

## Health Matters



With Dr Ian Lawrence, chairman of the Amber Valley and South Derbyshire Dales Locality of NHS Southern Derbyshire Clinical Commissioning Group

SMOKERS are being encouraged to kick the habit in October as part of a yearly national campaign aimed at getting people to quit en masse.

Launched on October 1, the 'Stoptober' campaign is being backed by GPs from NHS Southern Derbyshire Clinical Commissioning Group, Derby City Council and Derbyshire County Council.

As well as featuring TV and radio adverts, the campaign will also include promotions in local pharmacies and is being supported by Cancer Research UK and the British Heart Foundation.

Smokers taking part in the campaign can expect to receive a free Stoptober preparation pack, an online and smartphone app, and a 28-day text support service helping them to stub out the habit for good.

Evidence shows that if smokers can quit for 28 days they are five times more likely to stay smoke-free.

Smoking is one of the biggest causes of death in the UK. What's more, if you smoke 20 a day and quit in the first couple of weeks of October, you'll have around £250 to £300 extra to spend on yourself and your family by Christmas.

Stoptober is a rallying call to those people who want to stop smoking.

We know it can be difficult but this is a great time for everyone to give it a try.

Stopping for a month is a great achievement and will really boost the long-term chances of remaining a non-smoker, and then being able to enjoy the health benefits and having more money in your pocket.

Smokers can search for 'Stoptober' online or ask their local pharmacist for a free support pack.

If you are registered with a doctor in Derbyshire, you can also call the Derbyshire stop smoking service on freephone 08000 852299.

For more information visit [www.smokefree.nhs.uk/stoptober](http://www.smokefree.nhs.uk/stoptober)

Stoptober is like October but without the cigarettes so let's make it a great month by encouraging tens of thousands of smokers to stub it out for good.

What do you make of Ian's views? Comment online at [ashbournenewstelegraph.co.uk](http://ashbournenewstelegraph.co.uk)

## REPORTER TO TAKE ON CHARITY SWIMMING CHALLENGE

A STAFFORDSHIRE Newspapers reporter is taking on a swimathon challenge to raise funds for a Leukaemia charity.

Jo Craig, 20, a reporter for the News Telegraph's sister title the Uttoxeter Post and Times, will be taking on a 2.5-kilometre swimathon in aid of Cure Leukaemia.

She will be joining forces to raise money for the charity with fund-raisers Rob Smyth, from the Burton Mail, who is running a half marathon, and News Telegraph photographer Geoff Merryweather, who is challenging himself to a 100-kilometre bike ride.

The fund-raising endeavour is in support of the News Telegraph's Take Five Minutes campaign for the wife of editor Stephen Sinfield, Katherine, who is suffering from chronic myeloid leukaemia.

Miss Craig, 20, said: "I haven't swam this kind of distance before but I'm looking forward to the challenge. I have always loved swimming and would go as far as to say it's my favourite sport. The furthest I have swam to date is a mile."

To find out more or make a donation visit [www.justgiving.com/jo-raises-funds-for-cure-leukaemia/](http://www.justgiving.com/jo-raises-funds-for-cure-leukaemia/)



GOING SWIMMINGLY... reporter Joanna Craig is the latest Staffordshire Newspapers staff member to take on a challenge to raise money for Leukaemia sufferers.

# Pupil turns teacher as she takes a trip to Africa

By Richard Bennett  
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**A SCHOOLGIRL has spoken of her 'once-in-a-lifetime' trip to Ethiopia.**

Joanne Skinner, 16, from Brailsford, was one of 12 girls from Derby High School who planned and ran a series of educational workshops over two weeks for youngsters in Ethiopia's capital, Addis Ababa.

She said the experience gave her an insight into a different culture and an experience of people living in extreme poverty.

She said: "I really saw at first-hand the differences in our lives.

"Everyone there is so nice and so happy.

"I am hoping to go back in a couple of years."

The girls taught English, science, maths, art and craft, music and drama to 60 children a week, aged between nine and 14.

They were split into two groups, acting as team leaders one week and teachers the next, then swapping duties.

She taught music and drama in her second week

and helped the children to perform a play.

Each girl had to raise £1,700 to pay for the trip and worked in co-operation with St Matthew's Anglican Church in Addis Ababa.

This was the 10th year that the school, in Hillsway, Littleover, has sent a group of students to Ethiopia.

During these visits, the school has helped to build a community library for the children in Addis Ababa and it now has 1,000 registered users.

The girls also visited charities and saw the results of their fund-raising work at first hand.

Reverend Rachel Barrett, chaplain at Derby High School who led the Ethiopia trip, said: "We are very proud to have been running this trip for 10 years now.

"Every group of girls we take always find it extremely rewarding and worthwhile.

"The girls have to plan and prepare the lessons well in advance so this gives them an opportunity to work as a team and they have to be organised".



Going on a trip? Tell us about it online at [ashbournenewstelegraph.co.uk](http://ashbournenewstelegraph.co.uk)



## Riders are already signing up to flock to classic bike festival

RIDERS are signing up from as far away as Scotland to take part in a forthcoming classic motorbike festival.

Thundersprint organisers are announcing further details of the event, which will take place in May at Darley Moor Circuit, and will feature a funfair, RAF Spitfire display along with displays and demonstrations of classic motorbikes.

Invitations to take part in the track sessions and cavalcade have attracted interest from riders across the country - with people signing up from London, Wales, Ireland and Scotland.

Organiser Frank Melling said: "In the 17 years we have been running the event we have never had a response like this.

"Darley Moor is very popular with riders and its central loca-

tion, easily accessible from every part of the country, means that we are attracting entries from all over the British Isles.

The first rider to sign up was Stockport rider Michael Hunt. He said: "The Thundersprint is my favourite event of the year.

"It's a wonderfully relaxed and informal meeting and yet amateur riders like me get to ride with some of the greatest motorcycle racers of all time. There's no other event like it."

Jim Ross, who is bringing his rare Aermacchi bike from Scotland, said: "I always try to do the Thundersprint because it is such a unique event.

"It always attracts a huge crowd but the atmosphere is really laid back and I take a lot of pleasure in being able to show my Aermacchi to such appreciative fans."

## Pest controllers warn that cuts could affect health

A WARNING that cuts in pest control services could pose a risk to public health has been issued by the British Pest Control Association (BPCA) following a nationwide survey of local authorities.

The BPCA made Freedom of Information Act requests to every local authority in the UK, including the Derbyshire Dales District Council, asking for the numbers of call-outs council pest controllers had attended in 2012.

The number in the district has nearly doubled when compared with the previous 12 month period.

BPCA chief executive, Simon Forrester said: "There are many localised reasons why an area could have a high prevalence of a certain pest.

"But we're concerned that at a national level pest control services are being cut.

"Local authorities are under immense strain to come up with savings. The BPCA wants to make sure this doesn't have an impact on public health.

"If a council stops providing pest control services it is important the public uses an expert.

"If an infestation isn't dealt with quickly and properly, it will spread.

"Dealing with it then is much more expensive and it carries a greater risk to public health.

"More councils are starting to charge for pest control services, but if residents try to deal with issues themselves, or bring in unqualified controllers because they are cheap, infestations will get out of hand.

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