

VAPING Newsletter

What's a vape?

Vapes are battery-operated devices that heat a liquid until it becomes a mist. It's initialised by inhalation, (sucking on the vape), the mist is then breathed in. Vapes are recommended for adult smokers only to help them quit smoking. They are not meant for long term use and they were never designed for young people.

NOVEMBER 2025

Why are young people vaping?

- **Flavors & Appeal:** Sweet, fruity flavors like bubblegum and cotton candy attract teens and mask nicotine's harshness.
- **Peer Pressure:** Vaping is trendy and promoted on social media, making it socially acceptable.
- **Lack of knowledge:** Young people don't realise the impact vaping can have on their physical/mental health.
- **Stress Relief:** Young People use vaping to cope with stress or anxiety due to the short-term calming effects of nicotine.
- **Nicotine Addiction:** Young people don't realise they're addicted to nicotine and that it has a bigger impact on children and young people's developing lungs and brains.

What are the risks?

Mental Health

Research shows that nicotine addiction can affect your mental health and that it can impact on your learning, memory, and attention. It can lead to long-lasting changes in cognition (thinking), attention and memory. It can also lead to mood disorders like depression and anxiety.

Illegal Vapes

Illegal vapes do not follow government guidelines or UK regulations. When tested they have been found to have higher nicotine concentration levels, and contain high levels of lead, nickel and chromium. Young people are buying illegal vapes because they are cheap and can be bought in places where they are less likely to check for ID.

Risky Behaviour

Young people are buying vapes through friends of friends, so are unaware if the vapes are UK regulated. Young people are using and sharing each other's vapes. Young people that vape maybe more likely to go on to use regular cigarettes or other illegal substances.

DID YOU KNOW?



A quarter of 11 to 15 year-olds have tried vaping and nearly 1 in 10 (9%) secondary school pupils vape frequently.

source NHS England October 2024



BBC Newsround look at why are people Worried About Young People Vaping?
Watch it [here!](#)

Advice & Support

There is lots of advice and support available if you're worried about a young person vaping. Click on the logo to head straight there.



FRANK



childline



QuitReady
Leicestershire

QuitReady work with young people aged 12-17 years to ensure that they have the help, support and advice they need to quit smoking or vaping. Click [here](#) to complete a Young person referral form.

Anti-Bullying Week

Anti-Bullying Week takes place from the 10th to 14th November. The theme for this year is "Power for Good", and it will kick off with Odd Socks Day on the first day to celebrate uniqueness.

The Anti-Bullying Alliance has lots of advice and support if you're worried about bullying. Find out more [here](#)

KEY DATES

Anti-Bullying week 10-14th Nov
Remembrance Day 11th Nov
Trans Awareness week 13-19th Nov
World Kindness Day 13th Nov
National Self Care Week
13 Nov-23rd Nov



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

South Leicestershire Community Board

The Mental Health Support Teams in Schools (MHST)



The Mental Health Support Teams in Schools (MHST) are part of a national initiative designed to reduce inequalities and improve access to mental health support for children and young people. The LPT MHST service provides support for children and young people experiencing low mood, anxiety, worry, avoidance (such as phobias or separation anxiety), and sleep difficulties. The team offers various strategies and techniques to support these young people, either on a 1:1 basis or through school workshops. In addition, MHST works closely with parents and carers to help them understand and support their child's mental health needs. Across Leicestershire MHST teams are collaborating with mental health leads in schools to raise awareness and promote better mental health for all students as part of the school's 'Whole School and College Approach'. Check with your child's school to see if they are involved in the programme. Together, we aim to foster a supportive environment that promotes mental wellbeing for everyone in the school community.



We offer a range of services

We provide confidential mental health support for everyone.

Our adult services work within a systemic and psychodynamic framework.

Relationship Counselling

Support for any relationship difficulties you may be facing as a couple or individual. Our trained relationship counsellors can help you gain new skills, work on better interaction and reflect on unhelpful patterns of behaviour to gain a deeper awareness of each other's needs, knowledge and understanding. This service is available to anyone aged 18 or over.



Individual Counselling

Support for a range of emotional and mental health needs. Our counsellors offer a safe space to talk about anything you may be struggling with. We can provide sessions face to face and over Zoom. This service is available to anyone aged 18 or over.

Family Counselling

A private, confidential, and non-judgemental space for families to discuss their relationships. It can involve individuals, couples, and several generations of family, or non-family members. Our family therapists aim to highlight strengths and resources that families already have, building on these foundations to open a space for positive communication. We aim to provide a space for families to explore and discuss any barriers to being able to manage their relationships.

Sex/ Sex Addiction Therapy

We offer support for any couples or individuals to help address sexual difficulties. Our trained counsellors can help you to understand the connection between physical, emotional, and psychological impacts of sexual difficulties. We also offer help for individuals and/or their partners struggling with compulsive or addictive behaviours around Sex and Pornography and the impact that this may have on relationships and wellbeing. This service is available to anyone aged 18 or above.

Early Intervention Service

Emotional wellbeing and therapeutic support for children and young people, and their parents/carers, living in Leicestershire, Leicestershire and Rutland.



Flourish

Our Flourish groupwork programme is for children and young people aged 8-17. It aims to equip young people with a better understanding of mental and emotional health, coping strategies and emotional resilience through a range of creative and engaging interventions.

The programme runs for 6-8 weeks, groups are separated by age range and tailored to better fit the needs of each age group.

Prosper

Our Prosper programme is a 3-hour Zoom session for parents/ carers of children experiencing anxiety. Our Prosper delivers support parents to understand anxiety and how they can best support their children and young people to cope better.

Children and Young People's Counselling

A safe space for children and young people aged 8-18 to talk about challenges they're facing one to one with a trained counsellor, and learn better ways of coping.

ADHD support

We offer support to young people and their families where there is diagnosed or suspected ADHD. Our practitioners work with young people to support them in understanding ADHD and how this can impact them in their daily lives, and explore better ways of regulating their emotions. We also offer workshops for parents/ carers, supporting them to understand ADHD and how they can best support their children and young people to cope better.

Heads Up

The service is made up of two organisations: The Relationships Centre and Heads Up, and offers a range of support interventions for children, young people and parents/carers. You can find information on the services offered at Heads Up here: www.headsupleicester.org.uk To access this, you will need to be assessed and referred by your GP or you can complete a self-referral to see whether The Relationships Centre is the best fit for you: www.myselfreferral-rhs.uk/



Click the images to find out more!