

COINNIGH
UAINN É



NOT AROUND US

An implementation guide

May 2023



I dtreo Luimneach Saor ó Thobac
TOWARDS A TOBACCO FREE LIMERICK



Healthy
Limerick



Sláintecare
Healthy
Communities



Rialtas na hÉireann
Government of Ireland



PAUL
PARTNERSHIP
LIMERICK
Turning the tide of unemployment
Ag tús nua sa ghluaiseacht
PÁIRTÍOCHT
PAUL
LUIMNEACH

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Introduction

The *Not Around Us* campaign first launched in Limerick on the week leading up to "World No Tobacco Day" (31st May) in 2019.

The aim of the campaign is to de-normalise smoking and vaping for the next generation and promote an environment where it is easier for those who smoke & vape to quit for good. The "*Not Around Us*" campaign is another step towards achieving a Tobacco Free Limerick. "*Not Around Us*" signage has been created to encourage people not to smoke and vape in areas where young people and children are likely to be.

The campaign supports chapter 7 of the HSE and Healthy Ireland's **Tobacco Free Ireland** programme which focuses on "Protecting Children and De-normalisation" of tobacco and nicotine use.

The campaign is championed by Healthy Limerick and Limerick City and County Council in collaboration with the HSE, PAUL Partnership and Child and Youth Services. In 2021, Limerick's Child and Youth Council *Comhairle na nÓg* were awarded a gold medal at the "World No Tobacco Day" awards by the World Health Organisation (WHO) for their contribution towards developing the #NotAroundUs campaign.



Key Messages

- 1 "Not Around Us" is a campaign to encourage people not to smoke and vape in public areas where children and young people are likely to be and likely to see.
- 2 The aim of the campaign is to de-normalise smoking and vaping in pursuit of a Tobacco Free Ireland for the next generation.
- 3 The "Not Around Us" signage will display a QR code with information about the campaign and will guide individuals who wish to quit smoking and vaping, to the local HSE QUIT Mid West service.
- 4 Organisations who commit to the campaign by displaying the "Not Around Us" signage and who actively engage in the campaign through their social media will help to protect the health and wellbeing of the next generation.



Fact Sheet



85%

of smoke from
cigarettes and vapes is
released into the air
and inhaled by others*



Secondhand smoke kills **1.2 MILLION** people every year**



Children exposed to
secondhand smoke are at
increased risk of severe
respiratory illness, cancer
and sudden infant death
syndrome (SIDS)*

Children whose
parents smoke are
3 times
more likely to
smoke themselves*

How To Get Involved

If you / your organisation would like to get involved in the "*Not Around Us*" campaign, simply download and fill out an expression of interest form by clicking on the link below:

[Not Around Us – How to Get Involved | Limerick.ie](#)

"*Not Around Us*" signage will be sent out at no cost to you / your organisation. By displaying the "*Not Around Us*" signage on your premises, you are contributing towards achieving a tobacco free Limerick.



#Reshare



@HealthyLimerick



@hihealthyireland



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Every Contact Counts. Share the **#notaroundus** message by educating others on the campaign and encouraging others to get involved, using the QR code attached to the signage.

Share the message on your / your organisation's social media platforms and tag the above "@" to have your message reshared.

Where To Get Help

Are you or is someone you know ready to quit smoking / vaping? 'Take Back Control' and refer to the HSE Free Quit service:

Phone: 065-6865841

Email: quit.midwest@hse.ie

Freephone: 1800 201 203

Freetext: QUIT to 50100



Twitter:
[@HSEQuitTeam](https://twitter.com/HSEQuitTeam)



Instagram:
[hse_quit](https://www.instagram.com/hse_quit)



Facebook:
[You Can Quit](https://www.facebook.com/YouCanQuit)

NOT AROUND US



**Limerick City and County Council,
Merchants Quay,
Limerick,
V94EH90**

Phone: +353 61 556572

Email: healthy.limerick@limerick.ie

COINNIGH
UAINN É



Coinnigh Uainn É

Treoirleabhar don chur i bhfeidhm

Bealtaine 2023



I dTreo Luimneach Saor ó Thobac
TOWARDS A TOBACCO FREE LIMERICK



Healthy
Limerick



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Réamhrá

Seoladh an feachtas Coinnigh Uainn É i Luimneach den chéad uair an tseachtain roimh "Lá Domhanda Gan Tobac" (31 Bealtaine) in 2019.

Tá sé mar aidhm ag an bhfeachtas caitheamh tobac agus vapáil a dhí-normalú don chéad ghlúin eile agus chun timpeallacht a chur chun cinn ina mbeidh sé níos éasca dóibh siúd a chaitheann tobac & a dhéanann vópail vape éirí as go deo. Is céim eile i dtreo Luimneach Saor ó Thobac a bhaint amach é an feachtas " Coinnigh Uainn É ". Tá comharthaíocht " Coinnigh Uainn É " cruthaithe chun daoine a spreagadh gan tobac a chaitheamh agus gan a bheith ag vópáil i gceantair inar dócha go mbeidh daoine óga agus leanaí.

Tacaíonn an feachtas le caibidil 7 de chlár FSS agus Éire Saor ó Thobac de chuid Éire Shláintiúil atá dírithe ar "Leanaí a Chosaint agus úsáid tobac agus nicitín a Dhí-normalú".

Tá ab feachtas tacaithe ag Luimneach Sláintiúil agus ag Comhairle Cathrach agus Contae Luimnigh i gcomhar le FSS, Comhpháirtíocht PAUL agus Seirbhísí um Leanaí agus an Óige. In 2021, bhronn an Eagraíocht Dhomhanda Sláinte (WHO) bonn óir ar Chomhairle na nÓg Chomhairle Leanaí agus Óige Luimnigh ag gradaim "Lá Domhanda Gan Tobac" as an méid a chuir siad le forbairt an fheachtais #CoinnighUainnÉ.



Príomhtheachtaireachtaí

1.

Is feachtas é "Coinnigh Uainn É" atá ceaptha chun daoine a spreagadh gan tobac a chaitheamh agus gan a bheith ag vápáil in áiteanna poiblí inar dócha go mbeidh leanaí agus daoine óga ann agus inar dócha go bhfeicfidh siad é.

2.

Is é aidhm an fheachtais ná caitheamh tobac agus vápáil a dhí-normalú i dtreo Éire Saor ó Thobac a chruthú don chéad ghlúin eile.

3.

Taispeánfaidh comharthaíocht "Coinnigh Uainn É" cód QR ar a bhfuil eolas faoin bhfeachtas agus treoróidh sé daoine aonair ar mian leo éirí as caitheamh tobac agus as vápáil, chuig seirbhís áitiúil FSS QUIT an Mheán-Iarthair.

4.

Eagraíochtaí a léiríonn tiomantas don fheachtas trí chomharthaíocht "Coinnigh Uainn É" a thaispeáint agus a ghlacann páirt ghníomhach san fheachtas trína meáin shóisialta, cabhróidh siad le sláinte agus folláine na chéad ghlúine eile a chosaint.



Bileog Fíricí



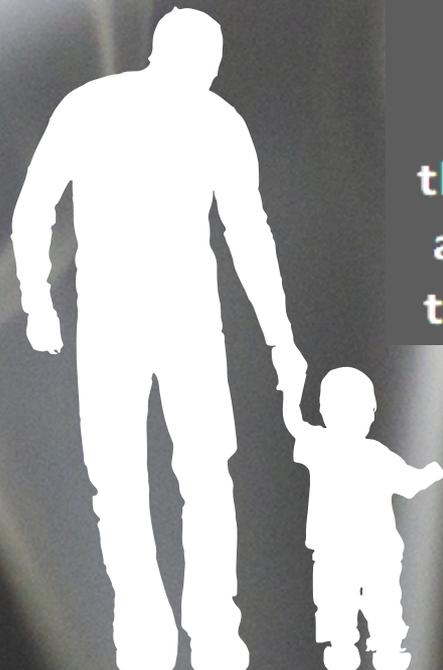
Scaoiltear **85%**

den deatach ó thoitíní agus galtoitíní isteach san aer agus análaíonn daoine í *



Maraíonn toit ó dhaoine eile 1.2 MILLIÚN duine gach bliain**

Leanaí gcaitheann a dtuismitheoirí tobac tá sé **trí huaire** níos dóchúla go gcaithfidh siad tobac iad féin



Tá **leanaí** a análaíonn toit ó dhaoine eile i mbaol méadaithe ó thinnis riospráide thromchúiseach, ó ailse agus ó shiondróm báis tobann naíonán(SIDS)*

Conas páirt a ghlacadh

Más mian leat/le d'eagraíocht a bheith páirteach san fheachtas "Coinnigh Uainn É", níl le déanamh ach foirm léirithe spéise a íoslódáil agus a chomhlánú trí chliceáil ar an nasc thíos:

[Coinnigh Uainn É – Conas Páirt a ghlacadh | Luimneach.ie](https://www.luimneach.ie)

Seolfar comharthaíocht " Coinnigh Uainn É " saor in aisce chugat/chuig d'eagraíocht. Trí chomharthaíocht "Coinnigh Uainn É" a thaispeáint ar d'áitreabh, tá tú ag cuidiú le Luimneach Saor ó Thobac a bhaint amach.



#Reshare



@HealthyLimerick



@hihealthyireland



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Is fiú Gach Teagmháil. Roinn an teachtaireacht #notaroundus trí daoine eile a chur ar an eolas maidir leis an bhfeachtas agus trí dhaoine eile chun a bheith páirteach, ag baint úsáide as an gcód QR atá ar an gcomharthaíocht.

Roinn an teachtaireacht ar d'ardáin meán sóisialta/ardáin meán sóisialta d'eagraíochta agus clibeáil an "@" thuas chun go n-athroinnfear do theachtaireacht

Cá Bhfuil cabhair ar fáil?

An bhfuil tú féin nó duine éigin a bhfuil aithne agat orthu réidh le éirí as caitheamh tobac/vápáil? 'Bíodh smacht agat ar do shaol arís' agus déan teagmháil leis an tseirbhís QUIT FSS atá saor in aisce:

Teileafón: 065-6865841

Rphost: quit.midwest@hse.ie

Saorghlao: 1800 201 203

Saorthéacs: QUIT to 50100



Twitter:
@HSEQuitTeam



Instagram:
hse_quit



Facebook:
You Can Quit

Coinnigh Amach Uainn É



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Limerick

**Comhairle Cathrach agus Contae Luimnigh,
Cé na gCeannaithe,
Luimnigh,
V94EH90
Teileafón: +353 61 556572
Rphost: healthy.limerick@limerick.ie**