

## Welcome to Issue 9 of the Smokefreelife Berkshire Newsletter!

In 2014/15 Smokefreelife Berkshire helped 5317 people to quit smoking at 4 weeks and 3367 at 12 weeks. We are currently running stop smoking sessions in over 100 different venues across Berkshire including GP surgeries, pharmacies, hospitals, workplaces, shopping centres, community centres, colleges & mosques with our aim to be as accessible to smokers as possible.

We have a large diverse team of advisors, many of who can deliver support in a range of languages; and a great and ever-growing team of subcontractors who are delivering a high quality service in GP surgeries & pharmacies.

Our first MeTime Club is running in Slough, Smokefree Diabetes, the 6 week personalised stop smoking programme supporting smokers with type 2 diabetes is in place in Reading and will be in Slough by the end of the year and Save The Smoker, the smoking cessation group combined with health fitness is running in Bracknell.



19th Sept: Slough

2nd Oct: Woodley

20th Sept: Reading

3rd Oct: Wokingham

26th Sept: Newbury

10th Oct: Bracknell

Smokefreelife Berkshire have just launched a series of **Stoptober Roadshows** supporting this national campaign which encourages people to stop smoking for 28 days for the month of October.

It is a great time for smokers to think about quitting, and those who stop smoking for 28 days are 5 times more likely to quit for good. Smokefreelife Berkshire offers support for up to 12 weeks, including providing advice on E-cigarettes, free provision of NRT and Carbon Monoxide readings.

Dr. Irfan, Chair of Newbury & District CCG who launched our Newbury Roadshow said *"I'm really pleased to support this campaign. As we know smoking is one of the common causes of lung cancer and heart disease and these are preventable. There is an opportunity here, it is a national campaign programme supported by Public Health England. 28 days if you can give up you are 5 times more likely to stop smoking than someone who hasn't joined in this opportunity. So lots going on today, lots of support, and lots of support from national communities I'm told! Really, really great opportunity and so make the most of it. I wish you a successful quit attempt. Thank you"*

For Stoptober resources or more information about our Roadshow please contact 0800 622 6360



Patients can be referred by completing the referral form which has been sent to all Practice Managers and emailed to [info@smokefreelifeberkshire.co.uk](mailto:info@smokefreelifeberkshire.co.uk) or faxed to 0118 900 7497

Electronic version available at: <http://www.smokefreelifeberkshire.com/ReferralForm.aspx>

Telephone: 0800 622 6360, Text QUIT to 66777

## Smokefree Cars: From 1st October 2015 drivers in England will be banned from smoking in their cars if they are carrying children as passengers.

Levels of secondhand smoke can be extremely high because of the restricted area in which the smoke is circulated, even when the window is open.

Children are particularly vulnerable to the effects of secondhand smoke and exposure increases the risk of cot death, glue ear, asthma and other respiratory diseases.

A review by the British Medical Association's Board of Science concluded that there is no safe level of exposure to tobacco.

The penalty will be a £50 fine.



**MeTime Club:** We have recently launched our first MeTime Club in Monksfield Childrens Centre Slough. This is an integrated smoking cessation model for mums-to-be who smoke, consisting of 12 weekly group sessions where behavioural smoking cessation support is combined with other topics such as weight management, breast feeding & relaxation techniques.



This has been piloted on the Wirral and proved to be successful with a 60% 4 week quit rate and 42% 12 week quit rate (2013/14 data).

Crèche facilities and transport is provided. Referrals can be made at any stage of pregnancy by calling 0800 622 6360 or via our standard referral form.

## We are continuing to support Berkshire Healthcare Foundation Trust in becoming completely Smokefree.

This has been a staged approach throughout the year, with staff, patients & visitors and by 1st October includes all in-patients.

On 1st July Smokefreelife Berkshire attended all the launch sites and were on hand to promote the smokefree message to patients, visitors & staff. We have trained specialist advisors who run clinics at various BHFT sites who will continue to support patients, visitors & staff who smoke.



[www.smokefreelifeberkshire.com](http://www.smokefreelifeberkshire.com)

Twitter: @berkssmokefree Facebook: [www.facebook.com/pages/Smokefreelifeberkshire/204310449741649](https://www.facebook.com/pages/Smokefreelifeberkshire/204310449741649)

### Forthcoming training events:

3rd & 4th November Level 1 & Level 2 smoking cessation advisor training

To book a place please contact [Chris.mcmahon@solutions4health.co.uk](mailto:Chris.mcmahon@solutions4health.co.uk)

Online courses available through the NCSCCT at [www.elearning.ncsct.co.uk](http://www.elearning.ncsct.co.uk)

**Proud to be a Quitter!** It was great to catch up with Hilary at our recent Stoptober road-show who has been quit for 18 weeks and is delighted with the support she received from the team at Broad Street Mall



### Useful Contact Details:

#### Health Improvement Manager:

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#### GP and Pharmacy Coordinator:

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