



Q1: Is secondhand smoke (SHS) really harmful?

A1: Medical evidence is clear that SHS causes serious diseases and harm to others, including non-smokers.

Q2: Why should the College become smoke-free?

A2: The College has legal responsibilities to protect students, staff and visitors from the known hazards of SHS. Ayrshire college recognises its responsibility not to promote or encourage tobacco use.

Q3: What about the rights of smokers?

A3: The College recognises the rights of smokers and will provide assistance to help smokers to stop. As of 17 AUGUST 2015, all campuses become smoke free.

Q4: What happens if someone smokes in a smoke-free area?

A4: The person smoking will be reminded that the campus is smoke-free, and asked not to smoke. If the smoker persists, appropriate college student policies will be implemented.

Under the Environmental Protection Act 1990, section 88, anyone found dropping cigarette ends may be liable for an £80 fine.

Contact Fresh Air-shire on: 0800 783 9132 or, visit weekly smoking cessation clinics on main campuses.

Fresh Air-shire provides a wide range of support systems which include:

- * Individual support
- * Group support
- * Telephone support
- * Information and advice
- * Access to treatments including Nicotine Replacement Therapy (NRT) and Varenicline (Champix).

This support is provided by a team of Specialist Smoking Cessation Advisors, Community Pharmacy Advisors and Support Services Officers.

Ayrshire and Arran pharmacists offer a stop smoking service which provides smokers who want assistance to stop smoking, access to free NRT and advice from pharmacy staff.

Fresh Air-shire staff will be able to tell you which chemists in your area offer this. The service is available during normal pharmacy opening hours.

If you require further details on any aspect regarding Smoke Free Campuses, please do not hesitate to contact the Student Services Team.



Ayrshire Colleges Smoke Free Procedure is available from:

student.ayrshire.ac.uk

The Smoke Free Procedure also includes the use of E-Cigarettes

Smoking is known to be bad for your health, and Ayrshire College has taken the decision for all campuses to be designated SMOKE FREE as from 17 AUGUST 2015.

The College is committed to providing a safe and healthy working and learning environment for its students and staff. The College also provides support through partnership agencies including NHS Fresh Air-shire. The team will be on campuses on a weekly basis to help anyone who wishes to stop smoking.

In line with World Health Organisation advice, the College Procedure advises:

Smoking is prohibited in all campuses, car parks and college vehicles. Smoking in private vehicles on college campuses is also prohibited.

This procedure also applies to e-cigarettes and vaping.

The Smoke Free Procedure has been informed by an evaluation of the current legislation and best practice, as well as feedback from students and staff.

NHS Fresh Air-shire
Telephone: 0800 783 9132

Weekly smoking cessation clinics are held at all main campuses

MYTH: SMOKE FREE POLICIES INFRINGE AN INDIVIDUAL'S RIGHT TO SMOKE

Fact: The right of a person to breathe clean air takes precedence over any right of smokers to pollute the air other people breathe.

Myth: Smoking restrictions are not appropriate in our college

Fact: Smoke-free policies have been successfully implemented in many universities and colleges. It is appropriate to protect all students and staff from ill health caused by second-hand smoke.

Myth: I tried quitting once and failed, so it's no use trying again

Fact: Most smokers try several times before quitting for good.

Myth: Smoking is cool and sexy

Fact: Smoking stains your teeth, causes facial wrinkles, depletes energy and causes bad breath and a general bad aroma.

Myth: Smoking a few cigarettes a day will do no harm

Fact: You can ingest many damaging chemicals with each inhale of a cigarette. Smoke contains 4,000 chemicals and poisons, many of which cause cancer.

- * Set a quit date
- * Ask your family and friends for support
- * Think positively – You can do this
- * Get help from Fresh Air-shire
- * Take one day at a time
- * Think about the money you will save



The more you
TRY
The more likely
you will **succeed**

USEFUL WEBSITES

<http://www.nhs.uk/Livewell/smoking/Pages/NHS-stop-smoking-adviser.aspx>

<http://www.canstopsmoking.com/tools>

<http://www.quit.org.uk/lets-quit-2/guides/>