

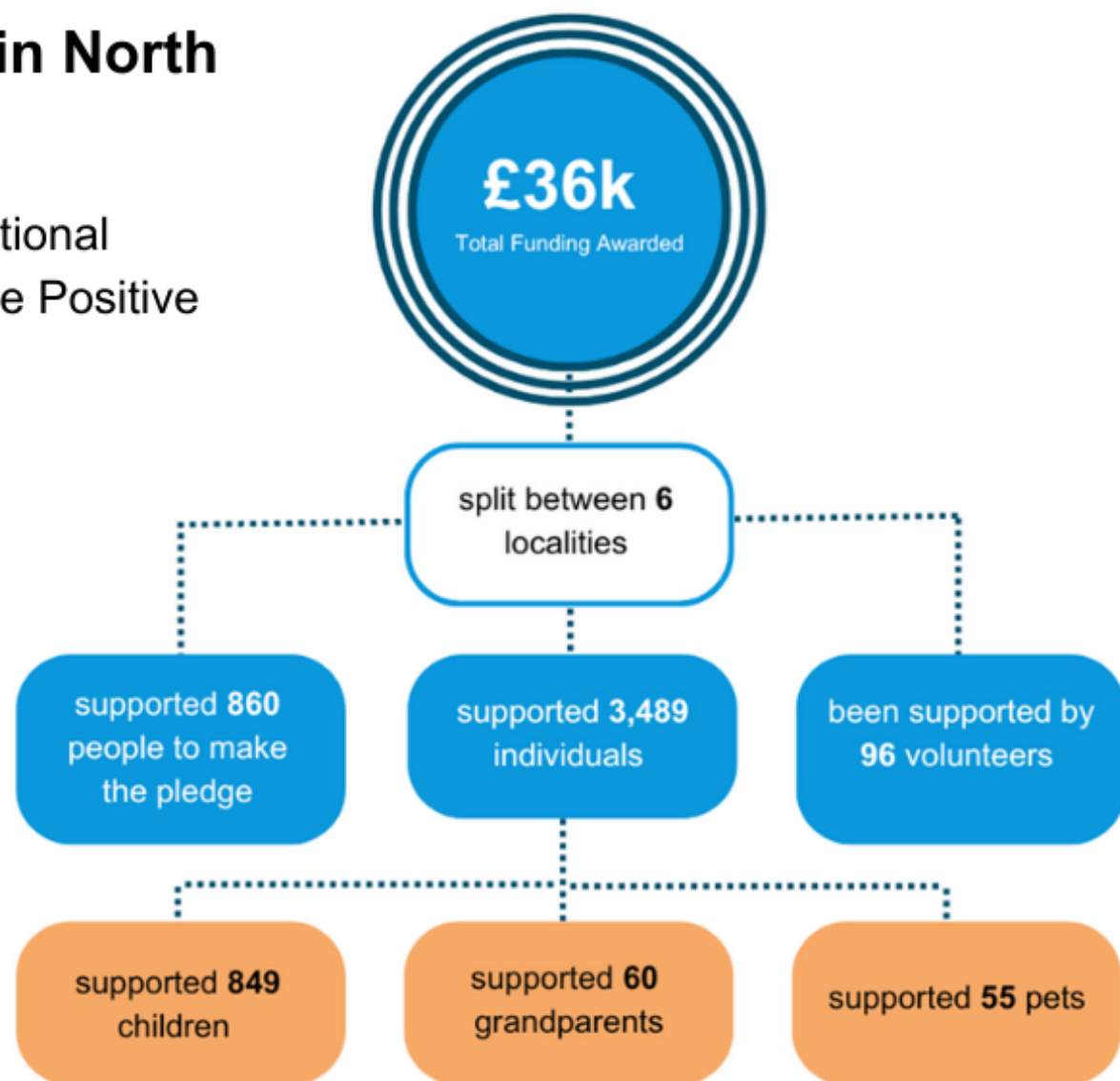
Positive Smoke Free Role Models Flash Report 2022-24

QUIT YOUR WAY
with our support

Positive Smoke Free Role Models in North Lanarkshire

The purpose of this flash report is to share additional information about all projects funded through the Positive Smoke Free Role Models Fund.

Please see the [Community Solutions website](#) for the full Impact and Learning Report.



Airdrie Locality

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Locality Host Organisation: Diamonds in the Community

Total Pledges: 46

Total People Supported: 663

'From 60 a day to none! Watching someone go through treatment, then succumb to lung cancer was enough for me to stop.'



Trip to Namibia

The benefits of stopping smoking have been amazing, I can now walk long distances without being out of breath, my taste buds have had a new lease of life, no more coughing fits, a whole lot more energy all round, not to mention the smell from smoking. If I knew then how much of a negative impact smoking would have on my life, I would have never started smoking.'

'I started smoking when I was 18 and I stopped smoking at 25, as my dad who has never smoked a day in his life got cancer. I started smoking again about 31 and have just recently quit vaping. I feel much better for giving up and healthier also.'

Glasgow Kilt Walk 2024



DIAMONDS IN THE COMMUNITY

Creating better futures together

REFERRING SERVICES
WALKING SPORTS
BABY AND FAMILY BANK
COMMUNITY OUTREACH AND ASSISTANCE
SPORTING MEMORIES GROUPS
MENTAL HEALTH PROGRAMME
DISABILITY SPORTS
SCHOOL UNIFORM BANK
KIDS SPORTS CAMPS
MINDFULNESS SESSIONS
WALK AND TALK GROUPS

Diamonds@tsc@hotmail.com

@diamondscommunity

@diamondscommunity

@diamondscommunity

@diamondscommunity

Diamonds Events Set-Up

Bellshill Locality

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Locality Host Organisation: Orbiston Neighbourhood Centre

Total Pledges: 500

Total People Supported: 500



Coabridge Locality

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Locality Host Organisation: Glenboig Development Trust

Total Pledges: 113

Total People Supported: 1,772



Motherwell Locality

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Locality Host Organisation: The Health and Wellness Hub

Total Pledges: Unknown, but all event attendees, volunteers, and staff were invited to take the pledge

Total People Supported: 166

Please see the main report for an activity report created by The Health and Wellness Hub



Jenny and the Bear event



Jenny and the Bear materials



Motherwell Fire Station

The North Locality

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Locality Host Organisation: Cornerstone House Centre

Total Pledges: 95

Total People Supported: 250

Case Study: Making Strides Toward Healthier Living: The Pledge Which is Changing the Lives of a Cumbernauld Couple

M, a smoker of 20 cigarettes per day for more than 21 years from Cumbernauld, recognised the toll that tobacco was taking on his health and the wellbeing of his loved ones. Determined to make a positive change, he attended a Challenge Poverty Week event in Cumbernauld in October 2023, at which he was introduced to the Positive Smoke-Free Role Model Initiative by Cornerstone House Centre. After chatting with a Development Worker, he made a pledge to stop smoking for the betterment of himself and his family.

Six months later, M visited Cornerstone House Centre and was able to report on his progress since taking the pledge. He informed them that since that day in October 2023, he has reduced his daily cigarette usage from 20 initially to 10 and more recently to five. Since this change, M has experienced a profound transformation in both his physical and emotional wellbeing.



"It has not been easy but the progress made has allowed me and my partner to enjoy a better lifestyle. Believe it or not, it was the step I first took that inspired my long-term girlfriend to re-evaluate her own tobacco habits and remarkably she has stopped smoking completely!" - M

Information Stalls

"Cutting down on smoking has truly been the best thing I have done in years. Since October, I have coughed less than I ever did and felt more energetic." - M



The North Locality

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The North Locality Information Leaflet

Tobacco-Free Charter...

What Is Scotland's Charter For a Tobacco-Free Generation?

In addition to the PSFRM initiative, community and voluntary sector groups in Cumbernauld, Kilsyth and Northern Corridor are asked to commit to helping reduce harm from smoking by pledging to support the **ASH Scotland Charter for a Tobacco-Free Generation by 2034**.

By supporting the Charter, local organisations can help achieve this goal and improve the health and wellbeing of the people and communities they work with. Endorsing the Charter is a great and free way to back creating a healthier, happier and wealthier Cumbernauld.

How Do Groups Support the Charter?

Becoming a Charter supporter is easy. Groups can pledge three actions that they will take to improve the health and wellbeing of people that they work with by addressing smoking. Some pledge ideas are given when registering for organisations that are not sure where to start.

Charities, SCIOs, social enterprises, community venues, unincorporated groups, businesses and other representatives in the North area can take the Charter pledge at www.ashscotland.org.uk/what-you-can-do/scotlands-charter-for-a-tobacco-free-generation.

Why Stop Smoking?

The significant health risks of smoking include increased risk of many forms of cancer, most notably lung cancer of which smoking is the cause in 70% of cases. Smoking also causes damages to the heart and blood circulation.

If you smoke, quitting is undoubtedly the most important step you can take to protect your health. Even if you've smoked for years, quitting will still reduce your risk of heart conditions.

Did you know that 20 minutes after you quit smoking, your heart and blood pressure return to normal? And that after 2-3 days of stopping, your sense of smell and taste will improve? Equally, after 2-12 weeks, exercise becomes easier and your breathing will improve, and after one-year risk of heart attack is down 50%.

How Can I Find Out More?

For more about the promotion of the positive smoke-free role model initiative or Scotland's Charter for a Tobacco-Free Generation by 2034 in the Cumbernauld, Kilsyth and Northern Corridor area, please contact:

North Area Community Solutions Consortium
Cornerstone House Centre
1 Esk Walk, Cumbernauld, G67 1BZ
T: 01236 739220 | F: @CornerstoneCHC
E: health@cornerstone-house.org.uk
www.cornerstone-house.org.uk

Become
a positive smoke-free
role model

"be the difference"
TAKE THE PLEDGE
www.cornerstone-house.org.uk/take-the-pledge

contact us to take the Positive-Smoke Free Role Model pledge
T: 01236 739220
health@cornerstone-house.org.uk
1 Esk Walk, Cumbernauld, G67 1BZ

Wishaw and Shotts Locality

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Locality Host Organisation: Getting Better Together

Total Pledges: 106

Total People Supported: 138



Please see the main report
for the animation created
by Calderhead High School

Getting Better Together Film Plan

Techniques: Clay, Collage, Stop Motion Cut out

- Each person picks one theme / topic
- 10 minutes to make a quick storyboard

Animation Theme	Why?	How can we show it?	Dialogue/Text in film
Vapes should not be used by young people	Children learn by sight. Vapes have bright packaging, young children are more drawn to it.	Visual idea: <ul style="list-style-type: none">• collage - everything is monochrome• character and vapes are more stand out, seller darker, silhouette Characters: <ul style="list-style-type: none">• 11/12-year-old – school uniform• seller Animation assets objects: <ul style="list-style-type: none">• vapes• shops	Who is more drawn to vaping?

Animation Workshop

