

VBA TRAINING

A 3-hour training course to help participants feel more comfortable to opportunistically start a conversation on smoking and signpost them for help from Smokefreelife Berkshire

The Course Will Cover

1. Why people start to smoke and why they stop.
2. How to opportunistically raise the issue of smoking and offer support, without causing offence.
3. How to motivate people to consider stopping and the NHS evidenced-based support and treatment available.
4. The importance of helping a smoker be realistically about their journey to quitting.
5. Helping a person understand their dependency on tobacco and the benefits of using medication in their quit attempt.

DATES

16/02/2017

29/03/2017

24/04/2017

TIMES

ALL COURSES:

10.00 - 13.00

WHERE

Unit 1 Thames Court,
2 Richfield Avenue,
Reading,
Berkshire,
RG1 8EQ

If you are interested in attending the course, please email:
melissa.fernandes@solutions4health.co.uk to book a space