

Public Health

Creating A Smokefree Generation

The Tobacco and Vapes Bill, that was introduced to Parliament on 20th March 2024, aims to create the first ever smokefree generation. Under the new Bill, people born on or after 1st January 2009 will never legally be able to be sold tobacco. This will ensure that future generations are protected from the harmful impacts of smoking. And in response to a huge rise in the number of children using vapes, the Bill will also introduce new powers that restrict vape flavours and packaging that is intentionally marketed at children. The powers will also allow government to change how vapes are displayed in shops, moving them out of sight of children and away from products that appeal to them, like sweets.

It is hoped that creating a smokefree generation will help to level-up the UK because smoking is one of the most significant and preventable drivers of disparities in health outcomes. You can read the announcement [here](#).

A reminder that the [Leeds Stop Smoking Service](#) aims to support anyone living in Leeds to successfully stop smoking through the offer of behavioural support medication, nicotine replacement therapy and vapes.

Youth Vaping Campaign

Colleagues from public health and communications have been running a campaign to tackle the rise in youth vaping and sale of illicit vapes. Working with West Yorkshire Trading Standards, the campaign targeted retailers who were selling illicit vapes or selling vapes illegally to under 18s. An operation with West Yorkshire Police resulted in over 16,000 illicit vapes being seized from a number of Leeds retailers.

The work was supported by an information and awareness campaign targeting parents, alongside work with schools, which saw high levels of social media engagement and visits to the [Talk to Frank](#) website for advice about the risks of underage vaping.

You can report any concerns regarding sales of vapes to Trading Standards via the Citizens Advice phone number (0800 223 1133) or the online form [here](#).

Being You Leeds

Launched in 2023, Being You Leeds is an enhanced wellbeing programme, commissioned by public health to work with communities most at risk of poor mental health. It recently won the national FPH Public Mental Health Award in recognition of its innovative approach to keeping people mentally well and addressing mental health inequalities.

Positive wellbeing is promoted in three ways:

- delivering co-produced community-based groups and activities focusing on wellbeing, aiming to build networks, boost mood and improve resilience
- providing training to staff and volunteers in community organisations working in areas of high deprivation
- tackling mental health stigma and discrimination

It is delivered by a partnership of third sector organisations: Touchstone, Barca, Hamara, Health for All, Holbeck Together, LS14 Trust, Women's Health Matters, Community Links and Humans Being.

For information or guidance on referrals contact: BeingYouLeedsTeam@touchstonesupport.org.uk

Heatwave And Summer Preparedness

Even during a relatively cool summer 1 in 5 homes are likely to overheat. Some people are particularly vulnerable to heat and a hot home can worsen existing health conditions or even kill.

At risk groups include older people, especially those over 75, children, especially those under four, those who live alone or are socially isolated, those with a long-term health condition, particularly heart and breathing problems, people on multiple medications, those with reduced mobility, those who find it difficult to adapt their behaviour in warmer weather, for example due to dementia or alcohol/drug misuse, and those who are at home during the day such as small children or home workers.

Key messages are as follows:

- Keep in touch – listen to the weather forecast and the news. Look after yourself, older people and the young. Plan ahead to avoid the heat.
- Keep well – drinks plenty of fluids and avoid excess alcohol. Dress appropriately for the weather and slow down when it's hot.
- Find somewhere cool – know how to keep your home cool, go indoors or outdoors, whichever feels cooler. Cars get hot so try and avoid enclosed spaces.
- Watch out – be on the lookout for signs of heat related illness, cool your skin with water, slow down, drink water, stay safe when swimming.
- Get help. Call NHS 111 or in an emergency dial 999.

Find out more: www.nhs.uk/heatwave

A toolkit with messages for social media, bulletins etc and a range of assets has been developed by the corporate comms team and is available for anyone to use. The messages are based around the impact-based heat health alert system operated by UKHSA and the Met Office. You can access the toolkit [here](#).

Covid: Spring Vaccine Programme

The spring Covid vaccine programme is drawing to a close with vaccines available until the end of June. With Covid still circulating, it's important those at highest risk who are eligible get their vaccine to help top up their immunity. Bookings can be made online via the national booking system, or via the NHS App. The national booking system is available [here](#).

Training and Development

Want to know more about... Walk it ride it project 17 July, 10am to 11am

The Department for Transport has funded Leeds City Council to deliver an Active Travel Social Prescribing project focusing on the Burmantofts, Harehills and Richmond Hill (BHR) parts of Leeds. The aim is to provide more opportunities for people to access walking, cycling and wheeling provision within BHR.

This session is suitable for healthcare professionals, third sector workers and those involved with wider public health work across the city. You can find out more and book online [here](#).