

# WANT TO STOP SMOKING?

Phone  
North East Glasgow  
Stop Smoking  
Services on  
**0141 201 9832**



## Stub It Out at School

**PLUCKY** Sprinburn Academy pupils took to the Xscape slopes recently to prove that there really are better things to do than smoke.

The 53 pupils were there as part of a development day supported by North East Stop Smoking Services part of Glasgow City Community Health Partnership's North East Health Improvement Team.

The event was part of the Pupils' Zero Tolerance campaign on smoking which was launched following the publication of the recent Glasgow Schools Health & Wellbeing Survey.

The survey was carried out with S1-S4 pupils across all mainstream high schools in Glasgow City, with 50% of all the young people taking part. A full set of results was compiled into a city report and each school were also given their own report.

At Springburn Academy, pupils



were concerned to find that 3% more pupils smoke in their school than in comparable Glasgow schools and that 76% of pupils have been exposed to tobacco which is also 3% more than other

areas of the city. It was further highlighted from the survey that the majority (96%) of smokers smoke with friends and the group want to address this issue and the impact on younger pupils as well as their own year group.

As a result the School's Zero Tolerance Campaign was launched and this has led pupils to draft a school policy.

Pupils are also currently producing an educational dvd for primary school aged children and in the longer term would like to set up a referral pathway to support young people who want to quit.

So far the young people have been working on their ideas in school in partnership with North

East Health Improvement Team, teachers, Urban Fox, Technician Resource Service and Glasgow Life.

Karen Gray, from North East Stop Smoking Services, has been working with the pupils throughout the project. She said: "It is fantas-tic. We now have pupils deter-mining or trying to influence their school policy. They are putting in place what they think should be the school rules on the subject and the school's senior management team has already supported it, so these pupils are leading and responsible for the no-smoking policy for this school".

**For more information on support to stop smoking or develop policy contact 0141 201 9832.**



## GETTING HEALTHY THE EASY WAY

**A HEALTHY lifestyle has more benefits that just good physical well-being.** The social aspects and mental well being can sometimes be overlooked.

Some people think that it might not think that there are activities for them and that you have to be an Olympic athlete to take part in competitive sports or

leisure, but nothing could be further from the truth. There is something for everyone.

Being active is easier than you think. Some people think about getting active as getting fit and assume that it means vigorous physical activity. It doesn't.

You will get fitter as you get more active. But, the goal for good

health is to increase the amount of physical activity that you do. The more you do the better!

It's important to be actives whatever age we are. Even growing older doesn't have to mean being less active. Many people think it's natural to slow down and do less, simply because we are not as young as we used to be.

But, for most of us, this simply isn't true.

It is never too late to start having a healthier lifestyle, with all the support available, it is easier than ever to have that healthy body and mind that you have always wanted.



## Margaret stops smoking at 81



**Margaret Murphy is an 81 year old lady who lives in Carmyle.**

She was a late starter to smoking, in fact she was 50 when she started and had a previous quit but had started smoking again.

Margaret has quite a big family, none of whom smoke, and were all encouraging her to stop smoking. Recently she has been feeling her health was suffering and had been attending her GP practice and after discussing her smoking with the practice nurse, agreed to be referred to the

North East Stop Smoking Service.

After an initial call from a member of the team, Margaret attended a stop smoking group at Parkhead Congregational church. She is currently using a Nicotine replacement product to assist her quit and enjoys the support she receives from the group. Her family are fully supportive of Margaret attending the group, and were delighted that at two recent family events, Margaret remained smokefree.

## The Urban Fox Free Cycle Loan Programme

**If you live in Cuthelton, Lilybank or Newbank you can come and get registered.**

**What Do You Do Next?**

Pick up a registration form from Helenslea Community Hall or call 0141 556 1195



**The Urban Fox Free Cycle Loan Programme**

Helenslea Community Hall  
48 Methven Street, Lilybank, Glasgow G31 4RB



**For further information and registration for activities contact Michael McCourt 0141 556 1195**



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