

## Smoking and Money Advice

13.30 to 16.00, 28 March 2019

ASH Scotland, 8 Frederick St, Edinburgh EH2 2HB

**A day of learning, discussion and debate with friends and colleagues. Lunch from 12.45.**

**This seminar will describe the work of ASH Scotland's Smoking and Money Advice Project which has recruited a variety of organisations from across Scotland in the trial of a smoking advice resource.**

**Two thirds of smokers say they would like to quit and if they do, it frees up hundreds of pounds a year to spend on other things. Money advisers are helping smokers by pointing to the savings and the free NHS service there to help.**

**Why are money and debt advice services so well placed to trigger quit attempts?**

**What have money advisers been doing to help improve their clients' health and wellbeing?**

**How easy is signposting to stop smoking services from money advice and vice-versa?**



**Zareen Iqbal, Development Officer at ASH Scotland will present on her work to encourage the use of signposting-resources in money advice settings.**

**Other speakers from money advice and stop smoking services will talk about their experiences of using resources to help with discussing the costs of smoking with clients .**

**To register early for this free event email Clair Kirkwood at ASH Scotland:**

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