

Additional services for young people in Lothian

NHS Stop Smoking Service

Did you know that within the Lothian region there is a separate dedicated NHS services for young people who would like help and support to stop smoking? The service is accessible and provided where young people may feel more comfortable, for example, in schools, youth clubs, youth cafés and drop-in centres.

Edinburgh City, East Lothian and Midlothian

Text 'STOP SMOKING' to 07969 530 266 and the team will call back and discuss where and when is the best time to meet.

West Lothian

Call or text Lesley on 01506 446 659 or 07795 200 267

There is an excellent on line resource

www.canstopsmoking.com

Where you will find on line support, tools and ideas

Telephone support from **Smokeline**

Call 0800 848484 to talk with someone about stopping smoking.

Smokeline is Scotland's national free stop smoking helpline.



Contact details for the Y-STEP Team

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Y-STEP is a service delivery partnership funded by NHS Lothian



West Lothian Drug and Alcohol Service



Y-STEP

Are you working with young people?

Looking for some new and interesting ways to talk about tobacco and smoking prevention?

Y-STEP can help

Young People
Smoking
Tobacco
Education
Prevention

Background to Y-STEP



In May 2008 the Scottish Government launched a national Smoking Prevention Action Plan, which aims to reduce the number of young people who smoke.

The plan aims to promote healthy lifestyles and make cigarettes and other tobacco products less affordable, less available and less attractive to children and young people.

Building on previous achievements

A range of work and initiatives have been developed in the Lothian regions over the years and the team aims to highlight that work and build on what we have learned.

The Lothian Team

Funding provided by NHS Lothian has been used to create a team of Smoking Prevention Development workers whose role is to work in partnership with young people and staff to organise and deliver local initiatives.

The West Lothian post is hosted by West Lothian Drug and Alcohol Service (WLDAS) while the East Lothian, Midlothian and Edinburgh City posts are hosted by Fast Forward. The work is funded until February 2012.

Aims of the project

The aims of this project are to:

Implement the National Smoking Prevention Action Plan at a local level using a multi-agency approach which is led by young people and the community

Lead in organising a range of activities that contribute to reduced numbers of young people smoking

Enable agencies and staff to deliver consistent smoking prevention messages that are integrated in their ongoing work

Improve access to relevant resources to support the delivery of smoking prevention initiatives

Support and develop the local tobacco alliances and work in partnership with Stop smoking services and initiatives such as Smoke Free Homes

What the team can offer

Flexible, free training for staff and volunteers from a wide range of organisations

Opportunities to involve young people in planning and developing smoking-prevention initiatives in their communities.

Easy access to resources and training materials through local lending points

Advice and information on smoking-related issues

Support to schools and other youth organisations to develop teaching plans particularly in relation to Curriculum for Excellence

Support in developing smoking policies and initiatives

Support to develop a whole-organisation approach to smoking prevention

Signposting to relevant stop smoking staff or projects



Y-STEP