

# smokefreelife Berkshire



Welcome to Issue 17 of the Smokefreelife Berkshire newsletter

October 2017

## STOP TOBER IS BACK

Search **Stoptober** for help  
and support to quit smoking.

BECAUSE THERE'S ONLY  
**ONE YOU**

Stoptober 2017 has officially launched, and Smokefreelife Berkshire are reaching out to local people to encourage them to give up the habit for good. There will be roadshows across the county, with stop smoking advisors offering advice and CO monitoring, and at many of the roadshows there will be face painting, music and more!

We had an excellent launch at Woodley where we were joined by the Tobacco Education Unit including tobacco sniffer dog "Molly", face painter & the Smokefreelife Berkshire team.

You can join us at the following events:

Maidenhead High Street, Fri 29th Sept  
Wokingham TESCO, Sat 30th Sept  
Bracknell Market, Fri 6th Oct  
Reading Broad St, Sat 7th Oct  
Newbury Northbrook St, Sat 14th Oct  
Slough Town Square, Sat 21st Oct



The Stoptober campaign is a government initiative to reduce smoking in the UK and was launched in 2012 to motivate the UK's 10 million smokers to stop smoking for 28 days. Current research shows that people who stop smoking during this time are 5 times more likely to remain smoke free.

To keep up-to-date on the Stoptober campaign, follow us on Facebook and Twitter. For more information, visit the Stoptober website.

# Options for smoking cessation at your surgery

## Option A

A member of your staff can provide the service on behalf of Smokefreelife Berkshire. Level 1 & 2 training is provided free of charge and staff are supported by Solutions 4 Health.

We have 8 surgeries providing this service who already have helped 68 patients to quit smoking this year.

Top performing A subcontractor for Q1 2017/18:  
Brookside Group Practice with 4 4WQ

Our advisor will hold a clinic in your surgery every week making the process easy for patients

We currently run clinics in 33 GP surgeries across Berkshire and are pleased to announce new clinics at Cookham Medical Centre, Cordwallis Road Surgery, Woodlands Park Surgery & Dedworth Medical Centre this month.

Top performing B subcontractor for Q1 2017/18: Farnham Road Surgery with 13 4WQ

## Option B

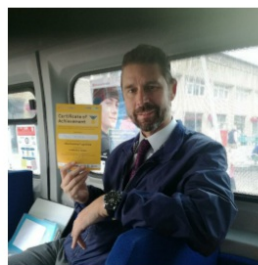
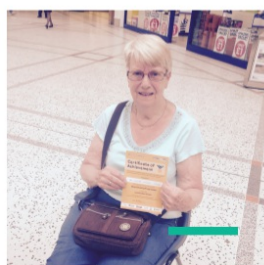
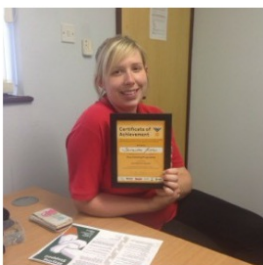
Referral to SFLB: either complete the referral form and email to [smokefreelife.berkshire@nhs.net](mailto:smokefreelife.berkshire@nhs.net) or Fax to (+44) 0118 900 7497 or use DXS

All clients are contacted within 48 hours of receiving the referral and offered an appointment in one of our 80 community clinics across Berkshire. We offer the service in 10 different languages.

Top referring GP surgeries for Q1 2017/18:  
Forest Health Group: 14 referrals

## Option C

## Meet our quitters!



# Cardiowellness4Slough

Solutions 4 Health, in partnership with Slough Borough Council, are providing local residents with a 'one stop shop' for all lifestyle services and provide NHS Health Checks, Eat4Health weight management classes and Healthy Lifestyle Workshops.

Trained staff will provide health testing, information, advice and help local people access services that promote a healthier lifestyle. Regular clinics including out of hours clinics are being held at various community locations.

The referrals can be made by a health professional or patients can self-refer. Promote a healthy lifestyle amongst your patients by making them aware of our free services

For Further information please contact us at:  
Email: [cardiowellness.4slough@nhs.net](mailto:cardiowellness.4slough@nhs.net)  
Telephone: 01753 373646 or 0800 0614734



# Winner! Reading Retail Award



We are proud to announce that our Smokefreelife Berkshire service were awarded the Reading Retail Award on Saturday 16th September, in the category of Health, Wellbeing and Beauty!

The team attended the eighth annual award ceremony at the weekend which celebrated the outstanding achievements of local businesses with a black-tie ceremony. The awards are impartial, independent and objective and the judges based their decision on a number of criteria, including user feedback on the service.

Free online courses  
available at  
[www.ncsct.co.uk](http://www.ncsct.co.uk)

Very brief advice in smoking cessation  
Very brief advice for pregnant women who smoke  
Very brief advice on secondhand smoke  
Practitioner training  
Stop smoking medications

[www.ncsct.co.uk](http://www.ncsct.co.uk)

**smokefreelife**  
Berkshire

## Contact details

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SmokeFreeLife Berkshire



**WOKINGHAM**  
BOROUGH COUNCIL