

# HOW WE CAN HELP YOU TO TAKE ACTION ON SMOKING AND HEALTH

---



**ash**  
scotland  
Taking Action on Smoking and Health



# HELPING YOU TO TAKE ACTION ON SMOKING AND HEALTH

---

ASH Scotland (Action on Smoking and Health Scotland) is the national charity working to help you respond to the impact of smoking on your client group.

Our vision is that everyone has the right to good health, and to live free from the harm and inequality caused by smoking.

We have a focus on reducing inequality through tackling smoking and work to encourage, inform and enable organisations to support the people they work with to live free from tobacco.

There are a number of ways that we can help your organisation to reduce the harm that smoking causes to those you work with, to help those wishing to quit smoking and to help everyone to enjoy the benefits of living smoke-free. Please get in touch if we can help you to do any of the following:



# HELP THE NEXT GENERATION GROW UP TOBACCO-FREE

---

By supporting Scotland's Charter for a Tobacco-free Generation you gain access to a wealth of free graphics, case studies and video clips to inspire and enable your organisation to help the next generation grow up free from tobacco. Any organisation can participate: [www.ashscotland.org.uk/charter](http://www.ashscotland.org.uk/charter)



## HAVE THE FACTS AT YOUR FINGERTIPS

---

Our series of one-page FastFacts now covers nearly 30 topics, from smoking and poverty to e-cigarettes or illicit tobacco. These provide the carefully checked facts and figures you need to understand each issue, and are available to download free: [www.ashscotland.org.uk/fastfacts](http://www.ashscotland.org.uk/fastfacts)



## TALK TO CLIENTS ABOUT THE COSTS OF SMOKING

---

ASH Scotland has innovative new materials to make it easier for money advice and financial support staff to discuss smoking with clients, including tips and advice for those who wish to save money by quitting: [www.ashscotland.org.uk/costsofsmoking](http://www.ashscotland.org.uk/costsofsmoking)



## SUPPORT YOUNG ADULTS TO BE FREE

---

Not smoking means being fitter, happier and better off. Our #befreeachievemore campaign helps employability, education and training services explore how being smoke-free connects with the hopes and aspirations of young adults in Scotland: [www.befree.scot](http://www.befree.scot)



**68%**

**OF SMOKERS  
IN SCOTLAND  
SAY THEY  
WANT TO QUIT**

---



**HELPING SMOKERS  
IN DISADVANTAGED  
COMMUNITIES WHO SAY  
THAT THEY WANT TO  
STOP WOULD RELEASE  
£1 BILLION  
EVERY YEAR INTO  
THOSE HOUSEHOLD  
BUDGETS**

---



## GET YOURSELF CONNECTED

---

Action on smoking and health is most effective when carried out in partnership. Free membership of the Scottish Tobacco-free Alliance will keep you informed and in touch with efforts to make Scotland tobacco-free through regular updates, events and working groups: [www.ashscotland.org.uk/alliances](http://www.ashscotland.org.uk/alliances)



## HELP YOUR SCHOOL GET TOP MARKS ON TOBACCO

---

The school environment can play a huge part in helping children to grow up tobacco-free. ASH Scotland's pack makes it easy for schools to support pupils in making positive choices on their health and well-being and to gain recognition as a Tobacco-free School: [www.ashscotland.org.uk/schools](http://www.ashscotland.org.uk/schools)



## ASK OUR EXPERT INFORMATION SERVICE FOR ADVICE

---

If you have a question about evidence, the law, health impacts, finances or any other matter relating to smoking and health then our free Information Service is there to help on [enquiries@ashscotland.org.uk](mailto:enquiries@ashscotland.org.uk) or **0131 225 4725**: [www.ashscotland.org.uk/enquiries](http://www.ashscotland.org.uk/enquiries)



# Impact |

Let's talk about smoking

## TALK ABOUT SMOKING AND MENTAL HEALTH

---

A third of all tobacco is used by people with mental health issues, who are just as likely as others to want to stop smoking but may find it harder to do so. Stopping smoking is good for both physical and mental health, and our IMPACT guidance and training provides all the information and advice staff need to support people who want to do so: [www.impact.scot](http://www.impact.scot)



**36**

**YOUNG PEOPLE  
IN SCOTLAND  
START SMOKING  
EVERY DAY**

---



## DO KIDS A FAVOUR

---

Most children who smoke get their tobacco from friends and family – people who know them and care about their well-being. That's why our #notafavour campaign highlights that giving tobacco to young people is helping them into addiction, health problems and money worries, and is certainly not doing them a favour: [www.notafavour.scot](http://www.notafavour.scot)



## CREATE A CLEAN AIR CAMPUS

---

A tobacco-free campus supports students' health and well-being by putting smoking out of sight, out of mind and out of fashion. ASH Scotland can provide guidance, encouragement and support on creating a healthy environment for the thousands of young people arriving at Scottish colleges every year: link to [www.ashscotland.org.uk/cleanaircampus](http://www.ashscotland.org.uk/cleanaircampus)



# dementia **DEFENCE**

## TELL PEOPLE THEY CAN DEFEND AGAINST DEMENTIA

---

Dementia is not an inevitable part of ageing – and living well, being social, staying healthy and continuing to learn can reduce dementia risk by a third. Your organisation can sign up to the Dementia DEFENCE partnership to help spread the word: [www.ashscotland.org.uk/dementia](http://www.ashscotland.org.uk/dementia)



## KEEP IN TOUCH

---

For the latest developments in all of this, sign up to receive our free weekly email update - a user-friendly digest of tobacco related news, the latest research and updates on our activity: [www.ashscotland.org.uk/weeklyupdate](http://www.ashscotland.org.uk/weeklyupdate)



# ash scotland

Taking Action on Smoking and Health

**ASH Scotland  
8 Frederick Street  
Edinburgh, EH2 2HB**

**0131 225 4725**

**[enquiries@ashscotland.org.uk](mailto:enquiries@ashscotland.org.uk)**

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

**Twitter @ashscotland**

---

Action on Smoking & Health (Scotland) (ASH Scotland) is a registered Scottish charity (SC 010412) and a company limited by guarantee (Scottish company no 141711).

The registered office is 8 Frederick Street, Edinburgh EH2 2HB.