

INTRODUCTIONS AND WELCOME

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OUTLINE AND INTENTIONS

- Smoking versus Vaping and the Tobacco and Vapes Law
- Nicotine dependency
- Vaping Prevalence – discussion of ASH data and first hand experience
- Vaping substances other than nicotine
- Nicotine pouches
- Oral Health impact of Vaping (a clinical perspective)
- Oral Health and smoking
- Case Study
- Harm Reduction and VBA (Very Brief Advice)
- Referral Pathways
- Q&A



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LEARNING OBJECTIVES

- Distinguish between adult vaping as a harm reduction tool versus the risks associated with young people who vape
- Explore evidence on the oral health impacts of smoking and vaping in youth, noting emerging risks and research gaps
- Recognise trends in smoking and vaping among young people, including common products and motivations
- Communicate clearly with patients around vaping and relative risks, harm reduction and signposting



SMOKING VERSUS VAPING AND KEY MESSAGES

- **Vaping is the use of an electronic device to inhale vapour derived from a heated liquid.**
- **These products use an ‘e-liquid’ that usually contains nicotine which is derived from tobacco, as well as a variety of flavourings, propylene glycol, vegetable glycerine, and other ingredients.**
- **Base ingredients may be non-toxic when ingested orally, but researchers don’t have enough long term evidence around how safe they are when vaporized and inhaled**

SMOKING VERSUS VAPING

Smoking is significantly more harmful than vaping due to the presence of 7,000 chemicals in tobacco smoke, including toxic carcinogens that lead to disease and early death.

Perceived harm from vaping is increasing: 63% of young people believe vaping is as or more harmful than smoking. (Ash 2025)

- Cigarettes require 160 to 320 puffs to smoke.
- Popular vapes like Elf Bar and Hyati provide about 600 puffs, but vape puffs are not equivalent to cigarette puffs.
- Vapes contain less nicotine than a pack of 20 cigarettes.
- A standard UK 2 ml disposable vape has 40 mg of nicotine, while a pack of 20 cigarettes has 250 mg, over six times more.
- Nicotine absorption varies for both smoking and vaping, depending on usage rather than just content.



Yeah. Of course.

TOBACCO AND VAPES BILL 2026 (April 29th 2026)

Policy Area	What Changes	Purpose / Impact
Smoke-free generation	<i>Illegal to sell tobacco to anyone born on/after 1 Jan 2009</i>	Prevents future generations from ever legally smoking
Rising age of sale	<i>Age effectively increases every year from 2027</i>	Gradual phase-out of tobacco use
Vape advertising ban	<i>Ban on advertising & sponsorship of vapes and nicotine products</i>	Reduces youth exposure and appeal
Child-friendly vape restrictions	<i>Ban on bright colours, sweet names, and child-focused branding</i>	Makes products less attractive to children
Vape product regulation	<i>Controls on flavours, contents, packaging, and design</i>	Limits appeal to young people and improves safety
Age restriction on vapes	<i>Illegal to sell vapes/nicotine products to under 18s</i>	Protects children from nicotine addiction
Free vape ban	<i>Prohibits giving out free vapes</i>	Stops promotional targeting of young people
Vending machine ban	<i>Bans vape vending machines</i>	Reduces unsupervised access for under-18s
Retail licensing	<i>New licensing scheme for shops selling tobacco/vapes</i>	Improves enforcement and reduces illegal sales
Stronger enforcement powers	<i>On-the-spot fines and stronger Trading Standards powers</i>	Increases compliance with the law
Smokefree & vapefree spaces	<i>Powers to extend bans to outdoor areas (e.g. schools, playgrounds)</i>	Protects children and public from exposure
Product registration	<i>New system to regulate products entering the UK market</i>	Improves safety and oversight

****It’s important to note this will not come into practice until 1st January 2027***

29 April 2026

- Comprehensive updated definition of tobacco products.
- Clear that advertising of all tobacco products including heated tobacco is illegal

1 January 2027

- Generational tobacco sales ban comes into effect.
- No one born after 2008 can legally be sold tobacco

2027 - 2029

- Following public consultation
- will implement final changes:
- restrictions on flavours and packaging
- Retail licencing and registration schemes for all nicotine products
- Introduction of smokefree, heated tobacco and vape free spaces



29 October 2026

- Minimum age of sale (18) for all nicotine products and zero nicotine vapes.
- Ban on vending machines selling vapes or non medical nicotine products
- Ban on free distribution of vapes and other consumer nicotine products

June 2027

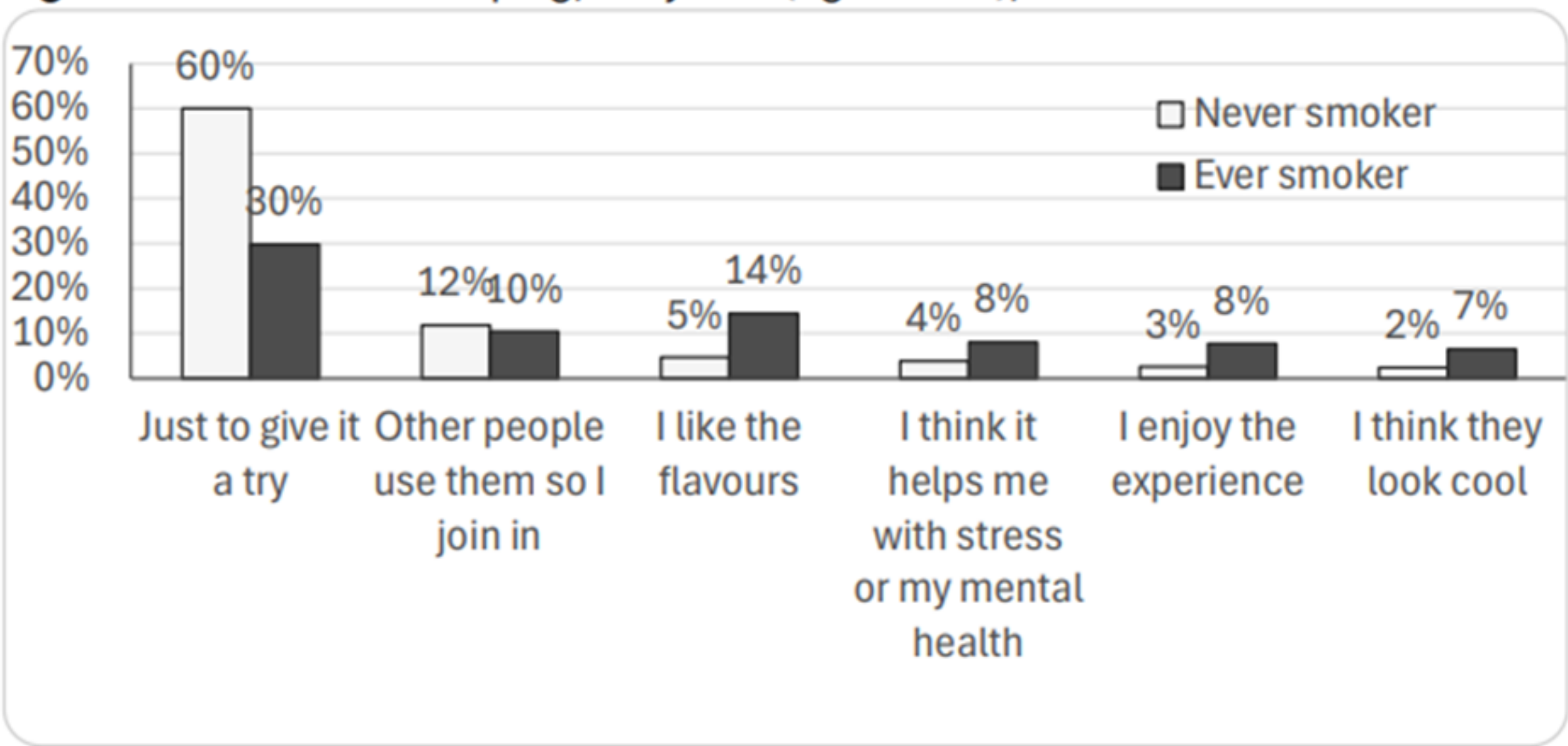
- Ban on advertising and sponsorship of vapes

VAPING TRENDS AND STATISTICS (ASH 2025)

Vaping among 11-17 year olds has plateaued at 20% (an estimated 1.1 million children) between 2023 and 2025.

- Current vaping also plateaued at 7%, (400k children) following a doubling from 3% in 2021 to 7% in 2022.
- Regular vaping (more than once a week) plateaued at 4% in 2025 (230k children), after rising from 1% in 2021 to 4% in 2023.
- 3% currently vape daily (160k children)
- Experimentation (tried once or twice) is the most common form at 11% (an estimated 640k children).
 - Prevalence also increases with age:
 - 11–15-year-olds: 16% ever vaped; 5% currently vape.
 - 16–17-year-olds: 30% ever vaped; 12% currently vape.
 - 18-year-olds: 28% ever vaped; 15% currently vape.
- Anecdotally we are aware of pupils as young as 8 years old accessing and using vapes, and a higher proportion of young people with learning disabilities who vape

Figure 13. Reasons for vaping, GB youth (aged 11-17), 2025



NICOTINE ON THE BRAIN AND BODY

- A 'Nic buzz' or 'Nic Rush' is a combination of the stimulant effects of nicotine, along with a lack of oxygen to the brain.
- First time users may feel light headed when experiencing a nicotine rush. Other effects include; increased heart rate, alertness, and nausea
- Nicotine activates the reward system, which reinforces drug-taking behaviour.
- The National Institute on Drug Abuse warns against vaping because nicotine addiction makes other drugs like cocaine and methamphetamine more pleasurable
- Vaping can aggravate your airways so if you have asthma you should not be vaping and instead can consult with a GP or Stop Smoking Advisor about other forms of Nicotine Replacement Therapy (NRT)
- For more information and guidance you can view the National Centre for Smoking Cessation and Training (NCSCT) briefing guide <https://www.ncsct.co.uk/library/view/pdf/Young-people-and-stopping-vaping.pdf>

NOTICING THE SIGNS OF DEPENDENCY

- Nicotine is incredibly addictive substance – earlier use can set neural pathways
- Feel anxious if running out
- Needing to vape every day
- Prioritising buying vape products over other things even if you can't afford it
- Plan activities around being able to vape or avoiding
- Increasing amounts/strengths of nicotine
- Using more regularly throughout day
- Irritability when unable to vape



COMMUNICATING WITH YOUNG PEOPLE

S

Set your goals and identify a time frame.

T

Think of other activities or ways to manage your cravings.

A

Avoid triggers where possible.

R

Remember to pause, leave gaps between your use.

T

Treat yourself, reward your progress

→ Be aware of patient dynamics, who is in the room with them, how have they interacted, are there any safeguarding concerns?

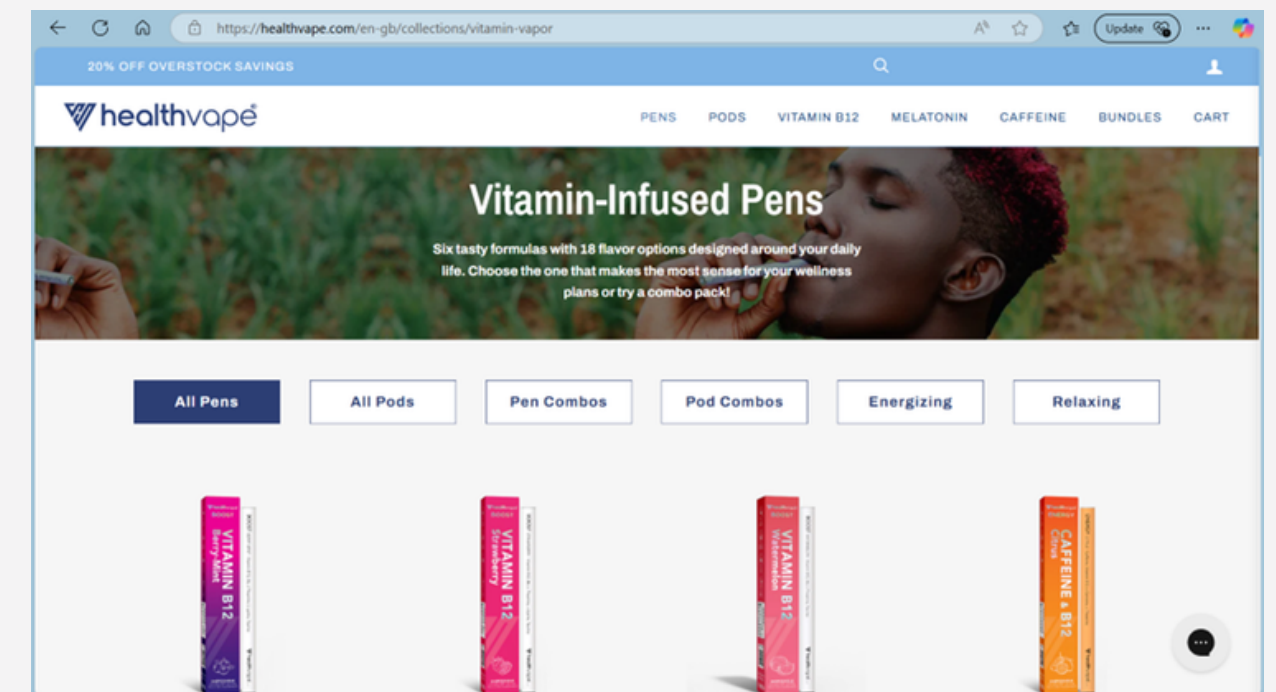
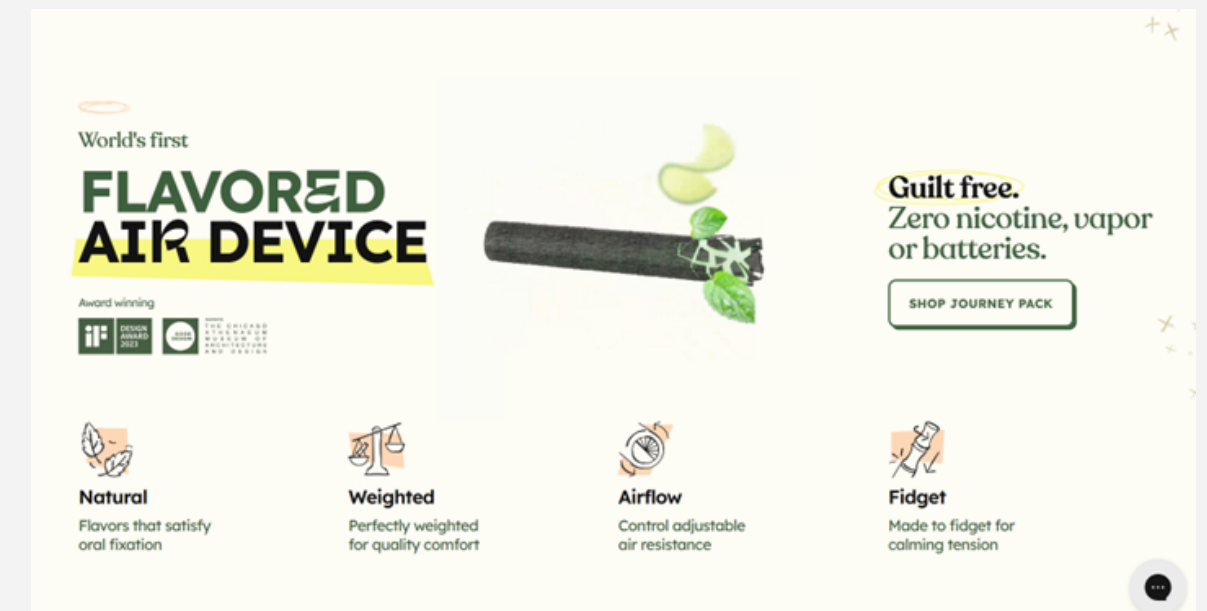
→ Be curious and open, young people will most often shut down if they feel under pressure or judged

Some questions to consider asking:

- Have you ever tried to stop vaping but found it too hard?
- Does your mood ever rely on if you can or can't use a vape?
- Is anyone you know worried about your use?
- Do you ever vape anything aside from nicotine?

‘HEALTHY VAPES’?

- Recently there has been a new trend of ‘healthy vapes’ which are marketed as a healthy and safe alternative.
- Whilst they have no nicotine in this does not mean they are safe, and companies lack evidence needed to back claims which support ‘collagen’ or ‘caffeine’ infused vapes.
- The safest thing for a young person to do is to reduce their vaping habit and replace the physical habit of using a vape by using chewing gum or getting a fidget toy



NICOTINE POUCHES

- SNUS traditionally contained tobacco and their sale has been completely banned in the UK since 1992.
- Nicotine pouches do not contain tobacco (Nicotine, water, sweeteners and flavourings) and are legal to buy in the UK.
- Concerns relating to the strength of nicotine and frequency and volume of usage
- Can often go undetected (pouch is placed in between the upper lip and gum for up to 30 mins)
- Recent growth in UK Market with no age restriction on sales.
- Youth appeal – advertising flavours packaging etc. and we have seen an increase in youth use since the disposable vape ban.
- Nicotine pouches are not endorsed as a form of NRT for anyone



LEGAL AND ILLICIT VAPES

- Maximum 2ml tank size for e-cigarettes (about 600 puffs)
- Maximum 10ml volume for nicotine refill containers
- Maximum nicotine strength of 20mg/ml
- Health warning: “This product contains nicotine, a highly addictive substance”
- Tamper-evident and child-resistant packaging
- Labels must not resemble foods, sweets, or known brands/logos
- Must be notified to the MHRA and listed on its website
- Prohibited ingredients include vitamins, stimulants like caffeine or taurine, colorings, and chemicals that are carcinogenic, mutagenic, reprotoxic, or teratogenic.

**KEEPING UP
LEGAL VS. ILLEGAL
VAPES**

REFILLABLE. THE E-LIQUID CONTAINER NEEDS TO BE REFILLABLE OR A PRE-FILLED POD CAN REPLACE IT

RECHARGEABLE BATTERY. THE DEVICE NEEDS A BATTERY WHICH ENABLES IT TO BE FULLY RECHARGED WITHOUT MODIFICATION

REPLACEABLE COIL. THIS MAY BE DONE THROUGH CHANGING THE COIL OR REPLACING A PRE-FILLED POD. THIS SHOULD BE DONE EVERY 1-2 WEEKS.

REMEMBER THAT EVEN VAPES WITH 0% NICOTINE HAVE SOME LEVELS OF NICOTINE IN

'HEALTHY, 'NO-NIC' VAPES HAVE A RANGE OF HARMFUL CHEMICALS IN THAT WE ARE STILL NOT SURE ABOUT.

Ice
PG50:VG50

Strawberry Ice
Strength 6mg/ml

This product contains nicotine which is a highly addictive substance.

CONTAIN NO MORE THAN 10ML OF E-LIQUID IN A SINGLE RE-FILL CONTAINER.

NO TANK CAPACITY MORE THAN 2ML.

MAXIMUM CONCENTRATION OF 2% OR 20MG/ML

WARNING LABEL COVERING AT LEAST 30% OF THE FRONT AND BACK OF THE PACKAGING SAYING THIS EXACT PHRASE

AND THESE KITE LABELS →

THC VAPES

Common effects of these vapes include; feelings of relaxation or euphoria, improved mood, increased sociability, altered sense of time, reduced anxiety (in some users), and increased appetite. Many of these effects are similar to those of herbal cannabis; however, THC vapes tend to be much more potent because much of the CBD has been removed as part of the manufacturing process.

- One of the most significant risks linked to THC vapes is that a large number of them do not actually contain THC; instead, they consist of synthetic cannabinoids.
- In 2023, it was found that 43% of THC vapes tested in Manchester contained at least one synthetic cannabinoid, with some containing a blend of various synthetics.
- Whilst you may be familiar with “spice,” there are numerous other synthetic cannabinoids, such as K2 and Mamba.

Be mindful about how much the vape costs. Genuine THC pens are expensive, and a full-size kit should cost between £80-£100.

If you're paying significantly less than this, it's likely synthetic (many people in Manchester are paying £10-£15).



REPORTING VAPES

- In the UK we have tight regulations around the strength of nicotine allowed in vapes and they must carry health warnings on the packaging E-cigarettes: regulations for consumer products - GOV.UK (www.gov.uk).
- Vaping products containing nicotine are regulated by the Medicines and Healthcare products Regulatory Agency (MHRA), which provides advice for consumers.
- An adult who buys or attempts to buy tobacco, cigarette papers or a vape on behalf of someone under 18 commits an offence. This is called 'proxy purchasing'

You can report a shop selling vapes to young people or selling illicit product by emailing Trading Standards on: underagesales@manchester.gov.uk or by calling Citizens Advice on 0808 223 1133.

[how-to-report-guide.pdf](#)

WHY DO YOUNG PEOPLE VAPE?

Often in service the most familiar pattern of youth vaping goes as follows:

1. *May see peers using and decide to try a friends*
2. *Begins to borrow friends vape at school or when hanging out. This makes them feel happy and relaxed.*
3. *Realises how easy it is to buy at a shop they have heard about*
4. *They only get a certain amount of pocket money a week... why would they buy a 600 puff one when they could buy a 4000 puff one... this also means they can use it more socially*
5. *Quickly this becomes a boredom breaker or tool to help self soothe*

However there are lots of different reasons a young person may start and continue to vape...



CASE STUDY: A YOUNG PERSON'S EXPERIENCE



Hi, I'm Evelyn,

SMOKING AND ORAL HEALTH (BeSmokeFree).

- Tobacco use (smoking and smokeless) has significant, well-established impacts on oral health
- Effects range from cosmetic concerns to serious disease outcomes

Key Oral Health Impacts:

- Periodontal disease → increased risk, bone loss, and tooth loss
 - Impaired healing following dental treatment
 - Oral cancer – most serious associated condition
 - Tooth staining, halitosis, and calculus build-up
 - Reduced taste and smell
-
- Key Message: Tobacco use is a major modifiable risk factor affecting both oral health outcomes and treatment success



Impact on Care

- Reduced treatment success and increased complications (e.g., implant failure, delayed healing)
- Weakened immune response → harder to control periodontal infections
- Higher levels of plaque, biofilm, and oral bacteria imbalance
- Opportunities for Intervention

Smoking cessation:

- Improves healing and treatment outcomes
- Halves oral cancer risk within 5 years of quitting

Role of Dental Practitioners:

- Routinely ask, record, and monitor smoking status
- Deliver brief advice and signpost to cessation support



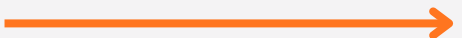
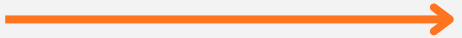
ORAL HEALTH AND VAPING



- Vape use is common in our younger population
- YP as young as 11-12 are vaping (anecdotally as young as 7/8) (TSNW survey)
- Prevalence in SEND - ADHD suggested increasing odds of cigarette use (16)
- Young people who are vaping are 3x more likely to initiate smoking (4)
- Association between vaping and substance use (alcohol, marijuana) (4)

PERIODONTAL

- Vasoconstrictive effect of nicotine = impaired tissue repair
- Immunosuppression, inflammation (13)
- Non-smokers have shown better plaque control and reduced BOP (7,11)
- More CAL in e-smokers compared to non-smokers (7)
- Similar pathogenic periodontal biofilm findings between vapers and smokers (12)
- Increasing risk factors for periodontal health: (7)

NON-SMOKERS  *VAPE USERS*  *SMOKERS*

CARIES

Potential association between increased caries severity and caries risk with e-cigarette use in adolescents (6, low certainty)

Xerostomia (5,13)

Significantly higher percentage of users experienced dry mouth after 12+ months of vaping compared to short-term use (5)

No association found between frequency of vape use and symptoms of dry mouth (5)

Flavoured = cariogenic
Non-flavoured = non-cariogenic

Fruit and sweet flavours remain the most popular preferred vape flavours among young people

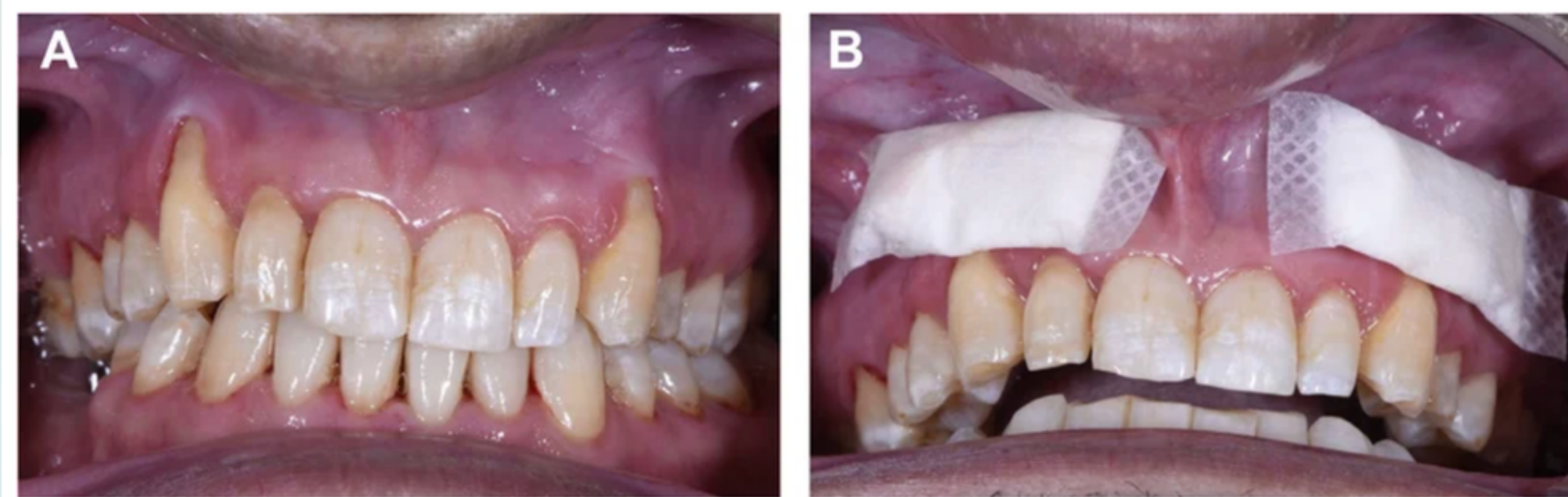
MUCOSA



- Burn injuries
- Oral ulceration, irritation (10)

POUCHES

- Typically used for longer than recommended (8)
- Chronic inflammatory changes following 5+ years of use (8) and a reported case of localised leukoplakia (15)
- Gingival recession (15, picture below)
- Significant reduction in gingival inflammation when switching to pouches from smoking (9)
- 1/20 YP Manchester use nicotine pouches (TSNW YP survey 2026)



ORAL CANCER

What is in a vape? *Fewer named carcinogens than smoking (10,13)*

- Nicotine
- Volatile organic compounds
- Polycyclic Aromatic Hydrocarbons (PAHs)
- metals
- flavouring agents

Biomarkers of malignant transformation (13) - March 2026 paper:

- Oxidative stress and increased inflammation
- Oral DNA damage present compared with non smokers
- Epigenetic changes – oral cell target genes linked to cancer related signaling pathways

IMPACT OF VAPING ON THE BODY

Cardiovascular risk factors:

- increased heart rate, increased blood pressure, endothelial dysfunction (1)

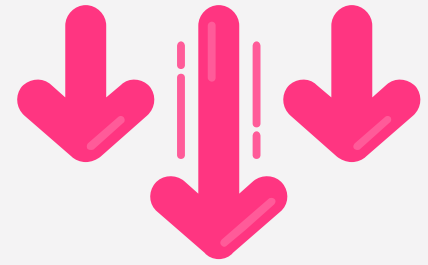
Respiratory disease:

- reduced lung function and increased prevalence of asthma, coughing (1,4).
- Disruption to lung function, gas exchange and host defence systems, similar to that of cigarette use (13)

(1,4) poor mental health

- including depression and suicidality prevalent in vaping
- adolescent population
- Increased risk of accidental injury (4)
- Poor sleep reported on weekends (1,4)
- Daily vape users found to have significantly lower sperm count compared with non users (1)

EDUCATION AND VBA



1.Reducing the initiation of tobacco and vaping products



2.Educating on the harmful effects to oral health



3.Signposting for support services and nicotine alternatives

WHY IS THIS IMPORTANT FOR DENTISTS?

SUMMARY



- (2,13) evidence is limited for long-term effects!
- Knowledge of harmful effects of vaping in the youth is low - NZ study
- 51% people believed vaping has harmful effect for OH but 96.9% lungs (3)
- Importance of educating our patients, VBA and signposting

REFERENCES

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- 2.Tran J, Bendotti H, Vandeleur M. Associations Between Oral Health Related Outcomes and Electronic Cigarette Use in Young People: A Scoping Review. Int J Paediatr Dent. 2026 Apr 16. doi: 10.1111/ipd.70090. Epub ahead of print. PMID: 41992606.
3. Hang, R. Dobson, and J. McCool, “How Young People in Aotearoa Perceive Vaping and the Associated Oral Health Risks,” New Zealand Medical Journal 136, no. 1582 (2023): 28–42, <https://doi.org/10.26635/6965.6141>
- 4.Vaping and harm in young people: umbrella review
- 5.The Impact of Electronic Cigarettes on Oral Health: Analytic Cross-Sectional Study
- 6.Association between electronic nicotine delivery systems and dental caries: A systematic review with meta-analysis
- 7.Effects of Electronic Cigarettes on Periodontal Health: A Systematic Review and Meta-Analysis
- 8.Oral mucosal changes caused by nicotine pouches: case series
- 9.Nicotine pouches, oral cancer and tobacco harm reduction: current evidence and research priorities
- 10.Are e-cigarettes a safer alternative to reduce incidences of oral cancer?
- 11.Evidence pertaining to modifiable risk factors for oral diseases: an umbrella review to Inform oral health messages for Australia
- 12.Electronic nicotine delivery systems (ENDS): a strategy for smoking cessation or a new risk factor for oral health?
- 13.Bernard W Stewart, Henry Marshall, Billie Bonevski, Hayley J Griffin, Ashley M Hopkins, Malinda Itchins, Cassandra J Mazza, Natansh D Modi, Marissa Ryan, Megan Varlow, Freddy Sitas, The carcinogenicity of e-cigarettes: a qualitative risk assessment, Carcinogenesis Volume 47, Issue 1, 2026, bgag015, <https://doi.org/10.1093/carcin/bgag015>
14. Iacob, A.M.; Escobedo Martínez, M.F.; Barbeito Castro, E.; Junquera Olay, S.; Olay García, S.; Junquera Gutiérrez, L.M. Effects of Vape Use on Oral Health: A Review of the Literature. Medicina 2024, 60, 365. <https://doi.org/10.3390/medicina6003036>
- 15.Alkhatib, Osama. (2025). Localized gingival recession and leukoplakia associated with nicotine pouch use: two clinical case reports. BMC Oral Health. 25. 10.1186/s12903-025-07320-4.
- 16.Goldenson NI, Khoddam R, Stone MD, Leventhal AM. Associations of ADHD Symptoms With Smoking and Alternative Tobacco Product Use Initiation During Adolescence. J Pediatr Psychol. 2018 Jul 1;43(6):613-624. doi: 10.1093/jpepsy/jsx153. PMID: 29304219; PMCID: PMC6005031.

KEY MESSAGES

- 1 Nicotine is a highly addictive substance and can cause dependence
- 2 Vapes can be a harm reduction tool when used appropriately for adults to stop smoking
- 3 Vapes are safer than smoking when used in the right circumstances but not risk free
- 4 No one under the age of 18 should be able to buy a vape

For Manchester only:

If young person would like support with their vaping a referral can be made to CGL Eclipse

If a young person is smoking they should be referred to the local smoking cessation service (e.g. BeSmokeFree)

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REFERRALS TO ECLYPSE (Manchester only)_

Eclipse - Manchester

[Info >](#)[Advice >](#)[Get involved >](#)[For professionals >](#)[Get in touch >](#)[Referrals >](#)

[Translate this page](#)

Refer yourself or someone else for support

Please note when making a referral it is for under 25s only.

Please select which best describes why are making this referral?*

- ☐ A young person is being impacted by someone else's drug or alcohol use
- ☐ A young person aged 18 or under would like support with their drug, alcohol or nicotine vaping use
- ☐ A young person aged 19-25 would like support with their drug or alcohol use

About the young person

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REFERENCES AND LINKS

1. [Vaping: a guide for health and social care professionals](#)
2. [Youth Vaping Fact Sheet 2025](#)
3. [NCSCT Vaping Briefing](#)
4. [Trading Standards How To Report](#)
5. [Ash Smoking and Oral Health 2024](#)
6. [Ash Scotland Smoking and Oral Health Briefing 2016](#)
7. [BeSmokeFree](#)
8. [Eclypse Referral](#)



Young people and Vaping Treatment and support offers in Greater Manchester

- If a young person shares that they are vaping (nicotine or non-nicotine), information on the treatment and support options available in your local area is outlined on slides 37-38.
- If a young person discloses smoking or vaping illegal substances (e.g. THC, Spice), they can be offered support through a referral to the local young people's substance use service. Details are provided on slide 43.
- If a young person indicates that they are smoking tobacco, support is available through referral to the local stop smoking service, with further information on slide 41-42

LA	NICOTINE VAPING TREATMENT PATHWAY FOR CYP?	ADDITIONAL INFORMATION	SERVICE CONTACT DETAILS
Bolton	NO	Bolton Vaping Alliance shares information and good practice	N/A
Bury	YES (up to age of 21 or up to 25 with additional needs)	Early Break offer support to children and young people on a 1-2-1 and group basis.	Contact: Charlotte Marsh- Operational manager at Early Break Email: cmarsh@earlybreak.co.uk
Manchester	YES (up to 18 and 25 additional needs)	CGL Eclypse provides advice , guidance and support for young people who are vaping. Dedicated treatment and intervention offers are available for individuals vaping problematically.	Website: Eclypse - Manchester Change Grow Live Contact: 0161 839 2054 Email: Eclypsemanchester@cgl.org.uk
Oldham	YES (Under 18)	Your Health Oldham the integrated health improvement service provide support to young people stop vaping	Website : https://www.yourhealtholdham.co.uk/
Rochdale	YES 5-19 and up to 25 for people with SEND	School Nursing Service can support Young people with vaping up to the age of 19, and up to 25 for people with SEND.	Rochdale School Nursing service https://www.northerncaresalliance.nhs.uk/our-services/school-nursing?q=%2Four-services%2Fschool-nursing
Salford	YES (up to age of 21 or up to 25 with additional needs)	Early Break – offer support to children and young people on a 1-2-1 and group basis. Vaping work is carried out re-actively, with our youth service providing information and running focus group sessions on the associated risks. Salford have already started engaging with Dental Practice and are keen for dentists to refer to smoking cessation services for adults. We have a local presentation for dentists in Salford on how to refer and overview of the stop smoking service. Our Health Improvement Service also has a vaping support workbook that service users can download in their own time, if they want further advice on reducing their nicotine habit.	Contact: Mandy Winnard - Operational manager at Early Break for Trafford and Salford. Email: mwinnard@earlybreak.co.uk

LA	NICOTINE VAPING TREATMENT PATHWAY FOR CYP?	ADDITIONAL INFORMATION	SERVICE CONTACT DETAILS
Stockport	YES Aged 2 or over (no upper age limit)	ABL Health can provide advice, guidance and support to young people over the age of 12 in Stockport who want to stop smoking or vaping.	Website: www.healthystockport.co.uk/topic/smoking Email: wellness.ablstockport@nhs.net) contact : 0161 870 6492
Tameside	YES (no minimum and upper age limit)	Be Well Tameside - provides advice, guidance and support to young people who are vaping or smoking	Website : Be Well Tameside - Tameside MBC Email: bewelltameside.gov.uk Tel: 0161 343 5050
Trafford	YES (5-19 years)	School Nursing Teams can support with non-illicit e-cigarettes . School Nursing Teams are based in 3 districts, the team will be allocated depending on which area your child’s school is based. If you would like posters and business cards for Trafford's youth and adult smoking and vaping please contact the LA Lead. We are also keen for dentists to refer to smoking cessation services for adults. We have a local presentation for dentists in Trafford.	Healthy Schools Team & Immunisation Team: Contact: 0161 912 3395 3rd Floor Sale Waterside, Sale, M33 7ZF North & West: 0161 549 6290 Be Active, Kingsway Park, Urmston, M41 7FJ Central & South: 0161 912 2340 Altrincham Health and Wellbeing hub, 2nd Floor, 31-33 Market Street, Altrincham, WA14 1PF
Wigan	YES (age13 +)	Be Well, Wigan Council Community Health Improvement Team deliver the Stop Smoking Service for Wigan Borough.	Website: Stop smoking Health & Wellbeing Support Be Well

Resources: Young people and vaping

RESOURCE	DESCRIPTION	LINK
Talk to FRANK – Vapes	Youth-friendly drug information explaining what vapes are, what they contain, risks of nicotine addiction, and advice on staying safe. Useful for signposting young people.	Vapes – Talk to FRANK
Trading Standards / Citizens Advice	Retailers found to be selling either nicotine vapes or tobacco products to under-18s can be reported to local authority Trading Standards via the Citizens Advice Portal	Reporting to Trading Standards – Citizens Advice
MHRA – Yellow Card Scheme	National reporting system for suspected adverse reactions or safety concerns relating to medicines, vapes and medical devices. Professionals and the public can report side effects, product defects or safety issues to help improve regulation and safety.	Yellow Card – MHRA
CrimeStoppers / Keep It Out	Anonymous reporting routes for illegal activity linked to vapes, including illicit products and under-age sales. Complements Trading Standards reporting where anonymity is needed.	Citizens Advice – Reporting https://keep-it-out.co.uk/anonymous-reporting/
Manchester – youth vaping videos	Video’s developed with young people talking about young people and vaping, includes input and key messages from professionals (Trading Standards, CGL Eclipse, Be Smoke Free, GMP and lived experience)	Reflecting on Vaping: A Lived Experience Story Let’s Talk Vaping: Young People Question the Professionals What Young People Want You to Know About Vaping, part 1 What Young People Want You to Know About Vaping, part 2
Vaping padlet for professionals- Healthy Schools Manchester	Vaping padlet for professionals- Healthy Schools Manchester	Vaping padlet for professionals- Healthy Schools Manchester

RESOURCE	DESCRIPTION	LINK
NCSCT – Vaping: a guide for health and social care practitioners (Young People)	An evidence based overview for professionals working with children and young people. It outlines trends in youth vaping, the role of peers, access and marketing, and the risks of nicotine dependence. It provides practical advice on prevention, brief conversations, and supportive cessation approaches.	<u>Young people and stopping vaping – NCSCT</u>
NCSCT resources: young people and stopping vaping	Resources for teachers/schools' nurses on stopping vaping. Includes posters on vaping facts and assessment for nicotine vaping dependence.	<u>Resources: young people and stopping vaping</u>
ASH – Young People and Vaping	Explains the facts about vaping- its benefits for people who smoke, potential risks, and the latest regulations.	<u>Vaping: what you need to know – ASH</u>
Change Grow Live (CGL) – Vaping and Young People	Information and advice aimed at young people and professionals on vaping, including harms, nicotine dependence and routes to support.	<u>Vaping Padlet</u>
NHS Better Health – Young People and Vaping	NHS-endorsed guidance explaining the risks of vaping for children and young people, how to have supportive conversations, and when to seek further help. Suitable for professionals, parents and carers.	<u>Young people and vaping – NHS</u>
Be Smoke Free Manchester – Resources for Professionals	Local Manchester stop smoking and vaping support offer, including advice for professionals, referral routes, and patient-facing materials. Useful for signposting and ordering resources.	<u>BeSmokeFree Padlet</u>
NHS Better Health – Young People and Vaping	Includes key facts to tell young people about vaping so they can make informed choices.	<u>Young people and vaping – NHS</u>

Local Stop Smoking Support Services

- Please see link below to find out more information about local stop smoking services in Greater Manchester
- [Local Services – Make Smoking History](#).

Resources: Smoking

Salford presentation – Smoking and vaping

•Be Smoke Free Manchester - [Home](#) | [Be Smoke Free Manchester](#)

LA	Young persons substance misuse service/drugs and alcohol service	Service contact details
Bolton	360	Website: Overview - Bolton 360° Substance Misuse Service For Young People - NHS
Bury	Early Break Bury support young people (under 21 or 25 years) who use drugs, alcohol and illicit e-cigarettes (vapes) or cigarettes.	Website : Early Break Bury Youth & Family Support Services Tel: 0161 723 3880
Manchester	CGL Eclipse support young people and their families in Manchester with all matters relating to drugs and alcohol. This includes young people concerned about their own, or a family members substance use	Website: Eclypse - Manchester Change Grow Live Phone: 0161 839 2054 Email: Eclypsemanchester@cgl.org.uk
Oldham	Early break Oldham will support young people who are using illicit substances through vapes	Website: https://earlybreak.co.uk/oldham
Rochdale	Early Break Rochdale. Substance misuse support for under-21s and up to 25 for care leavers/experience and people with SEND ; and families including advocacy and emotional wellbeing support.	Website: Early Break Rochdale Mental Health & Family Support Tel: 0161 723 3880
Salford	Early Break Salford provided specialist support for young people and families in Salford affected by substance use.	Website: Early Break Salford Youth Wellbeing & Family Services Contact: 0161 723 3880
Stockport	Mosaic – Young People’s Drug and Alcohol Service. Support for young people up to age 26 and families affected by substance use	Contact:0161 218 1100 Website: https://www.healthystockport.co.uk/getting-support-under-the-age-of-26 Email Mosaic@stockport.gov.uk
Trafford	Early Break Trafford support young people (under 21 or 25 years) who use drugs, alcohol, illicit e-cigarettes (vapes) or cigarettes.	Professional or patient refer via: Website: https://earlybreak.co.uk/referrals/ Phone: 0161 723 3880
Tameside	CGL Branching Out – Young Person’s Drug and Alcohol Service Support for young people up to 25 including Hidden Harm family support	Website: Branching Out - Tameside Young Persons Drug and Alcohol Service Tel: 0161 672 9420 Email: branchingout@cgl.org.uk
Wigan	We Are With You – Young People’s Services (Wigan & Leigh). Free, confidential drug and alcohol support for under-25s.	Website: Drug and Alcohol Support in Wigan and Leigh WithYou Phone: 01942 487578

Q&A



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