



Issue 13 – December 2018

[www.ashscotland.org.uk/charter](http://www.ashscotland.org.uk/charter)

Welcome to all our new supporters who have joined us recently.  
Over **290 organisations** have signed the Charter!

**In this issue:**

- Charter Pharmacy sign ups
- How your organisation can help young adults make healthy choices
- Charter case studies
- NHS Lanarkshire Charter supporters event

 **Charter Highlights**

**Charter Cascading Success – Charter Pharmacies**

In our last update we highlighted the great work going on in Grampian to encourage pharmacies to support the Charter. NHS Greater Glasgow & Clyde has also been encouraging pharmacies to support the Charter and thanks to the work in both areas, in the last quarter we have had 28 new pharmacies sign up.



If you would like support in encouraging local organisations in your area to sign up to the Charter please do get in touch. [Click here for the pharmacy support page.](#)

**Charter Commendations**

Did you know that we send out commendations to organisations who have successfully completed a year's support of the Charter in recognition of the steps they have taken to work towards a

tobacco-free Scotland? Make sure that your organisation gets the recognition it deserves by making sure to fill out our 6 month and 1 year follow up questionnaires.

## Charter signing events



Meadowbank Dental Practice in Edinburgh signed up to Scotland's Charter for a tobacco-free Generation in October this year. They have already made fantastic progress with their pledges, making use of our Dental advice cards in each of their 6 surgeries and sharing information in their waiting room and lobby about our current campaigns! Get in touch to let us know what you have done to make people aware that you have endorsed the Charter, we'd love to hear from you!

## Something to share?



Shell Twilight Basketball launched a new programme earlier this month at Newbattle Community Campus, that encourages young people to make positive lifestyle decisions away from smoking, drugs and alcohol.

If you have a piece of work that you'd like us to share, let us know! We can share your ideas and success through this newsletter, webpages and social media channels.

**Tweet:** @ashscotland #tobaccofree

Visit the [Charter Highlights](#) page for further inspiration.

## Blogs and case studies

### **New blog: Resolve to help young people stay smoke-free in 2019 – simple steps for education and employability services**

As the Christmas holidays approach, we want to encourage all local education and employability settings to prepare their premises using the FREE posters at [www.befree.scot](http://www.befree.scot) in preparation for young adults returning in the New Year.

[Our blog](#) promotes simple steps for education and employability services to begin to change the culture on smoking in their settings, where 16 – 24 year olds spend their time. This is centred around how to support young adults to be smoke-free, especially those who may be facing certain challenges, and help all young adults achieve their personal New Year resolutions as they return to their studies, training or work.

### **New: School case study – Being a tobacco-free school**



Charter supporters Newbattle Community High School, moved into their new school campus in June 2018.

In partnership with NHS Lothian they have been working with ASH Scotland to develop a tobacco-free policy for the School. We [caught up](#) with Christine McKimmie, Guidance Teacher, to hear more about the campus move and Newbattle's journey to becoming a tobacco-free school.

### **New: #notafavour case study**

NHS Highland health improvement team has been working



in partnership with Highland Council Trading Standards, Inverness College – University of Highlands and Islands (UHI) wellbeing team, and Inverness Highlands and Islands Student Association to promote the #notafavour campaign. Read more about their efforts [here](#).

Has your organisation made use of our free #notafavour resources? If not, why not order some from our website, [www.notafavour.scot](http://www.notafavour.scot).



## Dates for your Diary

### → NHS Lanarkshire Charter Supporters Learning and Networking Event

13 February 2019

This half day event is open to all current Lanarkshire signatories as well as other local organisations interested in finding out more about the Charter. The event will include key note speakers from NHS Lanarkshire, ASH Scotland along with presentations from current Lanarkshire Charter signatories.

There will also be an opportunity to network with other organisations and find out about the resources that are available to help support organisations with key actions and activity.

For more information or to book a place please contact:

[tobaccofreecharter@lanarkshire.scot.nhs.uk](mailto:tobaccofreecharter@lanarkshire.scot.nhs.uk)



## Here to help!

Keep in touch about how your Charter pledges are going, remember to return your feedback forms and do let us know if you require any additional resources or support.

For information on any of the above contact [enquiries@ashscotland.org.uk](mailto:enquiries@ashscotland.org.uk)  
call 0131 225 4725 and ask for the Charter Coordinator, or tweet @ashscotland

**Together we can make Scotland a healthier place to grow, learn, play and work.**

[www.ashscotland.org.uk/charter](http://www.ashscotland.org.uk/charter)

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