

Information for Volunteers and Committees

Making smoking and vaping invisible
to children in Wakefield District





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Introduction for volunteers and committees



What we want to do:

We want to stop smoking and vaping being seen as a normal thing to do, so that children and young people are less likely to start and can have healthier, happier futures

We can all work together to do this by:

- Making smoking and vaping invisible to children in our district.
- Help sport and leisure clubs to put policies in place to involve everyone in being smoke and vape free.
- Helping clubs to support people who want to quit by telling them how to get in touch with Yorkshire Smokefree Wakefield, who can help them.
- By working together to create the first smokefree generation.

Why Smokefree matters



Although most people don't smoke now, smoking is still the leading cause of preventable death in the UK, leading to thousands of deaths across our district each year

Smoking is bad for smokers and the people around them. It's very addictive, and most smokers start before they are 20 and stay addicted for life.

In the Wakefield area, smoking is linked to a large number of serious illnesses and deaths, mostly affecting our most disadvantaged communities.

We can stop the illness and misery caused by smoking if we help people to quit or even better, never start.

More young people are vaping now, too. By stopping children from starting to smoke or vape, we can protect them from harm as they grow up.

That's what we want for our children - for them to grow up smokefree.

The Proud to be Smokefree programme wants to make smoking and vaping invisible to children in our district.



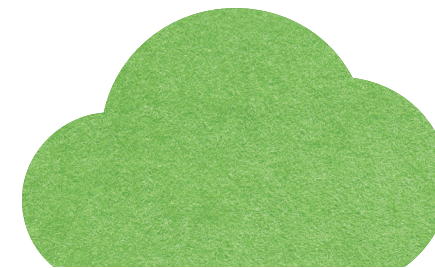


We know that most people start smoking or vaping when they are children, and they are three times more likely to start if they grow up seeing other people doing it.

For those children it is seen as normal and something they might do too.

"I see people smoking at my rugby club when I'm playing"

"My Mum, Dad and Sister vape... so I guess I will too"



Our approach

Our aim:

To make smoking and vaping invisible to children in the Wakefield district.

We will do this by changing what children and young people see as normal, so smoking and vaping don't seem okay. We can do this together to stop children and young people from starting to smoke or vape.

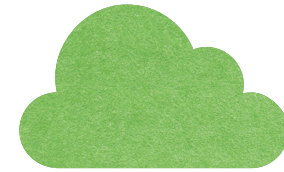
Wakefield wants all places where children are to be smokefree. Sport and leisure clubs can help by helping to stop young people from smoking or vaping in the first place.

We can all work together to achieve this aim by:

- Involving everyone in our communities. This means committees, volunteers, members, children, coaches, and parents and carers. Also, local businesses, the media, councillors, public health and people who make policies.

- Focusing on creating smoke and vape free places – where children do activities, have fun and take part in sports.
- Including people who can help people to quit smoking, such as Yorkshire Smokefree Wakefield.
- Having a bigger, long-term aim to support children to stay smoke and vape free so they become a smokefree generation.
- Having Smokefree policies, which help people smoke and vape less.
- Helping more people to quit smoking and stay smokefree.





How can volunteers and committees support?

Committees and volunteers can help by working with the club to achieve their aim to become a Proud to be Smokefree club.

We know that volunteers and committees are very skilled and know a lot from their work and personal lives. Your club will benefit a lot from working with you. For example, if you have helped make smokefree rules at work or other places, you can help the club do the same.

To be "Proud to be Smokefree", clubs will need to have a Smokefree policy, which will need to be approved by whoever makes the club's rules (example in the toolkit).

The policy will then need to be looked at regularly and changed if needed. It is important that volunteers and committees are kept up to date with how things are going with the policy and keeping an eye whether people are following it.

Visits to the club at key times will help volunteers and committees to see how it is working.



Proud to be Smokefree Toolkit aims



The Smokefree Toolkit aims to:

- Help clubs in involving committees, volunteers, members, children, coaches, and parents and carers.
- Help your club to teach children about the dangers of smoking and vaping in a fun way.
- Give knowledge and skills to coaches and volunteers around smoking and vaping.
- Help clubs to support people who want to quit by telling them how to get in touch with Yorkshire Smokefree Wakefield, who can help them.
- The toolkit aims to tackle smoking and nicotine addiction not just by having stop smoking services for people and hospitals to treat people with illness caused by smoking, but also by stopping children from starting to smoke or vape in the first place.



What's in the toolkit?

We have some easy-to-use resources in the toolkit to help clubs. You can use these or your own ideas to help make your club smokefree.

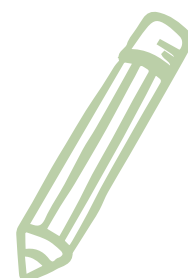
Whichever way you decide to get the message across, you'll be helping to make the positive change towards become a smokefree club.

These are available, free of charge, from the Yorkshire Sport Foundation website (www.yorkshiresport.org/smokefree)

The toolkit includes:

- Introduction to Smokefree booklet for volunteers and committees (this booklet)
- Checklist of actions to achieve Smokefree status
- Certificate templates for competitions
- Smokefree Policy
- Communications pack, including letter to parents, text to put in newsletters, Facebook posts, website etc.

- Information for visitors to the club
- Launch event check list and suggestions
- Launch event slides
- 'Who Wants to Be a Millionaire?' quiz - slides
- Art competition ideas and templates
- Signage suggestions



Links, websites and further information

Yorkshire Sport Foundation
www.yorkshiresport.org/smokefree

Yorkshire Smokefree Wakefield
NHS Stop Smoking Service -
Yorkshire Smokefree:
www.wakefield.yorkshiresmokefree.nhs.uk

The Khan Review
The Khan review: making smoking obsolete:
www.gov.uk/government/publications/the-khan-review-making-smoking-obsolete

Action on Smoking and Health (ASH)
Useful facts and figures about smoking:
www.ash.org.uk

Cancer Research UK
Smoking, tobacco and cancer:
www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer

National NHS Stop Smoking Service
Quit smoking - Better Health - NHS
www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/

GASP
Resources to support smoking education and awareness Smoking Archives:
www.gasp.org.uk

British Heart Foundation
Smoking Information Smoking:
www.bhf.org.uk/informationsupport/publications/smoking/understanding-smoking



