



In the News January 2009

Headlines

Headline	Source	Date
Crackdown on illegal smoke sales	Rhondda Leader	01/01/2009
Crackdown on illegal cigarettes	Pontypridd & Llantrisant Observer	01/01/2009
Chronicle comment	Flintshire Chronicle	02/01/2009
Secret smokers	Daily Post (Wales)	02/01/2009
Breaking health news	Western Mail	05/01/2009
Pair fined for sale of illegal tobacco	South Wales Echo	07/01/2009
Keep well this winter	Penarth Times	08/01/2009
Helping smokers to stub out the habit	Llanelli Star	08/01/2009
Make a change for good this year	South Wales Evening Post	12/01/2009
The NHS is a good starting point for advice on kicking those unhealthy habits in 2009	Western Mail	12/01/2009
Smokers putting lives at risk in Wales	Abergavenny Chronicle	15/01/2009
Smokers taking on litter message	Wrexham Evening Leader	15/01/2009

Smokers taking on litter message	Flintshire Evening Leader	15/01/2009
Which is better, carrot or the stick?	Wrexham Evening Leader	15/01/2009
'Smoking ban is bad for business'	Cynon Valley Leader	15/01/2009
Assembly's mixed message in its unethical investments	Western Mail	16/01/2009
Charity's cigarette safety plea	Flintshire Chronicle	16/01/2009
Weigh up your risk of having a stroke	Wales Online (Web)	19/01/2009
Weigh up your risk of having a stroke	Western Mail	19/01/2009
Give blood	South Wales Argus	20/01/2009
Smokers at risk	Denbighshire Visitor	21/01/2009
Smoking fines	Denbighshire Free Press	22/01/2009
Smoking fines	Corwen, Bala & Llangollen Free Press	22/01/2009
Three-year-old smoker shock	South Wales Argus	23/01/2009
Cancers are linked to smoking and drinking are on the rise	Western Mail	26/01/2009
Smoking ban bad for business	Rhondda Leader	29/01/2009
Smoking ban bad for business	Pontypridd & Llantrisant Observer	29/01/2009

Dates for the Diary



11th March – No Smoking Day

As the impact of the credit crunch starts to bite, many families are feeling the pinch. And for smokers, many of whom spend over £2000 a year on cigarettes, it's particularly tough.

It's no surprise then, that surveys show most would like to quit – and No Smoking Day is here to make sure they stand the best possible chance of success.

This year's theme has been developed with smokers themselves, with lots of involvement from our local organisers. It's a striking image that tells its own story, but the strapline - take the first step - is also an invitation to use No Smoking Day to make a lifelong change. It's a reminder that quitting requires commitment and planning, and we're working more closely than ever with stop smoking services and others that support smokers who want to stop.

No Smoking Day 2008 saw 1.2 million smokers kick the habit, and we're expecting even more to take part on 11 March 2009.

Log onto the No Smoking Day website and log your event in Wales. Last year most Welsh organisers didn't bother with this step and Wales looked like it wasn't doing much on the day. However quite the opposite was true. Make sure you take lots of pictures on the day and forward them to the team at No Smoking Day.

NSD Website is: <http://www.nosmokingday.org.uk/>

25th March – Kick Butts Day

On Kick Butts Day we will help empower young people in Wales to stand out, speak up and seize control against Tobacco with fun, educational activities and events.

ASH Wales is planning to hold a Wine and Nibbles evening at Kooywood Gallery in Cardiff from 7pm to celebrate Kick Butts Day. This will be a fun filled night to celebrate and build on our achievements to reduce youth smoking prevalence rates. To register your interest in attending the event please email elen@ashwales.co.uk.

1st May – Smoking Cessation Masterclass

This master class will provide evidence-based practical flow-chart applications in pharmaceutical treatments, combination NRT therapies and behavioural interventions. These flow-charts have been developed for health-workers to assess and adapt treatments to the variety of circumstances in smokers they meet daily. Case studies will be presented where these strategies have been implemented.

Harm-reduction in tobacco control is a novel approach to many. The workshop will include harm-reduction strategies, as it is medically important to not only help smokers stop but to reduce the harm in those who do not stop.

This 1 day programme, presented by Associate Professor Renee Bittuon, is a must for health professionals working with people who are addicted to cigarette smoking.

To register log on to www.ashwales.co.uk for a registration form or contact sue@ashwales.co.uk

[Collaborate, Communicate, Celebrate: Tobacco Control Conference 09 – 5th & 6th October](#)

Following on from the 2008 Conference: A Call to Action, ASH Wales is hosting Communicate, Collaborate, Celebrate: Tobacco Control Conference 09 on 5th and 6th October 2009 in Cardiff, Wales.

Communicate, Collaborate, Celebrate is a two day tobacco control conference that recognizes the importance of working in partnership across diverse agencies, of spreading the tobacco control message and of celebrating successes in reducing prevalence rates.

Our full website will be operational in mid-March but if you wish to avail yourself of the early bird rate for what promises to be an engaging and innovative conference please email enquiries@ashwales.co.uk and request a conference registration form.

Early Bird registration before 30th March will be £150.00 for two days or £75 day rate inclusive of access to the conference and refreshments, including lunch.

Accommodation and travel costs are not included in the registration.

[Watch out for forthcoming:](#)

[Carbon Monoxide Monitoring Training Day](#)

To register your interest for this event please contact sue@ashwales.co.uk. We are currently looking into venue availability and dates. So please let us know if you are interested in this training. Don't forget that you can now purchase carbon monoxide monitors from ASH Wales – see <http://www.ashwales.co.uk/documents/ash-wales-mailer-co2.pdf>

[Wales Tobacco Control Forum](#)

The next meeting will be held in June, dates to be determined. We are currently developing the programme but would like to hear from you about any issues you may wish to see addressed. Please contact sue@ashwales.co.uk.

Thought for the Month: Point of Sale Tobacco Displays

You have probably heard by now that the NHS Bill is seeking to require retailers to place tobacco products out of sight. At the Wales Cancer Alliance event at the Welsh Assembly this month, CR-UK handed over its enormous petition from its *Out of Sight Out of Mind* campaign to Dr Dai Lloyd AM. AMs heard from young and old smokers and ex-smokers who urged the Assembly to do more to prevent young people's access to tobacco products as well as the need for cessation services.

The best briefing on this topic, including the arguments being used to attempt to thwart this measure can be found at this link: http://www.ash.org.uk/files/documents/ASH_701.pdf

Please do take the time to read this briefing.