

## Sheffield Smokefree Children & Young People's Service

### Offer to Sheffield Secondary Schools to participate in the ASDAN Certificated Smokefree Schools Programme

1 in 5 children start smoking in Sheffield every day

16 people die per week in Sheffield Hospitals through smoking related illness & smoking related harm costs the local economy over £132 million per year.

Our preventative programme aims to minimise the take up of smoking through a whole school initiative.

#### Who are Zest?

Zest run a healthy living centre based in Upperthorpe that has been operating since 1998. We also deliver health services, employment support, training and social and physical activities to adults and children across Sheffield. To complement our community work, we also run city wide programmes one of them being the C&YP Smokefree Schools Programme commissioned by The PLACE Public Health Team at Sheffield City Council.

#### What does the Smokefree Schools Programme offer?

***Our programme is free and delivered in partnership with schools and built on our experience delivering the programme in selected Sheffield Secondary Schools Since 2014. Following recommissioning, Zest will continue to deliver the Smokefree Schools Programme to 2020.***

We offer a whole school approach to promote smokefree as the norm including staff briefings, policy support, school prevalence evaluations, assemblies, corridor workshops, national campaigns, lessons, ACE days, attendance at events, in house quit support and an ASDAN certificated Peer Support Programme. The programme is delivered over a six month period.

#### How will the Smokefree Peer Supporter scheme work?

Young people's participation is integral to the programme. So far, we have trained over 180 students across Sheffield as Smokefree Peer Supporters. The Programme delivers an ASDAN certificated Smokefree Peer Support Programme which includes training aimed at year 8 students to promote non-smoking norms. Trained Peer Supporters promote this message through events in school. Young people have the opportunity to promote their work through Sheffield Youth Council and Sheffield Tobacco Control Board.

#### How will the Smokefree Schools Programme support smokers to quit?

A dedicated specialist Young People's Stop Smoking Advisor works on the programme & offers quit support through group and 1-1 sessions including access to nicotine replacement therapy. This service is delivered by our delivery partners at Yorkshire Smokefree and will provide timely support for young people who want to quit smoking.

#### What are the benefits of engagement in the Smokefree Schools Programme?

- A consistent school approach to becoming smokefree
- A reduction in smoking prevalence in schools and improvements in students behaviour
- An evidence based peer support programme that is certificated through the ASDAN scheme.
- A social norms marketing campaign
- Specialist Young Persons 1-1 and group support for students to stop smoking with the Yorkshire Smokefree Sheffield Service
- Smokefree support for parents/carers
- A legacy of a smokefree school.

For further information on the Smokefree Schools Programme contact Lou Wright (0114) 2702040 ext 224 or email

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