

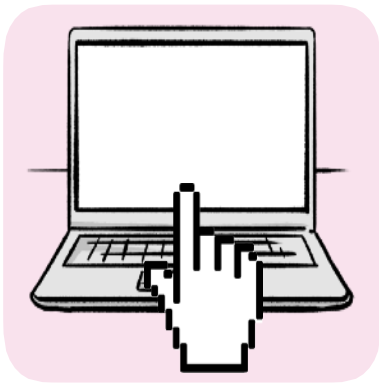


West
Northamptonshire
Council

Young
healthwatch
Northamptonshire

Young Peoples' Experiences of Vaping in West Northamptonshire

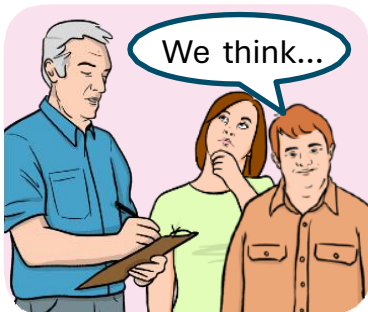




Some words are [pink and underlined](#).

These are links that will go to another website which has more information.

About Healthwatch



We listen to what people think about health and care services.



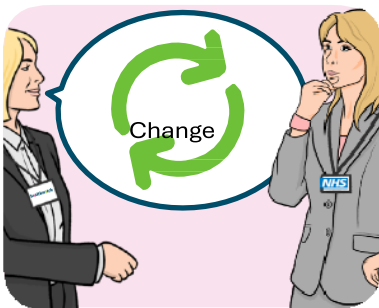
We listen to everyone, especially to people who find it difficult to be heard.



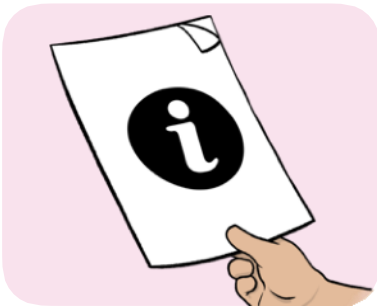
We think about what people say and work out how health and care services should change and get better.



We tell managers of health and care services what people think about their services.



What changes they should make so their services get better.



We give people advice and information about health and care services.

The Project



Young Healthwatch got money from Public Health West Northamptonshire to find out about who uses vapes or similar smoking products.



[Health and wellbeing | West Northamptonshire Council](#)
(westnorthants.gov.uk)



The Public Health Team designed 5 questions to ask Young People.



To understand why young people in the local area use vapes and electronic cigarettes.



Question 1 – Where do you get your vapes from?



Question 2 – Where do you vape?



Question 3 – Why do you vape?



Question 4– What support do you want with vaping?



Question 5– How would you like to stop vaping?

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They asked Young Healthwatch to help them do this.

[Young Healthwatch Northamptonshire | Healthwatch Northamptonshire](#)



Young Healthwatch held 2 focus group with 8 young people.



They recruited young people through social media for one-to-one interviews with 3 young people.



11 young people took part in total.



A report was written about what they told Young Healthwatch.

Young Healthwatch made 3 recommendations.

These were that there should be:



1. More information about how to spot fake goods, including vapes.

2. More information about **addiction** and the impact that vaping can have on their health and wellbeing.



Addiction Is not having control and taking or using something that could hurt you

[Addiction: what is it? – NHS \(www.nhs.uk\)](https://www.nhs.uk)



3. A stop vaping service with choices for young people to access as one thing does not suit everyone.

What Public Health West Northamptonshire said:



Your feedback has given us an understanding of young peoples experiences with vaping.



This has told us what types of support young people need to reduce vaping.



Public Health are planning with the stop smoking team to:



Try out a trial for young people who want advice and support to stop vaping.



This will be done by working with schools and Ngage.

[Northamptonshires
Young People's Service
| Supporting Young
People
\(aquarius.org.uk\)](http://NorthamptonshiresYoungPeoplesService.org.uk)



By designing training and education on smoking and vaping for:



Schools.



Children



Young people



And their families

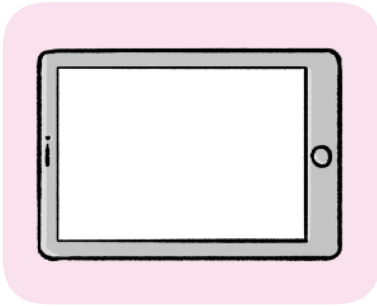


A 'Big Thank You' to everyone who took part and made this report possible:

- The young people who took part in the focus groups and interviews
- The schools and education settings that have supported this project

For more information

You can look at our website here:



[Young Healthwatch
Northamptonshire | Healthwatch
Northamptonshire](#)



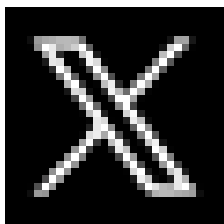
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