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This newsletter gives a brief update on information and events relating to tobacco control. If you would like to receive regular copies of this update, please contact me at lesley.thomas@devon.gov.uk

*Lesley Thomas
Tobacco Control Manager, Public Health Devon*

Stoptober - the 28-day stop smoking challenge - is back this October

Following the success of last year's campaign which saw 160,000 people complete the challenge, Stoptober is set to return this October.



Stoptober encourages people all over the country to stop smoking for the month of October and offers advice and support to help achieve this goal. If you can stop smoking for 28 days you're **five times** more likely to stop for good.

There is lots of advice on how to inspire smokers to quit, as well as promotional materials to advertise the campaign. Stoptober resources are available now and can be ordered [here](#).

The Devon Stop Smoking Service offer regular clinics as well as a Stoptober Quit Course starting 24th September. Contact them on 01884 836024 to join or email them on ndht.stopsmoking@nhs.net

National Stoptober Roadshow

There's lots going on in Devon to promote Stoptober. The National Stoptober Roadshow came to County Hall, Exeter on Friday 20th September to promote the campaign. This is the same day that Tour of Britain passed through Topsham Road! Passers-by were given the opportunity to use the Stoptober interactive wheel to make their pledge and also pick up useful prep packs to help them take part in this year's Stoptober challenge.



Teignbridge play parks go 'smoke free' in county first

Three play areas in Teignbridge have become 'smoke free' zones in a bid to encourage residents and visitors to stub out smoking where children play.

Play areas at The Den, Teignmouth, Courtenay Park and Decoy Country Park, both in Newton Abbot, have become the first in Devon to trial a new smokefree code which asks that children be allowed to play in a smoke free environment.

A survey conducted recently in the South West found that almost 60% of people said that smoking was a problem in their local play park. 98% of those interviewed said that they would support a voluntary ban on smoking completely in the play parks themselves. Research has shown that these signs really do make a difference.



Plain pack cigarettes plan shelved

Government plans to go ahead with plain packaging in England have been shelved despite a new study finding that standardised packaging was less appealing to smokers and made them prioritise quitting.

Ministers want to assess the impact the scheme is having in Australia after early research showed smokers were “less satisfied” with tobacco being sold in plain packaging.

Devon MP, Sarah Wollaston, described the announcement as a “day of shame for this government”



Smoking & drug use among young people

A new report from The Health and Social Care Information Centre (HSCIC) has revealed that fewer children are smoking in the South West than they were 10 years ago.

The HSCIC report found that in 2012 around two in ten (23%) of 11 to 15 year olds had tried smoking, compared to around four in ten (42%) in 2002.

Of the 7,590 pupils surveyed across 254 schools, two thirds said they'd been exposed to second hand smoke in the past year; 55% said this occurred in someone else's home, 43% in their own home, 30% in someone else's car and 26% in their family car.

Smoking in cars

Baroness Finlay has recently tabled an amendment to the Children and Families Bill, which would ban smoking in cars while children are present. This amendment is due to be debated at Grand Committee stage at the House of Lords after 8th October.



If you would like to add your support for the issue or would like further information on the amendment, please e-mail Tamara.sandoul@blf.org.uk

Rail companies to ban e-cigarettes

It has been announced that several rail companies are supporting a complete ban on e-cigarette use within their stations and on their trains.

Operators C2C, Greater Anglia and First Capital have banned passengers from using e-cigarettes in their stations as they believe some varieties of the electronic device expel nicotine, which can make other passengers feel uneasy.

Tackling Tobacco, Driving Change; A celebration of local and regional achievement.



A reminder that Smokefree South West is inviting you to the above event on:

**Friday 4th October 2013 10am-4pm
MShed, Bristol**

Register your attendance:
info@smokefreesouthwest.org.uk

Devon are showcasing two successful tobacco control projects. One is the Smokefree Children's Centre pilot that has won a CLear award, the other is an Ilfracombe Trading Standards Intervention on illegal tobacco.

Achievements and Challenges: Smoking in Pregnancy Best Practice Meeting

Understand the challenges and find solutions to one of the biggest causes of inequalities. The day includes:-

- **Professor Linda Bauld for Stirling University** sharing the latest national evidence and practice in the field.
- Recommendations from the Challenge report on Smoking in Pregnancy: call to action
- **Hilary Wareing from Tobacco Control Collaborating Centre** presenting on the National SATOD audit

As well as local case studies sharing best practice in the identifying and supporting pregnant women to stop smoking.

Wednesday 13 November 2013 - Canalside, Marsh Lane, Somerset, TA6 6LQ

For further details contact: toby.reynolds@smokefreesouthwest.org.uk

For more information on the work of the Smokefree Devon Alliance or to be removed from this mailing list please contact:

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