
- I have never been a fan of drinking alcohol as I don’t like the taste or way it makes me feel. Cannabis has always been a preferred way of unwinding.
- I small glass of red wine daily for health and pleasure
- I don’t drink alot just the on one
- I don't use yet
- If i am able to smoke while socialising then i drink alot less if at all.
- When I run out of my cannabis I start drinking and on opiates within a week of running out
- I rarely use alcohol
- Gave up drinking a few years ago turns me into someone I don't like plus the hangovers are murder
- If drinking, I drink a lot less if using Cannabis.
- Not a big drinker
- I do not enjoy the intoxicating effect of alcohol and I am an epileptic therefore cannabis is a far better recreational supplement, for me personally.
- I'd rather have cannabis than alcohol
- Teetotal for 12 years
- i no long consume alcohol as i was drinking between 40 units plus per day and couldn't get drunk. using cannabis helps with my illnesses which stops the pain and anxiety and depression which alcohol creates.
- I usually smoke cannabis with a glass of wine to relax.
- I do not drink alcohol
We The Undersigned- 2019 Survey: comments and findings

- I only have 1 or 2 beers with cannabis as to maybe 5 without.
- I HAVE BEEN IN RECOVERY FOR 3 YEARS & 7 MONTHS!!
- I do drink alcohol, but rarely and in small amounts
- these days i never drink at home, i only ever drink if i go out to a party or pub etc (which isnt that often) as ive got older ive gone off alcohol, mainly because of the hangovers and generally making me fee terrible for days after drinking. id say consuming cannabis has DEFINITELY reduced my alcohol consumption
- I drink alcohol if the social environment allows it, I would prefer a spliff over alcohol. But I do enjoy the occasional drink.
- it massively reduces cravings
- I use to drink alcohol, but i stopped over two years ago when my daughter was born. After being diagnosed with multiple sclerosis i decided to do some research into what would make my condition worse. Research suggests alcohol is harmful and cannabis is not.
- I drink much less alcohol now I regularly use cannabis and also no longer have fear of becoming dependant on alcohol to block the pain from my chronic conditions as the cannabis works so much better than my opiates I am prescribed!
- I don’t drink I only smoke cannabis
- When I’m stoned no need for any booze. Onyl drink when on other drugs.
- Stopped drinking prefer to relax with cannabis
- Not alcoholic but heavy drinking can occur if not smoking
- Drink less of nothing if consuming cannabis
- I drank in excess of 2 bottles of wine a night plus spirits and beers. After a nasty incident with my partner we have since abstained from alcohol. Cannabis helps ease the symptoms of withdrawal it also allows us to be social with people who drink without feeling like the fun police. Alcohol is a killer on many levels yet is available everywhere!
- I drink alcohol socially or with meals occasionally.
- I drink less when I use cannabis
- I used alcohol to relax since smoking cannabis I really do not need or feel like I need a drink. Smoking cannabis still leaves me alert but my mind is relaxed I do not feel ill unlike alcohol that was making me ill & dependent.
- Alcohol and cannabis dont mix. Rookie mistake. lol
- No real impact. I only drink socially.
- Prefer weed no hangover no illness no longterm addiction worries no making a twat of myself
- I don't drink. 0 drops enter my lips. Only cannabis
- I used to drink heavily. I have always used canabbis but when I decided to stop drinking. Cannabis helped a lot to get over it
- Drinking turns people into idiots so stay away from all that
- I don’t drink alcohol as it makes me vomit.
- I cannot tolerate alcohol, it causes vomiting, migraines and extreme sweating for me personally.
- i maybe have a glass of wine with my food when on holiday or at xmas, other than that i dont touch it. it is not a drug for me. alcaboh is best used for making feco and other laboratory process's.
- I dont really drink much anyway probably have a couple of beers once every six months or so
- I used to drink a lot but now I much prefer smoking cannabis as it is so much better for your health. Alcohol makes me argumentative whereas cannabis will calm me down.
We The Undersigned- 2019 Survey: comments and findings

- I still like to drink alcohol occasionally and I'll sometimes vape cannabis at the same time
- I was developing unhealthy drinking patterns, to treat my PTSD and manage stress from work. I work in a child protection setting, which is very demanding and stressful and I suffered a breakdown. Since beginning to use cannabis again, after a long break, due to prohibition job related worries, I was able to replace my alcohol use, with the plant.
- Do Not Drink!!
- I used to drink to relax, but now I smoke, and it relaxes me. I still consume alcohol but for different reasons, wine with a meal out, or when socialising with friends who do not consume cannabis (although they know that I do).
- Makes me more relaxed
- No alcohol
- I do not drink more than a few units of alcohol a week at best. I prefer to use cannabis and do not like getting alcohol induced effects as don't like the potential side effects.
- Drink less alcohol, I dont mix the 2
- Stopped drinking 2 years ago due to realising how bad it is for me
- I only drink occasionally
- I don't drink when I smoke. I find life better with out drink. I will nip for a cheeky pint on a sunny day but that's it
- Drink less with using cannabis
- Alcohol issues from teen, raised in a pub didnt help, 20 lost years kids wife, hit rock bottom, did the rehab, been sober 7 years due to nerve pain used mj for pain
- I find that I consume alcohol less often now, I prefer cannabis
- I better use cannabis/smoke a joint instead of drinking alcohol
- Used a lot of alcohol do deal with my pain.
- It neither increases or decreases my consumption
- I was an alcoholic years ago, drinking a bottle of vodka every day for a year when my Crohn's first started. I started drinking it for pain but soon realised it was making my symptoms worse.
- Don't drink
- I don't drink a lot of alcohol, never needed to as I used Cannabis instead I guess..
- I have never been a big drinker. But I have used cannabis every single day since 36. Never once have I not had any. I do occasionally enjoy a drink but never to excess. Wouldn’t be bothered if I never had an alcoholic drink again
- Not sure what you are looking for
- I smoke weed everyday and would never ever like to be an everyday drinker!
- I drink alcohol only socially
- Please elaborate:: Since I broke my leg in 2015 I have had the sum total of roughly 50 pints in 4 years. This would have been a week and a halves worth of drinking when I was at it full blast. I was dependant

.................................................................................................................................................
We The Undersigned- 2019 Survey: comments and findings

**Illicit Substances**

**Are you or have you ever been addicted to an illicit substance or substances?**

687 responses

- Yes: 82.5%
- No: 17.5%

**Do you or have you consumed cannabis to manage this illicit substance addiction?**

576 responses

- Yes: 15.8%
- No: 84.2%

**What was its effect?**

125 responses

- Reduce: 64%
- Replace: 36%
Do you or have you consumed cannabis to manage this illicit substance addiction?

- Stopped me using cocaine completely
- I got into cocaine when I was drinking, smoking cannabis replaced the cocaine and eventually the alcohol (as already stated, twice).
- No never tried it only CBD
- Benzodiazepines are highly addictive and weed is not and it helped me to come down from cocaine
- I used fentanyl during a period where I was unable to smoke cannabis due to the potential for a random drug test at work. I kicked the fentanyl cold turkey before leaving that job and smoking cannabis again.
- Cannabis is my base line mood regulator.
- Helps with all esp heroin
- I stopped all illicit drugs and only used cannabis form age of 27. used some pharmafia for mental/physical health on an off until 32. only cannabis since.
- stopped all together 30 years ago
- 5 years clean
- Neither, I was clean, just herb helps me stay that way. I wouldn't use the word replace.
- I used cannabis to successfully treat my amphetamine addiction.
- I have never been addicted to illicit substances
- Don't touch crack now
- clean of benzos and their side effects for anxiety
- Used it to phase out reliance on pharmaceuticals which was having damaging effects in numerous ways, cannabis is total relief
- I had a cocaine problem from the ages of 17-23 cannabis helped to break the habit.
- I am psychologically addicted to cannabis.
- Don't use anymore.
- As the answer is no to the previous questions, there was no effect.
- I stopped all through going cold Turkey and used cannabis to help relieve pain, increase appetite and alleviate pain.
- Got me off 3 year addiction to exodus legal high and mkat
- Helps me a lot
- I don't take drugs.
- See above
- Been clean with obvious other help, since 2011
- Always helped with withdrawl
- I wasn't meant to click on an answer and I cannot delete it
- I don't feel the urges when using cannabis
- Heavy indica, will see you through anything
- It irradiates all tendencies to ant to re-use
- Replaced in 2013
- I smoked heroin every day for seven years and I smoked crack cocaine every day for 2 years. I went cold turkey from both heroin & crack using cannabis. I've been clean for 13 years now and only cannabis stops my cravings.
- I was addicted to pain killers, and started using cannabis as a way to stop taking painkillers. It worked and now my lifes alot better
We The Undersigned- 2019 Survey: comments and findings

- It keeps me goin positive as I can be
- I didn’t realise it at the time. When I met my ex wife 20 years ago I was withdrawing from heroin and on a subutex prescription. She was a recreational cannabis smoker and with her I had my first experience of cannabis flower, I had always used hash before. I made a subconscious decision to swap my pills for cannabis. Within a week I had quit and I’ve never taken heroin since, however I have consumed almost every day since.
- 15yr habit
- As with alcohol, cannabis helps me manage the withdrawal from the prescribed opiates. Cannabis far more effectively alleviates my pain without the terrible side effects of the opiates.
- I found that when coming off heroin, smoking cannabis joints enhanced the withdrawal symptoms
- Amphetamine makes me have more energy and more concentration
- I had addiction to speed as a teenager I just had to go cold turkey
- Helped with withdrawal
- Cannabis helped take the edge off my withdrawal symptoms, and helps me deal with my past demons and gets me through the day.
- I used cannabis to help me sleep through withdrawal
- I am 9 years clean and replaced the amphetamine with cannabis easily
- Keeps me calm when I’m clucking
- without cannabis i would never have managed to give up valium cold turkey
- When you smoke cannabis with nicotine it is the most addictive thing in the world and doubles at least your intake of cannabis, upon stopping nicotine my cannabis use dropped drastically as i do not crave nicotine anymore
- Does not apply
- Alcohol was a gateway drug for me into class A drugs. Now I use cannabis I don’t use any other drugs. Cannabis gives me confidence to be around people and socialise
- I used to smoke weed with tobacco but I gave that up a couple of years ago.
- No
- Haven’t used heroin in 16 years
- No longer take speed.
- I had a short addiction after my mother died, I didn’t want to feel. Disassociated myself from users and toked more, listened to music found my creative side
- Cannabis takes the mind games away from opiate addiction..
- I am 10 years clean and sober.
- Never done any class A’s!
- Calms mind.
- Don’t use
- When i hit rock bottom from my years of cocaine abuse. I was a shambles. I was on anti depressents that made me feel horrible. Id recommend cannabis for depression. No its not a wonder cure, but used alongside meditation or other mindfull exercises it is a great tool.
- I was not using it As a replacement 25 years ago when addicted to amphetamine. It was something I enjoyed doing.
- In my late teens and early 20s, I wanted to escape the pain of trauma by abusing harder drugs. My life was crazy and full of parties. No prescription medication could have helped me in the same way. Now I dont need to use them, because cannabis helped me through.
- Stopped at 22 and smoked weed ever since
- not applicable
- It's stopped me consuming cocaine I'm so thankful for this natural medicine
- I dont use any other drug.
- Cannabis is not an entry drug and helped me with my addiction
- No need for tablets once smoke good green
- Cannabis eliviates cravings for other substances
- I used cannabis to recover after abusing cocaine early on in life and having an eating disorder. Cannabis allowed me to eat again and reduced my want to take cocaine or neglect myself.
- cannabis has replaced all my other drug taking
- Don't use drugs
- Not took crack since smoking cannabis daily. As long as alcohol is out of my life I won't go back to it.
- Not applicable
- Opiate free for 23 years
- Take less to get same effects
- Only addiction is tobacco
- Haven't touched mdma or cocaine in a decade
- I find using cannabis products I, reduce amount of pharma meds needed, and reduces side effects of ones I need to take
- None
- I've never used illicit substances
- Cannabis really helped take the edge off the cravings I had for other drugs.
- sugar alcohol and tobacco greatly impacted my health gave up with the help of cannabis
- Cannabis + methadone = just as good as heroin.
- I used to do a lot of uppers to make me feel normal, this was before add was even recognised, now I use certain strains of cannabis to medicate it.
- cannabis is the exit drug.
- In the armed forces Class A drugs such as cocaine etc are highly used alongside alcohol. This is a great risk and detriment to our armed forces. During my service because of the much more quicker turn around of the substance in your body many soldiers are forced and drawn towards hard drugs as a means to enjoy themselves and relax after a long stressful day which ultimately leads to their healthy decrease and serious addictions. Where as if cannabis was legal and available in a regulated market or people have the access through their own personal means then the service men and women of HM Armed forces would have a much more positive outlook and less addiction and suicides after leaving or being removed due to cannabis in their system. It would then of gave them access to cannabis and less people would be seriously left in a shit position after risking so much for our country and its government.
- I was addicted to heroin and alcohol along with a range of prescription drugs. For 17 years . Tried rehab several times and went to meetings . This did not work . I was still angry and agitated I then took up cannabis and have not returned to any other drug since using cannabis.
- I was on a stupid amount of medication(s). I decided to stop and only use weed now.
- Cannabis helped me come off all of the above substances
- Smoke weed to come down off the other stuff
Over the years I have tried many different drugs but never developed an addiction to anything.

I used Cannabis Tincture help relieve my addiction to harder drugs.

If you have reduced or replaced any prescription drugs with cannabis, please list them here:

- Antidepressants
- Painkillers
- Anti depressants
- N/A
- Valium
- Gabapentin
- Tramadol
- Mirtazapine
- Diazepam
- NA
- Sertraline
We The Undersigned- 2019 Survey: comments and findings

- Tramadol
- Pain relief
- Pain killers
- Morphine
- Gabapentin
- Pain medication
- tramadol, anti depressants, epileptic medications
- Sertraline and another anti-depressant that I don't remember the name of, sorry.
- Prozac
- I was taking various prescription drugs for many years to treat my numerous physical and mental illnesses. These drugs did not help or made my health worse, needing more prescribed drugs. Cannabis products replaced them all and work more successfully than any prescribed drugs, with no undesired side effects, apart from having a dry mouth from some cannabis strains.
- Tramadol, morphine, co codamol, Citalopram, Zopiclone
- Gabapentin pregabalin morphine diazepam
- Codein, tramadol
- I have chosen edibles and vaping flower to treat my PTSD and epilepsy.
- Methadone reduction under use of high Cbd cannabis strain cbd/thc 1.5/1
- See next.
- Tramadol, pregablin, amitryptiline, sertraline, diazepam, zomorph, Co codomal
- Quetiapine, Aripiprazole, Lorazepam, Zolpidem
- I have reduced and replaced medication.
- I have tried to use Gabapentin and Baclofen to manage my spasticity but both have horrible side effects. Cannabis is more effective and has no side effects
- Oxycodone Morphine Lyrica Cymbalta Baclofen Ondansetron
- Co-Codamol (opioid) Citalaphram, Naproxen, Voltarol gel (ibuprofen)
- Gabapentin Tegretol Oxycodone
- Benzodiazepines anti inflammatory tablets
- Blood Pressure drugs.
- Naproxen, Tramadol and a lot more I cannot recall 10 tablets 4 times a day
- Anti depresants
- All mental health drugs (4 tried and failed in total.) plus for abdominal problems and pain management.
- haldol, seroxat, respiridone, valium. codeine. sodium valporate, buscopan and countless others
- I haven't used big pharma medicine fully for the last 6 years. It's too dangerous these days as far as I'm concerned and I'm in charge of my health and well-being
- Morphine based painkillers
- Tramadol, gabapentin, morphine, amitriptyline, fluoxetine, fostair inhaler
- gabapentine, pregabalin, morphine, still struggling with tramadol due to its SSRI component and other so called anti depressants 30 years back that i cannot recall the names of now
- Diazepam Anti depressants Anti anxiety
- Tramadol, sertraline, citalapran
My name is [Name REDACTED] and I am 53 yrs old. I have been using cannabis for the past 22 yrs. I am also a diabetic type 2 and have been on a wide range of medications from the time I was diagnosed with diabetes. I have lost over my body weight which at my heaviest i was 22 stone and in a wheelchair just two years ago. since taking cannabis i have stopped taking nearly all my heart meds, stopped my blood pressure tablets. as blood pressure is now normal. stopped 90% of my diabetes pills as I no longer need them. No more anti drespenant which turned me into a vegetable who could not leave his home or be a normal person.i will be fighting the side effects of these for years. My weight is a normal 10 stone and all this is because CANNABIS has reversing the damage the doctors and the alcohol have caused.

- Reduce the use of painkillers
- Too many too remember
- 3 anti epileptic drugs
- No longer take Amitriptyline, Gabapentin, tramadol and beta blockers, reduced use of Co-codamol (30/500) 95%.
- Doctors are only interested in giving me steroid injections for shoulder and elbow pain. I refused and found cannabis helps not by reducing pain but changing the nature of pain and my response to. It.
- Citalopram
- Citalopram and most pain killers
- GABAPENTIN,PROZAC,DIHYDROCODIENE,TRAMADOL,SIMVASTATIN, PREGABALIN, & MORE
- Reduced pain relief ( paracetamol/ codeine, tramadol) and anti depressants
- Amatriptalin citriapan duazapan
- Oxycodone has been cut by half but as I can’t afford my cannabis medication
- Prozac Cipalex Propranolol esmeprazole
- citalopram (anti depressant)
- xanax, diazepam
- Slow release Tramadol and Fentanyl patches
- Tramadol, naproxen, paracetamol
- Naproxyn
- cocodamol
- Came of antidepressants and do not use them
- Paracetamol, Ibuprofen, Codeine & Morphine
- Morphine , dihydrocodine, paracetamol, duloxetine, diazepam
- Citalopram
- I use cannabis instead of dihydrocodiene when I can as the pills upset my insides aswell as my cognitive function.
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- I don't take anything
- Painkillers Antidepressants Anti inflamatory
- MST and anti depressants
- DAILY - Zomorph 180 mg, Amytripiltline 150 mg, Co-codamol, Temazepam, Citalopram, Naproxene, Oxy Codone, Subutex, Lidocaine Patches
- Gabapentin and codine
- clonezapam - reduced by 25%, stopped 300mg lyrica, reduced keppra by 25% stopped sertraline, stopped mitrazapine.
- I don't take prescription drugs.
- Tramadol, cocodamol
- n/a
- All anti epilepsy drugs replaced and am off anti depressants now was on setraline
- Oxtellar, Prozac, Lithium
- Paracetamol for sciatica back pain
- I rarely used prescription drugs, but since using cannabis I haven't had any prescription drugs.
- I have reduced pain killers
- Amatryipylin solozapyryn statins tramadol

- Alleviates pain of arthritis. Helps with sleep issues and general anxiety
- replaced antidepressants with cannabis as they didn't have any effect. Reduced tramadol for pain with cannabis as it makes me itchy, ie; inside my eyeballs, in between my lungs ect.
- I tried a couple of different anti depressants for my mental health condition (BPD/EUPD) and they made me feel horrible - like I was on amphetamines. I stopped taking them and use cannabis instead to manage emotional episodes when they come and I feel much better this way.
- I used to take Prozac to manage depression but now manage that by smoking cannabis and taking RSO
- I was taking various prescription drugs for many years to treat my numerous physical and mental illnesses. These drugs did not help or made my health worse, needing more prescribed drugs. Cannabis products replaced them all and work more successfully than any prescribed drugs, with no undesired side effects, apart from having a dry mouth from some cannabis strains.
- No need to elaborate
- I was started on two anticonvulsants for partial onset seizures, both of which led to suicidal thoughts and extreme anxiety, following a bit of research I found certain indica heavy strains or edibles with decent CBN content were basically eliminating these fits. This has continued to work and I even tested this by going without the usual CBN for a few days when the epilepsy auras returned. I have not returned to the neurology department and I doubt I ever will.
- Only used cannabis for pain management before during and after surgery.
- I use methadone daily. I always looked forwards to the lift it gives an addict. I was still using it as a drug. until I tried smoking a joint first thing. at which point I realized methadone is
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killing me, I still enjoyed it far too much and used it like a daily fix. I have reduced by a factor of 10 now I have only 12mls of methadone whereas before I correlated cannabis use and less addictive tendencies I used above 120 mod daily alongside Valium and lorazepam at about 14 times any prescribed limits (I bought these from a dodgy Dr. Hassan in Bolton fyi)

- I’ve nearly fallen into the trap of prescription drugs, but always managed with the self medication of cannabis. By rights I should be on a bag full of pills a day, but find a cup of tea and a joint sorts out any irrational tendencies.
- I have eliminated pregablin, amitryptline, sertaline
- As above
- I’ve both reduced and replaced most of my Rxed drugs by using cannabis, eliminating the internal damage they were causing, and just as importantly, eliminated all their side effects. I was fed up with all the side effects, which were debilitating and making me pretty much useless, just to reduce my pain a little bit, but not even to a tolerable level. The best decision I’ve ever made regarding my healthcare was to ditch the Rxed drugs I did and consume cannabis instead. Oxycodone, morphine, Lyrica, Cymbalta and baclofen have all been replaced. Ondansetron dosage has been reduced.
- I have replaced all prescription medicines with cannabis because I find it far more effective and it doesn’t damage my body.
- Have managed to half all prescription medicines
- I’m in a lot of pain with arthritis none of the above worked like cannabis does
- I’ve never been prescribed anything in my adult life. Cannabis has been my treatment for everything but my consistent consumption of cannabis has been the reason I’ve never had anything serious to be treated for anyway. In fact, the only period of my life where my immune system has felt depleted and I’ve been ill was the two and a half year period I wasn’t able to consume cannabis while working for an employer that drug tests its employees. I was never seriously ill but I would catch the flu and whatever bugs were going round, this is the only time in my life this has happened to me. Everything normally misses me completely and I put that down to having a fully-functioning endocannabinoid system.
- 10 tablets 4 times a day
- they don’t work for me.
- cannabis now helps me regulate my eating and sleeping. This makes my quality of life improve to a point I can function to an adequate standard to enjoy life and help others achieve what they need. Without cannabis the pharmacia drugs made me ill and lose weight get unwell mentally and make me withdraw from life. So it has a massive affect on the quality of my life and the people around me.
- I fought the system to replace my bipolar drugs with cannabis as I have faith in it. Prescription drugs combined with their side effects were making life literally unbearable
- I was on 39 tablets a day for various pain and ailments. Plus a steroid inhaler. Now I take maybe 7 tablets a week and hardly ever use my reliever inhaler.
- Stopped using pharmaceutical drugs and only consume cannabis daily to treat anxiety and depression
- I used tramadol to manage knee pain after torn cartilage and post surgery and back pain. I have a sensitivity to opiates, I could never take enough tramadol to manage the pain accurately because higher doses made me feel terrible and repressed my breathing. Although I was on a low dose the withdrawal when I decided not to take them any more was horrendous! I’ve always suffered from low mood and anxiety, prescribed drugs masked symptoms but from time to time those emotions would break through to spend weeks very
unwell, as well as feeling like an emotionless robot at times of lucidity, cannabis has solved both of these.

- I have two prolapsed discs that cause pain on a daily basis. These also tend to slip further every few months leaving me on crutches unable to walk properly. Further prescription drugs are anyways offered but I chose to use cannabis rather than prescribed. I usually require nerve pain management which can have awful side effects and often take weeks to build up in your system.
- No longer required as blood pressure now normal
- When I can get cannabis I don’t need as many pain killers
- When using cannabis my blood glucose levels are much more stable without such spiked highs and lows. I also find i need to use less insulin due to my cannabis use
- I stopped all prescription meds 3 years a go as they exasperated my symptoms and made me out on over 6 stone in 18 months
- I can function on cannabis no arthritic pain in my knees
- None of these are necessary and Venlafaxine should be banned
- Over the past year I have stopped taking all these drugs with the help of Cannabis. I am now half way through a slow taper withdrawal from prescribed Oxycontin, and within 3 weeks have reduced my daily dose from 320 mg to 120 mg.
- Pharma skin products have never worked as good as home made ones
- Cannabis is superior in managing my epilepsy and the pain, anxiety and other comorbidities associated with it and the side effects of the pharmaceutical drugs I am now forced to continue taking because it is impossible to access the quantity of quality organic cannobanoids I need for a reasonable price.
- I have not needed prescription medication since I started to use cannabis
- Those were my last cocktail of medications to try and help reduce the symptoms from my health conditions, fibromyalgia and Ehlers Danlos Syndrome. Unfortunately pharmaceutical painkillers have little to no effect on me and there are a number of medications that I cannot take due to other health issues and allergies. Cannabis helps reduce some of the symptoms I have without the unwanted side effects.
- I have came off them all ..
- Better than tramadol
- I was only approx 30 tablets a day mainly opioids and oromorph, I was advised by a senior consultant that I was slowly killing my self as I was actually overdosing on a daily basis according to safe use guidelines, I decided I had to get of these drugs, since coming of them and consuming cannabis on a daily basis I’m now in remission with my chrons disease and pain has reduced enough for me to have a better life
- Stoped using them
- The prescribed medication was doing more damage to my mental health than helping it
- Started taking cannabis oil & within a couple of weeks was off Gabapentin with no withdrawal
- Cannabis helps more with my anxiety, depression and most pain i have.
- I have fibromyalgia, and chronic depression. I was taking large doses of pain killers and antidepressants, but still in pain and unable to sleep. Using cannabis means I can live with minimum dosages to manage both pain issues and depression.
- I smoke flower free of charge and non addictive the other are all addictive
- Cuts myou painkillers
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- Raised daily cannabis intake. Stopped Prozac cipralex and propranolol, cold turkey with withdrawal for 10/12 months. Also stopped alcohol the day before. Was 12/14 tins of beer a day/night after work. Esomeprazole gastro resistant tablets. Cbd oil then calmed my anxiety which in turn gave me massive relief with my reflux/gastric problems 8 years after quitting the drink.
- For about 20 years I was on anti depressants. I spent most of that 20 years trying to get off them, but due to the insane withdrawal effects and addictive nature of AD’s I never managed. I found using large amounts of CBD (and THC but mainly CBD) REALLY REALLY helped me get off citalopram, with cannabis I found the side effects a lot worse. Coming off citalopram has left me totally brain dead. My mind has been messed with, my emotions all over all the place. Not to mention full body ‘electric shocks ’ and ‘brain zaps ’ that went on for many many months (still get it now and again) hand on heart, I couldn’t have got through it without cannabis. Not sure if I ever experienced depression before I started taking AD’s (mis-diagnosed) but I sure as hell suffer from it afterwards.
- For anxiety
- So far I have been able to reduce my Tramadol daily dose (which was above the max recommended) also my pain clinic said they couldn’t prescribe cannabis but put me on fentanyl patches along with the tramadol and using cannabis has ensured I haven’t had to up the fentanyl. If I could get regular legal access to the strains I require then I feel I would be able to replace the opiates completely with cannabis.
- I was taking tramadol when I first got diagnosed but when I started smoking cannabis I didn’t need the tramadol anymore
- I take canna capsules with rso in as an anti inflammatory
- Tried lots of different painkillers they either done nothing or caused other problems then got addicted to cocodamol
- I don’t take any prescription drugs at all and no pill pain killers
- This has been replaced with cannabis oil (containing thc)
- I have nerve damage from my last ear operation, my clinician has prescribed amitriptyline and dihidracodiene, sady because of the inconsistency of the cannabis market I still have to take the pills.
- In early 2011 I was taking all the above drugs and wheelchair bound needing carers, due to chronic pain and depression
- The antidepressants they WANTED to put me but I refused.
- I have prescribed high dosage painkillers which cause me numerous side effects such as stomach pain, constipation, dizziness, nausea as well as feeling out of reality. Cannabis allows me to reduce the pain symptoms with none of the side effects that the prescription tablets have.
- n/a
- So ill on pharmaceutical drugs nearly died so replaced them with feco instead
- Was able to reduce dosage which I take for anxiety issues
- I spent five years trying different medical cocktails and combinations before my psychiatrist and neurologist decided that Lithium, Oxtellar, and Prozac were my best fit. I have better quality of life, less side effects, better focus, and a great reduction in seizures with just cannabis use, good diet, and exercise. Eventually, my psychiatrist also agreed with my methods and suggested I relocate to a legal state so that I could live without fear of prosecution. I lived in Texas and at the time it was still not legal for my medical ailments.
- I take concentrate
I was using diazepam for anxiety but have found cannabis to be more effective and user friendly

Gabapentin

I no longer take these addictive drugs coz of side effects etc

Without cannabis I would be; housebound again, in a wheelchair, having carers come in 3 times a day everyday, being so unhappy and depressed, overweight/obese again. I don’t want to ever go back to those horrid dark days where I just laid on my bed and was washed by carers, missed seeing my children grow up and missed being with them so much.

Over the last 3 months, under doctors guidelines, I have reduced or now eliminated most of the above mentioned drugs, which I have been on for between 5 and 8 years. I have been using cbd oil, from simplycbd and vaping flower buds for pain relief and anti inflammatory effects.

I am not sure of the names of the pain drugs as it was so long ago.

I was addicted to diazepam having used it for 5 years for PTSD. I took Tramadol and then morphine in the months leading up to Hip Replacement.

Doctor wanted to prescribe steroids for my rheumatoid arthritis but I treat it with cannabis and many years on I’ve had no need at all for any doctors medication and my rheumatoid arthritis is actually in remission at the moment.

I was getting horrible side effects with my medication and it was doing nothing for my PTSD, I also have GAD and potentially BPD. I still was hypervigilant/ horrific nightmares/avoidance etc. Cannabis takes it all away.

Do not need to take my sleeping pills.. Im completely stable after my wake & bake in the morning that my anxiety is controlled & able to carry on with a normal happy family life

I was offered experimental immunotherapy but declined and informed my consultant I believed that cannabis was a better bet. My condition is monitored quarterly and I have improved haemoglobin levels back to normal, resulting in the end of feeling constantly tired.

I grew my own cannabis abroad and was completely symptomless for the 11 years I was there. Being denied it is a disgrace and an affront to my human right to decide how or if I want to medicate.

Using natural products I have reduced my medication and my GP was happy for me to come off the medication.

Stopped all pharma with medicinal cannabis oil

If I wasn’t smoking cannabis I would be in much worse condition which would lead to me needing to increase doses of medication

I have a mussel problem with my back with for last 20 years when I did not have any cannabis for about a week my mussels would start to spasm when I got physical tired. I also suffer with copd with I found that out I increased I’m in take of cannabis with chanced my life totally when I run out of cannabis I get infection after infection in my chest and have trouble breathing a few dat and rest with the oil fixes it like it’s not theirs but it is hard to describe all I will say is my life your be horrible

Reduced from ten tablets down to around 6 per day.

Taken for anxiety and sleep and IBS

Went cold turkey, got a big bag of girl scout cookies, completley isolated myself week later, both gone

Cannabis is a natural better alternative to pharmaceuticals
• The only tablet I take now is magnesium
• Pain killers did not work and had unwanted side effects. Natural alternatives are better for me.
• Use Indica to deal with my pain, this not only replaces my painkillers but also it does not zombify me.
• Glall baderv ulcer hiaras hernia
• Don't take many painkillers now
• I do not need to take as much
• I was prescribed a lot of the above medication due to the severity of my Crohn's symptoms. I became bed-bound and a wheelchair user aged 25 and only cannabis helped me reduce and replace the prescription drugs which had nasty side effects.
• Back pain
• Refuse to take medication
• I was addicted to codeine and tramadol, through years of pain. So i looked into cannabis treatment and now im in less pain and no longer take pharmaceuticals. My lifes got better because of cannabis
• Eating hash has helped me drastically reduce opioids
• After prescription drugs were making me very ill and unable to look after my children properly I needed to find a more healthy way to manage my severe daily pain.
• I have cut down my anti D's by over 50% in two years.
• I don't use the above anymore

![Image of bar chart showing survey results]

What was its effect?
175 responses
- Reduce: 73 (41.7%)
- Replace: 125 (71.4%)

……………………………………………………………………………………………………………………………………………
Are you or have you ever been addicted to a prescription drug or drugs?

Please list:
- Tramadol
- N/A
- Tramadol
- Diazepam
- Cocodamol
- Diazepam
- None
- Na
- Codeine
- Codeine
- Valium
- Morphine
- NA
- Opiates
- Zopiclone
- Pain killers
- Codamal
- tramadol
- co-codamol - pregabalin
- Various Anti depressants, various pain killers, various drugs to calm my nervous system, Lyrica, Half Inderal, cholesterol lowering drugs, drugs to reduce high blood pressure, medications for digestion system problems.
- Tramadol, morphine
- Pregabalin
- From March 2015 Oxycodone from 80mg daily for 2 years to nothing now Clobazam from 30mg daily for 12 months to nothing now Gabapentin from 1500mg daily to 300mg daily now Codeine from 280mg daily to 100mg daily now
- Methadone, lorazepam, diazepam, temazepam, morphine, tramadol, codeine syrup, home made "Drank" (think about the codeine concoctions American rappers drink with sprite) pregabalin.
- Benzodiazepines
- Cocodomal
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- Buprenorphine.
- Valium, DF118, any Pharmafia that got you high.
- I was addicted to prescribed opiates and dependent on many psychiatric drugs
- Morphine, tramadol (still addicted)
- Tramadol oramprph
- Codine and tramadol and sertraline
- Lyrica for years before they were big used to swap a girl weed for them
- Clonazepam, Pregabalin, Morphine, Oxycontin.
- Morphine
- Citalopram
- Methadone Tramadol Cocodamol I can't think, it's 20 yrs and class a addiction ago.x
- Probably Tramadol; there was withdrawal so I suppose so.
- Possibly but I came off them due to cannabis
- Sertraline
- MOST OF THE ABOVE!!
- Above
- Oxycodone pregablin
- Prozac cipralex propranolol Esomeprazole
- citalopram
- benzos
- Gabapantine
- cocodamol
- morphine
- Valium, antivan
- I am addicted to clonezapam, but am reducing it slowly since introducing CBD
- Prescribed for multiple years despite the associated risks which are well documented.
- Lorazepam and Venlafaxine
- Tramadol.
- Dyhydrocodeine. Oxycontin, Oxycodone, Fentanyl, Gabapentin, duloxeteine, and morphine sulphate. The opiates where nasty and controlled my life.
- Codine- without realising, it just became a daily habit, which then caused secondary symptoms, which I was then given more drugs to counter side effects. The same with amitriptyline, it was a physiotherapist who suggested I try to come off them, turns out they were aggravating my sweating, which I suffer from with an already recognised diagnosis of hyperhydrosis 8years ago - you would have thought one of the 12-14 different doctors I've seen over the years, may have suggested this, but no, they just increase the dosages.
- Cocodemol
- Methadone
- Benzos
- Zopiclone, quitiapine lyrica
- Valium xanax
- Zapain
- Valium tramadol
- Stilnox and benzodiazepines
- Answered above
- All of the above were highly addictive to me, but the most addictive were diazepam and dihydrocodeine.
- I use 2 drops of oil a day so I don’t take tramadol
- Tramadol and diazepam issued for my terrible back. 2nd time round. I was bed bound for 18 months. I eventually sorted my back then had to deal with that addiction horror. But I did it slowly with cannabis.
- Codeine and tramadol
- Oxycodone Clobazam Gabapentin Codeine
- Opiates Duloxetine
- Anti D’s. Venlafaxine.
- Co/codamol
- Sertraline was evil to come off. Horrid withdrawal symptoms.
- Trazadone
- Sertraline & quetiapine
- Oramorph Gabapentin tramadol
- Codeine, cocodamol, tramadol, diazepam
- Fentanyl
- Tramadol and Gabapentin
- Methodone...diazepam
- clonozopam, oxycontin, oral morphine and ant depressants (all dependant)
- No addicted but could of been no people who are and its wrecked them
- Morphine Fentanyl Codeine Pregabaline Duloxetine Amitriptyline
- Severadol - morphine tablets
- coming off tramadol was terrible evil evil stuff from and operation
- Paracetamol
- Barbiturates, benzodiazepines, opiates
- valium, codeine
- Codene
- Antidepressants
- valium
- No
- Soferax
- Fentanyl cocodamol and naproxen
- Zomorph at the moment as I can’t get enough oil
- Zimovane
- tramadol co-codamol gabapentin co-codamol. pain control that was not controlled by the prescribed medications.
- oxycontin
- Pregabalin, dihydrocodeine, amitryptiline
Do you or have you consumed cannabis to manage this prescription drug addiction?

- reduce amount of co-codamol I take each day
- Took cold turkey and used cannabis products to replace all my prescribed medications and ointments all at once with no weaning off anything. Was not feeling 100% for around four weeks but I then became a person I had not been in for many years, or even better, with more understanding on how to treat a body and mind with organic herbs like cannabis, hemp and others and not to rely on synthetic drugs which often lead to the need of other drugs to try to regulate the body or mind.
- Cannabis has helped me reduce or come off the nasty painkillers I became dependant on following complications with my leg break. It dulls withdrawal symptoms and comforts the mind also distracting the mind and body from wanting what its addicted to. I'm still reducing a few years later but I haven't increased at all and I'm off the worst of the stuff now!
- As a youth (now 41) I was addicted to being so far gone I could no longer feel breath, air, anything. I blotted out things I still can't deal with all related to alcoholic abuse towards me. I got high to hide.
- Codeine was a bit of a favourite tipple of mine, didn't realise I was addicted until someone pointed out I was eating them like smarties.
- Cannabis stopped me using benzodiazepines
- Helped with sleep while reducing Buprenorphine
- Used cannabis to replace All other drug use.
- I haven't taken meds in over six years and only then for a short time as I had a breakdown.
- I was up to 14 tramadol 50mg tablets a day. Now I take zero
- asa above
- No high blood pressure since using cannabis
- Makes it so as I can take less without big side affects
- I use codine once or twice a month
- Used cannabis the whole way through the detox process
- See above
- Brain surgery 2016 sent home with morphine started using cannabis again to kick the poison.
• the citalopram gave me psychosis. i still have trouble with my joints and muscles to add to my arthritis which stops me for being able to walk or move my body as the pain is unbelievably bad on the hospital 1 to 10 its a 8 on a good day. when i just my legs working i cant stop or i just seize up until i consume cannabis by eating it then that helps reduces the pain and gives me a normal life. plus other side effects which has effective cognitive ability after i consume my brain opens to inputs and knowledge for which before i cant without citalopram just make me into a cabbage.
• Replaced Gabapentin with cannabis & cannabis reduced pain a lot better than Gabapentin
• I was able to reduce the prescription from 200mg to 50mg
• I HAVE REPLACED 32 PILLS A DAY SINCE MARCH 2018
• Not relevant
• Puff a spliff don’t pop pills
• Reduce the amount of painkillers
• No more night terrors, happier more relaxed and calmer. Lost 4 stone. And got out of the “rut” broke cycles.
• think i answered this one above... please see my previous answer
• benzo free
• I replaced tramadol with cannabis
• added cbd to my treatment plan
• Stopped under free will
• Stopped
• Addicted to diazepam at a very young age....cannabis helped me quit
• I wasnt clock watching for pill time, and felt generally less anxious
• As not used, no effect.
• As above.
• Once I was diagnosed with Bipolar disorder and OCD my doctor placed me on a plethora of different medications in an attempt to help me. Venlafaxine and Lorazepam were some of the first. Within a month I had tripled my dosage on the Lorazepam to ever diminishing results. I could not miss my venlafaxine without massive mental episode. I recognized that I was becoming very addicted to medications that were not helping me and with the help of my mother (a psychiatric nurse) and a new doctor I stopped taking them. The cannabis helped immensely.
• I replaced for cannabis oil & cbd
• I’ve replaced most of my medication, hopefully I will be totally free from prescription drugs in the near future.
• As stated above
• Used cocodemol for trapped nerve/sciatica.. Now just consume cannabis where possible.
• I used cannabis to stop taking diazepam.
• Fo not need man made pills with Cannabis
• Dont do prescription drugs
• No addiction, but lower meds
• At the time i was addicted to diazepam i was not using cannabis. i started young but took a break and ended up addicted
• See above answer
• As before
• I don’t find it so necessary anymore to use prescription drugs
I spent years slowing reducing all my prescription drugs using 3.5g of cannabis daily, smoked and eaten. By 2014, I had managed to come off all prescription medication apart from dihydrocodeine and citalopram, so when I was sent cannabis oil for the first time, it was so effective on my symptoms that I realised this was my chance to replace dihydrocodeine and citalopram with cannabis oil. So I detoxed from my 18-year dihydrocodeine dependancy using cannabis oil and hashish.

I read about tramadol & I made a decision to try CBD oil
I used cannabis to withdraw from 2 years tramadol and diazepam addiction which was issued for pain relief.
I no longer take prescription medication and now treat my glaucoma and pain with cannabis which works better than any drug I have been provided with from the NHS
From March 2015 Oxycodone from 80mg daily for 2 years to nothing now Clobazam from 30mg daily for 12 months to nothing now Gabapentin from 1500mg daily to 300mg daily now Codeine from 280mg daily to 100mg daily now Please see reductions in previous q
I have not used opiates in over a year now and I was heavily addicted for almost 10 years. Using up to 36 codeine pills per day at one point.
At this time, I used hash, which took over 75% of my anxiety away.
It got me off the prescription medication that was killing me
I used weed to get through withdrawal from Sertraline, now I use it instead.
Now use feco and a high strength CBD, no more pharma drugs and the depression and anxiety don't rule my life any more, I can now leave my bedroom and live a relatively normal life after being scared to leave my room for over 5 years
I no longer need the cannabis or the pharmaceutical drugs
I have never been diagnosed as being addicted but I must of been I was taking nearly 100mls of Oramorph a day - I used to get withdrawal symptoms if dose was late now all my medication is lower dose because of cannabis
My aim is to replace all prescription medication, but I am only just starting my journey
As per previous answer. I realised that I had a problem, I had been taking these drugs for two years for a herniated disc which would have healed in 6 months or less. Yet my doctors surgery continued to hand them out like sweets and probably still would be if I hadn't taken matters into my own hands.

used it to come off all drugs
As above.
Initially used it to reduce and come off the morphine. Was surprised by the medicinal benefits and replaced it as a form of treating conditions.
The cannabis relaxed me more so I don't need painkillers
Don't use pharmaceuticals
Replaced all pills
when going cold turkey the cannabis helped me accept the torture that was the withdrawals made it much less aggressive
Does not apply
No
Don't take cocodamol ever now
Got of them all thanks to cannabis
When I'm medicated with feco, I do not need as much morphine based pain killers
Helped me get my head in gear.
• Cannabis manages my pain far more effectively than the prescribed medication. And so I can still function as a mother to a far better degree than I could on man made medication, where my children had to witness me in far greater physical, mental and emotional distress Every Day!!
• I have withdrawal symptoms after taking opiates for a couple days. For this reason, I have refused to take them for chronic pain. Without cannabis I don't think this would have been possible.
• Use less
• i don't take an prescription drugs, I've had many operation and its the only pain relief that works for me.
• Don't use
• Cannabis us my only medicine, alternatively to £5500 in prescription medicines monthly.
• Under mental health cannabis stops anxiety
• Na
• From taking the tincture for now just over s year I have come off all my prescription drugs , reduce my now only one blood pressure pill to half, and stopped taken the other one that I was on.
• I was getting constipated and my pains were getting worse in my stomach. Cannabis stopped me being physically sick & reduced my stomach cramps and pain.
• I said no but was on tramadol for a long time and gave it up easily as had already had better relief from cbd, I didn't need the tramadol though I know it is very addictive
• Every month the patch was reduced by 12mg. The side effects from this for three weeks was horrendous and then one week ok. Then it started again for seven months. I now cannot cope with the pain and the Dr does not care.
• Following a stroke at the age of 41 I am on numerous medications and with its help am slowly reducing. If it was available on prescription it would help hugely as would be cheaper for me as life on benefits now I am disabled is extremely hard.
• Very rare I take codeine now
• I am completely healthy now I'm pharmaceutical POISON free and work again after 13yrs on sick
• Already stated above
• A good intake of cannabinoids has replaced the stronger opiates I was taking
• No need for tablets
• Explained in my answer above.
• I researched cannabis and it was a no brainer to come off all other meds and replace it all with cannabis due to lack of side effects on my body and the fact it works.

Have you disclosed your cannabis consumption to anyone?

• Everyone
• Everyone knows
• My friends, family and doctor know I use it for pain relief and are fine with it.
• Cannabis and it's use is a big part of my life, as such it contributes to my identity as an individual and this shows. I talk quite openly about my cannabis consumption in large part
because of the above, but also because I believe there is nothing wrong with it. It’s a way in which I have connected with many people throughout my life, and I wouldn’t want to hide it from anyone.

- Anyone that knows me knows I smoke cannabis.
- Not working due to disabilities and openly tell ‘everyone’ about cannabis and hemp and their many uses.
- Everyone
- Also a few bods at work know Family accept it, My friends smoke it
- Everyone knows now.
- Pride!
- I am open about my use and why if asked as i feel everyone should know the benefits of cannabis and how are bodies need this plant to help our endocannabinoid system to maintain homeostasis giving us the right balance to heal, grow and evolve as independent beings
- I don’t hide the fact that I smoke cannabis to my friends and family, because they all know the me before cannabis and the stoned me is very pleasant. The drunk me was evil.
- My friends and family are fully supportive as well as my none cannabis using wife. In the past I’ve been met with hostility when I have told medical professionals
- It is not a secret
- I’m entirely open with everyone I come across except my neighbours because I grow it and you never know what they might do in a moment of pique, and my husband gets very nervous about that so it’s part of our agreement to letting me grow it. But yes, I’m almost entirely open because I think it’s important to be vocal about it so as to challenge the status quo, the bigotry and the establishment in order to change the legislation. I make it a point to be very vocal about it when seeing anyone from the medical establishment as well.
- I would never tell an employer as I fear it would effect my job
- I have always been very open about my cannabis use.
- I told my Doctor who said she knew nothing about it either way.
- I’ve smoked weed since I was 15, everyone that knows me knows my passion for cannabis and most know the extent of my use. If I had reason to see a medical practitioner, I'd have no problem telling them either.
- Only close family are aware
- I tell everyone and I smoke like it’s LEGAL.. well it is in my World...
- It’s not currently safe to be open about cannabis consumption as it’s still a criminal offence to consume. Unfortunately this fuels organised crime which is unfair on this wonderful plant.
- I believe I am not doing anything wrong so I am not shy to share the fact that I use canabis.
- Alchohol councilor
- I am open with my cannabis use as i like to tell everyone about the truth of it and explain how to research and look for themselves so they can make there own informed decision about it and not be lied to by the government
- I had my driving license revoked about 15 years ago as i had a high level of thc at a dvla medical. I then refused to stop consuming and went about 6 yrs with no license. My gp at the time was fully behind my cannabis use. even saying if he could prescribe it for me he would. Circumstances changed . I moved and needed my license so i had to give up cannabis for 6 months and comply with the medication prescrised for bipolar. What an irony as these tablets are much more dangerous to take then drive in my opinion. I am now forced to lie to
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my gp at the 3 yearly medical saying i dont consume or I would lose my license again. On the plus side I am not being forced to take meds any more.

- It's important to educate others on the truth about cannabis and although I don't shout about it i will always answer honestly
- I feel it is my task to inform the misinformed about what cannabis really is rather than allow the myths substance whenever I can
- I have several specialists. Rheumatologist, pain clinic, consultant in biochemistry and metabolic medicine, bone doctors (memory won't give me correct name). All say they wish they could prescribe cannabis and CBD
- I am honest and open about my consumption of cannabis
- I have only disclosed to those I feel comfortable with as there is still a stigma around cannabis consumption
- Dr refuses to acknowkedge but knows the efficacy0
- My client knows she also takes cannabis, so does my partner
- some family members dont understand but friends or new people in my life i am open and honest with them
- I dont directly tell my employers but its not hidden that that i do use. Out of work ill smoke just about anywhere so its not hidden from anyone
- I tell everyone I meet about the health benefits
- I am open in my Cannabis use. Not "in your face", but neither hiding or discreet. To me, using Cannabis is a normal guilt free part of life. Much like a cup of tea.
- I have no shame in keeping myself alive and healthy!
- Only my family and closest friends know
- I am open and honest with most of the people in my life about my choice of medicine
- All my family know and my own doctor
- I told my heart specialist who can not believe the change in me as a whole and dose not need to see for a year after having three heart attacks caused by the side effects of citalopram.
- I'm proud to be intelligent enough to heal naturally
- I'm completely open about it
- The only people I won't tell while it remains illegal are the authorities and medical practitioners (due to insurance etc).
- When diagnosed with breast cancer and depression, I told my GP and Consultant about my cannabis consumption.
- Doctor told me if I asnt careful I would get schizophrenia.
- My family support my use of cannabis, as do the friends who know.
- I'm a active activist and will shout from the roof tops untill my medication (cannabis) is no longer a crime
- I don't hide it
- I have told my doctor as I know it helps my pain relief alot
- pretty much anyone who knows me knows i consume it. im not embarrassed by that at all
- Most of everyone I know, knows that I smoke cannabis, and they don't seem to mind
- Im open with family and friends regarding my consumption. Family tend to shy away from the subject as its a illegal substance. However one family member is very keen to learn more as she has Multiple Sclerosis also, after trying most prescription drugs and disease modifying treatments she is looking for relief elsewhere.
• In a vague way to medical professionals one of which told me off the record I was doing the best thing and I'd be better sorting my own then getting it on prescription (though he did say that would be not likely to happen)
• I tell anyone I smile cannabis there’s not one person who I wouldn’t tell
• I used to hide it but my cannabis use does no harm to anyone.
• I tell everyone im open and honest
• I can't function without cannabis, I am high functioning with the correct strains in the correct forms & doses, I have to be open about this as I work in a close knit team
• Freedom of choice not to be oppressed
• I had not disclosed this to anyone outside of family or friends due to the negative stigma surrounding cannabis
• I come from a family where cannabis is pretty normal. My dad was a heroine addict so I know what the riss are of the chemical world. I have no shame in my use of cannabis. I need (as does the entire world) access to a plant that will not kill me and soothes the nerve pain...
• I talk to anyone that will listen
• Well I’ve been court and taken to court for possession so the authorities know about it.
• Just my husband and kids (18 and 20) I take cannibis
• I am one of the lucky licence holders to import medicinal cannabis
• My family and friends are aware I use the non psychoactive part of cannibis.
• I have told any who will listen and I don’t hide the fact I consume. I have also been trying to get local members of parliament to view available research and make an informed decision and push for availability.
• I am open about my cannabis use, as I believe we all should be if we can.
• Need everyone to realise it's saving my life not ruining it
• I don't hide that I smoke cannabis. I don't feel I need too
• I am not ashamed for utilizing cannabis anymore than I would be to use aspirin. Aspirin in large doses is more deadly than cannabis. The principle difference in the public reaction towards them is the false propaganda surrounding them. If I am dishonest and do not live as example other people will forever be in the dark of the environmental, medical, spiritual, creative and many other uses for this plant. I deserve to have quality of life that was not possibly given to me with current pharmaceuticals available due to allergies and side effects.
• I will continue to live my life in the hopes that I can educate others and possibly save someone else like me.
• My family
• I'm not ashamed of my cannabis use
• I do not hide my cannabis consumption whatsoever
• My friends and family know that I use cannabis and are very supportive of it, some of them also use cannabis. Two of them are using it to treat cancer with great success and I supply it to them.
• I tell everyone it helps me. I’m not ashamed of using it.
• I’ve asked my doctor ect, I’m going to ask my rheumatologist when I go for my appointment in August
• I have only recently told my doctor as she asked how I had reduced all my medication and stopped most of it, this saving the NHS hundreds, possibly a thousand a month. She has wrote me a supporting letter for a private prescription for "medicinal cannabis", but I cant afford to pay £700.00 plus for a short supply of cannabis, though it's alot cheaper than my prescriptions were costing the NHS. I didn't want to tell her as it will effect any insurance
policies I have, but it’s out now and I’ll be treated worse than someone who consume alcohol.

- anyone who asks really
- mp
- I don’t hide it whatsoever. Everyone that knows me knows I use cannabis.
- Family and friends know all about my cannabis use
- I am very open about my use and fully support the legalisation of cannabis for both recreational and medicinal use. I like to engage others and try and educate it is not the devils lettuce!
- Everybody i deal with knows my past & now what i privately, unfortunately, do!!
- I have never hidden my cannabis use from anybody, indeed a person could reasonably assume I use cannabis from how I look, but I see no reason why I would proactively inform anybody about it, an employer especially, or a potential one. That is possibly the longest sentence I have ever written.
- Everyone who knows me knows I’m a proud cannabist.
- I still feel unable to discuss it with my family due to the media portrayal of cannabis use for medical purposes.
- My family are comfortable with me smoking cannabis as they’ve seen the positive effects it has on me.
- I have informed my friends and family as sometimes if i am fitting they will need to administer the oil. I have spoke with my doctor about the subject.
- I’m incredibly open about my cannabis use. I don’t consider it a crime to consume a plant we all know is beneficial.
- I will not tell my doctor or boss as this could result in socia services involved in my life because I have a 11 year old son or my landlord at risk of lossing my home
- This is a plant that provides a medicine with no side affects at all that’s iv come across that improves my life no end and has saved 2 of my friends life’s from cancer and with is helping my extremely sick partner why would I hide the fact what this medicine can do to my family and friends this is meant to be s legal medicine now but only if you are rich
- I don’t hide what I do from anyone.
- I don't particularly hide it from anyone except my kids.
- I am what i am a nice helpfull member of the public, these ppl seen me drunk tearing pubs up, violence ect
- I have told them that I use cannabis to help me sleep
- Everyone knows whats what.
- Pretty much everyone
- It’s all ok

Have you suffered any discrimination of any kind due to your cannabis consumption?

- My cannabis consumption is accepted all areas of my life.
- everyone discriminates against us ‘lazy stoners’ when applying for jobs despite my extensive experiance and references indicating extensively that i easily complete 5 times the work of anyone else when im stoned.In my previous role as a kitchen porter/chef i ran an entire kitchen by myself and had the 4 chefs whos work i was doing, standing downstairs taking my food out of the lift and handing it to the waiting staff then loading the lift with plates from
cleared tables. I cooked all the food, washed all the dishes and kept a clean kitchen all by myself because I was stoned. Yet I’m still classed as a ‘lazy fucking stoner’ by those management types typically nipping off to the loo’s every ten minutes to have a snort of cocaine.

- In the past, one of the last times I worked. I had a job in telesales. At the time I had dreadlocks, and I spoke openly about my cannabis consumption. I really only spoke about it at the time because people would ask simply because of my hair. As a result I was often mocked, called names like Bobby Marley and other fairly stupid rubbish, but also people including my boss would stereotype me, imply I was a stupid stoner. In the end I left the company because of an altercation with another employee (my BPD in effect) I was accusing her of trying to get me in trouble. My boss took me aside and told me to lay off the cannabis, saying that it was making me paranoid.

- I have lost friends and family because of its criminalisation.
- Being told not to consume it in certain public and private places and not being permitted by UK laws to grow or consume it even in my own property. I am also refused it on prescription for numerous reasons by authorities in my area or due to personal reasons of the chronic pain specialists or GP’s.

- I have lost friends because I consume cannabis and it has stopped me from applying for certain jobs in the past.
- Pain clinic doctor praised my “remarkable titration off the pain meds”, then laughing in my face when I mentioned cannabis was behind the good work, what a muppet!
- People tell me I smell of wacky tobacy daily and that makes me feel less of a man.
- Only with employers.
- Wife does not approve as illegal
- From hospitals assuming the pain is psychological or issues due to use of cannabis.
- My very conservative inlaws (FIL, MIL, SIL) have all judged me negatively for consuming cannabis (but ask me if I give three shits). I shut them up very quickly when they did (and sometimes still do) with facts and science. However, my relationship with my FIL and MIL hasn’t been affected as far as I can tell - they still think I’m an awesome person and my MIL still can’t get enough of me because, and I quote, “I really enjoy being around you because you have very good energy!” so go figure. My SIL is another matter - she unfriended me on facebook (LOL!) and has distanced herself greatly, which in all honesty, is inconsequential to me.

- Just having to hide what I do not being able to socialise with it and the fear of being made a criminal
- I’ve been called and recognised as a junky, drug addict, pothead, hippy, looser, waster etc
- Oncologist supports it
- Wife, son and people that are anti social with cannabis
- After conviction, getting work.

- I wouldn’t say any discrimination, no. Nothing major anyway, thankfully. But there’s been the usual words of disapproval voiced from family members and ex-girlfriends, etc. Friends have never had a problem with it because most of my closest friends smoke weed. Since starting a CBD company, the amount of family members and non-smoking friends that have opened their minds and changed their opinions on cannabis has increased dramatically, which I’m really proud of. My mum and my gran - who were always the ones that hated it the most - not only don’t disapprove anymore, they both now take CBD oil.
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- Can't get a job and am looked at like a junkie by some tossers
- Not directly but the media portrays cannabis users as lazy and unmotivated. I'm a married, self employed company director, mortgage payer and father of 2. I'm extremely motivated to make the most of my life. Cannabis gives me a little relaxation of an evening as calms my aching joints and tired mind.
- My mum was not happy when I was young but is fine now.
- 17 convictions
- I have been Arrested many times, harassed by police even when not arrested, evicted from private properties and housing associations, been refused housing and Allotments, been estranged by my family, sworn at a members of public had arguments and fights all due to discrimination of my cannabis use
- My parents where very worried when they found out I used cannabis when I was younger, due to misinformation. Although I (now) have been telling my mother about the breakthroughs with modern research and she was very interested and said that she would now keep an "open mind" in regards to cannabis.
- My new GP is awful . So much so I have stopped going . So got help me when my disability benefit it reveiwed soon
- made unemployable by convictions for cannabis employers didnt want to know ,
- You get stereotyped on a dairy basis for choosing something which is completely safe
- I do not purchase from the black markeypt
- usually the Stoner comments. or people being negative on cannabis classing it the same a hard drugs calling me a addict
- Yes because some suit says its illegal to use natures gift....
- Members of my family do not like it and look down on me for it. Very judgemental with out knowledge. Iv also like many had the same ignorant comments about lazy dumb stonners and other such comments.
- I have been told its not a good idea by a few people
- Arrested
- Family shunning
- Society isn’t quite ready to understand or show the patience needed for me to freely medicate and express my love of Mother Nature.
- I was using cannabis in the privacy of my own bedroom (alone) when the psni came to my house @ 4am looking for another person who lived with me. They did not have a warrant but I let them in, the smelled cannabis of me an searched my house 2015
- people think its a Drug and bad for you. If only they were told the truth by our so called peers.
- My employer hated me for it and admitted it on many occasions
- NHS asked police & social services to investigate - they declined due to no harm being done
- People judge
- A couple of acquaintances were unhappy about my disclosure of my cannabis usage, but most other people have been totally accepting.
- When discussing my general health both mental and physical with doctors, family and some friends the vast majority will try to discredit the progress I've made while using cannabis
- Non smokers believe it’s a dangerous drug because of its current class
- My ex wife has used cannabis as a weapon so that my children no longer want to know me due to the way my ex uses the fact cannabis is ilegal .
• MY GP TOOK OFFENCE WHEN SHOWN H& B CBD OIL SAID HE COULDN'T BE SEEN TO HAVE ANY INVOLVEMENT AS CANNABIS IS ILLEGAL!!

• I've been arrested n have been stop many times by police for medicating

• I've been dismissed by family members that it can have any kind of medicinal help. Which is very cruel as it helps me everyday. People who talk so passionately about something they have no understanding of are the problem here. Also corrupt government officials.

• Many forms of discrimination including being called a ‘druggie’

• Only from the pigs.

• Called a fucking junkie / stoner / lazy pothead

• having to turn down good jobs because they drug test

• Called a smack head, not going any where dead head the usual none of which is true the exact opposite.

• I get the usual social negativity and sneering but when I educate this usually changes. I have been fighting off death with no medical/financial/disability support for 15years so at this stage I have to work my life around my essential medicine rather than risk the stress of discrimination

• Poor attitude from “professionals” and “drinkers” about nature

• Due to mis-education friends and family often pass judgement and make stupid coments. I have also been targeted by plain clothes officers in an illegal search.

• Close minded people

• I guess so, but how would i really know

• At least I don't think I have.

• it being my only prescribed medicine that I have to fundraise for

• Harrased, intimidated, stopped and treated as a criminal because of my choice of medication/recreation

• Stereotypes, misunderstood

• Called a junkie and had social work harass me for it as I have a 4 year old but need feco to stop seizures

• When I smoke outside people have looked with disgust maybe I don't know I didn't ask. But they have looked

• Can’t inform work otherwise I’ll lose my job, even though I only have a tiny amount in the evening as pain relief

• I was fined for the possession of Cannabis (14mg)

• Due to the false propaganda surrounding cannabis I’ve had health care professionals treat me as a criminal. I’ve had people that were impressed with my job performance and creativity cease to interact with me. I’ve been placed into a senseless stereotype unjustly.

• Generally looked down upon

• Gaining employment

• Certain people class me as a druggie

• Some family & outsiders don’t agree ect, it’s ignorance I believe.

• It happened often, mainly socially so now I dont go out, I am also scared of my neighbours and the consequences of them telling others, while they all sit in the pub getting drunk on a Friday and Saturday night I'm at home enjoying a pain free evening with my herbal vaporizer.

• I’m used to it now, but the assumption that your doing it just to get high, rather than acknowledging that it works for me. The association of danger and seedy goings on. The risk of me telling people, for fear of judgment as me as a person or the risk of breaking the law.
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- Lost jobs.
- I feel the government does this by making it illegal to use. It helps me lead a normalish life and eases my daily suffering which is more than any of the prescription drugs ever have and unlike prescription drugs it does not have any of the nasty side effects either.
- My mum (who was an alcoholic) would never accept that cannabis helped me. She thought I was a bad mother taking drugs. We had constant arguments about it until we ended up with no communication at all.
- As long as no one is harmed then it is not a problem.
- From my old GP. once he knew i took cannabis to help with pain, he assumed i abused it and stated so in my medical records.
- I was assessed by a psychotherapist. I was told I had PTSD, Significant GAD, and suspected borderline personality disorder, I was offered no treatment and told I was on a 2 year waiting list for long term therapy. Following a service access request I got my assessment notes, which said I was in precontemplation in regards to my cannabis use and was not suitable for immediate treatment.
- Some people can be a bit judgey..... consider it as bad as heroin but that's just ignorance.
- Every time I've been arrested for it . Other than that , no. Because it only takes people I meet 5 minutes to work out I'm not the weirdo stoner stereotype. Majority of people I talk to already know it's less harmful than alcohol.
- Automatically stereo typed as a drug user.
- I have been in prison for it.
- Fired from a job for consuming cannabis on shift. I did it daily and ran rings around the non smokers.
- People assume I am a lazy stoner, incapable of being productive, despite holding down a full time demanding senior position whilst still smoking recreationally (in the past). Now that I actually use it for medicinal and therapeutic purposes, I feel unable to discuss this with most people due the assumptions mentioned at the beginning of this answer.
- Social may not agree.
- Social Services used against me inconsistently to suit their agenda at the time.
- I live in constant fear of being arrest and my medicine that works for me, taking away in an instant. its a constant worry my family will be torn apart. i am so disabled i am housebound yet i am still a criminal. i consider this discrimination alone.
- The oblivious ones of people assuming you’re addicted and make me unmotivated.
- People assume you’re lazy. I am quite the opposite, often fuelled by mania.
- Had people in the street called me druggy and dirty hippie.
- I was caught when I was 17 with cannabis.
- 20 years of being a large violent drunk, compared to now! The whole village loves me medicated.
- Years ago at work, a few people frowned on me about my cannabis use.
- Just our countries outdated laws.
- I don't know.
- From a specialist at the pain clinic when applying for my license.
- Family members have called me a drug addict because of my use of cannabis, despite their own alcohol use.
- You are made to feel like a criminal.
Does the fact that it’s illegal to possess, cultivate, prepare or supply cannabis negatively impact your life?

- N/A
- As above
- I need accesses to oil not street whole flower for my pain, but cannot source it or dare try making it my self.
- The fact i cant legally grow my own regularly brings me into contact with paramilitaries/terrorists and general scumbags to secure a reasonable supply at a reasonable price. Currently this is around £250.00 per 28 gram ounce. In a legal setting, i can grow cannabis at 26pence (yes £0.26 per gram). In a legal grow your own setting, i would have an extra £220 approx per week to inject into the economy. I’d love a holiday, i’ve never had one. I’d love a new phone, mines a near 20 years old nokia 3310. But no, due to the current fact of illegality, i’m forced to consort with a black market of scumbags while paying 30 times the price i can produce cannabis for. Many employers also actively discriminate against us mellow cannabis users despite being violent, cocaine abusing alcoholics themselves.
- It’s just a general, but sometimes quite visceral worry that one day I will be arrested. The possibility of losing my flat from being evicted due to being caught in possesion of cannabis or something like that scares me very much. If I became homeless and don’t know what I would do!
- It’s illegal, if I’m caught I could face jail making a negative effect on all areas of my life
- Cannabis gives me relief from all my physical and metal illnesses, unlike prescribed drugs. Taking cannabis and cannabis products regularly gives me and those around me great relief and more relaxation. If I could freely medicate with various cannabis products, I would become more active and it would keep my chronic pains reduced and my severe depression away. My states of illness effect all those around me.
- I cannot grow my own therefore it’s expensive and potentially risky obtaining the amounts I need to manage my conditions. Knowing that my newly found health from this wonderful plant is illegal depresses me and worries me as every day is a ”sword of damocles” day where one nosey neighbour could potentially ruin everything
- Worry about authorities and landlord.
- We’re cannabis legal ALL stressed regarding cannabis use would lift! I ache to relax outside in my garden snaking cannabis quietly!
- It amazes and sickens me that in the eyes of the law, ’they’ (the dreaded ’they’) find it perfectly acceptable for me to destroy my life and EVERYONE around me with alcohol, but want to tar and feather me because I’m sat in my garden with a cuppa and a joint!
- Instead of buying it, I could be growing it for my own personal use
- It’s a constant fear that you will be prosecuted, lose your career and your health with impact.
- I am made to be a criminal
- Marriage: Much marital contention has occurred because of the illegality of cannabis because my very straight and pathologically law abiding husband suffers from GAD, making him extremely anxious about getting caught. It's also caused stress because let's face it, it's not as cheap and the Rxed meds, and stress caused by finances is one of the biggest causes of marital strife. Social: For example, I hang out with my neighbours all the time - they're good people and fun, etc., but always on the back of my mind I'm thinking, gods, I hope they
don't notice what's in my greenhouse! I have to think twice about who to invite over and then worry about access to my greenhouse, especially since I'm such an avid and adept gardener and people are interested in everything I grow. Health: The added stress that the illegality of cannabis and above inflicts on me is not good for my health in general, but specifically in my case with my health conditions, it's significantly worse because stress triggers flare ups. Wellbeing/Happiness: All the negative impacts as described above, obviously also affect my overall wellbeing, happiness and quality of life.

- In the past I have 'run dry' and as a result my health suffered greatly.
- Have to go to black market
- Worried about police
- Worried about losing tenancy
- People that don’t know of my health problem
- It's only a social problem for me now. In the past, I would have included family and workplace but, now that I'm in the cannabis industry, there isn't a member of my family that isn't fully aware of my fondness for cannabis and my consistent use. While I've only ever been stopped for smoking cannabis in public by the police once in my life, there's always that feeling that I'm doing something wrong when I blaze in public, despite always doing it as discretely and out the way as physically possible.
- Would be sacked from work
- Cannabis enhances my life but the stress of knowing I'm breaking an unjust law is not a pleasant feeling. I also get very frustrated and angry at the Government’s extreme hypocrisy on the matter. Their view is out of step and completely unacceptable from a medical perspective. The law is based on lies.
- Outcast criminal
- I have been estranged from my family, refused work and also not able to work within the cannabis industry in the UK. I am unable to attend many social functions as my cannabis use would not be tolerated or accepted in many places. It has had a massive affect on my housing as I have been refused housing from council's, hostels, housing associations, private rental's and bed and breakfast housing. Leaving me mostly homeless and seeking alternative accommodation mostly squatting and sleeping on trains overnight or other public transport. This has had a knock on effect on my mental and physical health to the point of doing my body long term damage from this lifestyle for over 25 years. So it has had a major effect on my health and wellbeing. Also my finances, as I have worked out I have spent around £80,000 on cannabis in my lifetime. This could of been avoided if I was helped with housing and was able to grow my own weed. I could of saved that money and bought my own house or started a business that earned me the money to do so all while paying tax not the system instead of all my money being lost to the black market.
- Marriage: me and my partner come to loggerheads about this all the time, I try and tell her that cannabis isn't as bad as the media makes out (eg how Canada is doing very well with the new cannabis relaxed laws) And she doesn’t want to know, I cannot consume cannabis because my partner believes that it is "bad" (because the government say so). Even though we used to consume cannabis together as teens. Family: I would love to grow cannabis, mainly because it would be very cheap compared to the street prices, but also because I do not want to have to go to "Street dealers" and get dragged into that lifestyle (eg they might try and push something else on me like cocaine or amphetamine etc). Now the problem with growing cannabis would be I have 3 children, and I would hate for social services to get involved in our family life, if the police deemed our house a "cannabis factory" if they found 4 plants. Health: in my work I am very stressed and I worry about my joints a lot, I know cannabis is very good for joint pain and inflammation. I will not take codeine because it
makes me constipated, so I will just put up with the pain. Wellbeing/happiness: I believe that I would be a happier person if I could grow and consume my own cannabis. I would also be happier knowing that I'll people could consume there cannabis too (if they want). It's all about personal choice in my opinion, the government want to consume alcohol, I would like to consume cannabis.

- I have been robbed of my precious crop due to jealousy of the quality but otherwise have experienced no other negativity
- As a fully qualified teacher it is unlikely I would now be considered for employment in my preferred positions, since my name is publicly linked with cannabis use
- I can only take it at night as I drive kids to school and worry I would be arrested and lose licence and kids be taken off me
- my family disowned me at 19 years old because i chose cannabis to help myself ive not seen them again nearly 40 years of dailly distress , couldn't get any work because of same
- I can't sit at home and medicate, my neighbours aren't accepting of my choice, plus I respect that my choice does have an impact on them as the smell of combusted cannabis is strong. I can only try and smoke somewhere that won't interrupt others which can interfere with my anxiety. Living in social housing I feel the risk of losing mine and my families home will be put at risk if complaints are made
- Being open and honest with people is important to me and I do fear the instant discrimination you revive due to its illegality can be quite unfair.
- Always on edge for growing
- I have to be so careful as I am a carer and it may be used against me in future so making a job difficult to get
- It still a issue with my Wife she excepts it but is not happy with it being law Braking. family as i cant be open and honest or being able to use cannabis openly and Responsible around them as they do with Alcohol
- I need thc oil and cbd oil to help fight cancer
- Me and my family live in fear of the police and being arrested for a victimless crime and for trying to improve out way of life. Having to buy from street dealers also all carries its risks
- It costs so much to purchase from a back street dealer, it would be better for me to grow my own, financially
- I can’t take it in my friends house as I don’t want to incriminate them. The fear of being raided.8
- Its legal status is always on my mind. I’m always looking over my shoulder. It makes me nervous. It’s not right.
- I’m a bit fed up after 50 years of looking over my shoulder and having to avoid police. For using a plant. Ridiculous situtaion to be in.
- Being illegal is not helping my situation
- Risk triggers anxiety which is terrible for my epilepsy. And I don’t enjoy the prospect of funding potentially immoral criminal activity.
- I've just started a new job (contract not signed yet) not sure if I will be employed by these people because the 'accessni' enhanced disclosure certificate states that I got a Caution for possessing class B controlled drug in 2015
- I am always worried that by choosing to treat my health issues with cannabis that I risk losing my home or having my home raided by police. This is very stressful especially as a disabled patient and has a negative impact on my mental health. It also has a huge affect on my ability to socialize as I personally need to medicate on a regular basis to keep my
symptoms under control and I don't have the freedom to take my medication with me and consume

- My work would suffer as I would loose my job therefore my health would and my happiness .. it makes it harder to use when you have no idea what's in it .. if I could growth my own this would solve this
- Don’t like feeling that I’m doing wrong when it only a plant. Has caused more problems being illegal than anything else.
- we should be able to mend our bodies and minds like the Bible tells, of the oils being used by Jesus Christ to heal the sick.
- Its safer and easier for me to grow my own. If I could I wouldn't need to worry about the ridiculous rising street prices. Me and my partner both smoke cannabis for a variety of reasons and growing our own would make us so happy that we didn't need to deal with drug dealers making ridiculous profit from a plant
- I was a criminal for treating myself with THE ONLY medication that stops my life threatening seizures. I now have a private prescription therefore I am not breaking the law, however it costs over £1,500 per month.
- I can't use socially, I fear cultivation too much to do it so I have to buy from the blackmarket, which is expensive and depressing.
- Always concerned about the knock on the door.
- I always feel on edge when I have cannabis in any form on my person, out of the fear of being stopped and incarcerated for having something that positively impacts my life
- Have to buy it off the street & most of the time you don't know what you're getting.
- Because it’s illegal you sneak around instead of having the freedom to be who you are
- Being prosecuted for possession would have a negative impact on above selected
- IM A CRIMINAL & I SHOULD NOT BE!!
- It is often difficult to obtain a reliable, uncontaminated source of cannabis. It is also very expensive so I have to budget for it out of my benefits
- It’s illegal so I cant I have to take the dodgy black market to medicate cruel wrong and shit
- I used to grow my own ... until the Police arrived..
- If it was legal I would not of lost my now ex partner n my kids n would not of broken up a perfectly good family n couple
- Restrict daily freedoms
- its just the thing of being criminalized for it... i am not a criminal. that in itself negatively impacts on my life
- it makes me feel like a criminal when i’m not
- Knowing something you need daily that helps with so many different things is illegal, has a detrimental effect on my mental health as well socially.
- It keeps us on edge all the time. The fear of being raided is always there and while my partner understands and is amazed at the difference it makes to me the worry I’ll be arrested still hangs
- Because I’m always waiting for a knock at the door about my cannabis consumption
- Pig fear when I drive.
- I have to hide my use from many people and agencies. It costs me a lot of money if I could Grow my own it would be so much better for me. I can choose the strains that work for my depression or anxiety rather than relying on blackmarket weed
- i have anxiety fear of being arrested is a trigger
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- My life depends on cannabis. The fear & stress that goes with this reality is amoral and against my human rights. I have to live with that every day. I don't wish to go and meet strange men in dark places, I can't afford the crazy black market prices or the risks associated with bad growing practices. Many people will sit with an alcoholic drink in their hand, smoking a cigarette and tell me it's ok for me to smoke cigarettes around them but not cannabis because it is illegal. This is utterly mad. I spend my life being apologetic for being alive and having to not inconvenience others or make them feel uncomfortable around the "dangerous illegal drug cannabis" which is the lie they have been told by those in power who choose to profit from it. This is madness. Cannabis has never killed a living soul. I should not be "illegally alive" when a natural plant I could grow organically in my garden can provide for my medical needs to allow me to be a high functioning, contributing member of society.

- Choice has been made criminal and outcast
- Cannabis helps me to relax. I cannot fully relax knowing this is illegal.
- Due to the effects of the prescription medications my quality of life depletes when I take them, as they are both sedating medications, where as if I have cannabis I still have all my functions. The pills make getting up in the morning impossible so work and family are suffering.
- Ability to use openly or prescribe to others for health
- its stressful knowing that i could have my door kicked in by the police or thieves and my medication stolen
- I would like to use it more regularly, but access is difficult.
- I am terrified of losing my medicine.
- Scared incase I am cought for stopping my pain also it makes me have to go to some unsafe places to aquire it witch put my life in danger not to mention my family if I am in to much pain to drive my husband has to go
- Because of the law here I am constantly having to meet illicit people to get cannabis from which endangers me aswell as the constant threat of authorities carting me off somewhere. This also means I am unable to grow my own medicine in order to better manage my income.
- Fear of being convicted/freedoms taken away for growing a plant is completely unjust. The same for those who have to hide it from their places of employment whilst others can openly boast about binge drinking/getting drunk the night before whilst in the work place.
- I need it for my seizures my depression and my anorexia
- I don’t like the fact I have to pay in to illiagal activitys to consume what I love
- When I need it to treat my anxiety it's often not available
- Current laws prevent the consistent acquisition of safe product. The anxiety of being unsure of availability and if the product itself is untainted is detrimental to both my health and mental well being.
- I am unable to feel free.
- It's the illegalality of cannabis
- I would like to legally grow my own medicine without fear of eviction.
- I am concerned for my family that it would have a massive impact if I were to be criminalised for cannabis use or supply. I have had to tell my Dad and Father in law to lie if they are caught with it and say that they were unaware that it was illegal and just say they thought I gave them cbd as they are elderly and the stress of court would really scare them. If I were
to be arrested and charged for possession or supply I'd be afraid that social services may take away my children. This means the current laws are threatening to my family.

- I have to actually buy from a street dealer and struggle to find it in my area.
- It's the stigma it carries, people seem to now be understanding but they don’t want people to consume recreationally, they only agree "medicinally", which I believe we all should be allowed to consume cannabis how we wish.
- When in Amsterdam, I can go about enjoying my day, in appropriate surroundings without the fear of being arrested, charged and going to prison. I would much rather have the option to grow at home, limited numbers and buy legally, as an adult in licensed venues.
- With the legal aspect of it i always worry what will happen if i get caught using it which then sometimes i will deprive myself of it which then leads to my pain and conditions getting out of hand too.
- I would like to openly use cannabis in my daily life, it would help me immensely in my work and social life.
- I would love to grow my own for personal medicine to help with my rheumatoid arthritis but I can't because it's illegal and I have a family to think about. I always have problems sourcing it because it's illegal and the supply is never consistent or of a good quality. The law has made me a criminal for using a simple plant. This is not right or fair or just. It is a very cruel law that should not be in effect.
- fear of being nicked for choosing a healthy alternative then the prescription rubbish they prefer you to take
- My wife is against it as she worries my son will work out what it is, I am worried the police will come to my house, that I will get arrested I also cannot afford to pay for it The flower, which is often the wrong strain, which I have to buy off the black market. Bearing in mind my jobs listed earlier. It is horrible and so unfair
- I am afraid if caught and convicted for possession it may have an impact on my employment status. Which only heightens my anxiety.
- I have met some dodgy people in some dodgy places . Because I cant grow my own.
- It creates unnecessary stress in the lives of people who are already suffering austerity.
- If myself and my family grow and use cannabis, it could greatly improve our health issues (including migraines, pmt, ankylosing spondylisis, bipolar, coeliac disease as examples). This includes my five year old son who has coeliac disease. But instead we follow the conventional ways to deal with these issues, knowing that this is simply to benefit the state. If we were to use cannabis we could lose our jobs and our children could be visiting us in prison.

As a consumer of cannabis, do you ever feel unsafe whilst forced to purchase it from the uncontrolled market?

- As above.
- Unknown condition of the plant . Don't know if its been contaminated.
- some dealer's try to push other drug's onto me
- Fiercely believe its my right to use a herbal remedy for whatever ails me
- Im from Belfast, Northern Ireland. When you buy cannabis here you're dealing with terrorist organisations with membership of 50,000 plus physcopaths who would happily dismember
you and bury your body parts in the nearest construction site. Tell me, would you feel safe consortling with such people for back alley, high volume, cash in hand drugs deals? I dont as i have no value for my own life and i’m quite capable of dealing with things going wrong but many people definately would feel unsafe in such a situation.

- I used to not worry so much, because my best friend was my dealer for a good many years. However, he was arrested and stopped dealing, so I'm back to having that worry. For a large part of my youth buying cannabis wasn’t as worrying as it could be because of the kind of people I associated with - metalheads, punks, goths the alternative sub-culture. These types of people, on the whole, don’t operate like criminals and gangsters. They are mostly nice people. Still, now I have to resort to the darkweb and that worries me, because i don’t know what ill get or whether it will be intercepted by the police.

- Incase I’m busted !

- Most cannabis products from the black market are usually in some way contaminated and at times can contain toxins, including plastics, oils, glass or synthetics like 'Spice' to make it feel more potent. Strangers or those online cannot be trusted.

- Always in the back of my mind I’m away to get lifted for Picking up my medicine

- I have to pick and choose strains because I suffer with a general anxiety disorder and PTSD. Finding specific strains which I need can be tricky at times. Especially if my usual supplier runs out and I'm forced onto the open black market to buy from someone new. You could be buying anything. I have young children and limited space at home so unfortunately growing my own is out of the question currently.

- If your regular trusted contact isn’t about, You do not know what you're getting when buying from little Johnny on his bike. It could be anything! A problem made by the prohibition itself

- Always a risk. Getting rubbish or under weight flowers or getting robbed altogether.

- All dealers sell drugs. most have coke, smack et al available. I was introduced to heroin whilst waiting for my dealers wife to run and grab my buds. If i could have got it froma dispensary i wouldn't have tried heroinand ruined my life and the lives of ex loved ones.

- Having to go into that scene always has it's dangers, would be so much easier on all resources if I could grow my own and not have to contribute to organised criminals.

- Street dealers used to sand blast their cannabis making it heavier but not safe for human consumption

- When buying rso you are never really sure of its purity or how it’s been made

- Ive been mugged by a drug dealer who was my dealers competitor and warned to swap dealers or face the consequences in the future. Which I reluctantly agreed to.

- Only buy From friends

- All these kids nowadays just want to rob you over a fiver let Alone the money for the cannabis

- It fforces you to ecounter criminals and buy unknown poducts.

- I‘m never concerned about the source these days, I only purchase cannabis from or through people I trust completely. But, since I only ever buy ounces at a time, I always feel unsafe taking the products home. The quantity is probably enough for the police to suggest intent to supply if they stop me and find it.

- Home grower

- I‘m lucky now I‘m older and wiser. I know where to obtain organically grown and pesticide free high quality cannabis flowers. Most people don’t have this luxury and buy unregulated product from the street, often off potentially dangerous dealers. Some are lucky too and
know a compassionate circle of growers. I’ve both been mugged and ripped off as a younger man.

- Quality not assured, other drugs being served
- I feel very unsafe as being mugged after I purchase my cannabis is a big concern, also if purchased online it may never turn up due to being scammed or robbed by postal workers or intercepted by them for containing cannabis and again I could be at risk of arrest and prison, being arrested by police is a major factor as I could end up in prison just for purchasing my cannabis and traveling with it. As I have cannabis on me a majority of the time I am always at risk of these possibility’s.
- When I did purchase cannabis when I was younger, I did feel that it was a little unsafe, I also had a vast range of drugs to choose from (which I declined)
- Got to know your grower keeps things small
- You never know what they will put in with it. It can be scary
- I DIY
- The threat of being ripped off or scammed
- If I have had to purchase from a “street dealer” that I’ve met for the first time I don’t know if the cannabis is coming from an ethical grow, or that the plants have been grown with the due care that will provide a safe product ie has the plant been flushed prior to harvest, has it been cured correctly - no mold, these are just some of the risks of an unregulated market and the prohibition of grow your own
- I do not purchase at street level because I think it unsafe
- This is because not all dealers are honest
- It can be a bit shady and underhanded and you sometimes have to go into place you would normally avoid.
- Sometime you have to turn to trustworthy people to obtain a plant to help myself and my family
- You never really know what your buying
- I’ve been robbed a few times
- Of course! We should be able to walk into a dispensary like a human being, and buy cannabis from a reputable source. I’m no teenager, and this is a terrible situation to be put in. In Portland, Oregon there are 304 licensed dispensaries and adults can make their own decisions regarding their medicine instead of being treated like naughty children.
- You sometimes have to go to dodgy areas to get what you need
- The older and more infirm I get the more vulnerable I feel if dealing with gangs, dealers and the like.
- Can lead to dangerous situations
- Street dealers are the main option, this is pants I used to live in the Dam. Shop weed is better weed
- I can’t imagine anyone likes meeting strangers on bikes in parks on a rainy dark November evening?
- I’m always afraid the police will be watching my suppliers house and get me.
- I am in a fortunate situation where the people who I get my cannabis from are people I know
- I don’t know where it has came from or what it has been cultivated with … Or the strength
- Some dodgy dealers out there.
- because you are having to get and consume products from back ally dealers only interested to making money. The products then can be tampered with or grow in a place when is not
sanitized and unsafe, putting us in danger instead of being able to cultivate the strains you need.

- Only when I have it in the car and need to get it home
- I'd love to grow my own but due to living in social housing, I have to buy of black market which can be very intimidating at times
- I have decent suppliers by blackmarket standards.
- When my usual supplier can't provide, I have been forced to engage with other, less scrupulous suppliers.
- I never know what the quality or strength of the cannabis I buy and buying from a criminal market can often be terrifying as you never always know who you will be dealing with
- You don't know what you're getting.
- My dealer is a lovely chap
- You never know what your getting and also having to risk violence or harm.
- I don't know what I am purchasing is safe. I feel at risk of being arrested.
- Above
- Obviously the danger of falling foul of the law
- Because you do not know what your getting as I like to have a choice ie indica for my pain and help me relax and sleep own eat, I like to have a nice sativa for my pain but doesn't make me sleepy n energised n focused
- Don't like being offered, class A,s etc.
- tbh rarely (thanks to uk cannabis social clubs) but in times of desperation i have had to purchase it from people who id rather not deal with (ie gangsters)
- i hate it
- If I've never never purchased from that person before then yes i would most likely feel unsafe.
- I'm happy with the people I purchase from but the way we have to do so can put us in some risky positions.
- It's scary having to meet someone you don't know, often in the dark, on your own when you are ill
- Grow my own - but always fear the Bust
- Know good dealers.
- I have been robbed by dealers in the past.
- you dont know who your meeting or what your buying
- I am a small, disabled woman. Sitting in a room full of men waiting to buy cannabis from someone who sells all sorts is very uncomfortable. I have been videoed and photographed without my consent which made me feel violated & vulnerable. If I don't know how the cannabis was grown it is also a concern that I may ingest toxic chemicals and I certainly would never choose to make feco or any products from cannabis source unknown as it could be very dangerous to my health.
- Police and prosecution
- Unless you know who has grown it you cannot be sure if the content, strain and cbd:thc ratio
- As a frequent user of hash, the quality is varied and in all honesty dangerous, i have had bad lots where they have contained plastics and lord knwks what else. Also its impossible to dose with street weed.
- I have homegrown
- Triggers anxiety
• Not knowing what you get or offered other things
• I am lucky enough to have access to cannabis clubs in the UK, and other good producers and also grow my own and make my own meds
• I only get it off of people I know.
• I am concerned of the quality of the cannabis and whether the strain I have asked for is actually that strain.
• The unsafest part is getting caught by the cops. Most of the time the dealers are bang on.
• Having to meet someone out in public is always sketchy, there are no controls or regulations in place.
• Had to mix and meet some strange places and people
• I hate having to go to get cannabis from all walks of life. Waiting in car park. Very dangerous
• None trusted sources means I’ve no idea what I’m actually getting, plus the risk of robbery and arrest
• Illegal products sell for premium. Consequently, less than ideal people tend towards the sale of said products. Quality, morality, and reasonable pricing are not at the top of most of these peoples’ list.
• I like my vendor hes a nice guy. But at times I have had to find other sources and have not always had a good experience
• Dodgy dealers
• I have to trust it’s a safe product
• Street dealers can be dangerous or operate in dangerous areas
• I get from trusted sources
• Being disabled and carrying money in known dealer locations you’re a slow walking target. I also do not always know what I’m consuming, if I was allowed to grow my own I could be free from dealers and be safe.Plus safe myself money.
• there is no quality assurance with street drugs, i have seen all sorts of shit over the years , been offered all sorts also, i have no wish to mix with random criminals to be honest. i now have solid souls to buy from so it isnt a problem but i hear it is far worse than ever now.
• Because its not regulated you dont know where its coming from what strain it is how strong it is and run the risk it could be laced with something nasty.
• I don't buy street weed
• There are some bad people around who mess with the weed that sold on the streets. You never know what you are going to get and some of it can be dangerous. We have an alert in our area at the moment that Spice is being sold as cannabis.
• Black market is never a good place to shop, supply, quality and choice is not guaranteed
• the fear of going to and coming back from my dealer, consent fear of being stopped
• I worked as a probation officer for kids, many of f home are most likely supplying now. I literally worry about my safety. I also have never been in trouble in my life, literally not even a car related fine.
• I don't nowadays but back in the day I’ve been threatened with a knife and robbed meeting people to get it.

Have you ever been assaulted in any way whilst forced to purchase from the uncontrolled market?

• N/A
• See above
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- No
- As above
- Not beaten but money taken several times
- Beaten and left unconscious.
- Been robbed countless times. It's unsafe
- I'm not the sort you would want to assault, but the dangers are real. I can't imagine how it must feel for those that are easily intimidated though, must be very scary.
- I was held at knifepoint in my own house for money
- Threatened with a knife.
- I've been verbally intimidated and had to hand money over for no product. Mugged essentially.
- I was mistaken for my lodger, pistol whipped several times then again, threatened with my life at gun point. Injuries to my face prevented me seeing my son for 8 years, this lead to severe long term depression
- I have had people try to mug me for my money when turning up to purchase from the street and in squats and other dwellings. there has been over 10 incidents in my lifetime of purchasing cannabis and it turning to violence due to the illicit nature of how and where i have been forced to buy my cannabis from due to the prohibition laws.
- My answer is no, but in a weird twist to the question I have been robbed for my cannabis. When I was a teen it was known that I consumed cannabis and I was walking down the street with 2 shady lads (hoping they would go away). Suddenly they wanted to go up a side road, I don't remember why I went with them, maybe they were being nice to me and I might have thought they were being friendly, or maybe they'd told me they'd got a joint, I don't really remember. Well we got to the top of the ginnel one of the lads pushed me up against the wall and pulled a Stanley knife out of his pocket. Told me he wanted my cannabis, so I gave him it because he was being very threatening with the knife. I probably only had under £10 of soap bar (solid), I gave them it and they let me go (luckily). The ironic thing is, due to prohibition I couldn't report this dangerous assault to the police because who in their right mind would go to the police and say "I've just had my cannabis stolen at knifepoint" I only hope this thug hasn't hurt anyone else in his pursuit of drugs.
- I have to use the back market. as being a dad i cant have live cannabis plants around my kids due the legal restrictions and the consequences that entails.
- Once many years ago 4 lads tried to rob me while trying to buy from them
- It's not as if you go and stand on a street corner. It's usually someone you know. It's a shame that sick people have to depend on the illegal cannabis trade but that's the position the government has put us in. In some respects, the growers are heroes. The government won't help us.
- I bought privat once
- Many times as a younger consumer I didn't have the wits to understand how anything illegal is bound to attract unsavoury characters. Many dark alleys and pub toilets have left me in tears or feeling foolish.
- Definitely felt intimidated into buying shit weed
- I was once robbed going to collect medicine
- I know various other consumers who provide recommendations every now and then
- But i have been many times ripped off and had money stolen and been sold absolute shite
- Threatened but never actual violence.
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- I have been robbed twice. Once with a gun held to my head. I have never had that happen in the legal dispensaries back home in the U.S.A.
- I have been mugged and assaulted whilst waiting on more than one occasion
- Once mugged asking for weed on streets
- Had money stolen
- I have been very lucky to have found a very good source for both oil and flowers where there is minimal risk involved.
- Always scared and anxious that I may be next to get mugged or sold poor quality cannabis.
- Missold product and attacked when challenged the person.
- As above.
- Violently assaulted several times for no apparent reason.
- Robbed and threatened with knives and other weapons
- I’ve always been okay purchasing it from an uncontrolled market
- Never had any issues either side of the fence. Always been looked after very well and I am grateful to my clans
- I was robbed at knife point in 2015
- Maybe a risk for others with not as much knowledge
- Robbed of cash a few times
- Have been mugged while attempting to score.
- Only ever by the police, who wait round the corner then pounce on you and violate your body and your home for 2 grammes when you won’t tell them where it came from.
- I’m a big Big guy and can look after myself.
- Nope
- Robbed at knifepoint
- This has never happened to myself or anyone I know of
- I don’t use cannabis oil with THC in it.
- My money was stolen few times, also Dark Markets are no joke
- I’ve had people steal my money n disappear I’ve had people that I’ve got from come and burgle my flat.
- been takes advantage, sold some other herbs, lost money, been bullied.
- Vigilantes more violent and scary than drug dealers.
- had dealers assault me and take my money
- No, Never.
- by being put in handcuffs whilst under arrest for possessing cannabis
- N/a
- Trying to Steal your money
- I got mugged after I bought a half ounce. I think the dealer I was buying from arranged the mugging to re-sell the half ounce again
- However I was assaulted once by a bully demanding I gave him cannabis
- T
- Dealer pulled knife and robbed me.
- I get supplies of CBD + THC from a friend
- Too scared to buy on street.
- NA
- Don’t use
- Was robbed once
• I grow my own
• Influenced yes because of friends who have got into other drugs but I stayed with the herb
• Again, my house got robbed at knife point; I was choked until I briefly lost consciousness.
• I have been stolen from, mugged and assaulted. When desperate, you are forced to speak to criminals and "gangstas". They are in control of my medicine in the UK
• I have not been physically assaulted, but I have been taken advantage of, manipulated and stolen from by dealers/"caregivers".
• I got mugged and knocked out for 20 pond cash
• See point above.
• See previous answer.
• Mugged
• Mugged / robbed
• I have never had to buy it ..
• As above only deal with trusted sources.
• I was robbed at knife point
• robbed of money at knife point by dealer
• the stress and cost hurt me dearly!
• As above, I've been mugged three times in around 30 years, first time just shown a knife and I handed my money over, second time similar, third time (about 4 years ago in stevenage) got beaten up pretty badly, black eye, lost a tooth, lost my money, gained no cannabis, did manage to gain some beautifully coloured bruises.
• I'm quite a big Male, thankfully
• I've had my money taken off me and my phone when i went to meet a new dealer . I was pushed over and told to give them the money.. it was along lime ago now but I was shaken and scared for my life at the time. I try to stay with people i know now.
• Always found the cannabis uncontrolled market is fairly friend linked and that there is a common respect from fellow tokers and I'd far rather walk into a friend of a friend's place to grab weed than most puns around this country
• At first did buy from word of mouth but did not know how the resin was made, if it was clean or other substance added to it, so seek out on web from recommending sites, from healers
• Got mugged in Camden and sold screwed up bit of toilet paper.
• People get jacked everyday.
• Never
• No answer
• I have been assaulted more by vigilante gangs hunting me down , than by dealers, who have mostly been kind and understanding.
• The black market breeds bad people, who look for easy money
• Its never happened to me but have had friends that have been assaulted while buying.
• Nothing physical, but as above I was mugged of £70.
• Guns in the UK
• Luckily I have not but I know many who have been seriously Injured
• N\A
• Not applicable to me, and my daughter has had no issues either as she has trustworthy, reliable sources.
We The Undersigned- 2019 Survey: comments and findings

- People judge you by the company you keep. I'm not a criminal, never been arrested, but sometimes you would think we're all characters from Scarface.
- Ripped off
- Someone tried to take my cash, but I managed to defend myself.
- As an intelligent adult, it's easy to find reliable, safe sources of supply.

Have you ever been criminalised due to the possession, cultivation, preparation and/or supplying of cannabis?

- Cops siezed my hash in stranraer. sent me a very sternly worded letter from 'the high sherriff' telling me to stop being a naughty boy.
- Police confiscate items like phones, memory sticks, seeds and more items which have not been used illegally and are legal to possess and they then refuse to return them and have the items auctioned off for profit or have them disposed of.
- Possession and fine
- More so as a teenager, we were stopped and searched regularly.
- Probation and community service
- Had a gram and a grinder stolen froma copper who actually commented on how my grinder will make a great addition to his own collection.
- I got arrested for something stupid (good old alcohol!) and had a blimp of hash that I immediately handed to the police upon arrest. I got a caution for it, to be honest the police weren't that interested as I was compliant and didn't kick up a fuss.
- I was trying to grow 3 plants for personal use the police knocked at the door I opened it and they came and cut down my plants and confiscated my equipment
- I was arrested and charged for cultivation.
- I was given a cannabis warning when I was about 16 when a police officer caught me and my mate rolling a joint in castle grounds. I was arrested after a bong I'd smoked and blew in the extractor fan in a bathroom at a university halls of residence was reported when I was about 19. I was just given a caution for possession of - at the time - Class C drugs, cannabis and ketamine. They took those off me but failed to notice a tab of acid in my bag and gave me that back with the rest of my paraphernalia hahahaha. I was stopped and searched after tossing a joint down a drain when some police got a whiff of it in Glasgow city centre quite a few years ago. Luckily we'd taken all of the drugs and had nothing on us so it wasn't too much of an inconvenience.
- Door kicked, knocked through 20 plus times.
- I have been stopped many times due my cannabis use by the police and all outcomes are mostly negative, also most of the time you are harassed and treated with discrimination and embarrassment just for possession of cannabis. due to the harassment and being homeless i have been arrested outside parliament over 20 times for smoking cannabis outside just to show how ludicrous this law is and to stop the local police from harassing me at night for being homeless and using cannabis. it took over 20 times before they stopped and left me alone.
- Was charged with cultivation 4 years ago and was not taken to court with no explanation except a letter from solicitor saying there would be no further action. I had explained very
forcefully that they were taking my medicine away and that I would take the whole cannabis community to court to support my necessity plea

- While sitting in my friends living room one night at 4am chilling with spliffs the door was kicked in by the police, they had come to the wrong address but busted us anyway
- busted 6 times
- Many times I have been stopped and searched
- I started at 15 cautioned at 16 started selling at 21 house searched a few times only ever the bag I was smoking it if then I dropped 7 bags once and got fined and community service
- A beautiful wee hobby grow was busted for 6 plants. Fined £400 and a record for 5 years. I lost my job as they found out and was faced with universal credit for 1 year and mounting debts with my house nearly being repossed. I went from having a lovely lifestyle and never being in trouble with the law to then being a criminal and on benefit because I chose to grow a herb for my own pleasure in my own property.
- Too many time’s to count but surprisingly most officers of the law show sense and prefer to spend there time pursuing true criminals of society. More than once police have left me with my product and a polite warning. A proveledge of living in liberal north London I feel, I have also spent many an evening in cells when met with less sensical sheep of the law.
- Cautioned in 2015 for smoking it at 4am in my own bedroom
- Not yet.
- I was at home and a law enforcement agent knocked on the door and I let them in forgetting I had my cannabis out in plain view with out realising, thankfully the officer gave me a caution and I didn't have to surrender my supply
- Was cautioned for 0.039mlg!
- Grew weed lots of times got caught went to jail
- I was prosecuted for growing.
- Stopped n searched
- Border patrol strip search. Nothing found.
- when i was a student i studied in wolverhampton. (long time ago) i grew a couple of plants, (4 in total) but west midlands police force seemed to think i was some kind of drug overlord.. threw the book at me. prior to being arrested i was stop and searched loads. ended up getting a large fine and about 150 hours community service (whilst completing my BA degree)
- I was young around 16-17 and had around a gram when searched. Also when i was 22-23 i was passenger of a car and was searched and i had 3.5grams. Cautioned on both occasions.
- Where to start. Car and house searched. Cautioned alot as will always smoke where i please.
- Stopped at a roadblock, as a passenger I would have a caution for less than one joint of low grade homegrown herbal cannabis but for a drunk driver, on the legal drug alcohol, careering up the pavement on the opposite side of the road and crashing. That’s a fact.
- Bored plain clothes police stopped me and some friends in lewisham, we had been for a joint (between 4) they smelt 'weed' and pulled us we was walking down the road. the whole situation was dehumanizing and scary. We got no slips or anything as they had an actual crime come through and left us alone.
- Been caught with small amounts numerous times
- Forceful arrest for suspicion of cultivation outside parliament.
- Multiple cautions / interviews and attempted prosecutions for possession of small amount of cannabis.
We The Undersigned- 2019 Survey: comments and findings

- Done with possession of a q of rocky about 25 year ago
- I was fined for possession of 14mg of homegrown back in the early 1980's
- Stopped after smoking in the street. Caught with nothing but you could smell it. Was warned if caught I'd be charged.
- Suffice to say I have been extremely and severely harassed. The 'imprisoned' was merely remand for 7 months.
- In south Africa 1978, arrested for an empty pipe 2yrs suspended for 2 yrs, harsh harsh times, gave up weed for quite a few years as made me parras, so went for more mind numbing shit.
- Police knocked on the door with a warrant. They found plants growing.
- Numerous times I've had my weed stolen from me by the police. I'm sure they only do it when they fancy a toke.
- Was walking back home after parking the van at 1am in a Norfolk village smoking a joint. Police happen to drive past on patrol (no idea why here but anyway) I forgot cannabis was illegal and carried on smoking whilst talking to the officers. Almost got away with it but the officer in the passenger side smelt it and decided to caution me and empty my grinder
- Caught with cannabis when I was 17
- Many years ago property was searched but found nothing.
- Been done twice 2006 i had 160 plants, that was me being a greedy drunk, more recently convicted of 2 plants 85 fine and costs, magistrates said they had empathy lol
- In court on the 5th September 2019, so we'll see
- I was arrested and taken to the local police station where regional drug squad had arrested and were questioning my partner/carer about drugs. I was on crutches at the time and in agony with incontinence and other horrible symptoms of my life-threatening disease. My partner and carer was physically assaulted and threatened during the arrest when he complained about having a stomach ulcer. I was let out after 4 hours after I asked to see the doctor. A month before my arrest a cancer patient had died in police custody (this was in the 1990's). It was a traumatising experience for both myself and my partner/carer that negatively impacted our health for a considerable time afterwards.
- Charged with growing an Illegal Plant 😊
- A joint was found in a van I drove to a men’s prison for a friend Started a nightmare 4 years for me. I was arrested taken to a police cell eventually after a day in a men’s prison. Spent 3 days in there. My home was searched and 0.03grams of weed and some class a (not mine) was found. My partner said it was his and so did I. My passport was seized and held till after the trial so I couldn’t travel . and grinder bag and papers and some Xmas fake snow 😦 in a bag that they thought was illegal. It wasn’t. The cos mixed up me and my hubby and he got a caution and I fought for crown court and not guilty to possession with intent to supply his coke they found. I also got done for allowing my house to be used for him to use drugs. He got a caution and I was charged. Eventually I get to crown I won’t plead guilty to intention. I had only a joint remember which I admitted was mine. Any way this crime carried a 4 year mandatory prison sentence as it was outside a prison. I fought like a tiger and ended up getting them to ignore the class a , they dropped the intent in court and I pleaded guilty to possession of the joint and grinder. I was fined also for him which is wrong. But my solicitor said let it go lol . I swore I would try and change the crazy unjust laws Tony brief and counsel and everyone else and I do try my hardest.
- They took me hash man.....
- All for possession.
We The Undersigned- 2019 Survey: comments and findings

- Early morning call from the police
- Stopped at border with some nd imprisoned for 3 years appealed released after 4 weeks
- I live in fear that police will come through my door, scare my kids and tip my house upside down.
- 12 months custodial sentence for possession
- The police took the contents of my tin and grinder many years ago from my house after a stop & search in streer
- Please see previous answers.
- Grow my own "only for me and my partner
- Been warned a few times, fined arrested an the final time got sent to court an fined again
- Arrested and fined for cultivation.
- I have been arrested twice for possession of cannabis....my house raided...my door smashed off its hinges....forced to spend 9 hrs in custody...led to a police van in plastic handcuffs....fined....cautioned.
- never caught...... yet
- I was assulted by a police officer after I intervened in the arrest of a fellow smoker outside a British cannabis cafe many years ago. I made an official complaint and received a half hearted apology
- I was going on a long weekend camping trip with some friends our guitars and some cannabis for the evening sunset, unfortunately for me i was random stop searched whilst on route and had a small amount of personal cannabis confiscated and received a fiscal fine, it's annoying that if i had a bottle if vodka I'd have been more at risk but perfectly legal, it doesn't seem worth the effort to confiscate something like cannabis to me
- I have been stopped and searched on several occasions which has lead yo criminal convictions
- a long time ago when i was 15
- All happened in my 20s, so last century
- A riot squad to catch 4 plants
- Caught twice while younger
- Sent to crown court for my first offence! Crown court should be for murderers and rapists not cannabis users.
- Probation and commubity service. 4 busts between '73-'89
- Twice for possession, one warning one adult caution. One for cultivation and possession, suspended sentence and £250 fine.
- Tested positive from a drugs dog. Nothing found (already smoked
- when i was 15 i was caught with a tiny amount and was cautioned for it
- I was going through a dispute with a neighbor over music being played in the legal hours of which music can be played (due to my work pattern) when they could not force me to stop playing music they used the unjust cannabis laws to their advantage and reported me numerous times to the police, falsely stating i had a cannabis factory in my home , resulting in 15 police officers ransacking my house for a small amount of cannabis that was being used medically
- Found in possession and was arrested and my home searched. Released and charged at court. Conditional discharge and fine
- I had a spliff and was given a warning
- Arrested for friend wot had it
- I did 6 months for cultivation......
We The Undersigned- 2019 Survey: comments and findings

- Busted 4 times in the past for cannabis,
- 2 possession convictions, and an intent to supply conviction for supplying oil to my father in law for his terminal cancer
- Was away on oiljob (guarding wellhead) for 30 days with a 9bar.. got home with 3oz left, got stopped, searched, you know the rest
- Crown court
- Had police taking my cannabis of me couple of times, but never paid fine went to court over it.
- Took a caution but didn’t agree with it
- Caught, charged several times for possession, cultivation.
- NA
- Caught on beach by undercover officer. He took the weed away and gave me a caution. I hope he enjoyed it. I didn’t even get one spliff out of it...
- Don’t use
- I invite arrest.
- My lawyer got me a 'Suspended Judgement' on the grounds that I could loose my job. Somehow me being willing to go to jail spurred the lawyer into activity. (1974) Suspended Judgement meant 'Don't get caught again for a year'
- Section 20 from housing nothing more.
- Was caught Drug driving on motorbike. Police stop and search. Mouth swab and blood test. Arrested and given warning as was under the limit!!
- Just been lucky I guess.
- I went to prison for 4.5 months in 1996 for pwit
- I got stopped in my car and my car searched where they found my stuff they took it and I'm awaiting punishment whether it's a slap on the wrist or worse

If you’ve been arrested, what was the legal outcome and how has it impacted your life?

- Cautioned
- Caution
- I was arrested for possession and give a fine and criminal conviction.
- Given large fines which caused an almost break up of my family due to the shortage of money trying to pay the fines off. Turned our family a lot less social, caused us having no private transport, and us with children at school and my with physical and mental illnesses. Left me housebound for a long time. Made our family less healthy. Some in society look down on myself and my family as if I am a drug addict or a problem to society, of which I am neither. Probably gives me less opportunities job ways or travelling abroad. Also caused the police to pay more unneeded and unwelcome attention to me or those around me along with at times harassing us or detaining us for no reason apart from them having suspicions.
- Never admitted as I don’t see any crime in it and nobody has ever questioned it
- Been arrested more than 5times with small amounts of cannabis flower/bud and sometimes with half built joint and always had £150-£220 fine each time
- No impact... spent
We The Undersigned- 2019 Survey: comments and findings

- Had years of police bother and humiliation of being only female on community service.
- Caution. Certain jobs have been out of reach to me because of it, but the rest of my record probably hasn't helped (all alcohol related).
- Cautioned for the manufacturing of cannabis
- I was fined.
- As above, just a caution for cannabis. Hasn't impacted my life at all.
- Paying fines for 20 years .. Lost employment.
- cautions,fines and loss of housing. the loss of housing obviously had a major impact on my life as being homeless single male you receive no assistance and are left homeless... this is a continuous circle.
- I have a conditional discharge for possession on medical grounds 15 years ago. I have been arrested and busted a few times and the social impact is varied As I am bipolar my anxiety is horrendous when this happens
- I was cautioned, my property confiscated which meant the offense is now on record and I am a teacher
- fines , community service , probation , i just carry on as ever
- It makes you ultra paranoid of authority figures ie police
- no
- I’ve had 2 cautions so the next one I’m in court
- Fines and community service and it stopped me getting a job last year
- 6 months to 2 years Borstal, 1973. Released after 8 months on good behaviour.
- 2 year caution meaning I had to be far more careful in every aspect of my life.
- Cautioned. Currently waiting to see if these people will still employ me. I have just trained in this job for 4 days so far, they will have just found out about my caution (as I did)and awaiting confirmation about employment
- Cationed and put through stress of being prosecuted for using a helpful plant.
- Ex wife left me
- community service ...very little impact ..other than 2 years of stress - especially for my wife. who had no involvement.
- as above- a fine (think it was about 150) and 150 hrs CS. about 4 years later i got caught with some hash going into a festival. i was arrested for that too, resulting in another fine (again think it was about 120)
- Good story to tell.
- Fine and criminal record messing up job opportunity
- Nothing really as I made a complaint which was upheld and the police left me alone after that
- Fined no impact on life except monetary.
- I left charing cross 6 hours later. No charge, they gave me a warning.
- Street caution aka little bit of yellow paper.
- I was fined but have kept clear of the law ever since so a low impact
- I had try not to get caught again facing further convictions, all I want to do is use it medically and be able to relax at home and take away my aches and pains at home without fear of prosecution!!
- Fine
- Too many to elaborate on...
We The Undersigned- 2019 Survey: comments and findings

- I was found guilty and did 200 hours community service. I lost my job and eventually my marriage.
- Manufacturing and cultivation. Never disclosed it where it wasn't needed. So has had minimal impact. Can't ever travel to the USA apparently.
- 2nd cannabis caution
- Cautions, reduced my crop.
- Charges dropped
- Fine i paid in full, had no medicine for a few weeks
- Above
- All charges were dropped against myself and my partner.
- Not much, I keep my Head happy.
- I was fined and it stopped me from working in my profession with the people I lived so I joined norml to try and change the law but they went for the money and choose to run with the medical side and exhorbitant prices. They all went commercial and I. My opinion for that point on didn’t bother with changing for laws just lining their own pockets. Ups shit on everyone as usual and I resigned from it all and went back to doing my thing with changing individual views and educating the public or anyone who will listen. I have npbeen far more successful with that.
- Just a warning given.
- 1 X caution, 1 X suspended sentence. Many jobs affected. In one job, details were leaked from my file to the rest of the department. Good one NHS.
- Fine & community service
- 3 year sentance reduced to 1 month
- been to court, been found not guilty, then guilty a few year later
- Traveling to the USA
- Losing everything
- When I was arrested for having three plants in my garden I was coming to the end of a NVQ level 3 in social work. I averaged distinction and was the only male in a class of 30 and my prospects were good. I had the voluntary placement I needed in a homeless hostel and was about to start applying to universities to get a place on a social work course. Three plants in my garden ended it all.
- Made to do 9th drug course that i new more than the people doing course
- Found in possession of a quantity of controlled drug
- Fined (1978)
- Conditional discharge
- Fine....criminal record which is disclosed in dbs check... Cautioned
- I got thrown out the house by the council
- Several fines and one prison sentence
- I wasn't arrested thankfully
- Imprisoned, socially murdered, outcasted from society
- Fines from convictions, this has impacted my working life as I was a recent graduate and was looking for a job where background checks would have stopped me being accepted
- na
- Fined. Paid in 1/2 penny coins
- Conditional discharge but the police enacted a proceeds of crime act and attempted to extort £64000. I was aquited.
We The Undersigned- 2019 Survey: comments and findings

- Cautioned and no impact.
- Criminal record. Production of cannabis class B.
- My friends went to jail for crimes with no victims
- See above
- I received a caution
- Let off, son was given a caution
- I was railroaded so yes it impacted my life and only made me more determined to rail against this type of injustice
- I have a caution for possession of a class b substance.
- Stopped me using the most cost effective way of obtaining my medicine. Removed part of my therapy, ie taking control of my own healthcare so as not to burden the NHS.
- due to my age it has had no impact on my life, however if i had been arrested again this would have cost me my career due to the dbs check
- No further action. Caution.
- suspended jail sentence , community service order and fine, Resulted in me developing severe depression and locking myself away in my house alienating myself from my friends and loosing my job, having to get prescribed poisonous anti depressant tablets and forcing me onto benefits all after being a contributing member of society holding down a job, paying my bills etc
- As above. No impact in life
- N/a warning only
- bit of an inconvenience
- Charges got dropped after night in cell
- Fine and court costs
- Its stopped me wanting to travel
- Won a Newton hearing on my basis of plea which was personal use
- Doesn't help looking for work
- Fine and a police record, it stopped me renuing my Sia licences, so I lost my income
- 2 fines and community service. Cost me a fortune in money, time, and a criminal record.
- Messed up job opportunities, made partners mad and cause arguments
- £250 fine..
- My case taken president as I said I use for medical. Got probation but said I would go to prison next time
- 2 year suspended sentence and fine
- Bound over for a year
- Fines and noted on my record

Is the right to cultivate your own preferred varieties of cannabis for personal use important to you?

- Knowing it's not been contaminated is really important doses are easier to manage
- need specific strain’s for my pain, some make it worse.
- I don’t cultivate but support the rights of anyone who does so for personal and community good
- Mass market grows can often be adul;terated with cocaine, heroin and other contaminants to make up for poor quality produce. As a consumer, i refuse to touch such contaminated products and a grow your own setup would allow me to ensure i know my crop is clean.
We The Undersigned- 2019 Survey: comments and findings

- It costs so much less to grow your own. You have complete control over what goes into the growing process. The process itself is both therapeutic and rewarding on a personal level. If, as I stated earlier, cannabis consumption is part of our fundamental rights as humans, they its cultivation must follow.
- You want to know what your smoking and where it comes from. A lot Of plants are sprayed with chemicals and this can cause harm to the consumer. Growing your own not only allows you to grow specific strains suited to your own personal issues/health problems.
- Various cannabis strains have different effects such as sativas keeping one more awake and alert which can help myself or others during the day or when when required and indicas which can help with sleep and relaxation. Sometimes a change of strain is needed to feel better mood or pain giving effects as it seems that our bodies or minds become used to a continual strain in some cases. I refer to grow my herbs organically, unlike some other suppliers or dealers.
- I feel everyone should be allowed to grow their own medicine if they know how,same as growing your own food really
- Being able to legally grow my own cannabis would massively reduce costs and anxiety associated with buying from the black market.
- I would be a lot less poor if I could my own...
- I could get high CBD low THC plants and know exactly what strain and that I wasn’t going to get off my chump and throw a whitey
- It’s the best way to be sure that you’re always getting exactly what YOU need for YOUR condition.
- I need strains from the Indica genus. Not sativa. I would grow pain killing plants. i don't look for more than pain relief
- I can grow my own with regards to any other plant giving them good natural nutrition and lots of high energy but i am restricted with cannabis and have to hope the growers i buy from have the same or similar outlook.
- There are idiots out there that are spraying the cannabis they grow with fibreglass to increase weight, fibreglass! That's just one part of the 'no idea what your going to get' scenario. Often the cannabis is of poor quality and contains many harmful chemicals because it is grown for profit and not for safety. There are a myriad of strains out there that are specifically beneficial to a huge variety of health issues and I would love to have a nice personal garden with them in (not all at once, obviously!) Gardening itself is massively therapeutic.
- We should be able to under our human rights to live freely without harming anyone
- I use it for medicine and the best strain for me is sativa but I can’t always get it, so be better to grow it and we would be better of financially because I wouldn't be paying for it.
- It’s just a plant
- Then I would have full knowledge of the plant. How it is grown, safety, strain, benefits etc
- If it were legal to grow my own medicine I would and then I wouldn’t be paying money to other, potentially criminal elements
- When I grow it, It causes some stress and that's never good for my health because of the fear of getting caught. It also limits greatly which varieties are available to me which means that I almost always will not have access to varieties that work much better for specific symptoms or needs. Furthermore, certain varieties work better for certain symptoms and needs, and right now I can only get what is available at any given time, since my ability to grow is very limited. Also, growing it myself is the only way I know exactly what was used to
grow and that I'm not ingesting a bunch of toxins along with the plant. Moreover, It's so much cheaper to grow it than to buy it off of someone.

- I see it as a basic human right
- Due to living in social housing I would be evicted if caught growing cannabis.
- Price and choice
- I do not want to pay organised criminals for it, it’s a disgrace
- Everybody has their preferences when it comes to cannabis. On the black market, you usually get what you’re given unless you’re buying from people that are growing it to order. Which is rare for me. I’m an indica fan, I’d like to be growing my own indica-heavy strains to suit my own personal preference.
- The option to choose a strain to suit both medical and recreational needs should be my choice
- I would love to be able to grow specific strains for specific reasons. I treat sleep issues with Indica strains that tend to be more sleepy. When I’m working outside in the daytime, sometimes I like to enjoy and invigorating Sativa strain. I also like to add CBD rich flowers into my vape to help balance out the possible anxiety that can come from THC only strains. (Prohibition created this problem!). I also like to help friends and family out with ailments. Being able to grow specific strains would be a wonderful thing for this. An example is my neighbour who has breast cancer. Brest cancer requires a high CBD to THC ratio to help treat it. I could grow 20:1 strains with ease if it were decriminalised, helping my neighbour with pain and appetite as well as helping to kill the cancer cells. This research has been done elsewhere but the UK medical profession is not taking this into account. My wife has weaned herself of Prozac with CBD and THC.
- Turpentine profile is very important so different varieties is important.
- My life, my body my right.
- Due to the fact i need a variety of strains i would like to be able to test my own grown cannabis to help me understand my own cannabis use and how it effects my health and wellbeing. Also it is my fundamental right to consume cannabis for my endocannabinoid system so i should be able to grow it freely as i wish as it is my personal choice to do so. this is covered by my human rights.
- I want to be free to choose my own seeds, not have government sponsored, probably gm, seeds forced upon us.
- I would love to have the chance to try a lot of the flavours and tastes of the different varieties of cannabis and see the different strains grow, some of the strains look like very beautiful plants.
- It’s extremely important this plant is freed from the tyranny of selfishness and greed. The very ground needs it as well as all life as we all have an endocannabinoid system. Therefore our systems have been starved of the nutritious plant that maintains balance within the body and peace in the mind
- Not wishing to rely on the integrity of others to produce a specific strain of cannabis that I require to maintain homeostasis. As a lifelong horticulturalist I have seen many in my opinion bad practices considered ok by others
- I would feel safer in the knowledge that it was pure .I would feel safer in the knowledge it was not funding any crime or criminal gangs
- i cannot function without cannabis and my right to grow and consume what and as much as i wish and will not be detered by anyone
- We should all have the right to clean accessible medicine
As well as the risks of buying "street weed" I'm never guaranteed of the strain I will get, for my personal need certain strains or a mix of a few will work for my pain and mental/emotional upkeep. With the ability to grow my own for personal use I can guarantee the quality and know that I won't be contributing into any larger scale criminality.

For medicinal reasons mainly. It's also nice to know exactly what you're smoking.

To treat my husband

We wouldn't have to rely on other people

not a very good gardener but I would like the choice or allow others that right

It can be sought in many places, I believe

Buy selecting the strains I need I know what im getting and can make sure its exactly how i need it to be. I can use every part of the plant which gives me the options to make and process more nutritious food and medicines from it. It also makes it affordable and take the stress and strain off of the nhs

Some strains don't suit me, so it would be better for me to be able to choose and grow the strain I need.

I know how it's grown and what chemicals have been put in

The act of growing is very therapeutic and it's possible to choose from so many medicinal strains. I want to grow my own. Everyone should be able to grow their own and be left in peace.

Saves me monet and takes it away from criminals

I have several incurable diseases, and selecting specific therapy plants is essential for quality of life.

I then know exactly I'm smoking with no nasty growth enhancers

The right to grow your own is very important

No one should have the right to force profit off my illness or wellness.

I want to use Sativa for creativity and indica to relax. I want to be sure the cannabis I consume is free from pesticides etc

I have found by many years of trial and error which strains are better for treating different symptoms. I also want to be able to grow different strains for different purposes, making topicals, edibles etc.

I would know what I was using ... And not have to rely on random people

My homegrown is safer and organic which you can't guarantee from street dealers

it will keep me out of the way of the criminal aspect

If I was able to grow my own I could make sure I'm getting the right strain I need as can make good use of whole plants instead of just the bud

Different strains have different effects

I would like to grow my own cannabis for personal consumption as I would be able to control the purity of the herb.

If I could grow or cultivate my own supply it would drastically increase my quality of life as I wouldn't need to put money into the criminal market just to survive

Being able too produce my own would mean I know exactly what it is & being organic as well.

I need a particular strain for my anxiety and weight management

I would rather have the choice to grow my own ao that I knew exactly what i was getting.

WE ALL NEED DIFFERENT PLANTS FOR DIFFERENT CONDITIONS.

I would love to be free to grow, and control my supply of cannabis

I no what is in how it was grown exact exact
We The Undersigned- 2019 Survey: comments and findings

- It should be a universal right obviously.
- I get to grow the exact strains you want and try strain to see what works n your in total of what goes into the plants and I can make sure there are flushed through at the end.... also the joy of getting something that’s going to help you with your wellbeing n general day to day thinns.
- I know what it is and what’s in it.
- because this way we can provide for ourselves what we need safely. specific strains help specific conditions.
- I don’t cultivate my own plants, my Mom does and she believes that we should decriminalize having them, it’s important to me because I know the benefits of this plant and it should be used everywhere.
- the price and taking the money out of criminals is important to me
- If i could grow my own, i would financially be in a much better place. Also organically grown is very important to me. I can also grow which specific strains are best suited to me.
- There are so many strains that work in different ways I’d rather be in control of what I am taking and know it’s true origin
- Cannabis should be grown organically which it’s not by the people who are selling it in the black market.. it’s grown for profit making it more dangerous to smoke
- But Grow your own is not sustainable if you are using 1KW of power times grows
- The only way to provide access to medical cannabis on large scale now is to grow your own.
- Strains are great things but its not a one strain fits all system. GYO is a must for most patients
- its a plant just like parsley sage carrots and potatoes that have no restrictions
- I have a disease that gets no medical, financial or disability support. It is my human right to provide my own medicine if noone else can or will. I need a few different strains to manage the all-encompassing symptoms and should be able to grow them organically, myself, free of fear.
- Freedom to brew what our ancestors grew
- Each strain has a different effect on each condition. When you acquire the correct strain for you it’s important to be able to access this again.
- Because I have nerve damage I need a strain to combat that, aswell as having the freedom of choice.
- Knowing what you get and how it’s grown and wheather organic or chemical
- However if i could also buy at fair trade price those strains organically grown legally and not have to be arsed with growing as i get older that would be great too
- It would change my life
- We should be able to grow our own medicine or should I say mother earth plant I want choice I do not want pharmaceutical drugs that cause long term addiction. My life,my choice.
- Because my cannabis consumption is as unique as I am. I HAVE to ensure that the medicine I have is right for ME and the only way to safely and efficiently obtain, good quality cannabis products is to grow and make them myself.
- Cost is a big factor and the ability to know what is in or spayed on to the plant also the fact that I would have a reaguar supply that I know will not run out or someone won’t have to order in as well as if my pain is to bad for me to move I would a have a constant supply with out leaving the house
- I need to strain swap to keep my medication effective.
• I’m on the fence here as I live in social housing and wouldn’t want to be evicted.
• Very important to allow me to grow the strains that are most beneficial to me as well as removing the risk of associating with criminals. And ensuring a quality product with nothing added to it or unsafe materials used in the process.
• It’s the only route to a truly 'legal' landscape.
• Trust myself trust my strain choice trust my strength choice trust my growing methods
• It would make it easier for me
• Getting the correct variety to manage my anxiety is important
• In an environment where certain strains are not regularly available it is very difficult to treat specific medical ailments. What may help with cancer patients may not be as effective for certain mental diseases. It’s not all identical.
• It would save money and I would know what has gone into it.

Is the right to prepare your own preferred cannabis products for personal use important to you?

• Quality control
• Same as above
• preparing my own reduces cost significantly while allowing me to ensure my product remains free from contaminants
• We are all individuals, with individual body chemistries, illnesses, quirks, anxieties etc, so being able to customise ones cannabis experience is extremely important.
• Home grown organic cannabis and extracted products are safer than many black market cannabis products which can be contaminated or not the strength stated.
• I would like to try and grow it to save money and stress I get from having to go to a dealer
• I strongly believe cannabis oils made my mums stage 4 small cell lung cancer shrink (at one point cancer was smaller than when mum was first diagnosed) my mum stopped taking oils and as time went bye Cancer got more aggressive and my amazing mum sadly passed away 14/05/2019
• If I grow, cultivate and prepare my own cannabis, I know exactly what’s in it. Again reducing anxiety.
• I would no exactly what I was smoking
• I could get high CBD low THC plants and know exactly what strain and that I wasn’t going to get off my chump and throw a whitey
• I have a rigid sativa by morning, hybrid by afternoon and indica by night medication routine This has been game changing for me health and happiness wise but is hard to keep up if I cannot grow my own due to restricted selection
• My body my choice.
• I am an adult. what more needs saying?
• To know the process you have put your plant through from growth to consumption ensures you know exactly what ingredients have been used to get to the end product
• I want to know what I am smoking has been grown properly and ethically without anyone or anything being harmed in any way.
• Incase in the future I might need it
• Self sufficiency is vital
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- I should be able to medicate any way I seem fit
- In theory, yes, but it's not at this time because the person I get my FECO from does it so much better than I would.
- It has taken years of trial and error to find Sativa and Indica strains that work for myself but they are difficult to obtain from dealers. I have purchased cannabis covered in powdered glass, food colouring, petrol, food flavourings and the scent from room plugins.
- Personal choice
- My levels of thc and cbd are quite high
- I need certain types of cannabis as they all work differently and want to customise it for health issues
- I know the contents.
- As above, we all have our own preferences and should be free to prepare whatever helps us the most. I wouldn't be preparing it for anyone else so I should be allowed to prepare whatever suits me.
- Self prepared means I have full control over what I’m putting in my body
- For the above reasons. Different ratio’s of cannabinoids are good for different things.
- I wish to live free i legalised cannibas in my house 2 years ago sick of waiting on the government.
- Medicine that is currently unavailable
- I would need to learn various ways to ingest cannabis in many forms of food due to my specific health conditions. as i would be choosing what recipe ingredients i would be using that benefit my health the most.
- I would like the choice
- I think I would mainly use butter and possibly smoke (without nicotine), but who knows eventually I might need FECO. People should have there own choice, as long as they aren’t harming others, I don’t see the problem. To elaborate on “harming” others, I don't see smelling cannabis as harming someone, I believe cannabis consumers should try and be considerate to none smoking people. But saying that, at the moment, me, as a none smoker I have to put up with people smoking cigerrettes and vaping there sickly sweet juices, but this is socially acceptable. My point I'm trying to make is that I don't believe cannabis should be illegal just because it smells, as I've said there are legal substance that stink too. For instance there is a guy at my work that vapes in work, I've looked to see if it’s against working rights, and no it isn’t, it is upto the employers to decide apparently (this was April 2019 I looked)
- To grow your own means you know what energies and nutrients have contributed to the plants growth and development. What happens with drying and using will only go through the processes you use. Therefore you know exactly what you are getting
- I am a very self reliant person and don't like it when I feel I owe someone
- I would feel safe in the knowledge it was pure with nothing bad added.
- why would i want others to do what i can do myself i dont trust the food thats sold why trust anything else
- I would like the option in future to be able to extract what I need from the whole plant, also opening up to industry for more sustainable environment options
- I need to grow for economic reasons
- Being able to prepare our self again means not having to rely on anyone also having at home is better as won’t run out and end up back on on mads
- it should be available to all and the choice on what you do to to enjoy
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- It can be sourced from many places, I believe
- Its my god given right
- This allows me to make any products to the exact spec that i require and take out all guess work from buying other peoples products.
- Human rights
- I don’t know what other people grow
- I learned from experts in Portland, Oregon and I prefer natural organic products I can make myself.
- Again it should be my right to choose what I put into my own body for medical or receational use
- See above.
- How else can I be 100% certain I am in control of my body and soul and what I invest to keep it happy.
- I want to be able to use home made Rick Simpson type oil so I can make sure I don’t get cancer and die
- I want to know that any cannabis I am consuming is as clean and organically grown as possible. I want to be able to grow specifically for different effects from the plant in the different stages of ripeness, and know that it has been harvested,dried and cured properly and that the resulting medicine is the best it can be
- I want control of what I ingest.
- it will keep me out of the way of the criminal aspect
- I prefer homeade as alot of chemicals used is not good for my system
- Know exactly what medicine I’m using, not helping organised crime gangs profit impacting our communities with knife crime etc. Organically grown is also important.
- To ensure purity and to keep down cost.
- No one has the the right to dictate what I grow or consume in my own home. Growing in itself is very therapeutic.
- It means I can control my intake at regular intervals with out being deemed a criminal
- Again I only I know what its going in to making products which is safe.
- It’s important to know what goes into a product I’m consuming.
- So i know whats in it
- I WANT TO GROW MY OWN TO SUIT MY HEALTH CONDITIONS.
- It means I can be sure of what goes into it. I can also control the level of supply.
- Difrent grades
- as above.
- You get the product you want and also know what has gone into it?
- I know what’s in it.
- same answer as above
- I would much rather be Illegally Alive than legally dead.
- However dispensary brought or local trading would be beneficial also, as my condition gets worse i can see in the future i may need to rely on someone else to grow the cannabis.
- Again I use a combination of ways to prepare it so that I get the most benefit for myself.
- I would like to know exactly what’s in my cannabis extracts, edibles, oils
- Cheap
- I would know what is in my own cannabis.
• Same answer as before - it would be my personal preference anyway but also I have a disease that I know best about for my body and therefore should be able to medicate how and when needed
• Choice and freedom of self
• I enjoy making my own, I like to know exactly what I am putting into my body.
• I choose
• However if I could also buy at a fair trade those products organically grown legally produced and not have to be arsed with growing and producing as I get older that would be great too
• Be better than having to try and get hold of it illegally
• I can choose what is right for me. No chemical sprays
• Because I know what I’m doing and have done for some time now. Freedom of choice!
• I know what has gone into it and what has been used on it and I can prepare it just as I need
• Currently it’s costing me 5k every three months. If I grew it, there is a company here that could prepare my exact prescription for me, at a fraction of the cost.
• Same as above.
• Again, intrinsically linked to a fully legal landscape.
• Trust
• Then I know what I’m getting
• I can ensure the quality of the product I am taking
• Not unlike being uncomfortable having an unlicensed individual in an unregulated place mix your drink I suffer great anxiety in the uncertainty of what my cannabis products contain. Having been drugged with harmful chemicals before I fear placing my health and well being in the hands of just anyone.
• I want to know what it consists of
• I’d know what was in it if I grew it myself
• I should be able to grow a plant like any other
• To be able to produce oil for my Dad/Father-in-law would be ideal, however I would still need a lab to test the cannabis, I think I would prefer experienced cultivators to continue to provide feco for this reason.
• At least that way we will know exactly what is going into it.
• I can buy from others that organically

How important is cannabis to your health?

• Yes
• Negatively
• No
• yes
• NA
• Badly
• N/a
• Don’t know
• Not sure
• Back to pain or the side effects from pain killers. Plus sleepless nights
• pain would take over then depression followed by suicidal thoughts to escape the pain.
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- I am entitled to free prescriptions for various life limiting conditions. I prefer to obtain a more effective natural remedy cannabis at great personal cost
- Remove cannabis from my life? The only way to do that would be to imprison me. This would immediately cause me to begin every imaginable method to commit suicide. I have absolutely no desire whatsoever to be a part of the human race. Cannabis changes this.
- It's not as if my condition (BPD/EUPD) is life threatening in the way epilepsy, or cancer can be - I will not drop dead without cannabis, but I could easily end up so depressed that I take my own life or so angry that I confront someone I love and destroy a relationship etc, so I put 8 because it IS very important to me. It calms me down and that can be the difference between another good day and a day where I wish I was dead if nothing else.
- My mental health would suffer severely and my eating disorder would most likely return. Cannabis helps aid my appetite.
- I would suffer extreme physical pains and my mental health would greatly worsen. My body would be unregulated and the extreme chronic pain and suffering would probably lead to my premature death.
- I would become a very stressed out person and probably turn to something else to try to get that feeling when I'm stoned
- I would more anxious and less relaxed and would suffer more spasms
- Anxiety and depression would go through the roof.
- It probably would to start with but I hope I never find out 😞
- My health would deteriorate and my adhd symptoms will probably end my relationship. Cannabis has kept me level whilst I'm waiting the obligatory lifetime for adhd consultant. Furthermore the resulting addiction traits of adhd will send me the wrong way on the opioid pain meds and I will end up on much harder stuff
- Have given up before and Purely on a mental basis...I Will Never Give it up again. PTSD from childhood trauma is unbearable and cannabis KEEPS that door firmly locked for me. Physical health is vastly improved by daily cannabis consumption also. NO Pharmaceuticals for me.
- My depression & anxiety gets worse
- Negatively very badly indeed
- It would mean pain control would be a lot harder and I would encounter more side effects from my injury
- Catastrophically!
- My body would crash
- Likely be on prescribed meds again
- I would be unable to work my full time job and go to being on sick benefits. I would also have more health issues as the cannabis has helped and decreased the risk of heart issues for me
- My spasticity (in my arms, legs, intestine, anus etc would be very much worse than it is.
- I would fall into a black hole of pain - one I know exhaustively from my pre cannabis past, and never want to be in ever again. I would practically be useless.
- I would not sleep and it would effect my anxiety probably lead to my depression returning
- My Osteoarthritis would become unbearable and I would become house and bed bound.
- More pain, back on high levels of opioids, anxiety and stress
- I would probably lose my leg
- I would be in a lot more pain
- My kidney condition would deteriorate
I've already been through this and I was suicidal. As I mentioned earlier, not only did it effect my immune system, it completely knocked me off balance and led to a very bad period of my life. I sacrificed my health and well-being for money and I regret it massively. I replaced cannabis with heroin (smoked) which led to me trying an analogue of the very dangerous fentanyl. I began smoking a mix of butyr-fentanyl and mannitol. Firstly it was just recreational. I didn't care too much for it at first because it was super strong and made me throw up and gave me a bad head if I smoked too much. But I got a tolerance to it pretty quickly and then we were dealing with someone getting cancer and the last experience I had with someone getting cancer was my uncle in my early teens. Me and him were really close so I insisted being there all the time during the years he fought it and the whole ordeal really took its toll on me. So when faced with it again, I was using the fentanyl mix to escape, where had I not been employed by a company that drug tests, I would have used cannabis. I became addicted to the fentanyl, my house got raided by police who, having got their wires crossed, expected to find me selling dangerous pure fentanyl. Obviously they didn't as I was only smoking the weak mix for personal use but they found a few personal amounts of different drugs on me and I ended up with a conviction for possession and a fine and some community service. I was forced to resign because of that and it also led to the end of the relationship I was in at the time. It was an awful period of my life that I know would have been avoided if I hadn't taken the job and had, instead, kept doing what I was doing and continuing to smoke cannabis daily.

- Poor quality sleep, pain, depression
- I would eventually do something stupid due to the pain and it would take a few days... I am warning you Don't take my cannabis....
- My work and home life is quite stressful and I find sleep more difficult as I get older. Cannabis does help with my sleep and stress levels. I also have arthritis which I never feel unless I have run my system dry of cannabinoids for a few days, then my joints get stiff and sore. I discovered the joys of CBD mixed in with THC a few years back and noticed my mild depression completely lift. My life is enhanced and improved with the light daily use of cannabis!
- No.
- Die younger
- I would lose weight and my mental health would deteriorate, also i would become at risk of serious illness or death.
- I would suffer pain, depression and probably have a nervous breakdown.
- I don't consume cannabis currently, but I would like the option for when I get to later life for arthritis, joint pain, To be honest I would like to consume now, ever since I've found out about our endocannabinoid system, I wonder if we need it to lead a healthy life, who knows.
- I have to admit until i had my accident 24 months ago I would have said i was just a recreational user. However, cannabis is now a must in my herbal remedies. The amount of freedom it has given my body to heal itself has wowed me constantly. Cannabis hits the spots your body needs it to, be that pain, relaxation, peace of mind to meditate and fluidity of arm chair thai chi. It helps you to assist your body to heal physically, emotionally and spiritually
- I would be sufficient pain that my life would become unbearable
- I would not be able to do anything day to day due to my stiffness and pain . I fear my anxiety and depression would spiral again . I really don't want to go back to man made medicine as it has destroyed my stomach and the side effects are awful
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- badly! forcing me to revert back to strong opiates and other dangerous drugs to control my medical problems
- My life would go downhill so fast I probably wouldn't be alive without cannabis
- My immediate problem would be my geralized anxiety, cannabis allows me to keep clear and level headed instead of being swamped with fear and over thinking all and every situation. The knock on effects to my work and family and relationships will be catastrophic as I don't feel I could cope with that level of dependency on others again, as well as being a carer for my partner who has aspergers, it would become so strained to the point it may very well be that the relationship will break down as I will have to put my own emotional wellbeing first. I WILL NEVER USE OPIATES AGAIN! So pain management will be non existent, over the counter analgesics don't help so my mobility will also be impaired. Cannabis gives me quality of life I never new I had, that so many other people take for granted.
- I would be in much more pain on a daily basis due to my back issues.
- I dread the thought, my husband would probably die very quickly
- I would have to take pain meds and cope with chronic pain and tiredness
- i would be more stressed and less happy
- I haven't started yet but I am absolutely sure it would have a positive impact on my health and I would go downhill again if I had to stop.
- not sure
- My mental health would suffer greatly as i find cannabis very relaxing and helps to shed the days stresses. As a type 1 diabetic cannabis helps regulates and control my blood glucose fluctuations and reduces the amount of insulin i need to take. Further more When i have a hypo (very low blood glucose) it can take alone time for the shakes to stop in my hand which make it very hard to work. It also leaves me very tired and feeling sick for along time. Vaping cbd radically reduces the recovery time but high thc full plant extracts or flow relieves it nearly instantly
- I wouldnt be able to do anything due to the severity of the pain and fatigue
- My knees and back would hurt and my night terrors return. I will become angry due to military training
- I would not sleep or eat. I would be extremely anxious and suffer from flashbacks/intrusive thoughts/graphic nightmares.
- I wouldn't be able to sleep ightmares and sweats
- I would be overwhelmed with a massive increase in symptoms and in their severity.
- My anxiety and sleep would suffer as would appetite.
- Mardyness
- Likely die of sudep.
- Id probably die prematurely like my parents
- I know from experience that within 24 hours of not medicating my health takes a huge hit and I become pretty ill quickly. The intense whole body pain quickly overwhelms me and I cannot function.
- I’d be sad and in pain.
- Not willing to go back down that road. Not a nice place!
- I don’t think I’d be able to cope in this shit hole of a world
- I couldn’t function. I’d never hardly be able to leave the house, my dog couldn’t go out
- If I was to stop today I don’t think il be around much longer as I don't think I could go back to the way I was a few years ago no human being deserves to live like that especially when theirs good natural treatments in our back yard
• Likely I’d have to resume conventional medicines which had more side effects, and less efficacy.
• My old symptoms reappear quickly, around 2-4 days they will start having a negative impact on me.
• My depression would increase and this was be seriously detrimental to the quality of my life.
• My mental health would severely decline losing the progress I’ve made in the last 4 years.
• I would struggle to walk short distances & would be in a great deal of pain & also lack of sleep.
• My medication would need to increase.
• I go back into severe depression and anxiety and also my appetite would lower.
• I WOULD BE A LOT LESS MOBILE & MY STRESS LEVELS WOULD BE OTT!!
• It would have a massive impact... levels of pain would rise, depression would spiral downwards and I would become insomniac again.
• Don’t ill be in a wheelchair.
• hard to say ... my life overall would be diminished.
• Mentally and pain wise.
• Pain anxiety stress and depression would make its presence felt again.
• tbh im not sure, but i would probably re-ignite some severe depression. i use CBD/ THC for anxiety issues caused by coming off anti-depressants. so id either get many more panic attacks... and probably be back on the 'meds'.
• I would be bossy, cross, angry, and my autism will get the better of me. I will be having regular panic attacks and wouldn’t be able to control them. My family life will crumble because of the way I am, of I went without it I can’t even imagine what would happen.
• This would be my worst nightmare, i would live in pain from morning to night. I would struggle to sleep through the night with pain and Spasms. This would bring my mental health to breaking point.
• Adversely - my pain levels would shoot back up and I’d be back to being bed bound and on vast quantities of opiates which along with not giving me much of a life now are also reducing my expectancy.
• I would become a wreck.
• I would be very poorly and not able to work.
• not really.
• Might achieve more between 6 to 10 am when i smoke alot.
• My mental health would deteriorate drastically I would struggle to leave the house because of my anxiety attacks.
• i would have suicidal and self harming thoughts and be in a dark depression.
• I would die within about 2 months.
• Why do you torture us?
• I would end up back on anti depresssabt sufferings horrendous side effects.

If you were to stop consuming cannabis, how would this affect your happiness?

• As above
• Yes
As above
Depression
Please see above
See above.
Negatively.
As above.
Badly
see above
NA
Anxiety
Same as above
Negatively
See above
Negatively
A lot
as above
It's hard to be happy and optimistic when you are tired and in pain
I would be in tremendous pain
Remove cannabis from my life? The only way to do that would be to imprison me. This would immediately cause me to begin every imaginable method to commit suicide. I have absolutely no desire whatsoever to be a part of the human race. Cannabis changes this.
I would simply not be happy anymore. My depression would take over, my suicidal ideation would increase, and I may well just say goodbye to this world. Seriously, Cannabis is one of the only things that keep me engaged with life. I am a very lonely person, and most of my happiest moments come when I am high.
Greatly, as I have suffered from mental health problems including depression all my life and anti depressants did not help or made my mental health worse. I rely on cannabis to reduce my worries and depression and to make me happy as I lost almost all my natural little happiness years ago, probably due to a number of factors.
I represent happiness with a joint
I wouldn't feel like myself and would probably be one with drawn and depressed
Anxiety and depression would take over.
I would be a living nightmare as my anxiety would be thru the roof
Summed up in "how important is cannabis to your health"
That's a hard question to answer. Cannabis definitely helps my mind and body to be well...and THIS makes me happy. Cannabis is a facilitator. My family and friends and life make me happy. Cannabis helps to make the problems when they crop up.....'not the end of the world' just something to deal with and then carry on. Cannabis is a filter....so we can inhale the good shit and exhale the bullshit.
I would be less content. Helps me see sunshine and goodness
When you get up in the morning and your body feels like your in a straight jacket your mood is very bleak and the smallest things are huge but after a cup of tea and a smoke the mood begins to lift and functioning can begin.
Catastrophically!
Alot I would t be able to cope with the symptoms which would make me unhappy, then depressed.
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- You can’t be happy and I’m agony
- I would fall into a black hole of despair - one I know exhaustively from my pre cannabis past, and never want to be in ever again. I would practically be useless.
- Depression and severe anxiety would return.
- I would be in a lot more pain
- More pain
- I would get depressed
- See above answer for health.
- Relaxation would be difficult
- Pain free equals a happy person
- It definitely lets me unwind of an evening and helps my wife and I reconnect. Our lives are very busy and work demands a lot of us and we often don’t have time to really talk. When we share cannabis of an evening we feel closer and are able to find time to talk and reconnect.
- For a while but I would adapt there is always shrooms.
- it would effect my mental health in a negative manner. I use cannabis to manage Complex-Post Traumatic Stress Disorder / Borderline Personality Disorder. this would deteriorate and would lead to breakdown of many relationships and and my physical health.
- I would likely spiral into a depression
- I don't consume currently, but I find that I am very stressed at the current cannabis prohibition almost to the point of a constant state of upset, when I read about all those little kids with there epilepsy, and I think to myself when I read that it's costing them £2000 per month to keep there child safe, I scream at the radio "just legalise it", my thinking is that if it was decriminalised, then more research would be allowed, leading to more scientific breakthroughs, and in the long run helping more people.
- Although i would be sad i would adapt and wait till it crossed my path again
- Cannabis is one of my joys in life so no cannabis would be less so
- I fear as above , my mental health would decline as a knock on affect to the pain and anxiety I have without.
- i wouldnt be alive
- A major impact
- It would affect my back which would mean I’ll be in pain.
- I will be lost without my husband and aim to keep him and make his life as comfortable and fulfilling as possible
- cannabis makes me feel relaxed and very happy. nothing bothers me and it gives me clarity on a very bad day. some of my best thinking and ideas have been while using cannabis
- Chronic Pain = depression
- would not effect
- My happiness reduce. Cannabis helps boost my musical creativity and improves my enjoyment of music and art. Cannabis has inspired me to cook more and to experiment with new food types. I also enjoy smoking while working in my garden and its given me a new appreciation for gardening of all flowers. This has lead to me spending more time outside and my garden now being in great condition and once again being full of wild life.
- It lifts my moods so I would be very depressed and anxious and unhapoy
- It wont
- I would not sleep or eat. I would be extremely anxious and suffer from flashbacks/intrusive thoughts/graphic nightmares and I would repeat myself.
Again I can happily sit and do nothing or go and work all day as long as I am medicated I can achieve whatever I put my mind to
I would be really upset i would try to move to another country again which provides it with ease
The freedom to consume what my body craves is hard to measure in emotion.
I would find it hard to cope with my past traumas
Happiness is not something that is possible when I get to that point
It would decrease
On top of the world. in the words of a certain film. we should be allowed to be happy.
Definitely a bit sad
Alot I've just started getting my life back on track thanks to cannabis no wayim going back to how I was
I would have no life. I would be lying in hospital (in a vegetative state) getting pumped full of drugs (that don't help and just give me side effects).
Cannabis melts anger and frustration, both of which are abundant with chronic disease. Cannabis allows me to see a bigger picture, compose myself and enjoy life as much as possible.
Yes as my symptoms will reoccur causing pain
I would be unable to cope due to depression.
I would not be in a position to be social with my family and friends as I would be immobilized with anxiety. My relationships would fall apart
I would become a recluse again from the maladie I suffer from which also brought on severe agoraphobia.
I stopped 5 months ago and my heart aches I miss the enlightenment so much.
Canabis lifts my mood massively
DEPRESSION WOULD COME BACK.
I would be unable to donthings I love.
Ill be a zombie
as above!
If I'm not in so much pain I'm happier
Greatly
i enjoy it. it makes me happy as well as serving my well being. as ive already said it helps with depression symptoms too.
It will affect my happiness by declining. My mental health is stable because of this plant.
alot
It makes me happy, i feel positive. I become a better husband and father.
Non existent
I would be depressed
Be less happy as it reduces stress
I’d get over it.
I can truly say I would not be happy at all.
i would be more depressed
I would know I was going to die a slow, extremely painful death with no good reason. I’d be broken psychologically
Why do they torture us?
I wouldn’t be as happy (as above)
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- How can anyone in constant pain be happy?
- I wouldn't be alive without cannabis
- Pain that would come would affect me

Is there anything else you want to add?

- Free the weed
- I am disable and autistic and cannabis help's both my physical and mental health.
- When I was young, I was taught by authorities that cannabis was bad, dangerous, addictive and those that used it were drug addicts or were going to become drug addicts and those should not be socialised with. I now feel misled and lied to as I know the many great benefits of the cannabis and hemp herbs and how they have a very low, if any addiction rate, they are not dangerous, they do improve health and do keep people like myself alive, and not forgetting the benefits the herbs give to other animals, birds, fish and everything else living. I feel no addiction, but a need for the herbs, because if I do not use them regularly my physical and mental health would deteriorate fast. Cannabis keeps me happy and healthy, even though some of my illnesses are progressive and have no present cure. Cannabis and hemp could make the whole world more healthy. Prohibition feeds criminals, gangsters and terrorists in the black market and on street corners, does not work to help society and breaks down communities in numerous ways including causing poverty by extracting taxes to fight the drug war, which various governments admit they can never win. God gave us all the gift of herbs to use as we wish - not for politicians or synthetic drug manufacturers to make illegal or to limit or to control.
- I was a mainly recreational user for many years but now use cannabis to function in life. This wonderful plant has helped my epilepsy, PTSD, ADHD and anxiety where the NHS in Bristol has failed so bloody miserably. It has helped me return to some kind of normality following almost losing my leg and then losing my brother to suicide. No pill could come near to what this plant is doing for me right now! Please let's end the war on the Cannacommunity and something that does nothing but photosynthesize, grow, smell lovely, treat certain ailments, make people happy and healthy!
- I'm an adult, stop telling me what I can and cannot do based on someone else's opinion. I live under common law where I respect my fellow humans and all living things, I do not steal and I do not lie and I never cause any harm to anyone or anything. I go to work, I pay my taxes and I keep my nose clean. Thanks for the survey, the truth will always triumph!
- Cannabis has far better effects on my Multiple Sclerosis, Epilepsy and Migraines than most autofocus medicine available
- I would like to expound further on 'Other' reasons for using cannabis, specifically women. I am a survivor of rape. I'm mentioning this not because it's true in my case, but because this experience and my subsequent journey of recovery enabled me to know and counsel many
women who were so traumatised by their own sexual assaults that they were left with severe physical dysfunction as well as psychological ones. Cannabis (and there are specific varieties for this) has helped so many women not just get over the PTSD of their assault, but also helped their bodies physically enjoy sex again. In my case however, when I answer 'Sexual Health' as an other use for cannabis, it's not "I use cannabis so I can enjoy sex again after being sexually assaulted" although this is very important for a lot of women, it's "I use cannabis, to make very good sex OUTSTANDING. Also, I don't know in which category this falls under, but I also use cannabis to appreciate beauty more acutely and profoundly (mostly nature, music and art), and also for its time dilation property (excellent for certain things) and to tolerate doing menial and tedious tasks. Lastly, I MOST DEFINITELY use cannabis so I can tolerate certain people during social obligations I can't get out of and not get sucked into pointless arguments of the 'beating a dead horse' and 'can't teach old dogs' kind.

- I break the law to survive. It shouldn't be this way whilst Ex Prime Minister Theresa May and Drugs Minister Victoria Atkins’ husbands grow and export tons of cannabis each year from here in the UK. Even whilst Theresa May insisted that "cannabis holds no medicinal values" her husband was involved with growing and exporting cannabis for medicinal purposes. I firmly believe that it is our human right to grow this safe herbal medicine at home for treating existing medical conditions and as a preventative medicine. This would reduce street dealers and therefore reduce crime and free up the police to concentrate on more serious crimes. At 59 years old I am willing to go to prison for this cause.

- I can choose how I medicate, I want to be able to make my own medicine

- I am disgusted at the lies and political manoeuvring that has happened over the last 70 years over cannabis by Governments for reasons that are unclear.

- The only upside from the whole situation mentioned above was that it was the push I needed to do something I'm passionate about, which is why I'm now working in the cannabis industry with my own CBD company. As a recreational user of cannabis for about half my life, it wasn't until I got into the industry and understood the endocannabinoid system that I realised just how important cannabis is to be personally but also the planet as a whole. Not only does it offer health benefits across the board but it also is a cheap, effective alternative to so many things that are literally killing our planet. Opiates, plastic, oil, to name but a few. Cannabis can save the world if we let it and there isn't a government on this planet that has the right to play God and keep it from us. The fact that people are still dying from cancer when cannabis is more than capable of saving most that get it is enough to warrant outrage but it does so much more than that. Keep fighting the fight, we'll get there eventually. #wtu

- I met Jeremy Corbyn yesterday and gave him a letter.... I now await the reply

- The prohibition of cannabis is based on lies. The government knows this. The criminalisation of it's use is unjustified and the government's stance on the subject is hypocritical considering the UK is the worlds biggest exporter of "medical" cannabis. I believe all cannabis use is medical, irregardless of the users intention. The cannabinoids feed into our end-cannabinoid system, boosting it and improving homeostasis in our bodies. This is a proven and commonly known fact. Cannabis is safer than alcohol (x114) and tobacco yet its use is a criminal offence! I believe that pharmeceutical lobbyists are the main reason we don't have decriminalisation already. Cannabis has so many uses but plants cannot be patented. Big Pharma want's to keep it's billion pound industry of patented molecules intact, cannabis decriminalisation would read havoc on this.

- Nope.
• We breath fumes from the destroyers of our planet, cannabis is green, save the soil, produce many goods fuel clothes soap medicine even straws....It was made illegal in the states to get the black people out of prime realestate.

• I DO NOT ACCEPT THIS LAW ON CANNABIS. It is Terrorism and Economical Discrimination.

• Having witnessed its healing power I believe it is a travesty that our governments have unfairly demonised cannabis and criminalised its consumers for what is essentially a health choice - Overgrow our government!

• I do understand that some people will have bad experiences (a small percentage, mentally) with cannabis, but I do believe if it was taxed then more money could go to the mental health budget, because let's face it, at the moment funding for mental health screening is a shambles (2-3 years to be seen about adult autism at the moment), and the profits could also go to educate people.

• The criminalisation of people growing and using a plant for personal use is the wrong use of the law as they are doing no harm to others.

• My bones, at 38, are that of an old lady, I had 2 crush fractures in my spine that would not heal, and the pain was unbareable. 8 weeks of taking cannabis and my bones started to heal and my bone scan seen an increase in bone density not a decrease as previously seen!. Cannabis has helped my pain, my bones, my mental health...after 18 months of taking cannabis I almost feel like I have a quality of life. Where as while I was taking pharmaceuticals, for 10 years, i felt like i was living in a hazy bubble of pain and anxiety and depression.

• without my cannabis i wouldnt have survived this long i would have sucseeded in my suicides which im glad i survived daily

• The mendacity that surrounds cannabis makes me doubt the verasity of governments and big business to the point that my maxim in life is now: NULLIS IN VERBA "

• we need to legalize cannabis to give people the choice or to let people like me not to brake the law.

• It's bad enough that people with chronic illness are not able to access cannabis legally, but to see children who desperately need it and have seen great results having taken it and have subsequently been denied it is heartbreaking and should never happen in this day and age - ever!

• I take the cannabis for my cancer treatment

• Legalise it

• Thank you for this opportunity. It was a shock to come here ten years ago and find there was no medical cannabis and the attitude was one of Reefer Madness. It's still a shock and legalisation cannot come soon enough.

• We have an endocannabinoid system for a reason to ignore it is to ignore our entire history and our creators. Ignorance of such higher things are not recommended in ancient texts which date back to the origins of Mankind

• Cannabis helps me cope with all my worries and health issues. If the government gave a damn about any of its citizens they would legalise cannabis for both medical and recreational use. The Nhs wouldn't be overstretched, people would stop dying of cancer and we could use cannabis for many other environmentally sustainable products such as Hempcreate, biodegradable products which could replace the plastic we are poisoning our planet with
• Our government are far too busy pocketing money from big companies trying to keep cannabis illegal.. they care more about money than they do the health and happiness of the country
• I know for certain that myself personally would not be living in this world and enjoying life without it.
• Happy to help with anything that moves us closer to the goal of home cultivation
• Thank you for your efforts, I'm so pleased a legal challenge is brewing.
• I support the decriminalisation of cannabis for all users. To lessen the black market = less police time wasted, lessen knife crime of which the black market plays a key role amongst our youth. For people who require it for medicine the right to grow there own medicine, knowing exactly what they are taking and a regular supply without having to use the black market.
• I believe that if the UK Government take cannabis out of the hands of drug dealers, this would in turn reduce addiction to other, harder and more harmful drugs. Many cannabis users are often pressured into trying harder drugs by dealers operating within the illegal drugs market.
• I'm a real light weight in the cannabis consumption department but I'm appalled at the negative impact the government's human rights abuses are having on friends and relatives. That's mainly why I'm here.
• I is with great hope my testimony here will help further the cause of legalisation of cannabis as its definitely help my life in so many ways and I hope everyone can be helped by cannabis
• Cannabis has given me my life back.
• These Laws are stopping me from being the best person I can be. I am inspired and motivated when I consume cannabis.
• We as citizens should never be punished for useing a plant that has so many benefits.its that simple
• I HAD BEEN DRINKING SINCE I WAS A SMALL CHILD BECAUSE OF SEXUAL, PHYSICAL & MENTAL ABUSE. I WAS PUT ON LIBRIUM BETWEEN THE AGES OF 6/8 YEARS OF AGE BECAUSE MY HAIR FELL OUT DUE TO AloPECIA BECAUSE OF THE STRESS OF NOT BEING ABLE TO TELL ANYONE WHAT HAD HAPPENED OR I WOULD BE PUT IN A BURN OF QUICKSAND......JUST LIKE THE DEAD CAT HE CHUCKED IN & MADE ME WATCH IT DISAPPEAR!! HE SAID THE SAME WOULD HAPPEN TO ME IF I EVER TOLD ANYONE!! BY THE AGE OF 17 THEY HAD ME ON ATIVAN & THEN THE DRUGS SEEM TO BE ADDED ON TO REGULAR. UNTIL 3 YEARS 7 MONTHS AGO, I NEVER THOUGHT ID EVER BE ABLE TO GET SOBER YET, THANKS TO CANNABIS....I AM NOW ALCOHOL & PHARMACEUTICAL POISONS FREE!! THANK YOU LORD!!✌❤
• Thank wtu ur amazing
• The fact there are millions of people being stopped having the medication they need to get just get through the day to stop the pain and the mental pain they go through and after all its a plant that's not killed anyone itself and the fact that the tax that would be generated by it and the benefits it'll help with schools hospital homelessness ect . Please let the people have the medication they need please ❤❤❤
• I do not want psychotropic drugs, with all there side effects. I just want “my” own herb.
• for whatever reason someone chooses to consume cannabis it is their human right to do so. the only thing prohibition serves is lining the pockets of criminals and the government (same thing)
• I will hopefully be able to join in what ever event cannabis wise is near me and continue to spread the knowledge.
• Don’t knock it until you have tried it. One day someone you know will need this as a medicine, either you knew and didn’t say anything or you spoke up and helped a fellow human being.
• I’m being told “off the record” by my consultants to use it and that sourcing my own would be better than the crap on the NHS that no one can get anyway (or very few) also telling me that the opiates aren’t good for me but all they can offer is more opiates! Why can’t I just medicated my self back to being well!
• I want decriminilisation after PCC elections
• Love wtu.
• Freedom to Grow My Own Cannabis and then create my own medicine is all I am asking
• There is no reason for any child to attend school, college, university or anyone to study anything if we allow politicians to ignore solid scientific evidence & sack scientists for disagreeing with their party line in order to profit personally while deliberately criminalising huge numbers of sick & dying people. Victoria Atkins & Theresa May should be in prison.
• Stop torturing us
• Decriminalise cannabis. Let people grow their own. Open dispensaries for those who do not want to grow their own. Educate doctors to prescribe.
• I am the daughter of a drug addict. I have seen first hand the effect of prohibition and mis education. I am a social outcast because of who I am, I didn't ask to be here, but I am and I will continue to fight for the freedom of young people to be educated how I was with a respect for your body and the things you put in it. They claim there is no benefit yet Canada and the US have access.
• My interest is not that personal, but I recognise the positive impact seen by many on their health. As a herbalist I know what wonderful medicines plants are and cannabis is no exception.
• Im fed up with being judged,felt like im doing something wrong because i choose a plant over chemicals to enhance my life,time for change
• I didnt see anywhere which asked about symptomatic reliefs and so on and what i acutally use cannabis to help with.. did i miss something?
• I have a human right to be the best version of myself.
• thanks for the opportunity to contribute.
• I would like to see an end to criminalising those who try to help themselves.
• In my opinion the legality issue of cannabis has already failed as there is no foundation evidence for why cannabis is illegal in the first place stack that with the law surrounding alcohol and tobacco and you can tell that people are not cared about only profit. Maybe we should start putting people and their rights first. Thanks
• A very worthy campaign fighting one of the biggest injustices of our time. Good luck with everything.
• I want my right to be healthy and happy nobody else should make those decisions for me but me!!
• Cannabis is an extremely safe and effective treatment for so many issues caused by an out of control ECS and should be available as a human right just as food and water are.
• I can preach. I can scream. I can show all the evidence within the known universe until I pass from exhaustion. In the end, it still won't convince everyone. What I can say though, is that throughout history people that have the power to change immoral and unlawful standards
have been looked upon as the problem. However, how often do we look back as evolving
people and be proud of the fights against others rights. In my life I've heard people in
political power apologize publicly for the past crimes and injustice against others in terms of
race, sexuality, culture, religion, and gender. It is said hindsight is 20/20. I'm proud to say
that I'll continue to support this fight. I will not look to my past with regret having sentenced
others to be criminalized for exercising their rights to live happy and healthy because of
cognitive dissonance and/or personal gain. The fact remains and will always remain that my
rights end where yours begin. May we one day learn to do no harm to one another.

- I should not be made a criminal for the use of cannabis I should have the right and the
  choice
- My use of cannabis impacts on nobody but myself. I am a 52 year old law abiding
  responsible grandfather who wants the right to choose his own forms of medication.
- I wish the government would just legalise the plant properly or let people grow there own
  medicine, like Spain or Portugal
- Thank you for all of the work you are all doing. If there’s anything I can do to help further
  please contact me. Great work Phil and team, thank you for you dedication, to helping us all.
- Having lost my mother whom I loved dearly to bowel cancer some years ago I researched the
  shit out of it! How disappointed was I that the thing I had been taking for pain for years was
  the thing that could have helped her? How fucking furious was I with our so called leaders
  and their ability to kill some 160,000 people a year and get away with it? How incensed was I
  when I found out about the corruption of GW Pharma situation and our so called
government? I cannot tell you! As far as I am concerned my mother was a victim, not a
patient, the lies the hospital told was disgusting! At the the time, I was retired in France and
was travelling back to Cornwall at every opportunity, upon asking them to confirm that mum
had cancer I was told by 3, yes 3 consultants that there was not a single cell of cancer in my
mother's body! We buried her some 2 wks later after they zapped her with radio therapy,
fucking therapy! Lies, all lies, why did they feel the need to give her radio therapy if there
was no cancer. It is so sad, but they got her! From this during my research I learned so much
about Sativa and Indica and its history and uses and from there the dirty secrets of the
worlds corrupt governments. Cannabis is a massive scandal on a global scale we have to get
this herb recognised for what it is and expose the corruption on an international scale.

- This should be legal no questions asked. It helps so many people deal with chronic
  conditions that traditional prescription drugs fail to do. Knowing there is something that
  helps those people and keeping it illegal is a breach of all of our human rights. When you live
  with chronic pain for so long and finally find something that helps knowing u have to break
  the law to lead a normal life and feel a little more human is so upsetting. Makes u feel like a
  criminal for just wanting to not live with such horrendous pain
- My hope is that our call will be heard and that cannabis will be given back to us at long last.
  There’s so much needless suffering that can be helped with cannabis. It really does need to
  be freely accessible to everyone, for whatever reason they choose. It is our human sovereign
  right to choose cannabis!
- Cannabis should be available for anyone (over 18) who wants it. Weather it's used for
  recreational or medicinal purposes. Free the weed!
- It's massively wrong that cannabis is illegal.
- Legalise Regulate Educate Medicate ✊ The pavements would be paved in gold £££££'s
  ☝- Think Government C'mon Boris ☝
- Free the weed!
• If cannabis was decriminalised people could have the freedom to use a natural gift from mother nature to help heal and restore harmony to their lives without having the stigma attached.
• Many stories of a cure, or successful treatment of cannabis having been reported.
• In this day and age we are individually held more and more accountable for all the stresses in our lives, which are added to continually each and every day. I believe that cannabis at some point should take precedence over other so called recreational drugs such as alcohol. Primarily for the help of individual overburdening stress but also as something that, through use would not lead on to the problems that alcohol can and does cause.
• I’m saddened that the UK is so far behind so many other developed countries when it comes to seeing the benefits of cannabis use. The fact that top government officials profit hugely from its manufacture, while the guy on the street is criminalised and attacked for growing/selling/using, is a modern day travesty.
• Helps severe breathing problems in my child
• We need rapid measures from existing models of tolerance worldwide to catch up with developments with Cannabis
• For me, when I use cannabis it’s like my one moment of release, I feel no pain in my head and for me that is all I could ever ask for. To go from having a constant pain to no pain, even for a few hours is heaven for me! Cannabis also has really helped me mentally as my migraines have almost pushed me to suicide on many occasions due to feeling like I have no quality of life left. But when I smoke cannabis I am able to change my point of view and it really does help me get through dealing with the pain. I have gone from being locked up inside due to sunlight, temperature, being petrified of going blind and more to being able to go out again. From sleeping all day to being a morning person and I love being able to be myself again. It also improves my creativity which helps me with my art. I use art to get my feelings out and aspire to sell my artwork one day. I just get full of ideas and inspiration when I smoke, it really contributes to self care as I am able to unwind, think and breathe.
• While I was a recreational smoker most of my life, I had grown out of using it by my Early twenties. After my car crash my life has been so greatly improved by the use of this plant and giving me hope that I can beat my illness and come out the other side. I am amazed cannabis users are prosecuted in this way. I felt the same way in my younger days but now reaping the benefits first hand I know that it is only a matter of time before we are no longer villains for choosing to make ourselves better.
• I feel like a criminal every day for smoking a herb a plant. I would say if they said ok then people need to get sheds with carbon filters so they don’t upset the people around them
• Their could be loads 😊 but look this is a harmless plant that can help so many people not everyone but the majority, for years we have been lied to about this plant, and come on when you have members of the government personally profiting from it, and it’s proven medically, and people being turned in to criminals and destroy some people’s lives for a harmless plant 😊
• Cannabis is a plant and should be free from prohibition and not controlled by government.
• A national testing service for anyone to pay a small fee to see, if our herb is dank or wank
• NO ONE IS FREE UNTIL EVERYONE IS FREE. BLESSED BE YOUR WAY... ONE LOVE
• Dear Sir/Madam, My name is Gareth Magee, 57yrs old, father of four. Qualified as a "Craftsman Gardener" and specialised in Arboriculture. After working in the private tree surgery sector in Glasgow, moved to Sussex to start a business/training in Arboriculture. After presenting our business plan too Princes Youth Business Trust, we were awarded
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a£6,000 grant. Met with HRH Prince Charles on three occasions, at various trade fairs. Went on to train students in tree planting, climbing, pruning, and removal off dead, dying and dangerous trees. Spent the following three years after the 1987 "Great Storm", working in England repairing damaged trees. Was sub-contracted to "Ingolf Schmoll" in Berlin to deal with large trees. This led to my accident. Fell from tree and knocked myself out. After a cup of tea, was up the next one. After returning home to Brighton, had ongoing pain issue, then on a job in Kent, I threw a large branch from a tree and something went bang in my back. Was diagnosed by gp with a torn muscle and nerve damage. Scroll forward to Castlemilk Glasgow, 90’s, walking to the library with my wife, when suddenly a massive pain started shooting down my left arm! Heart Attack! was my first thought. Went straight to the doctors and he looking at my previous records, said "Don’t worry it’s a trapped nerve in your back". So I was sent for a series of physio-therapy sessions, this was a nurse kneeling and using knuckles to "loosen up" my back, acupuncture followed when that did not work it was onto painkillers. The pain got unbearable and more painkillers were prescribed. This went on for years, until one morning got up for a pee, what followed was blood clots and more blood! Was diagnosed with an exploded left kidney due to an eight cm cancerous growth. So that explained a lot of the pain I was having. After surgery I was in even more excruciating pain that I could hardly breath, they pumped me full of morphine thinking it was my operation wound, it was not! What followed was pills pills and more pills, until I contracted "Sepsis", this caused my remaining kidney to shut down. After dialysis and the weeks in bed seven in total, I found it extremely hard to move, feed myself also suffered then and now with massive cramps in legs arms and ribs. The consultant thought that I had nueropathy as my muscles had atrophied. So after a course of physio,i managed to get home. After many return visits to find out the cause of shooting pains in my arms ribs and jaw, was x-rayed on my side. That is when they found out that I had a broken back. That was in 2016! Looking back at the catastrophe of my diagnosis it is now not suprising to me the different puzzled looks and the comments of "Your an enigma Mr Magee" it also explains "The Pain" throughout the years. It is as well that I am an optimistic person. I have a positive outlook in life, but it still came as a blow to me when I found out in May of last year, that I was inoperable. When I think of the surgeons puzzling looks, as to why I was in so much pain after my kidney surgery, Unbeknownst to them or me at the time, lying for eight hours with four collapsed thoracic and three herniated cervical vertebrae, hurts. So now we are at a stage in my life when the pills don`t work, mechanical pain leaves me sore, nauseated and depressed, that is only when I do not have cannabis!What a magical feeling, being rid of pain, if only for a fleeting moment in time. So now I have to face the dangling carrot, that is the promise of medical cannabis? Be me for a day! cannot pick up grandkids, gave up my hobbies (Fishing Metal detecting, Allotment) If I garden it results in dead arms and massive pain and no sleep for nearly a week off putting to say the least. Cannabis lets me do small tasks and makes me feel more complete, but without the consequences. It also definitely helps with depression! But where to get? I am 57 and having to find my own medication on the streets of Glasgow. The quality is variable to say the least. So I hear you say "Craftsmen Gardener" grow your own!, would love too, if my hands would do as they are told! Everything from dropping tea to not being able to feed myself. Have the knowledge, but not body. Well one last thing to say, Be a half full person in life, don`t have a half empty attitude, it amplifies your pain. Gareth

- Legalise
- It is my human right to choose the health treatments that work for me. I know my own body better than anyone else: I have kept my disease in remission for 26 years now using daily
cannabis as part of my functional nutrition and medical herbalism protocol and that is something the doctors couldn't offer me without a permeant ileostomy bag. I don't want to live with a permanent ileostomy bag and would rather chose death than need intermittent feeding through a Hickman line in my neck for the rest of my life, which is one of the consequences of having an ileostomy bag and Crohn's. This is because the only part of my bowel that absorbs B vitamins is diseased and becomes inflamed when I eat/drink and at the slightest physical or mental exertion. My symptoms are so severe that I still need a wheelchair for distances and have a very restricted life. But it is still better than a life with an ileostomy bag. No one has the right to force me to live with an unbearable quality of life and I would chose death over that every time.

- God know's how they can see wee bits of bairns suffering so much, I worry for them, the government need to get there arses in gear and legalize.
- I think it is Unlawful of our Government to keep this Plant Illegal!