

Help to kick habit

A GROUP of vulnerable people are kicking their nicotine habit thanks to a stop-smoking scheme.

People at a charity project in South Tyneside are taking advantage of a health improvement programme to tackle their addiction.

The group, all of whom experience mental health issues, are working with North East supported housing charity Norcare.

Norcare runs the Sail project, based at the Eco Centre in Jarrow, which provides a range of support to people in the area.

Vicky Richardson, Norcare health improvement officer, is running the 12-week course at the Eco Centre to help Sail service-users kick the habit.

She said: "A lot of people within the group use cigarettes as a psychological support. This makes it more difficult for people with mental health issues to quit smoking because initially it causes greater anxiety levels."