



Tobacco and Inequalities Project

A Mapping Exercise and Directory of Services, Resources and Training for Ethnicity, Mental Health and Older Adults

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1. ASH SCOTLAND TOBACCO AND INEQUALITIES PROJECT

ASH Scotland

ASH Scotland is the leading voluntary organisation in Scotland tackling tobacco use. Established in 1973, the organisation holds a wealth of experience and knowledge on tobacco issues. We play a key role in raising awareness about tobacco use and its harmful effects. Our main activities are an expert information service, parliamentary lobbying, campaigning, action-based projects and taking forward the Scottish Tobacco Control Alliance.

ASH Scotland campaigns for the implementation of effective tobacco prevention and cessation strategies, to raise awareness of nicotine as an addictive substance and to regulate the activities and products of the tobacco industry. One of our main aims is to ensure that effective support services are in place to help smokers who want to quit. We believe that the most effective way to take forward the tobacco control agenda in Scotland is to work in partnership with other public health agencies, voluntary organisations and statutory bodies.

Tobacco and Inequalities Project

Another key area of ASH Scotland's work is the Tobacco and Inequalities Project, which is now in its third phase. Between 2003 and 2006 the organisation is coordinating a national community development project that aims to:

- Raise awareness of the issues and the inequalities some communities across Scotland face in relation to tobacco and health
- To establish good practice that can be disseminated and implemented across Scotland
- To form partnerships that will increase capacity, maximise sustainability and keep tobacco and inequalities issues high on local and national agendas
- To stimulate positive change in policy and practice

The three initial target areas of the project are:

- Minority Ethnic Communities
- Mental Health and Well-being
- Older Adults

The focus of ASH Scotland's current tobacco and inequalities project grew from the conclusions and recommendations of previous work in the area. The first phase was the Women, Low Income and Smoking Project (WLISP), which operated between 1996 and 1999 and aimed to explore new ways of working to address smoking reduction among women living on low income. The second phase of inequalities work ran from 1999 to 2002 and built on the

recommendations of the WLSIP. Both projects stimulated significant interest in developing new approaches to tackling smoking and raised positive expectations and aspirations in the community about future work. Reports on the previous tobacco and inequalities projects are available from ASH Scotland, both in hard copy and on-line.

For more information please see our website:

<http://www.ashscotland.org.uk/inequalities/index.html>

Or contact us at:

Action on Smoking and Health (ASH) Scotland
Tobacco and Inequalities Project
8 Frederick Street
Edinburgh
EH2 2HB

Tel: 0131 225 4725

Fax: 0131 225 4759

Email: ashscotland@ashscotland.org.uk

Please note that the directory aims to provide a snapshot of the work and resources at one moment in time and is unlikely to mention everything available. It is possible that many resources and services will change and develop in the future and so this directory has focused on those that are longer-term.

Please also note that the mention of a project/service, resource or training course in this directory is not a recommendation by ASH Scotland or an assurance of quality. We recommend that individuals and organisations make their own judgements when deciding to use these, or other, resources.

2. THE NEEDS ASSESSMENT

As part of the current Tobacco and Inequalities project ASH Scotland is undertaking a needs assessment in relation to the themes of tobacco and ethnicity, mental health and older adults.

The needs assessment research aims to find out more about the main issues and to identify priorities for action.

This mapping exercise forms part of the needs assessment, which has three other stages.

- **Literature Reviews** for each of the three themes. These include information on existing policy and research evidence, tobacco use prevalence, benefits and challenges of stopping smoking and ways to address tobacco use.

These are available on the ASH Scotland website at:

<http://www.ashscotland.org.uk/inequalities/needsassessment.html>

- **Interviews** with over 30 service providers – including smoking cessation specialists, health workers and representatives from statutory and voluntary organisations – to find out about their knowledge, experiences and needs in relation to tobacco work with the three target areas.
- **Focus groups** with representatives from the relevant client/community groups, to find out more about potential service users' knowledge, experiences and needs.

Reports on the needs assessment work and its findings will be available in early 2005.

Briefing papers providing an overview of the tobacco and other issues for each of the initial target areas are available on the ASH Scotland website at:

<http://www.ashscotland.org.uk/inequalities/index.html>

3. MAPPING EXERCISE

3.1 Aim of Mapping Exercise

To map existing tobacco-related resources and services relating to minority ethnic communities, mental health and well-being, and older adults.

3.2 Objectives of Mapping Exercise

To determine:

- service provision for these three target areas within smoking cessation services in each Scottish Health Board Area and extent to which people from these groups are accessing services
- health and tobacco-related information tailored for the target groups (e.g. any leaflets, posters, help-lines)
- education and training materials relating to work with the target groups and other health and community-based services targeted towards the three target groups

3.3 Methods

Questionnaire:

A questionnaire was given to all individuals responsible for co-ordinating tobacco services in each health board area. This questionnaire was also given to a number of smoking cessation advisors and individuals working in the tobacco and smoking cessation field. At least one individual from each health board responded and a total of 22 questionnaires were received.

The questionnaire asked about services, resources and training:

- smoking cessation services and projects in the health board area that were specifically targeting the three client groups, to find out about existing good practice.
- smoking cessation services that were attracting the three client groups, to find out about level of demand.
- generic services that work with the three client groups. This was to find out about potential partners and sources of information for future partnership working/networking.
- information resources and training courses in relation to the three client groups.

A summary of the information each participant provided was sent approximately 6 months later to give the opportunity for changes or additions to be made.

Information gathering:

Information was gathered on pertinent organisations, resources and services in relation to the three client groups using web-based key word searches, existing bibliographies and interviews with service providers and users.

4. RESULTS OF THE MAPPING EXERCISE

The following is a brief summary of the results of the mapping exercise. There is a lot of valuable work being done in each of the health board areas in relation to the project's initial target groups, as well as other priority groups. The mapping exercise also highlighted that a lot of work is planned within each health board area.

The results of the mapping exercise will be discussed more thoroughly in the needs assessment reports following shortly.

Please refer to the appropriate section of the following directory for further information on the projects/services, resources and training mentioned here.

4.1 Minority Ethnic Communities

- Projects/Services

No participant thought that tobacco services in their area were attracting large numbers of clients from BME communities.

Some respondents (especially in rural areas) commented that they only had small, dispersed BME populations.

Many tobacco coordinators said they hoped that generic tobacco services in their area were open and accessible to all.

There was only 1 existing tobacco cessation project specifically targeting BME communities reported: a drop-in group for Bangladeshi women who use paan (oral tobacco) in Edinburgh. However, there seemed to be an interest in establishing services, particularly in the main cities.

- Resources

Eight out of the 22 respondents noted they were aware of tobacco information resources for minority ethnic communities.

The most well known resources included leaflets in community languages produced by QUIT, GASP and the NHS, quitlines provided by QUIT/BHF and the NHS, and these organisations' websites.

- Training

Only 1 respondent noted information about specific training courses – training run by Asian Quitline/British Heart Foundation for Muslims around Ramadan.

4.2 Mental Health and Well-being

- Projects/Services

There were a variety of projects or services currently targeting or attracting people with mental health problems. Other health boards reported that they were currently investigating mental health and cessation services with a view to making services more appropriate.

Most respondents indicated that their smoking cessation services received referrals from mental health professionals and organisations, and that they saw these referrals within their mainstream smoking cessation services.

- Resources

No respondents had or knew of specific resources for clients with mental health problems and all used generic leaflets, posters etc.

One publication mentioned by participants was the Health Development Agency publication – “Where do we go from here? Tobacco Control Policies with Psychiatric and Long-stay Units: Guidance on development and implementation”.

- Training

No respondents had given or attended specific training for mental health and tobacco but some commented that mental health sometimes was mentioned in passing at generic training.

Two respondents mentioned QUIT’s training – “Breaking the smoking depression cycle”.

Some respondents also mentioned that training of mental health staff/carers has occurred or is planned in their health board area.

4.3 Older Adults

- Projects/Services

Most Health Boards mentioned that they had generic services and that age was no barrier to these services. Participants also commented that they would provide one-to-one support or home visits if a client required.

Seven Health Boards identified that their services were attracting a number of older adults and two commented that their area has an increasing population of older people relative to the whole population.

Three Health Boards mentioned that they receive referrals for medical conditions such as heart attacks, and that these tend to be older adults.

- Resources

Nine Health Boards used the GASP leaflet "It's never too late to stop smoking: a quit smoking guide for older adults". One participant commented they knew of it but had no budget at present for these.

Other Health Boards said they used generic leaflets.

- Training

There was no specific training that our respondents knew of, but some commented that older smokers sometimes are mentioned in generic training sessions.

5. THE DIRECTORY

The remainder of this report aims to be a directory of the services, resources and training (community based, mainstream and specialist smoking cessation services) that exist for the project's initial target areas (minority ethnic communities, mental health and well-being, and older adults).

5.1 Initial Tobacco resources

Smoking Cessation Services

There is now a well-established infrastructure of specialist smoking cessation services in every NHS Board in Scotland. Smoking cessation services provide intensive support either in groups or through individual counselling that will:

- help smokers to structure their quit attempt
- make sure that smokers are adequately prepared
- use social support (in groups) to maintain and increase motivation to succeed
- provide smokers with information about how to avoid or cope with urges to smoke
- provide smokers with reassurance and advice on withdrawal symptoms
- provide guidance on the correct use of medications.

However, the organisation of services varies from area to area according to local population, geography and demand.

To find out more about your local stop smoking services, please visit the [directory](http://www.hebs.com/tobacco/smokestop/resources/local.cfm) of **Local Stop-Smoking Support Services in Scotland**, where you can search by health board area, town or the name of stop smoking organisations.

<http://www.hebs.com/tobacco/smokestop/resources/local.cfm>

Information about local services is also available from **Smokeline** by telephoning **0800 84 84 84**.

Smoking Cessation Guidelines

The “**Smoking Cessation Guidelines for Scotland: 2004 Update**” and the companion desktop guide, “**Encouraging Smokers to Stop: What you can do**”, produced by NHS Health Scotland and ASH Scotland, provide up-to-date evidence on effective smoking cessation interventions and practical guidance on the planning and delivery of smoking cessation services.

The “**Smoking Cessation Guidelines: 2004 Update**” makes recommendations for the organisation and implementation of clinical interventions to promote smoking cessation in Scotland. It is intended for the use of health professionals and health planners at all levels. It provides a blueprint for the development of systems for ensuring that all health professionals are able to play an effective role. It can be viewed at:
<http://www.hebs.scot.nhs.uk/services/pubs/pdf/SmokingCes2004.pdf>

“**Encouraging smokers to stop: What you can do**” is an evidence-based guide for health professionals to raise the issue of smoking and give brief advice to smokers. This guide and the accompanying flow chart can be seen at:
<http://www.hebs.scot.nhs.uk/services/pubs/pdf/SmokingCompanionA5.pdf>
<http://www.hebs.scot.nhs.uk/services/pubs/pdf/NHSSmokingChart.pdf>

Other sources of information

ASH Scotland have developed a [quit smoking section](http://www.ashscotland.org.uk/quit/index.html), which can be seen at:
<http://www.ashscotland.org.uk/quit/index.html>

To find out more about the [information](http://www.ashscotland.org.uk/resources/index.html) and [resources](http://www.ashscotland.org.uk/resources/index.html) available from **ASH Scotland**, including email news bulletins, please visit:
<http://www.ashscotland.org.uk/resources/index.html>

GLOBALink is an [international tobacco control network](http://www.globalink.org/) serving all those active in tobacco-control, and public health. GLOBALink services include national and international tobacco news, information, bulletins and discussions.
It is free to join GLOBALink, however applicants must supply three known advocates who could recommend their membership to the network.
For more information and to join GLOBALink, visit <http://www.globalink.org/>

The **Scottish Tobacco Control Alliance** (STCA) is a **multi-disciplinary, multi-sectoral body** of over 110 organisations concerned with the impact of tobacco on Scotland and its people. The STCA hosts a number of topic groups including: Researchers Group, Tobacco Control Issues Group, Cessation in Pregnancy Group and the Youth and Tobacco Forum. Membership to the STCA is free and members have access to the weekly STCA Bulletin, seminars, conferences, and other opportunities for information exchange.

For more information, contact:
David Robertson, STCA Co-ordinator
c/o ASH Scotland
8 Frederick Street
Edinburgh
EH8 9PF
Tel: 0131 220 9467
david.robertson@ashscotland.org.uk

Tobacco Unwrapped, the tobacco website from Health Scotland, contains **information** and **materials** on a range of tobacco control issues. Visit <http://www.hebs.com/tobacco/>

The **Health Scotland Library** is a free **national information resource** for health promotion and behavioural sciences, open to everyone who lives or works in Scotland. The Library is open from 9 to 4.30, Monday to Thursday, and 9 to 4 on Friday.

Health Scotland Library
NHS Health Scotland
The Priors
Canaan Lane
Edinburgh
EH10 4SG
Tel: 0845 912 5442
library.enquiries@hebs.scot.nhs.uk
<http://www.hebs.scot.nhs.uk/services/library/>

NHS Health Scotland produces resources with information on smoking and other health topics. Their **publications catalogue** can be viewed at: <http://www.hebs.scot.nhs.uk/services/pubs/pdf/PubCat0304.pdf>

Telephone support

Any smoker can ring the national **Smokeline** for free on **0800 84 84 84** (noon until midnight) for **confidential support** and **advice**.

QUIT also have a freephone quitline giving **confidential help** and **advice** on **0800 00 22 00** (9am to 9pm).

Support by email

Smokers can also get **advice by email** by visiting:
<http://www.hebs.com/tobacco/smokestop/emailsupport.cfm>

QUIT provide a same day **Email Counselling service** offering confidential, non-judgemental advice, information and support. Emails should be sent to: stopsmoking@quit.org.uk

Training

Training in Smoking Cessation is provided in all of the NHS Board areas. There is great variation in the amount and scope of smoking cessation training delivered in Scotland, in terms of the frequency of training delivered, the range of courses delivered and in the course content. For information about the training in your area, please contact your local Smoking Cessation Co-ordinator.

The contact details for your local Smoking Cessation Co-ordinator can be found by visiting the directory of Local Stop-Smoking Support Services in Scotland at <http://www.hebs.com/tobacco/smokestop/resources/local.cfm> or by calling **Smokeline** for free on **0800 84 84 84**.

Partnership Action on Tobacco and Health (PATH) have developed **national standards for smoking cessation training** in Scotland, which cover training for brief advice and specialist cessation support in one to one and group settings. These standards are generic, and cover the core content that all training courses at these levels should include. This means that any training at these levels, whether targeted to working with specific groups or not, should be in line with the standards.

To support the implementation of the standards, a **national approval scheme** has been developed and was launched in September 2004. The approval scheme involves training providers submitting course materials and other supporting information to PATH, who then assess this against the standards and other best practice criteria. External verifiers are in place to help ensure the quality and consistency of the scheme.

All courses that train people to deliver brief advice or specialist cessation support, regardless of whether or not they have a focus on particular groups, should apply for PATH approval to ensure that they meet the core content outlined in the standards.

PATH are also currently working in partnership with Glasgow Caledonian University to develop **accredited training modules for smoking cessation**. These would also reflect the standards, and as such three modules are being developed in line with the three levels in the standards.

For further information, visit the PATH website at:
<http://www.ashscotland.org.uk/path/training.html>

5.2 Minority Ethnic Communities

ASH Scotland has produced a briefing paper and literature review relating to tobacco and ethnicity.

These can be viewed at:

<http://www.ashscotland.org.uk/inequalities/bme.html>

Projects/Services

The **Minority Ethnic Health Inclusion Project (MEHIP)** aims to link people from minority ethnic communities with primary health care services and to improve the accessibility and appropriateness of services across Lothian. It provides information and advice and a link worker/advocacy service. It also plans and supports the delivery of health improvement programmes for minority ethnic communities.

Fulmaya Harris, Bangladeshi Linkworker, in partnership with NKS and other health professionals from NorthWest LHCC have facilitated at an **8-week support group** for **Bangladeshi women** for Tobacco (paan) cessation. It was mainly an education programme and tobacco/paan use was the main focus. She is looking into developing resources, including a leaflet around tobacco chewing products.

On No Smoking Day, a successful awareness raising initiative for men and women at the Central Mosque was organised by a multi-agency working group, including MEHIP. Between ten and twelve men showed an interest in more intensive support to stop smoking. Funding remains to be secured to provide such support.

MEHIP continues to raise awareness of the dangers of tobacco use within minority ethnic groups.

MEHIP
Springwell House
Ardmillan Terrace
Edinburgh
EH11 2JL
Tel: 0131 537 7565
fulmaya.harris@lpct.scot.nhs.uk

The project funded by Partnership Action on Tobacco and Health (PATH), **“The use of tobacco and related substances by ethnic minorities: the development of a culturally valid measure”** aimed to develop a **cross-culturally valid method** to measure the prevalence and smoking-related behaviours in **Sylheti, Urdu, Bengali** and **Cantonese** speaking populations living in Scotland.

For further information about this project and to view 6-month and Annual reports, visit the PATH website at:

http://www.ashscotland.org.uk/path/pp_reports.html

Raj Bhopal, Professor of Public Health Sciences,
Lisa Hanna, Research Associate,
Sonja Hunt, Honorary Research Fellow

Division of Community Health Sciences
Medical School
Teviot Place
Edinburgh
EH8 9AG

Raj.Bhopal@ed.ac.uk
Tel: 0131 650 3216

Lisa.Hanna@ed.ac.uk
Tel: 0131 651 3186

Sonja.Hunt@ed.ac.uk
Tel: 0131 650 3231

Jennifer Potter, Smoking Cessation Coordinator (Inequalities) in **Edinburgh**, is working with **local groups** (e.g. local Chinese elderly groups, Central Mosque) to assess needs for smoking cessation with a view to running groups there thereafter either herself or another smoking cessation facilitator.

Programme **session plans, handouts** etc have been put together for a cross language men’s group at the Mosque with core information and programme content translated into **Arabic** and **Urdu**. The group was offered prior to Ramadan this year. This was part of Seha wa Salama project led by MEHIP. All material is available on request.

South Central Edinburgh LHCC Smoking Cessation Service
Tollcross Health Centre
Ponton St
Edinburgh
EH3 9QQ
Tel: 0131 536 9759
jennifer.potter@lpct.scot.nhs.uk

In **Argyll and Clyde**, Have a Heart Paisley has provided **smoking cessation support** to a group of **Libyan men**.

Kay Samson
Tobacco Coordinator
Have a Heart Paisley
Mile End Mill
Seedhill Road
Paisley
PA1 1JT
Tel: 0141 587 2479
kay.samson@haveaheart.org.uk

In **Greater Glasgow**, some Public Health Practitioners are looking to set up **tobacco cessation services** for minority ethnic communities.

Greg Usrey
Public Health Practitioner, Smoking Cessation Coordinator
South West Glasgow LHCC
1st Floor, Clutha House
120 Cornwall Street South
Glasgow
G41 81AD
Tel: 0141 427 8259
Greg.Usrey@glacomen.scot.nhs.uk

Resources

- Leaflets/Posters

QUIT have produced a leaflet giving information about what happens when a person stops smoking, advice on how to stop and stay a non-smoker and where to get help, available in English, Arabic, Bengali, Urdu, Gujarati, Punjabi, Hindi and Turkish.

These, and other information sheets can be downloaded from the Asian Quitline website at <http://www.asianquitline.org/>

Or for free by contacting:

QUIT
Ground Floor
211 Old Street
London
EC1V 9NR
Tel: 020 7388 5775

Also available for free are Asian Quitline fliers, posters and credit sized cards and dispenser. These are available by contacting QUIT at the above address or by downloading an order form from their website at <http://www.quit.org.uk/orderform.htm>

GASP has produced leaflets in several Asian languages.

“Protect children from passive smoking” (available in English, Urdu, Bengali, Punjabi, Gujarati and Hindi) urges parents who smoke not to smoke around their children and explains why. It has been translated in collaboration with Project Dil and Resolution in Leicester. The illustrations throughout the leaflet represent Asian families.
25p each.

“Smoking facts for women” (available in English, Urdu, Bengali, Punjabi, Gujarati and Hindi) has facts and figures about smoking and women, has been translated in collaboration with Project Dil and Resolution in Leicester.
25p each.

“10 top reasons to stay smoke free” (available in English, Urdu, Bengali, Punjabi, Gujarati and Hindi) outlines reasons why smoking is not a good idea. These range from short term to long term health as well as smell, appearance, money and fitness.
25p each.

“Quit and get fit” (available in English, Urdu, Bengali, Punjabi, Gujarati and Hindi) has simple advice and tips on how to quit and keep fit to reduce weight gain. It has been translated in collaboration with Project Dil and Resolution in Leicester. The cover has an illustration of an Asian man.
25p each.

These are available to buy from their website <http://www.gasp.org.uk/>

Or by contacting:
GASP
93 Cromwell Road
Bristol
BS6 5EX
Tel: 0117 942 5185
Fax: 0117 942 5185

The **Muslim Health Network** has a Tobacco & Second-Hand Smoke Free Ramadan Campaign run in conjunction with QUIT and the British Heart Foundation. They have produced Ramadan Timetables relaying a stop smoking message and related quitline information have been produced in Urdu, Gujarati, Turkish, Hindi and Arabic.

To receive a timetable telephone **020 8799 4475**.

Smoke Free Birmingham have produced NHS Asian Tobacco Education leaflets in Urdu, Punjabi, Gujarati, Hindi and Bengali, which correspond to the NHS Asian Tobacco Helpline.

These are available to download from the Smoke Free Birmingham website at:

<http://www.smokefree.org.uk/pdf/urdu.pdf>

<http://www.smokefree.org.uk/pdf/punjabi.pdf>

<http://www.smokefree.org.uk/pdf/gujarati.pdf>

<http://www.smokefree.org.uk/pdf/hindi.pdf>

<http://www.smokefree.org.uk/pdf/bengali.pdf>

NHS England produces the “**Need help giving up smoking?**” leaflet, designed to encourage smokers to take a further step towards giving up smoking. This leaflet is available to download in English and 22 other languages (Albanian, Arabic, Belarusian, Chinese (Cantonese), Chinese (Mandarin), Czechoslovakian, Estonian, Farsi, French, Greek, Kurdish, Latvian, Pashto, Polish, Portuguese, Romanian, Russian, Somali, Spanish, Turkish, Ukrainian and Vietnamese) from their website http://www.givingupsmoking.co.uk/essential_resources/Download_Information/translations/

Please note although these leaflets are available to download, they are not available to buy.

Please also note the telephone number in these leaflets is for the NHS England smoking helpline (0800 169 0 169) and when this is dialled, callers are immediately transferred to **Smokeline** (Scotland) where operators only speak English.

The **Norwegian Directorate for Health and Social Welfare – Department of Tobacco Control**, has produced a leaflet called “Health and smoking – some facts” with information on health hazards from active and passive smoking and tips on how to quit. It is available in Arabic, English, Norwegian, Somali, Spanish, Turkish, Urdu and Vietnamese for free by visiting the website:

<http://www.tobakk.no/english/index.htm>

However, please be aware these leaflets contain contact telephone numbers for services in Norway.

NHS Health Information East London have a **fact sheet** "Facts about smoking" which is available to download for free in **English, Bengali, Chinese, Gujarati, Hindi, Punjabi, Somali, Tamil, Turkish, Urdu** and **Vietnamese**, by visiting their website at:

<http://www.hiel.nhs.uk/resourceproduction/Factsheets/index.html>

Alternatively, two-colour versions of these are available to buy for 20p each.

However, please note the telephone number in these leaflets is for the NHS England smoking helpline (0800 169 0 169) and when this is dialled, callers are immediately transferred to **Smokeline** (Scotland) where operators only speak English.

Fact sheets and **other resources** on other health topics are available in **various languages**, either to download from the above website or by viewing their "Resources for Sale catalogue" at:

<http://www.hiel.nhs.uk/resourceproduction/Resourcesforsale/index.html>

Further information is available from:

Ayshea McConnell
Health Information East London
Aneurin Bevan
81 Commercial Road
London
E1 1RD
Tel: 020 7655 6685
ayshea.mcconnell@nelondon.nhs.uk

The **WHO Collaborating Centre for research into Oral Health Migration & Inequalities, Leeds Dental Institute** and **Bradford City Primary Care Trust** have produced the **leaflet** "Mouth Cancer – Prevent it! Find out more about Paan and Chewing Tobacco" in **Bengali**.

Copies are available to buy for 50p each (or 40p each for 50+ copies), plus postage and packing, by contacting:

Oral Health Promotion
Bradford City Primary Care Trust
Tel: 01274 223935/7
Liz.Graham@bradford.nhs.uk or sharon.walker3@bradford.nhs.uk

Three other **leaflets** about **oral cancer** and **chewing tobacco** are available in **English**. For further information about these please see above contact details.

The **Health Development Agency** has produced the leaflet "Looking after your heart", which contains information on stopping smoking.

It is available in **Bengali, Gujerati, Hindi, Punjabi** and **Urdu**, to download from their website at:

http://www.hda-online.org.uk/Documents/lookingafteryourheart_bengali.pdf

http://www.hda-online.org.uk/Documents/lookingafteryourheart_gujerati.pdf

http://www.hda-online.org.uk/Documents/lookingafteryourheart_hindi.pdf

http://www.hda-online.org.uk/Documents/lookingafteryourheart_punjabi.pdf

http://www.hda-online.org.uk/Documents/lookingafteryourheart_urdu.pdf

Or for free, by contacting:

Health Development Agency

PO Box 90

Wetherby

Yorkshire

LS23 7EX

Tel: 0870 121 4194

Fax: 0870 121 4195

had@twoten.press.net

The **NHS Health Promotion Service** in **Fife** has a copy of an **Asian Tobacco Campaign Pack**, which includes fact sheets, information leaflets and posters written in **Punjabi, Urdu, Hindi, Bengali** and **Gujarati**. An English version of the poster and A5 leaflet is included along with a resource order form.

This can be borrowed by contacting:

Information and Resources Centre

Health Promotion Department

Fife Primary Care NHS Trust

Haig House

Cameron Hospital

Leven

KY8 5RA

Tel: 01592 712812

Fax: 01592 716858

<http://www.show.scot.nhs.uk/fpct/irccat/>

The **Chinese National Healthy Living Centre** has produced a **leaflet**, which can be downloaded from their website at:
<http://www.cnhlc.org.uk/pdf/Leaflet-NoSmoking.pdf>

The Centre has also designed and produced three **Chinese** no smoking promotion **posters**. These posters aim to discourage Chinese people from smoking and are set out to go against the traditional Chinese reasons for smoking.

These can be found on their website at:
<http://www.cnhlc.org.uk/smoking/Poster-Health.jpg>
<http://www.cnhlc.org.uk/smoking/Poster-AfterDinner.jpg>
<http://www.cnhlc.org.uk/smoking/Poster-Lunch.jpg>

The leaflet and posters can also be obtained for free from:

Chinese National Healthy Living Centre
29-30 Soho Square
London
W1D 3QS
Tel: 020 7534 6546 or 020 7287 0904

The Centre also has a library of other Health Promotion leaflets and details are available on their website at <http://www.cnhlc.org.uk/>

The **Glasgow Chinese Healthy Living Centre** aims to provide access to health information and activities to help improve the health of the **Chinese** community in the city. The Centre provides a range of services including an **Information Service** (with a drop-in service where users can make general enquiries and be referred to appropriate services), a **Resource Library** (with health promotion information and multimedia resources available in Chinese and Internet access for health information), **Development Activities** (including talks, awareness-raising days, workshops, exercise classes and interest groups) and a **common room** available for drop in.

Chinese Healthy Living Centre
138 Holland Street
Glasgow
G2 4NB
Tel: 0141 248 4388
Fax: 0141 221 9921
general@glasgowchlc.org
<http://www.glasgowchlc.org/>

- Phone line support

Asian Quitline provides a free phone counselling and support service in various languages to help smokers to quit.

Bengali	Mondays	1pm-9pm	0800 00 22 44
Gujarati	Tuesdays	1pm-9pm	0800 00 22 55
Hindi	Wednesdays	1pm-9pm	0800 00 22 66
Punjabi	Thursdays	1pm-9pm	0800 00 22 77
Turkish & Kurdish	Thursdays and Sundays	1pm-9pm	0800 00 22 99
Arabic	Saturdays	1pm-9pm	0800 169 1300
Urdu	Sundays	1pm-9pm	0800 00 22 88

The **NHS Asian Tobacco Helpline** is open **Tuesdays 1.00pm – 9.00pm**. According to the corresponding leaflets, callers can request a free booklet with advice on how to give up tobacco.

Urdu	0800 169 0 881
Punjabi	0800 169 0 882
Hindi	0800 169 0 883
Gujarati	0800 169 0 884
Bengali	0800 169 0 885

The **Chinese National Healthy Living Centre** offers a telephone service where people from the Chinese Community can get smoking advice and information from bilingual counsellors.

The national hotline (charged at local rates) is available between **9am to 5pm, Monday to Friday** by calling: **0845 601 6030**

- Videos

The **NHS Health Promotion Service** in **Fife** has a **video** called "The Facts about Smoking" in **Cantonese**, which explores some popular beliefs about cigarettes, and looks at the medical facts, as presented by Chinese doctors. The programme deals with the nature of nicotine addiction, the health risks of smoking, the risks of passive smoking, the benefits of giving-up at any age and support available for those who want to quit.

This can be borrowed by contacting:

Information and Resources Centre

Health Promotion Department

Fife Primary Care NHS Trust

Haig House

Cameron Hospital

Leven

KY8 5RA

Tel: 01592 712812

Fax: 01592 716858

<http://www.show.scot.nhs.uk/fpct/irccat/>

The **Chinese National Healthy Living Centre** has a library of Health Promotion **videos**, including ones about smoking, and details are available on their website at <http://www.cnhlc.org.uk/>

- Websites

Listed below are a few of the available websites. The web links below were correct at the time of writing. Please note that these websites may give contacts for services in other countries or that individuals in Scotland may not be able to access. We recommend that individuals and organisations check the quality and purpose of these websites before they use these, or other, resources.

The **Tobacco Control Program** in Doha-Qatar has produced an **Arabic stop smoking website**: <http://www.stopsmokingarab.com/Arabic/index.html>

The Tobacco Free Initiative of the **World Health Organization - Regional Office for the Eastern Mediterranean** have an **Arabic version of their website** which also includes facts and FAQs about tobacco and smoking.

The English version can be found at: <http://www.emro.who.int/tfi/tfi.htm>

The Arabic version can be found at:

<http://www.emro.who.int/arabic/tfi/tfi.htm>

The Health Promotion Department of NHS Fife has a link on their website to the **New South Wales Multicultural Health Communication Service**, which has translated **leaflets** about tobacco that can be downloaded in a **range of languages**.

However, please be aware these leaflets contain contact telephone numbers for services in Australia.

The service's website can be found at <http://www.mhcs.health.nsw.gov.au/>

Stop-tabac.ch is an "**online smoking cessation advisor**" where there is information, stories and forums on stopping smoking. The website has **English, French, German, Italian, Chinese, Danish, Georgian** and **Serbo-Croatian** versions, all of which can be accessed by going to:

<http://www.stop-tabac.ch/>

The **Tobacco Control Research Centre** has a number of links to **quit advice** in **English, French, German** and **Spanish**, as well as information about the effects of tobacco smoke and health and political links related to tobacco.

Visit <http://www.tobacco-control.org/>

The **World Health Organization and Society for Research on Nicotine and Tobacco** run a **website** available in 10 languages: **Arabic, Chinese, English, French, German, Italian, Japanese, Portuguese, Russian** and **Spanish**.

Visit <http://www.treatobacco.net/>

Hanaa.net has an **Arabic postcard** promoting a no smoking message, available at:
<http://www.hanaa.net/postcard/images/nosmoking4.gif>

Islamschool.com have a section to their website for the E-Tobacco Control Campaign. This has various translated resources including **photographs** and **articles**.
<http://www.islamschool.com/ETCC/>

The **Central Health Education Unit** in Hong Kong has a website where **pamphlets**, **booklets** and **posters** about stopping smoking in **Chinese** and **English** can be viewed.

<http://www.cheu.gov.hk/eng/resources/smoking.htm>

There also is information about smoking and stopping smoking available on both the English and Chinese versions of the website:

<http://www.cheu.gov.hk/eng/index.asp>

The **Hong Kong Council on Smoking and Health** has **information** on tobacco cessation, the harm of smoking, second hand smoke, promotion and cessation available on both the **Chinese** and **English** versions of its website.

http://www.info.gov.hk/hkcosh/en_main.htm

- Other Information

ASH Scotland has produced a briefing paper and literature review relating to tobacco and ethnicity.

These can be viewed at:

<http://www.ashscotland.org.uk/inequalities/bme.html>

Reports on the needs assessment research with service providers and service users will be available in early 2005.

A **mapping exercise** commissioned by the **Department of Health** was recently carried out in England to identify and map black and minority ethnic related tobacco prevention initiatives and resources across England. It also contains contact details for these projects and pilot initiatives set up in England.

"Mapping black and minority ethnic tobacco prevention resources" by Adam Crosier and Dr Ann McNeill can be downloaded from:

<http://www.dh.gov.uk/assetRoot/04/08/08/85/04080885.pdf>

The **Health Development Agency** has produced "Tobacco and England's ethnic minorities: a practical resource for health professionals" which has **information** about tobacco use amongst black and minority ethnic groups in England, **examples of practice to address tobacco use** and **contacts** for work relating to black and minority ethnic groups.

This can be downloaded from the Health Development Agency's website at:

http://www.hda-online.org.uk/downloads/pdfs/blackminority_tobacco_use.pdf

Or for free, by contacting:

Health Development Agency

PO Box 90

Wetherby

Yorkshire

LS23 7EX

Tel: 0870 121 4194

Fax: 0870 121 4195

had@twoten.press.net

One community based qualitative **study** aimed to gain a detailed understanding of influences on smoking in **Bangladeshi** and **Pakistani** communities so as to inform the development of effective and culturally acceptable smoking cessation interventions.

“Understanding influences on smoking in Bangladeshi and Pakistani adults: community based, qualitative study” by J Bush, M White, J Kai, J Rankin and J Bhopal, is available from the British Medical Journal’s website at: <http://bmj.bmjournals.com/cgi/reprint/326/7396/962>

Alternatively, the journal can be found in Volume 326, Number 7396, pages 962-967.

“An assessment of the needs of people from an ethnic minority background and those with sensory impairment affected by cancer” details a **needs assessment** undertaken for Forth Valley Primary Care Operating Division. It gives details of literature reviews and the methods used to consult with those with a **sensory impairment** and those from an **ethnic minority background**, as well findings and opportunities for further development.

A copy of this report is available from the ASH Scotland website at: <http://www.ashscotland.org.uk/inequalities/index.html>

REACH Community Health Project conducted a **participatory action research project** with their **local Black and Minority Ethnic community** to investigate how the BME community can achieve equal access to mainstream primary care services. Their research identified major barriers that prevent effective access and proposed practical solutions to tackle the inequalities within the health service.

For further information or a copy of the **report “The Missing Link: Black and Minority Ethnic Community Participation in Health”** contact:

REACH Community Health Project
Network House
311 Calder Street
Govan hill
Glasgow
G42 7NQ
Tel: 0141 585 8022/8023
Fax: 0141 585 8017
admin@REACHhealth.org.uk
<http://www.REACHhealth.org.uk>

A **study** by a research team from the Sheffield School of Health and Related Research looked at the health status of **Gypsy Travellers** in comparison to other UK resident, English-speaking ethnic minorities and economically disadvantaged White UK residents. It also looked at the use of health services and Gypsies and Travellers attitudes, beliefs and experiences of health and the health service.

Copies of "**The Health Status of Gypsies & Travellers in England**" by G Parry, P Van Cleemput, J Peters, J Moore, S Walters, K Thomas and C Cooper can be downloaded in various versions at:

<http://www.shef.ac.uk/scharr/about/publications/travellers.html>

Training

Asian Quitline and **Arabic Quitline** in partnership with the **Muslim Health Network UK** have piloted a **free smoking cessation course**.

This course is a pilot course targeted at frontline workers in the **Muslim community** organisations, health advisory services, tobacco alliances and those working on public health improvement in the various (1.2 million) Muslim communities in England. It goes beyond the Ramadan training previously offered as they are now targeting Umra and Hajj groups along with other key structures and organisations.

Using the Derek Wanless philosophy "The Fully Engaged Scenario" and the DH's slogan "Improving health is everybody's business", the course has a cross cutting strategy to address health inequalities by also targeting workers in the local business community, Community Regeneration, Sure Start and other local government departments and their various programmes.

Whilst primarily addressing the training needs of a specific group of health professionals and advocates in a specialist area, the course content has also been aligned to the Standard for training in smoking cessation treatments (Health Development Agency 2003) in certain areas.

Course material can be found on the Muslim Health Network's website at <http://muslimhealthnetwork.org/stct/intropage.html>

More information is available by e-mailing fully-engaged@quit.org.uk or telephoning 020 8799 4475

Initial Contacts for Organisations working with Minority Ethnic Communities

National Resource Centre for Ethnic Minority Health

For further information contact:

Maureen Dunn

Clifton House

Clifton Place

Glasgow

G3 7LS

Tel: 0141 300 1043

Maureen.dunn@phis.csa.scot.nhs.uk

5.3 Mental Health and Well-being

ASH Scotland has produced a briefing paper and literature review relating to tobacco and mental health.

These can be viewed at:

<http://www.ashscotland.org.uk/inequalities/mentalhealth.html>

Projects/Services

The PATH funded project **GUTSE** (Give Up Tobacco Substitute Exercise) aims to provide a **smoking cessation course** whilst incorporating an **exercise program** as a substitute for tobacco. The project is aimed at adults with physical, sensory or learning disabilities or mental health problems in the Glenrothes LHCC area.

For further information about this project and to view 6-month and Annual reports, visit the PATH website at:

http://www.ashscotland.org.uk/path/pp_reports.html

Fife Institute Physical & Recreational Exercise
Viewfield Road
Glenrothes
KY6 2RB

Richard Brickley
Depute Principal
Tel: 01592 415700

Richard.brickley@fife.gov.uk

Colin McGinley
Lecturer

colin.mcginlay@btopenworld.com

In **Lothian**, Jennifer Potter and Brian Pringle have done **group work** with patients with mental health problems.

Jennifer Potter
South Central Edinburgh LHCC
Smoking Cessation Service
Tollcross Health Centre
Ponton St
Edinburgh
EH3 9QQ
Tel: 0131 536 9759
jennifer.potter@lpct.scot.nhs.uk

Brian Pringle
West Lothian Drug & Alcohol Service
47 Adelaide Street
Craigshill
Livingston
EH54 5HQ
Tel: 01506 446 643
brian.pringle@wldas.org

Both Jennifer Potter and Brian Pringle also see individuals in the community in a 1-to-1 setting.

Through his work at **West Lothian Drug & Alcohol Service**, Brian sees adults with enduring mental health problems and provides [education/tobacco discussion sessions](#).

Please see above contact details.

Jennifer has also provided a group in partnership with the voluntary organisation 'Health in Mind' for staff and clients.

A [workbook](#) and [session plans](#) are available.

Please see above contact details.

In **Greater Glasgow**, a [needs assessment](#) has been undertaken at Leverndale in-patient hospital.

Smoking Concerns
Eastbank Health Promotion Centre
22 Academy Street
Glasgow
G32 9AA
Tel: 0141 201 9831

The **State Hospital** in Carstairs has recently secured funding from PATH to undertake a [project](#) to address smoking cessation in structured manner. This will involve regular monitoring and recording of smoking status of hospital patients, the development and delivery of a smoking cessation programme and the provision of smoking cessation education in the provision of brief advice and specialist practitioner training.

To read the press release for the project visit:

<http://www.ashscotland.org.uk/press/pressrelease.asp?prID=121>

Progress reports for the project will be available in due course at:

http://www.ashscotland.org.uk/path/pp_reports.html

Carol-Anne Topping
Practice Nurse
Carstairs State Hospital
Lanark
MI11 8RP
Tel: 01555 840293
CarolAnne.Topping@tsh.scot.nhs.uk

Pillar Aberdeen has a 'Healthy Lifestyles' day every Friday, where members are asked not to smoke in the building. As part of their service, Pillar provides smoking cessation support from a worker who undertook training with NHS Grampian as a Smoking Cessation Advisor. This can be in groups or for individuals, at times to suit both member and worker. This also provides access to free Nicotine Replacement Therapy prescribed by the members GP. Further information can be obtained from any worker.

Pillar Aberdeen
20 Back Wynd
Aberdeen
AB10 1JP
Tel: 01224 642854 or 01224 621266
info@pillaraberdeen.co.uk

In **Lanarkshire**, Anne Reilly is about to begin a pilot study of mental health patients attending smoking cessation.

Blantyre Health Partnership
1 Station Road
Blantyre
G72 9AA
Tel: 01698 711827
Anne.Reilly@lanpct.scot.nhs.uk

Resources

The Health Development Agency has produced – **“Where do we go from here? Tobacco Control Policies with Psychiatric and Long-stay Units: Guidance on development and implementation”**

This can be downloaded from the Health Development Agency’s website at:
http://www.hda-online.org.uk/downloads/pdfs/where_do_we_go.pdf

The Health Development Agency has also recently published a document called **“Smoking and patients with mental health problems”**, which discusses what should be done to help smokers with mental health problems to stop.

This can be downloaded from the Health Development Agency’s website at:
http://www.had-online.org.uk/documents/smoking_mentalhealth.pdf

Both of these publications can be obtained for free, by contacting:
Health Development Agency
PO Box 90
Wetherby
Yorkshire
LS23 7EX
Tel: 0870 121 4194
Fax: 0870 121 4195
had@twoten.press.net

ASH England have produced the **literature review** “Smoking and Mental Health”, which is available from their website at:
<http://www.ash.org.uk/html/policy/menlitrev.pdf>

A **report** on the Smoking and Mental Health **Symposium** held by **Smokefree London, Mentality** and **ASH England** in 2001 can be seen at:
http://www.lho.org.uk/HIL/Lifestyle_and_Behaviour/Attachments/PDF_Files/SmFreeMentalHealth.pdf

SANE in Australia has produced "Smokefree Guidelines for GPs", an **information pamphlet** for GPs to support people with schizophrenia reduce and quit smoking. This can be viewed on their website at:
<http://www.sane.org/smokeguideGP.pdf>

They also have produced "**summary GP management guidelines** for smoking cessation" which are available from:
<http://www.sane.org/gpsmoke.pdf>

SANE have also produced a **fact sheet** on smoking and mental illness, available from:
<http://www.sane.org/smokinge.pdf>

The **MindBodyLife** website (developed in Australia) has a "smoking cessation" section, which contains **information** about smoking and mental health, including guidelines for health professionals.

The website also has a "program" section, which has details of two successful **quit smoking programs** being offered in Australia that have been developed specifically for people with a mental illness, the national SANE SmokeFree Program and the Tobacco Mental Illness Project in South Australia.

The MindBodyLife website can be seen at:
<http://www.mindbodylife.com.au/default.asp>

- Smoke-free Policy Information

Rethink have developed a **policy statement** regarding tobacco smoking and severe mental illness, which can be seen at:
<http://www.rethink.org/news+campaigns/policies/policy-pdfs/54-smoking.pdf>

Norfolk Mental Health Care NHS Trust has implemented a **smoke-free policy** in all the Trust's buildings and grounds. Information can be found at:
<http://www.nmhct.nhs.uk/FOI/Class12/WorkforcePolicies/SmokeFreePolicy/Smoke-Free Policy Information Leaflet.pdf>

- Other information

ASH Scotland has produced a briefing paper and literature review relating to tobacco and mental health. These can be viewed at:
<http://www.ashscotland.org.uk/inequalities/mentalhealth.html>

Reports on the needs assessment research with service providers and service users will be available in early 2005.

Training

QUIT provide **training** called – “Breaking the smoking depression cycle”. This workshop for health professionals aims to help understand and identify the smoking/depression cycle, as well as give ideas for working with it.

More information about this course is on the QUIT website at <http://www.quit.org.uk/>
or from Vibeke Soersdal
Tel: 020 7251 1551
v.soersdal@quit.org.uk

SANE in Australia has produced the “SANE SmokeFree Kit (Manual for mental health workers)”, a **Workers' manual** on running SANE's smoking cessation program for people with a mental illness. This kit is designed to be used by workers in the drug and alcohol, smoking cessation or mental health fields. It is designed to cover all the different aspects of smoking cessation for people with a mental illness. The kit includes essential information on the relationship between smoking and mental illness, a session-by-session manual and all the handouts and materials needs for the program.

The SANE SmokeFree Kit (Manual for mental health workers) is available to buy for \$33.00.

SANE have also produced the “SANE SmokeFree Zone (**Guides to giving up smoking for consumers and supporters**)”, which includes guides for the person quitting and for a supporter, 4Ds card and stickers. According to SANE, the Guide helps you understand issues relating to smoking and mental illness and suggests practical ways in which you can offer support and is best used together with the above worker's manual.

The SANE SmokeFree Zone (Guides to giving up smoking for consumers and supporters) is available to buy for \$18.00.

For further information on these products is available on SANE's website at: <http://www.sane.org/ourworksmoking.html>

In **Lanarkshire**, Anne Reilly, Smoking Cessation Coordinator, has been delivering smoking cessation training to staff working in the mental health field.

Anne Reilly
Blantyre Health Partnership
1 Station Road
Blantyre
G72 9AA
Tel: 01698 711827
Anne.Reilly@lanpct.scot.nhs.uk

Initial Contacts for National Mental Health Organisations

Scottish Association for Mental Health (SAMH)

Cumrae House
15 Carlton Court
Glasgow
G5 9JP
Tel: 0141 568 7000
Fax: 0141 568 7001
enquire@samh.org.uk
<http://www.samh.org.uk/>

Scottish Development Centre for Mental Health

17A Graham Street
Edinburgh
EH6 5QN
Tel: 0131 555 5959
Fax: 0131 555 0285
sdc@sdcmh.org.uk
<http://www.sdcmh.org.uk/>

Penumbra

Norton Park
57 Albion Road
Edinburgh
EH7 5QY
Tel: 0131 475 2380
Fax: 0131 475 2391
<http://www.penumbra.org.uk/>

5.4 Older Adults

ASH Scotland has produced a briefing paper and literature review relating to tobacco and older adults.

These can be viewed at:

<http://www.ashscotland.org.uk/inequalities/olderadults.html>

Projects/Services

“Developing evidence-based smoking cessation training/education initiatives in partnership with older people & health professionals” is a recently completed PATH-funded project by Glasgow Caledonian University. This **study** aimed to gather data that will inform the development of training/education initiatives to help members of the primary care team provide older adults (65+ years) with information and advice that will encourage them to stop smoking.

This project has now produced a Final Report and an Executive Summary, which are available from:

<http://www.ashscotland.org.uk/path/final.html>

Susan Kerr
Senior Research Fellow
Tel: 0141 331 8374
S.M.Kerr@gcal.ac.uk

Hazel Watson
Professor of Nursing & Midwifery
Tel: 0141 331 3457
H.E.Watson@gcal.ac.uk

School of Nursing, Midwifery & Community Health
Glasgow Caledonian University
Cowcaddens Road
Glasgow
G4 0BA

The **Braveheart project**, an Ageing Well UK Demonstration Study based in Falkirk, was designed to explore the role of **mentor-led support groups** within the context of CHD rehabilitation and support. Sessions in the project covered topics such as diet and nutrition, stress and alcohol, exercise and smoking. For more information about the project and to access resources, visit:

<http://www.hebs.com/braveheart/>

Resources

- Leaflets/posters

GASP has produced the leaflet **"It's never too late to stop smoking: a quit smoking guide for older adults"** and a matching poster, available to buy for 30p and 59p each respectively.

They also have produced a poster called **"Quit smoking – if not for yourself then for your children and grandchildren"** available to buy for 59p each.

These are available to buy from their website <http://www.gasp.org.uk/>

Or by contacting:

GASP

93 Cromwell Road

Bristol

BS6 5EX

Tel: 0117 942 5185

Fax: 0117 942 5185

Age Concern England produce a leaflet called **"It's never too late! The benefits to older people of stopping smoking"**

It leaflet is available to download from:

http://www.ageconcern.org.uk/AgeConcern/media/It_is_never_too_late.pdf

Or by contacting:

Age Concern England, ActivAge Unit

Astral House

1268 London Road

London

SW16 4ER

Tel: 020 8765 7231

Fax: 020 8765 7352

aau@ace.org.uk

- Websites

The Center for Social Gerontology in the USA has a **National Center for Tobacco-Free Older Persons** and its website has information on and access to materials concerning tobacco and older persons, including fact sheets, health-related reports and articles and newsletters.

Please see:

<http://www.tcsg.org/>

- Other information

ASH Scotland has produced a briefing paper and literature review relating to tobacco and older adults.

These can be viewed at:

<http://www.ashscotland.org.uk/inequalities/olderadults.html>

Reports on the needs assessment research with service providers and service users will be available in early 2005.

Training

No training courses specifically focusing on tobacco and older adults were uncovered as a result of this mapping exercise. However, Smoking Cessation Co-ordinators may include aspects relevant to older adults in their training. Please contact your local Smoking Cessation Co-ordinator to find out more about the training available in your area.

Initial Contacts for Organisations working with Older Adults

Age Concern Scotland

Leonard Small House

113 Rose Street

EDINBURGH

EH2 3DT

Tel: 0131 220 3345

Freephone: 0800 00 99 66 (7am - 7pm, 7 days a week)

Fax: 0131 220 2779

enquiries@acscot.org.uk

<http://www.ageconcernscotland.org.uk/>

Help the Aged - Scotland

11 Granton Square

Edinburgh, EH5 1HX

Tel: 0131 551 6331

Fax: 0131 551 5415

infoscot@helptheaged.org.uk

<http://www.helptheaged.org.uk/>