



Dear Parent/Carer

## Introducing VIBE: support to stop youth smoking or vaping

We are pleased to let you know that your young person's secondary school is taking part in **Vibe**, a new pilot service supporting young people aged 12-18 who would like help to stop smoking or vaping. The service aims to reduce nicotine dependence and support young people to make healthy choices for their future.

Nicotine can be highly addictive, and many young people find it difficult to stop once smoking or vaping becomes part of their routine. Vibe offers friendly, confidential support to help young people make positive changes to their health and wellbeing.

Vapes can help some adult smokers quit smoking, but they are not recommended for children, young people or non-smokers. NHS advice is clear: **if you don't smoke, don't vape.**

Vibe is commissioned by Derbyshire County Council and delivered by Derbyshire Community Health Services NHS Foundation Trust. This pilot service is being introduced in ten schools initially, with plans to expand across Derbyshire.

Young people can self-refer to the service. Parents/carers, school staff or other professionals can also make a referral with the young person's agreement. Further information about how to access the service and make a referral will be shared shortly by the school and Vibe team.

Support is confidential and delivered in line with NHS confidentiality guidance. Information would only be shared without consent where there are concerns about a young person's safety or wellbeing.

## What support will young people receive?

Support is delivered by registered nurses with experience in children's community public health. They will provide assessment, advice, education and practical strategies to help young people stop smoking or vaping and manage nicotine cravings.

Some young people may be offered Nicotine Replacement Therapy (NRT) where this is considered appropriate following assessment by a registered nurse. Any NRT provided will be offered in line with national guidance, local protocols and the young person's informed consent. We encourage young people to involve their parents or carers in decisions about their care and support wherever possible.

## How NRT can help

NRT provides a small, controlled amount of nicotine without tobacco smoke or vape aerosol.

It can:

- Reduce cravings and withdrawal symptoms.
- Help manage feelings such as restlessness, low mood or frustration.
- Support a gradual reduction in nicotine dependence.

Vibe will not provide inhalator-type NRT products.

## Types of NRT

A range of products may be available, including:

- Nicotine patches
- Nicotine gum
- Lozenges
- Micro tabs
- Mouth spray

A combination of products may be recommended to help manage cravings throughout the day.

## Support for parents and carers

If you have any questions about the Vibe service and cannot find the information you need through your school, please contact the Vibe team at **dchst.vibe@nhs.net**

We are happy to answer any questions and provide further information about the support available.

If you are a parent or carer who would like support to stop smoking, help is available through Live Life Better Derbyshire and NHS stop smoking services.

- [www.livelifebetterderbyshire.org.uk/services/stopping-smoking/stopping-smoking.aspx](http://www.livelifebetterderbyshire.org.uk/services/stopping-smoking/stopping-smoking.aspx)
- Freephone: **0800 085 2299**
- [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)

Thank you for your support in helping young people access the support they need. We look forward to working in partnership with families and schools to support healthier futures for Derbyshire's young people.

Kind regards,

**Bek Byron**

Vibe Service Lead

Derbyshire Community Health Service NHS Foundation Trust



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