



# East Lothian Smoking & Health Partnership

## Here to help you Stop smoking

Welcome to the 7th East Lothian Smoking & Health Partnership Newsletter.

Congratulations to the young people who recently took part in our poster design competition. We hope that the winning poster by Marcus Gaines, 1<sup>st</sup> Year pupil at Musselburgh Grammar School, will attract people to the stop smoking service.

The Partnership welcomes the proposed tobacco licensing bill recently out to consultation by the Christine Graham of the Scottish Parliament. It is important to have a combined approach to tobacco issues including work in areas of protection, prevention & cessation. If this bill goes through, it will be another step towards discouraging young people from smoking and a further step towards our aim of having a Smokefree East Lothian.

Congratulations to all the young people who produced a thought provoking exhibition following the photography project: 'Too young to smoke' around raising the age for purchase of tobacco to 18 that was recently launched at the Gatehouse in Musselburgh.

A Smokefree Homes Initiative is being launched by the Partnership on 12<sup>th</sup> March. We hope that this will encourage smokers who don't wish to stop smoking or are not ready to stop to look at ways of protecting their family from the effects of second hand smoke. The Pharmacy Scheme is now up & running within East Lothian and we hope this added support will attract more people to stop smoking.

*David Evans*  
Chair of East Lothian Smoking & Health Partnership



**East Lothian  
Smokefree  
Homes Initiative:  
See page 4**

### No Smoking Day Roadshow on 12<sup>th</sup> March 2008.

The Partnership is holding a roadshow to publicise, No Smoking Day, local Stop smoking groups, ELSHP Smokefree Homes Initiative & our new website. The local health visitors in Dunbar, Haddington & Tranent & local supermarkets, are supporting this.

Haddington Tesco 9.00 am -10.30 am  
Dunbar Asda 11.00 am -12.30 pm  
Tranent Co-op 2.00 pm -3.30 pm  
Musselburgh Tesco 4pm - 5pm

### Update

#### ➤ Partnership website

The Partnership's website will be launched on No smoking Day at:

[www.stopsmokingeastlothian.co.uk](http://www.stopsmokingeastlothian.co.uk)

#### ➤ Poster Design Competition

See page 4 for the winning design & details about borrowing the display of winning posters.

#### ➤ Stop Smoking Groups

For more information on Stop Smoking groups in Dunbar, Haddington, Musselburgh & Tranent see page 3.

#### ➤ Lothian Pharmacy Scheme

The pharmacy scheme has now started within pharmacies situated in East Linton, Haddington, Tranent & Wallyford. See page 3 for details.

#### ➤ 'Too young to smoke' Photography

To read more about the photography project & how to borrow the exhibition see page 2.

#### ➤ Smoking Cessation Training

Further training events run by NHS Lothian Health Promotion Service: see page 4

For further information on anything contained within this newsletter or to send information on local stop smoking activities for inclusion in next newsletter please contact Meriel Deans, Smoking Cessation Development Officer at [mdeans@eastlothian.gov.uk](mailto:mdeans@eastlothian.gov.uk). Or tel 01620 827823

# Smoking & Young People

## 'Too young to smoke?'

Some of comments at start included:

*'It won't make any difference as I get my fags from my mum'*

*'I get served no problem'*

*'They can't tell me what to do, I could get married but can't have a cigarette at my own wedding'.*

18

Some of the comments after the project included:

*'I didn't realise that there were so many illnesses related to smoking'*

*'I was shocked there were so many toxins in cigarettes'*

The photography exhibition by young people from the Bridges is currently at the Gatehouse, Musselburgh. It will be moving to Musselburgh Grammar School for No Smoking Day on 12<sup>th</sup> March. If you wish to book the exhibition to display elsewhere in East Lothian, please contact Meriel Deans, Smoking Cessation Development Officer on 01620 827823. We are exploring the possibility of using the photos within an information pack to promote discussion on tobacco issues. See all the photographs at: [www.stopsmokingeastlothian.co.uk/pages/young.htm](http://www.stopsmokingeastlothian.co.uk/pages/young.htm)

## Poster Design Competition. Winning entries

The winners of the competition are as follows:

- Overall winner: Marcus Gaines , 1<sup>st</sup> year Musselburgh Grammar School
- 1st Year winner: Aaron Hay, Musselburgh Grammar School
- Primary 7 winner; Emma Totney, Saltoun Primary school
- Primary 6 Winner: Megan McLaren, West Barns Primary School
- Commended: Daniel Nisbet, Preston Lodge High School, 1st year (submitted whilst attending primary 7, Prestonpans Primary School )

Marcus's design will be used as a poster to advertise stop smoking services within East Lothian. Daniel's design is being adapted for use an information sheet.

Councillor Peter Mackenzie awarded the prizewinners with a £20 book token & a certificate at the Council Chambers on 26<sup>th</sup> February 2008.



A display of the winning posters is available to borrow after 12<sup>th</sup> March for Schools, Health Centres, and Libraries etc. Please contact Meriel Deans, Smoking Cessation Development Officer on 01620 827823.

# Stop Smoking Groups

Stop Smoking Group at The Loch Centre, **Tranent** runs on Thursday evenings from 6pm –7pm

This group runs on a 7 weekly basis. Interested people should leave their name with reception at Tranent Health Centre.

Stop Smoking Group at Fisherrow Centre, **Musselburgh** on Tuesday evenings from 6-7pm

Open access Group. New people are welcome to come along 15 minutes early or call Meriel on 01620 827823

Stop Smoking Group at **Dunbar** Library Tuesday lunchtimes from 1pm –2 pm.

This is an Open access Group. New people are welcome to come along 15 minutes early or call Meriel on 01620 827823

A new short-term group is planned for **Haddington** Library from early April. It will run on Thursday lunchtimes 1pm – 2pm from 3<sup>rd</sup> April until 5<sup>th</sup> June. It is being run to meet the demand raised by the NHS Scotland roadshow in January. For further information call Meriel on 01620 827823

## Lothian Pharmacy Scheme

The Lothian pharmacy scheme has now started within pharmacies situated in East Linton, Dunbar, Haddington, Prestonpans & Wallyford. Smokers can register with the pharmacist to receive individual support on a weekly basis & be prescribed Nicotine Replacement Therapy directly from the pharmacist. Check out pharmacies registered for the scheme with NHS Lothian at:

[www.stopsmokingeastlothian.co.uk/pages/help.htm](http://www.stopsmokingeastlothian.co.uk/pages/help.htm)

## Stop Smoking at Musselburgh Grammar School

Musselburgh Grammar School is currently piloting a stop smoking service being run by the school nursing team. Following the evaluation of the pilot, it is hoped that a service will be offered elsewhere in East Lothian.

### A word from your Smoking Cessation Development Officer

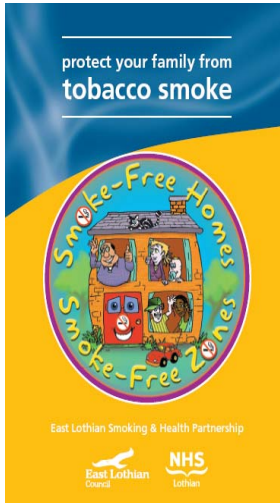
Hello. I have now been in post for a year. It has been a productive year with the promotion of smoking issues within East Lothian gaining a higher profile. I am looking forward to taking an active part in East Lothian's No Smoking Day Roadshow on the 12<sup>th</sup> March. From the recent audit figures, East Lothian still has extremely low numbers of people going for stop smoking support. It is hoped that the local & national publicity drive with No Smoking Day along with our new eye catching poster will increase the uptake of the service.

I have been co-facilitating a group with parents from First Step in Musselburgh. If this is successful, we may be able to run further joint work with community groups. The uptake on the Dunbar group is low. I will review the situation in the summer. I am running the Musselburgh group on a temporary basis due to the departure of Jackie Berg, from the Health visiting team.

The 2<sup>nd</sup> networking event for practitioners providing in depth stop smoking support was held recently. There was a presentation of the work from the photography project with the Bridges, 'Too young to smoke', a display of the poster design competition winners as well as an informal discussion on current issues. Remember to check out the new Partnership website at [www.stopsmokingeastlothian.co.uk](http://www.stopsmokingeastlothian.co.uk) from the 12<sup>th</sup> March. This website will include information for use by the public and local workers. Feedback welcome.

*Meriel Deans*  
Smoking Cessation Development Officer

# Smokefree Homes East Lothian



East Lothian Smoking & Health Partnership will launch a new campaign - Smoke Free Homes on No Smoking Day 2008

Since the successful legislation to combat the effects of passive smoking in public places concern has been raised about the impact of passive smoking within homes, particularly on the health of children. Now local people can register their home as a 'Smoke Free Zone' by completing a simple form available at libraries, community centres and health centres. Alternatively they can register/ online at: East Lothian's new stop smoking website [www.stopsmokingeastlothian.co.uk/pages/smokefree.htm](http://www.stopsmokingeastlothian.co.uk/pages/smokefree.htm) People can register by making one of two pledges: a Gold Pledge in which they promise not to allow smoking anywhere in the home, or the 'Silver Pledge' which is a promise only to smoke in a well ventilated room. Those who register will receive a window sticker of the 'Smoke Free Homes' logo and some advice and information on keeping the promise they have made. If registered before July 2008 people will be entered into a prize draw the winner of which will receive a £100 pounds of DIY vouchers towards a smokefree home make over.

## Smoking Cessation Training in Lothian

*Do you work with clients, volunteers or colleagues who smoke?*

*Do you want to know what to say and where to advise a smoker to go for help if they are thinking of stopping smoking?*

*The brief Intervention 3 hour training can help with this. NHS Lothian Health Promotion Service provides this course free.*

Brief Intervention Smoking Cessation Course: 13<sup>th</sup> May (Edinburgh) 4<sup>th</sup> June (West Lothian)

In-depth Smoking Cessation Interventions Courses: 26<sup>th</sup> June (Edinburgh)

Young People & Tobacco Issues 2 -day course: 16<sup>th</sup> & 17<sup>th</sup> September (Edinburgh)

Pregnant Women & Smoking Cessation: 7<sup>th</sup> October (Edinburgh)

Brief Intervention Smoking Cessation with older adults Course: 11<sup>th</sup> September (Edinburgh)

**Further details & all Bookings via Lothian NHS Health Promotion Service.**

**Contact tel. no. For training brochure: 0131 536 3500**

**STOP PRESS: Networking events for Practitioners providing in depth stop smoking support in East Lothian: Thursday May 15<sup>th</sup> & Tuesday 26<sup>th</sup> August from 12.30–2.30pm in Conference Room 1 & 2 John Muir House, Haddington. Please email Meriel to book a place at: [mdeans@eastlothian.co.uk](mailto:mdeans@eastlothian.co.uk)**

**To be included in Newsletter Mailing List or for further information please contact: Meriel Deans, Smoking Cessation Development Officer, Environmental and Consumer Services, John Muir House, Haddington, EH41 3HA. Tel 01620 827823. Fax 01620 827918 e: [mdeans@eastlothian.gov.uk](mailto:mdeans@eastlothian.gov.uk)**

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