

Service Update



Commit to Quit

January 2024



Children & Young People

Edition

Smokefree Lancashire is delivered by Change Grow Live (CGL) who are working in partnership with With You, focussing on the young person's service offer aged 12-18 years. Both organisations are established within Lancashire delivering substance use services to Children and Young People (With You) and adults (CGL). There will be a specific focus on prevention and education with the support to stop smoking and vaping.

Our Children and Young Person's (CYP) service is now providing:

- School assemblies to introduce the service and awareness around smoking and vaping
- Groupwork sessions for Children and Young People in relation to vaping and smoking
- One to one support from a Specialist Advisor for support around stopping smoking or stopping vaping

We're currently developing our CYP offer, and will be providing:

- Groupwork/lessons to support the PSHE curriculum around smoking/vaping
- Targeted groupwork for those identified by school as smoking/vaping and needing further information and advice
- Staff workshops/information about smoking/vaping
- Parent workshops on smoking/vaping

Get In Touch

If you want to find out more about our service, have our team visit you or book onto one of our upcoming sessions, please get in touch using the details below:



Complete the enquiry form on our website and we'll arrange for a member of the team to contact you



Send us a DM on our social media channels, and we'll arrange for a member of the team to get in touch with you (don't forget to follow us!)



Contact the With You team on 01772 281495



[Email Us with your enquiry.](#)

Scan here to find out more

