

ASH Scotland Online Sessions



ASH Scotland has adapted a range of our existing support, training and briefings and we are now excited to offer these as a range of concise online sessions (using either Zoom or Teams).

Thanks to Scottish Government funding, we are able to offer these sessions **free** to any organisation working with children, families, young people or disadvantaged adults anywhere in Scotland.

1

Introductory Sessions

A brief live session (from half an hour to an hour) for your staff or volunteer group to explore the relevance and impact of smoking to your service users or client group, how organisations can respond and what support is available. You can tailor the session by choosing up to three topics from our menu:

- Scotland's Charter for a Tobacco-free Generation
- Supporting Parents and Carers to Create a Smoke-free Home
- Creating a Tobacco-free School
- Smoke-free College/University Campuses
- People who Buy Tobacco for Young People
- Raising the Issue of Smoking in Youth Work Settings
- Children and Young People who are Looked After
- E-cigarettes and Children
- E-cigarettes and Adults
- Smoking and Mental Health
- Young People, Smoking and Mental Health
- Smoking and Finances
- Smoking and Medications
- Smoking and COVID-19
- Tobacco and Cannabis

2

Themed Sessions

In addition to offering this topic menu for organisation teams, we will also timetable a number of sessions grouping together some of the related topics. These will be open to individual staff or volunteers to attend:

- Supporting Parents and Carers
- Smoking and Young Adults
- Smoking and Mental Health
- Smoking and Inequalities

3

Online Learning Modules

We have a number of online resources, ranging from brief tutorials to introduce a topic, through to more substantial resource packs supporting work in particular areas:

- Understanding Tobacco
- Supporting Behaviour Change
- Smoking and Financial Support
- Second-hand Smoke Resources for Delivery to Parents and Carers
- Second-hand Smoke Resources for Training Professionals
- Smoking and Mental Health
- Smoke-free Colleges and University Campuses
- Resources and Activities for Schools and another for Youth Work Settings
- Tobacco-free Cultures for Children and Young People who are Looked After

Finally, we are adapting some of our more comprehensive training packages to be delivered in shorter online modules:

- Supporting Smoke-free Homes
- Smoking and Mental Health



If you are working in Scotland to support a disadvantaged group, then you can be sure that they will be affected by smoking – please get in touch to discuss how we can help you to respond.

Contact admin@ashscotland.org.uk to express an interest and to arrange a conversation about how we can help you to improve the health, economic and social outcomes for your service users.