

Vapes and Vaping

Vaping Education Resources

Better Health Every Mind Matters have available resources to help teach mental wellbeing topics to primary and secondary students, with flexible, ready-to-use content co-created with teachers and young people. These online resources can be found [here](#).

Better Health Every Mind Matters have recently added a [vaping](#) topic to their online resources to support schools to deliver three sessions where students can learn about social pressures around vaping, the impact of vaping, and the effects of nicotine on the adolescent brain.

In addition, further information on vaping can be found on the Talk to Frank website [here](#).

Contaminated Vapes

Schools are advised that there have been regional reports of some vapes containing substances including synthetic cannabinoids and spice leading to a small number of young people in London experiencing health harms. It is unclear if the young people involved were aware that the vapes contained illegal drugs.

The Office for Health Improvement and Disparities (OHID) have shared details of the vapes involved in two incidents took place in London in January 2024.

- Incident 1 - the vape was a blue and purple coloured rechargeable metal vape device labelled 'Vapresso', which held blue liquid residues within a clear plastic chamber of a silver and black cartridge (previously confirmed as 'spice' or synthetic cannabinoids)
- Incident 2 - the vape was labelled 'Lemonade Vape Cookies', which may have been sold as THC, now confirmed contained Spice

Schools are asked to be aware of the risk that vapes may be contaminated and the potential associated health harms. If you are concerned that a young person has experienced harm from a contaminated vape please seek medical assistance and in the event of an emergency dial 999.

Useful Contacts:

Enfield Council –Senior Public Health Service Development Manager for Substance Misuse

Email: Steve.Baird@enfield.gov.uk

Insight Sort It! Enfield's Young People's Substance Misuse Service

Email: insightenfield@humankindcharity.org.uk

Telephone: 020 8360 9102

Website: <https://insightyoungpeople.org.uk/our-services/insight-enfield/>

Enfield's School Nursing Service

Email: northmid.cedarsn@nhs.net

Telephone: 020 3988 7300

Website: <https://www.northmid.nhs.uk/school-health/>
