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Dear School

### **'Sick of Smoking?' Participation in No Smoking Day: March 12<sup>th</sup> 2003**

No Smoking Day is an important part of our commitment to reduce the number of children and young people and families who take up smoking or use tobacco and cigarettes.

Participation in No Smoking Day will provide the school community with an opportunity to reinforce messages already presented by the Healthy Schools initiatives particularly around maintaining good health and overall drug awareness and education. Nicotine in tobacco is the most available drug children and young people can use and, to which, they can and will become addicted.

'Sick of Smoking?' came as a direct quote, often given by smokers as their reason for quitting. Often people cannot pin down one reason, and 'sick of smoking' sums up the many personal reasons people have for wanting to stop smoking. People are sick of the smell, the frustration, of feeling ill, of spending money, of all the negative feelings smokers have about their habit - No Smoking Day sums it up by asking if they are 'Sick of Smoking?'

#### **Messages**

The three main messages of the No Smoking Day campaign are that if you are sick of smoking then, No Smoking Day is a good opportunity to stop, smokers can get help when they want to stop, there are health and other benefits to stopping smoking.

#### **What your school can do!**

1. Your school could put up a poster and leave out information leaflets in a prominent position in busy reception areas or school corridors.
2. Members of the school community could develop a table top or free standing display on smoking issues and helping people to quit
3. The school could plan and deliver a focused No Smoking Day event or activity on or near the 12<sup>th</sup> March 2003.

#### **Materials and resources**

Your school can order free materials on the enclosed form. If you need ideas or help with thinking through how you can help the campaign then please contact Bob Webb (01603 307230 Email [Bob.Webb@norfolk.nhs.uk](mailto:Bob.Webb@norfolk.nhs.uk)) who is coordinating the campaign in Norfolk. You can also contact the No Smoking Day website for information and ideas on <http://www.nosmokingday.org.uk>

#### **Getting involved in the Norfolk Alliance Against Tobacco**

The Norfolk Alliance Against Tobacco would welcome the participation and involvement of teachers, young people and children in their campaigns. There are many projects, which need direct involvement from schools and young people. More particularly if your school wishes to review its No Smoking policy and its arrangements for obtaining advice, and information, for young people who wish to quit smoking then please contact Bob Webb.

**Bob Webb**  
**Cancer Prevention and Tobacco Control Advisor**

# No Smoking Day March 12<sup>th</sup> 2003

This form has been created to order No Smoking Day campaign materials from the two health promotion libraries in Norfolk.

We ask you to fill in the details below as soon as you know what you need. You will be able to send in the order form from 6<sup>th</sup> January 2003. Please send your form to the office that usually sends you Health Promotion materials.

<b>Please tell us your name, telephone number and email</b>	Name
	Tel
	Email
<b>Address and contact details</b>	
<b>Address for delivery if different to above</b>	
<b>If you need / or prefer to arrange collection of materials please give a contact number if different from above to arrange collection of materials</b>	

## Order Form : No Smoking day Materials 2003

Number	Item Description	Number Required	Remarks
C01	<b>Campaign Leaflet</b>		
C05	<b>Campaign Poster A2</b>		
C09	<b>Campaign Poster A3</b>		
C14	<b>Banners</b>		
C15	<b>Bookmarks</b>		
C23	<b>Sticker Sheets</b>		
C26	<b>Balloon</b>		
C34	<b>Pens</b>		
	<b>Significant Stop Smoking Service Leaflet</b>		
	<b>Significant Ready to Stop Smoking Credit Card Size with contact number</b>		

Signed.....

Date.....

**Please send this form or email to one of the Health Promotion Library Services below :-**

**Eastern Support Services Norwich Primary Care Trust-Health Promotion Resources**

St Andrews House (Northside), St Andrews Business Park, Norwich NR7 0HT

**Telephone** 01603 307208 **Email** julie.pretty@norolk.nhs.uk

**West Norfolk Primary Care Trust**

Kings Lynn Resource Centre, St James, Extons Road, Kings Lynn PE30 5NU

**Telephone** 01553 816231 **Email** christine.howes@westnorfolk-pct.nhs.uk