

Tobacco Harm Reduction Strategy 2024-2029



Havering Council and partners have developed a strategy to help people stop smoking and also help young people avoid vaping.

We want to protect the health of everyone and help them live longer and healthier lives.

If you want to stop smoking or know someone who does, you can:

- Contact your local stop smoking service.
- Speak to your doctor or pharmacist.
- Visit websites that offer advice and support.

Together, we can make Havering healthier and smoke-free!



Havering
LONDON BOROUGH

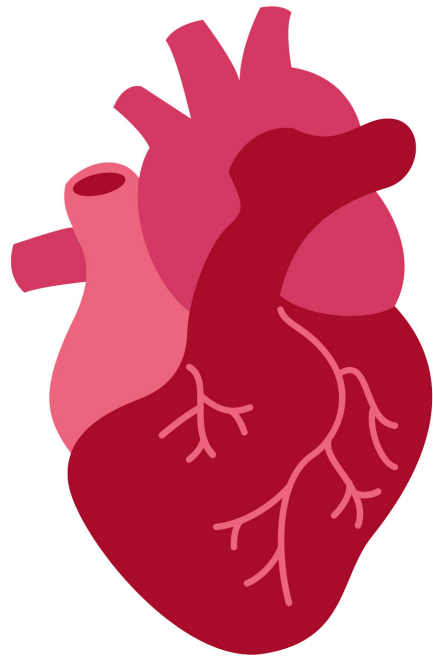
Why is this important?

Smoking harms almost every part of the body.

It can cause cancer, heart disease, lung problems and other serious illnesses.

People who smoke are more likely to become frail and die early.

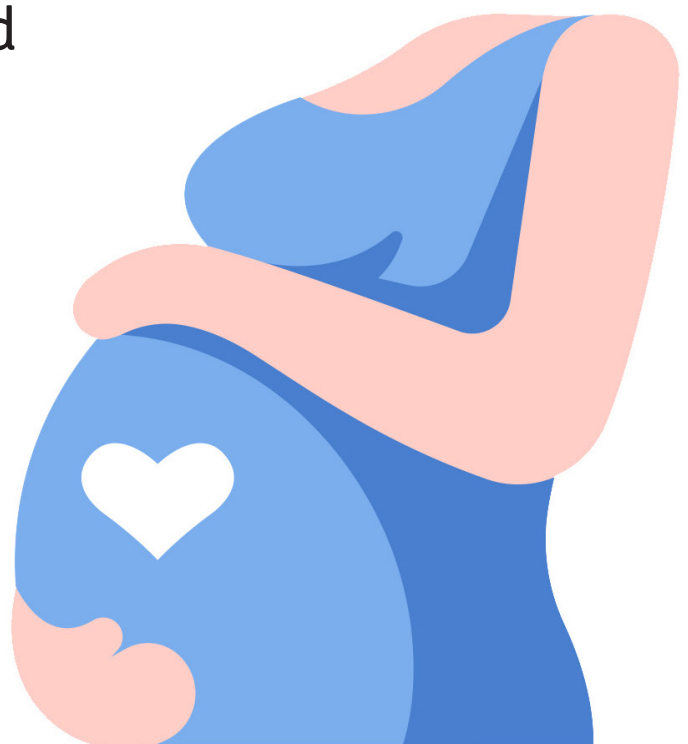
Vaping among young people is a concern because of the unknown long term health problems.



Who is this plan for?

This plan is for everyone, but we will prioritise:

- People living in areas with fewer opportunities.
- Men because they smoke more than women.
- People with mental health conditions.
- People who live in rented homes.
- Young people.
- Pregnant women who smoke.



What do we want to achieve ?

We want to:

- Reduce the number of people who smoke.
- Stop young people from starting to smoke or vape.
- Help those who want to quit smoking.
- Create more smoke-free places.
- Help reduce the number of shops and outlets selling illegal cigarettes and vapes.



Our Priorities

Helping people stop smoking

- Give advice and support to people who want to quit.
- Offer free help to quit smoking, like weekly support meetings with an advisor and nicotine patches or gum.
- Provide extra support for people who find it harder to quit, like those with mental health conditions.

Prevention – Stopping people from starting

- Teach children and young people about the risks of smoking and vaping.
- Work with schools to share awareness.
- Create campaigns that show the harm of smoking.

Creating smoke -free spaces

- Increase smoke-free zones in public places.
- Promote smoke-free homes and cars, especially where children are present.

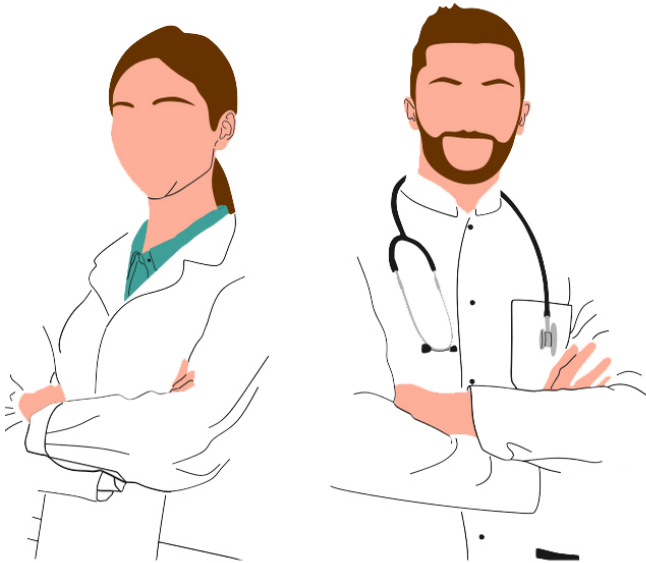
Enforcing the rules

- Work with Trading Standards to stop shops from selling illegal cigarettes or vapes.
- Check that shops are not selling to people underage.
- Raise awareness about how to report shops breaking the rules.

We will work with:



Schools and colleges



**Doctors, nurses,
pharmacists and other
health professionals**



**Community
groups**

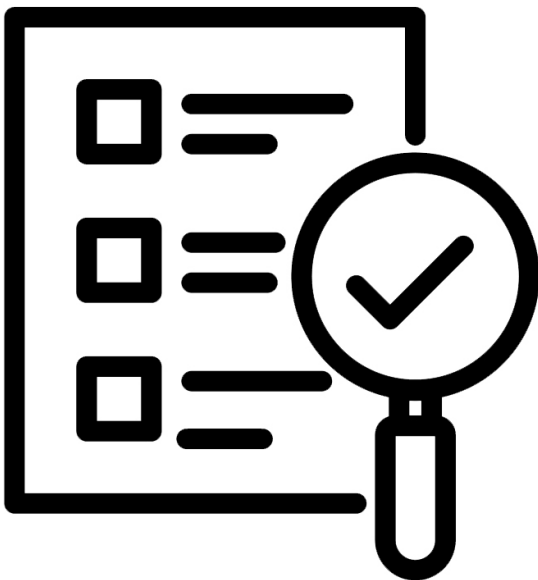
Local council services

Trading Standards (to enforce the rules)

How will we know if this plan works?

We will:

- Check the number of people who quit smoking each year.
- See how many young people start vaping or smoking.
- Track the number of smoke-free areas.
- Regularly review progress and adjust the plan if needed.



Key Messages

Smoking harms your health.

There is free help available if you want to quit.

Young people should be protected from starting these habits.

Everyone in the community can help by creating a smoke-free environment.

