

Watch out for
**National
'No Smoking Day'**
on
**Wednesday
10th March 2010**

Success of the policy

A combination of co-operation from both smokers and non-smokers will ensure the continued success of the policy. All staff have a responsibility to implement the policy within the College. Individuals in supervisory and managerial positions have an augmented role in ensuring adherence to the policy.



Cookstown

Burn Road, Cookstown
Co. Tyrone, BT80 8DN
T: 0845 6031 1881
F: 028 8687 1818
Textphone: 028 8772 0625

Dungannon

Circular Road, Dungannon
Co. Tyrone, BT71 6BQ
T: 0845 6031 1881
F: 028 8775 2018
Textphone: 028 8772 0625

Enniskillen

Fairview, 1 Dublin Road, Enniskillen
Co. Fermanagh, BT74 6AE
T: 0845 6031 1881
F: 028 6632 6357
Textphone: 028 6634 2225

Omagh

2 Mountjoy Road, Omagh
Co. Tyrone, BT79 7AH
T: 0845 6031 1881
F: 028 8224 1440
Textphone: 028 8225 5237

www.swc.ac.uk



**All Campus Enquiries
Tel: 0845 6031 1881**



As a responsible organisation, South West College want to advance the quality of personal, social and economic life for all students and staff. With a commitment to provide a safe working environment and improve Health and Safety at work, all campuses have been designated smoke-free environments.

With passive smoking becoming an increasing risk to non-smokers it is in the best interest of all staff and students that there is active support for the success of the policy. The College anticipates that all staff and students will readily adhere to the policy.

The Principles

1. It will be the right of all students, staff and visitors of the College to benefit from a healthier smoke-free environment.
2. All students, staff and visitors will be expected to honour the College policy on **NO SMOKING**.

The Policy

1. Students and staff are **NOT** permitted at any time to smoke in College premises.
2. Individuals visiting the College (contractors, general public etc.) will be expected to abide by the policy.

To guarantee the immediate and continued success of the policy, there must be positive support at all times from staff and students. Failure to observe the above policy will result in disciplinary action by the College.

Help and Advice

Smoking (including passive) contributes to cancer, heart disease, stomach ulcers and wrinkles. Giving up can be difficult as a result of addiction, the social nature of the habit and a perceived image from smoking. Within 10 – 15 years of giving up, an ex-smoker's risk of developing lung cancer is only slightly more than that of someone who has never smoked.

- www.givingupsmoking.co.uk
– smoking helpline 0800 169 0169
- www.quit.org.uk
– a charity to help people stop smoking
- www.patient.co.uk
– help and resources
- www.nhssbtcg.co.uk
– effective smoking cessation with a list of initiatives throughout Northern Ireland
- www.healthpromotionagency.co.uk
– campaigns, research and useful reading
- www.ash.org.uk
– action on smoking and health (facts and help)
- www.gasp.org.uk
– smoke-free solutions