



StThomas's Church Hall, 75 Monsell Road, London, 2EF N4

TEL. 0207 354 9347

Promoting health and hygiene

No-smoking Policy

1. Introduction

It is estimated that 21% of adults in Islington smoke, many of whom have young families (Islington Evidence Hub, 2012). Children are at a greater risk from second-hand smoke because they breathe more rapidly than adults and inhale more pollutants for their body weight than adults. Exposing children to second-hand smoke can increase their risk of chest infections, asthma, cot death and ear infections (Islington Evidence Hub, 2012). Islington residents have a variety of ways to access quit support. This policy outlines the role of the centre in supporting parents to quit smoking and have smoke free homes, including ideas for raising the issue.

This policy applies to all staff and visitors to ourpreschool.

This policy is in line with our safeguarding, confidentiality and health and safety policies and is kept in the main hall and online. It is in line with the Islington Smoke Free Guide.

2. Role of the

All staff and parents at our preschool are made aware of the setting's no smoking policy. We display no smoking signs and this policy is stated in the information brochure for parents. We actively encourage not smoking by having information for parents and staff about where to get help to stop smoking.

All our staff are familiar with the safeguarding policy and all have a responsibility for safeguarding children and maintaining confidentiality. Parents are made aware that if staff make a referral on their behalf to smoking cessation services, their details will be shared with the relevant agencies.

Staff who smoke are only permitted to do so when they are on a break and off the premises. Staff who smoke during their break make every effort to reduce the effect of the odour and lingering effects of second-hand smoke for children and colleagues in the centre. Staff should ensure they:

- wear a jacket whilst smoking and remove it once they re-enter the building

- wash their hands after smoking
- wait 10 minutes after smoking before meeting children.

Claudine Noury and Layla Conquest has overall responsibility for reporting incidents that take place in the preschool, including overseeing that the policy is implemented.

3. Supporting families

3.1 Universal approach (health promotion):

Our centre displays information on stop smoking support and the specialist agencies in the lobby. We actively raise awareness of smoking cessation with campaigns. We also promote and encourage all our families to have smoke-free homes and cars.

3.2 Targeted approach (support with smoking cessation and smoke free homes)

Staff feel confident to support pregnant women to stop smoking. They are aware that women are asked their smoking status at the point of booking by midwifery colleagues and can follow this up with parents.

Staff are aware of the services and support offered by Smoke Free Islington for parents, such as individual support from a stop smoking advisor (either at a drop-in clinic or by appointment) or at a stop smoking group. Staff are also aware of which of the local GP surgeries and pharmacies offer stop smoking support. Staff understand the referral process to local pharmacies, GP and Smoke Free Islington and they are confident in making referrals. Our centre has clear protocols in place to effectively work with other agencies to support individuals and their families and to monitor the support provided.

4. Electronic cigarettes

Electronic or e-cigarettes have increased in popularity in recent years. The Camden and Islington Department of Public Health have stated that:

‘Electronic cigarettes are not covered by the Smoke Free legislation which prohibits smoking in enclosed public places. However, Public Health supports the inclusion of electronic cigarettes in smoke free policies in order to restrict or prohibit their use.’

The Islington Smoke Free Guide states that:

‘Islington Council have decided that e-cigarettes are banned within 50 metres of the perimeter of any council building. The e-cigarettes are banned within Islington council buildings due to:

- insufficient evidence in relation to the health risks that they may pose to individuals using them and those in proximity

- e-cigarettes look like real cigarettes particularly from a distance which makes a smoking ban difficult to enforce and creating an impression for visitors, customers or other employees that it is acceptable to smoke.'

The preschool will follow these guidelines and enforce it with all staff and parents on site. Staff and parents will be aware that they are role models for children and in the interest of promoting a healthy lifestyle, they should not smoke actual or electronic cigarettes in view of children while in the centre or taking part in centre activities.

5. Working in homes of families

The Islington Smoke Free Guide states that:

'If you must visit a home where a member of their family smokes it will be up to you to make a quick assessment of the risk when you have entered the premises. You may consider that the risk is enough to warrant deferring your visit. You will however be expected to make a reasonable attempt to undertake your duties by adoption of one or more of the following strategies:

- When care is offered to service users in their own home, it is essential that a request be made to provide a smoke-free environment whilst the visit is taking place.
- This request should be made in the text of the appointment letter wherever possible, as part of the arrangement of receiving care in service users' own home.
- A verbal request can also be made at the time of the visit and the service user should be respectfully asked not to smoke whilst you are working within that environment.
- If the service user continues to smoke, then the request not to smoke should be made at least twice so that there is no confusion about the requirement for a smoke-free environment during the visit.
- If the service user still refuses to refrain from smoking, you may consider withdrawing from the meeting.

This policy was updated in May 2023 and will be reviewed in 2024

