



## Reducing Children's Exposure to Secondhand Smoke

### A Free One Day or Half Day Course for those working with parents/carers

#### Background

Secondhand smoking (SHS) means involuntarily breathing in other people's tobacco smoke. Exposure to SHS imposes serious risks to health, particularly to children, who unlike most adults have little choice over such exposure.

This **evidence based** course aims to;

- a. Assist frontline staff working with parents and carers in Gateshead, to raise the issue of secondhand smoke protection for their children.
- b. Equip staff with the knowledge and skills to help them support parents/carers to reduce children's exposure to SHS both in and outside the home.

#### Who Should Attend?

Any professional who works directly with parents or carers of children and young people in Gateshead e.g. health visitors, nursery nurses, school health advisors, Sure Start staff, Children's Centre staff, practice nurses, paediatric nurses, parent liaison workers.

#### How Long is the Course?

The course is offered as **either** a one day course or a half day course depending on knowledge, skills and experience.

**The half day and 2hr course** is suitable only for those staff who are **very familiar** with the effects of SHS, the cycle of change behaviour change model and motivational interviewing.

**The one day course** is for all staff not familiar with the above.

All attendees must agree to participate in follow up evaluation post course on how the course has impacted on their practice.

#### How Do I Apply?

All applications should be made on the attached form. It is the responsibility of applicants to gain prior permission from their line manager to attend a course and complete any necessary study leave form.

All attendees must give at least 7 days notice of cancellation or they may incur a charge.



## Reducing Children's Exposure to Secondhand Smoke Course Application Form

Please indicate which course you wish to attend.

### Half Day Courses

- Wednesday 21<sup>st</sup> October 9:30am -11:30am Gateshead East Community Fire Station, Dryden Road, Gateshead, NE9 5BU
- Wednesday 18<sup>th</sup> November 9:00am – 13:00pm Workforce Development, Gateshead Council, Prince Consort Road, Gateshead, NE8 4HJ
- Wednesday 16<sup>th</sup> December 13:30pm – 15:30pm Gateshead East Community Fire Station, Dryden Road, Gateshead, NE9 5BU
- Wednesday 13<sup>th</sup> January 9:00am- 13:00pm Venue to be confirmed
- Wednesday 10<sup>th</sup> February 13:30pm – 15:30pm Venue to be confirmed

**NB The half day and two hour course** is suitable only for those who are **very familiar** with the effects of secondhand smoke, the cycle of change behaviour change model and motivational interviewing

### One Day Course

- Wednesday 10<sup>th</sup> March 9:00am -4.30pm Kibblesworth Millenium Centre, Grange Terrace, Kibblesworth NE11 0NX

I wish to apply to attend the above course. I understand that by completing this course I will be required to participate in post course evaluation on how the learning has impacted on my practice. I confirm that I have gained my manager's approval to attend the course.

**Applicant Details**

**Name:**

**Job Title:**

**Organisation:**

**Address:**

**Postcode:**

**Tel No:**

**Email Address:**

**Special requirements** including dietary, wheelchair access etc.

NB A sandwich lunch will be provided on the full day course only.

**Please return this form by email, fax or post no later than 14 working days prior to the course date of your choice to;**

Tricia Robson  
Health Trainer Assistant  
Old Town Hall  
West Street  
Gateshead  
Tyne & Wear  
NE8 1HE

Tel 0191 433 5793 Email [triciarobson@gateshead.gov.uk](mailto:triciarobson@gateshead.gov.uk)

**All places will be allocated on a first come first served basis. Your place will be confirmed no less than one week before the course**