

Did you know that on July 1st 2007 England is going smokefree?

From 1st of July 2007, virtually all enclosed public places and workplaces in England will be smokefree. This means that it will be against the law to smoke in the indoor parts of places such as pubs, bars, nightclubs, cafes and restaurants, lunch rooms, membership clubs and shopping centres. At work, smoking inside will become a thing of the past, and indoor smoking rooms will no longer be allowed. Public transport and work vehicles used by more than one person will also need to be smokefree.

Secondhand smoke is bad for health because it is a recognised carcinogen, which means that it is known to cause cancer in humans. Secondhand smoke can significantly increase a non-smokers likelihood of getting lung cancer or heart disease. And, because 85% of secondhand smoke is invisible and odourless, even though you think your workplace, pub or club is not a particularly smoky place you maybe be at more harm than you realise.

The Health Act requires managers of business premises to ensure all enclosed and substantially enclosed buildings and areas aare completely smokefree. 'No smoking' signage must also be displayed at all public entrances. The required signage is available free by registering at www.smokefreeengland.co.uk. Managers must also take reasonable steps to ensure that staff and customers are aware that the premises is legally required to be smokefree.

Employers who would like more information about complying with the legislation can telephone Zoe Harvey on 01480 398585 for advice or e-mail zoe.harvey@cambsphn.nhs.uk Details can also be found at www.smokefreeengland.co.uk.

For smokers who would like to stop smoking, the NHS has a free local service. Camquit and PQS Stop Smoking Services offer support to help smokers at a range of locations across Cambridgeshire and Peterborough. For more information on NHS Stop Smoking Services telephone 0800 169 0169.