

# NEWSLETTER

## DECEMBER 2010

### The Plain Truth Campaign

The Plain Truth Campaign Tobacco Packaging Survey has now finished and we are waiting for the report to be finished!

The winners of the prizes will be notified very soon!

### What have we been up to...

The W-WEST group members have been very busy preparing for a tobacco seminar in January where the results of the tobacco survey will be presented!

W-WEST are also planning an event in February!! Keep reading for more information!!

### W-WEST in Pictures

Here are a selection of pictures from just some of the different things W-WEST group members have been involved in!



W-WEST were the first ever winner of the REHIS & ASH Scotland Crofton Award in 2009



W-WEST group members and performers from PACE Theatre Company at the launch of W-WEST in June 2009



W-WEST group members and our wolves and sheep at the launch of the Plain Truth Campaign in May 2010

W-WEST group members attended the 2010 Young Scot Awards at the Glasgow Hilton



### Scottish Smoking Cessation Conference

W-WEST posters were displayed at the Scottish Smoking Cessation Conference in November to give delegates information on W-WEST and what we do!

### SIGN UP!

Are you interested in becoming part of the team at W-WEST?

Simply E-mail us at: [contact@w-west.org.uk](mailto:contact@w-west.org.uk) with your name and email address and we'll get back in touch.



## Why Waste Everything Smoking Tobacco?

## Do you know the effect that growing tobacco has on the environment?

- Growing tobacco uses up many of the soil's own nutrients, leaving it barren and undernourished after production. Tobacco takes up nutrients from the soil faster than other crops, and in areas where it is grown all the time, the soil is then regarded as unusable for other crops. So, after each crop of tobacco is produced, a new site must be found. This increases the amount of trees that are destroyed to make way for more tobacco crops to be produced.
- It is estimated that if tobacco crops were replaced by food crops, extra food would be available to feed 10 to 20 million people.
- The tobacco plant is very sensitive and prone to disease. Huge amounts of fertiliser and pesticides are required throughout growth in order to preserve and protect the crop. Because tobacco is not a food crop, there is little monitoring about the use of such chemicals and they can find their way into the local water supply, affecting local crops and wildlife.
- Cigarette smoke contains two of the gases associated with the greenhouse effect, carbon dioxide (CO<sub>2</sub>) and methane. It is estimated that smoking across the globe generates about 2.6 billion kg of CO<sub>2</sub> and 5.2 billion kg of methane every year.
- Tobacco burning is the main source of indoor pollution in the developed world. Tobacco smoke contains about 4000 chemicals including carcinogens, irritants and toxic gases. Someone who smokes 20 cigarettes a day can receive the same amount of radiation as if they have been exposed to 200 chest x-rays per year.

## Ask W-WEST!!



Have you got a question about smoking, tobacco products, the tobacco industry, quitting smoking, etc.? W-WEST is here to help!! Email your questions to the email address on the next page or leave us a comment on Facebook. Every question we receive will be answered, and we will choose some to put on our website or in the newsletter.

**Did You Know?...** Every day in the UK, 20 million cigarette packs and 200 million butts are thrown away, accounting for 40% of all street litter.

## Are you a smoker?

## Thinking about giving up?

Check out the W-WEST website for lots of handy hints and tips if you are trying to quit.

If you live in the Greater Glasgow & Clyde area, you can find your local Smoking Cessation contact on the website too!



## Why Waste Everything Smoking Tobacco?

# The Plain Truth About W-WEST

**W-WEST** are holding a **FREE** event for young people on **Saturday 26th February 2011!!** The day starts at 10am and will go on until 3.30pm!

The Plain Truth About W-WEST will be held in Hampden Park and there will be lots to see and do on the day!!



PACE Theatre Company will be there and you will have the chance to perform with them!

You can take part in fun sessions led by the W-WEST group members!

You will have the opportunity to view a picture and design gallery of the W-WEST journey!

There will be prize draws on the day—you could be the lucky winner of a Nintendo Wii, an iPod Touch, Shopping Vouchers or Cinema Vouchers!!



The event is totally **FREE** and lunch is included!!

Want to know more?? Keep an eye out on the W-WEST website for more information, or you can send us an email (contact information on the next page).

## W-WEST Website

You may have noticed some changes to the W-WEST website!!

We are in the process of updating the website and changing some of the pages. We will soon have a brand new W-WEST Gallery where you can view pictures from all of the events that W-WEST have been involved in, you will be able to view information on our events and campaigns and send us in your questions about smoking and the tobacco industry!

If you have any suggestions on how we can make the W-WEST website even better, you can either leave us a message on the website message board or send us an email!! We also have Facebook, so add us a friend and leave us a message!

## Why Waste Everything Smoking Tobacco?



## **W-WEST Meetings**

W-WEST group meetings take place once a month in the Glasgow Science Centre. This is when we come up with ideas for campaigns and decide what community events to take part in. Do you want to come along to a meeting to find out more about what we do? If you would like to come along to a meeting email [contact@w-west.org.uk](mailto:contact@w-west.org.uk) and we will send you out information on becoming a W-WEST member and when the next meeting is being held.

## **Get Involved!**

If you would like to get involved with W-WEST, find out more information, or you have a project you would like us to come along to, get in touch with us!!

At W-WEST we want to involve as many young people as possible, if you know of anyone who you think would like to receive our newsletter, tell them to send us an email, or add us as a friend on Facebook and we will add them to our newsletter distribution list.

## **Contact Details for W-WEST....**

**Website:** [www.w-west.org.uk](http://www.w-west.org.uk)

**Email:** [contact@w-west.org.uk](mailto:contact@w-west.org.uk) or [w-west@hotmail.co.uk](mailto:w-west@hotmail.co.uk)

**Add us as a friend on Facebook:** <http://en-gb.facebook.com/wwwest1>

**Follow us on Twitter:** [http://twitter.com/w\\_west](http://twitter.com/w_west)



## **Why Waste Everything Smoking Tobacco?**