



# Scottish Tobacco-free Alliance Online Learning Festival

Monday 30th Nov. - Friday 4th Dec. 2020

The Scottish Tobacco-free Alliance (STA) is Scotland's forum for information exchange, discussion and collaboration on all aspects of smoking and its impacts on health and inequality.

For 20 years the STA has run an Annual Learning Day, a one-day conference where STA members come together to share news and updates and plan future collaborations. This year, being unable to host physical events, we are moving online with a series of short sessions – please note that sessions will not be recorded, so attendance is highly recommended!

## Learning Festival Line-up

### Session 1.



**Smoking and Health in Scotland – a national update**

**Monday 30th November - 11am to 12.30pm**

The Annual Learning Day traditionally starts with an overview of the national situation, and this year will be no different. Presentations will cover the main updates, developments and challenges for work on tobacco and health across Scotland.

**Contributions from:** Morris Fraser (Tobacco Lead, Scottish Government) and Sheila Duffy (Chief Executive, ASH Scotland), followed by questions and discussion.

**Chaired by:** Brian Pringle, Manager at West Lothian Drug and Alcohol Service (WLDAS) and Chair of the STA.

### Session 2.



**Let's talk about smoking and mental health**

**Monday 30th November - 2pm to 3pm**

A presentation of a new, shortened version of ASH Scotland's popular IMPACT training for anyone supporting people with mental health issues. The session covers the effects of smoking on mental health medications, facilitating discussions about smoking and mental health, e-cigarettes/vaping and local services to help people stop smoking.

**Delivered by:** Linda Bates and Jim O'Rorke, Development Officers at ASH Scotland.

### Session 3.



**Smoking and Covid-19 – what do we know?**

**Wednesday 2nd December - 11am to 12.30pm**

A presentation on the latest research evidence on links between smoking and Covid-19. This will be followed by updates on the impact of Covid-19 on delivery of smoking interventions around Scotland.

**Presented by:** Robert Tempelaar, Information and Research Officer at ASH Scotland, followed by questions and discussion

**Chaired by:** Dr Rachel O'Donnell, University of Stirling

### Session 4.



**Supporting the next generation to be tobacco-free**

**Thursday 3rd December - 10am to 11.30am**

Two presentations will set out how ASH Scotland has surveyed services supporting young carers and is now engaging with them to develop suitable tobacco interventions, and how Youth Borders and Lothian Association of Youth Clubs are collaborating to consult with young people and youth services about the links between smoking and mental health and how support services can help break that connection.

**Presented by:** Connie Bennett, Development Officer at ASH Scotland, (Second speaker to be announced)

**Chaired by:** Joanne Buchan, Development Lead, ASH Scotland

### Session 5.



**Tobacco use by vulnerable children and young people**

**Thursday 3rd December - 2pm to 3.30pm**

Presentation of recent research into smoking with 60 young people across the Lothians who have experience of the care system or been affected by homelessness. Exploring tobacco culture surrounding young people and the role of smoking in their lives. Including recommendations about how to achieve change. Followed by an introduction to follow-up engagement and interventions to deliver on research findings.

**Presented by:** Lorraine Simpson, Managing Director of The Lines Between and Laura Sharp, Project Officer at Fast Forward

**Chaired by:** Joanne Buchan, Development Lead, ASH Scotland

### Session 6.



**Scotland's biggest killers – a manifesto on NCD prevention**

**Friday 4th December - 11am to 12.30pm**

Non-Communicable Diseases (NCDs) (such as cancer, heart disease, stroke, diabetes and lung disease) are responsible for almost 39,000 deaths every year in Scotland – more than two-thirds of all deaths. The presenter will introduce the manifesto on NCD prevention, promoted by ten of the biggest health charities.

**Presented by:** David McColgan (Senior Policy and Public Affairs Manager at British Heart Foundation), followed by questions and discussion

**Chaired by:** Sheila Duffy, Chief Executive of ASH Scotland.

## To register for any of these sessions...

All events are free and will run using **Microsoft Teams**.

To register simply email **Clair Kirkwood** at [ckirkwood@ashscotland.org.uk](mailto:ckirkwood@ashscotland.org.uk) giving your name and email address, and indicating which sessions you wish to attend. A Teams link to join each session will be circulated to attendees a few days in advance.

STA membership is free and open to all who share our goal of a tobacco-free Scotland. Find out more information at [www.ashscotland.org.uk/alliances](http://www.ashscotland.org.uk/alliances)