

Smoking and Alcohol Policy

Version number:	Version 1	Document owner:	HND Children's Care Ltd.
Version Date: Review Date:	January 2026 January 2027	Document ID number:	6.4 Smoking and Alcohol Policy
Version expiry:	January 2027	Document classification:	Final
Version status:	Live document		

Regulations and Standards:

The Children's Homes (England) Regulations 2015:

- Regulation 6 - The quality of purpose and care standard.
- Regulation 7 - The children's views, wishes and feelings standard.
- Regulation 10 - The health and well-being standard.
- Regulation 11 - The positive relationship standard.
- Regulation 12 - The protection of children standard.
- Regulation 23 – Medicines.

Relevant Policies:

'Alcohol and Drugs Policy – Staff'

Contents:

1. Smoking
2. Alcohol

1. Smoking:

HND Children's Care LTD are committed to enhancing the wellbeing of children and will take positive action with respect to reducing / preventing and educating individuals about the consequences / health impacts of smoking.

This approach will be underpinned by:

- Staff providing support and information with respect to helping children with smoking cessation.



- Recording in the health section of the children's placement plan the arrangements and matters concerning a child's health in respect to smoking.
- Staff taking positive action with respect to the enforcement of laws to restrict tobacco access and sales to children.
- Staff being active in discouraging children from smoking.
- Staff positively recognising and providing incentives for children in smoking reduction strategies.
- Staff positively recognising children's achievements by not smoking.
- HND Children's Care LTD carefully supports DOH / GOV guidelines on smoking.

In addition, the care of staff must:

- Place restrictions on smoking in premises where children are accommodated.
- Work with relevant local agencies such as the local health centre and smoking cessation clinic to develop a health education program especially suited to the needs of children in children's homes.

HND Children's Care LTD policy on smoking is that:

- It applies to all staff, children, and visitors.
- Staff must not smoke in front of children in their care. This includes both 'in and out' of the home whilst in the employment of HND Children's Care LTD. Failure to comply will lead to disciplinary action being considered.
- Staff must not purchase cigarettes, tobacco, matches, lighters and 'roll up' materials for any child, regardless of their age.

Some children may, however, be admitted to the home already habituated / addicted to smoking. In such cases staff should engage the child in a cessation programme to remove the habit in accordance with medical advice as appropriate. Details of this should be incorporated into the young person's placement plan and their care plan / health plan.

Agreement and consent forms must be completed upon admission in relation to smoking.

- The manager must take steps to ensure that everyone living or working in the home and visitors are clear about status of smoking for children.
- Staff must not loan and or supply any children with cigarettes, tobacco, or roll-up material.
- Advice and support should be given to those who want to give up smoking.
- Any breach of this policy witnessed by staff by another member of staff must be reported to the manager for their consideration.

In circumstances where the child is exposed to a greater risk of harm by the no smoking policy, careful consideration should be given to the strategies to be used to manage this risk. Whilst it is not acceptable for staff to become involved in any part of a child's smoking activity it may be necessary to accept the behaviour and to agree a strategy for the management of this.

It is often a greater risk for a child to be prevented from accessing such products which may



in turn result in them going MFC and seeking out other people in order to buy such items for them, which could also result in CSE / grooming taking place / continuing. If a child does smoke and the consent form is signed, the staff and manager at the home must regularly provide information around the effects of smoking and encourage regular smoking cessation classes to be attended. All evidence must be documented via key work, direct work, risk assessment, care plan and health plan documents. It can also be reviewed on a regular basis during review meetings.

Under no circumstances as mentioned earlier, must a member of staff buy cigarettes / tobacco /additional items on behalf of a child. If a member of staff is asked the age of a child

whilst with them in a shop, staff must always answer truthfully and at no point encourage the sale of tobacco.

Smoking is not encouraged within the home and staff must actively support and encourage children to quit smoking.

2. Alcohol:

The promotion of a child's health is a fundamental area of practice that staff must always promote. All HND Children's Care LTD homes should be alcohol free zones; alcohol should not be brought or kept on the premises and children should not normally be taken into licensed premises unless it is part of a fully agreed activity. In any case, children may not be allowed to purchase or consume alcohol.

The manager will ensure a positive commitment and approach to this policy by identifying and detailing actions to be taken in respect to a child's needs that arise from any concerns around usage, abuse, and addiction in respect to alcohol.

And in addition, through discussions with the child's social worker and agreement of strategies.

Each child's care plan may include arrangements concerning:

- Medical history
- Any specific alcohol and or related medical or health need
- Any necessary preventive health measures
- Records of developmental checks
- Specific treatments and or remedial programs needed for any child's health care needs in respect to alcohol usage, abuse and or addiction.
- Details of others involved in any such arrangements for example GP, Early Break, psychological and psychiatric services.

To support the above staff MUST adhere to the following guidance:

- Staff are not permitted to consume alcohol whilst on duty and should not arrive at work



under the influence of alcohol.

Furthermore:

- Staff must not provide, purchase and or approve any alcohol usage and or consumption for any child.
- Staff must not accept any alcohol whether given and or purchased from any child.
- Staff must confiscate any alcohol that children have and record and notify relevant persons and authorities including the disposal of any alcohol confiscated.
- Staff must sensitively monitor children's spending patterns to ensure that monies are not being used to purchase alcohol – supervised spending can be implemented where necessary dependent on incidents which may have taken place.
- If staff become aware that a retailer is selling alcohol to any child, then they must advise the police.
- If staff become aware that a child's parent, sibling, or relative is suspected of supplying an individual with alcohol then they must inform the home's manager who will discuss this with the child's social worker.
- If staff believe a child to be under the influence of alcohol, they should seek medical advice. Staff must also be mindful of any medications a child regularly takes or may have access to when out with friends or on family contact.

End.