

smokefreelife Berkshire



Welcome to Issue 10 of the Smokefreelife
Berkshire Newsletter

Happy New Year

from the team at Smokefreelife Berkshire,
the sole smoking cessation provider in Berkshire

Jan
2016

Congratulations to our top 3 performing GP surgeries for Q2

- #1 Farnham Road Surgery 12 4WQ
- #2 Sandhurst Group Practice 10 4WQ
- #3 Brookside Group Practice/ Burdwood Surgery 9 4WQ

Long term health conditions

We are proud to be supporting the current PHE Health Harms Campaign highlighting the debilitating nature of serious lung diseases for which smoking is the biggest preventable risk factor

The latest GP figures reveal that the number of people diagnosed with COPD in Berkshire reached just over 10,000 in 2014-15

Smoking is also associated with other long term conditions & many are caused or exacerbated with smoking

Those in lower socio-economic groups are significantly more likely to live with a LTC and also have high rates of smoking

People with a LTC account for 50% of GP appointments

ASK, ADVISE & ACT - refer smokers for smoking cessation support - smokers are more likely to quit smoking if they receive behavioural support plus NRT or Champix

Diabetes Heart Disease COPD Stroke

Smoking cessation options

Referral to community clinic

Either: Complete referral form, use DXS, call 0800 622 6360 or text QUIT to 66777
Your practice can receive payment of £25 for each patient who quits smoking at 4 weeks.

Smokefreelife Berkshire to hold a weekly stop smoking clinic in your surgery

Our Advisor will hold a clinic in your surgery every week making the process easy for patients
Your practice can receive payment of £25 for each patient who quits smoking at 4 weeks.

Stop smoking clinic in-house

Smoking cessation support in-house by a member of your staff
Level 1 & Level 2 smoking cessation training available from Solutions 4 Health & staff will be supported by Solutions 4 Health



**smokefreelife
Berkshire**

For further details please contact chris.mcmahon@solutions4health.co.uk / 07827931895

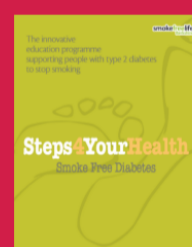
Dentists

Work is currently underway to promote brief intervention & referral to Smokefreelife Berkshire to dental practices

Smokers are 7-10 times more likely to suffer from oral cancer than non-smokers



Smokefree Diabetes



We offer a personalized programme to support smokers with type 2 diabetes to stop smoking and manage their lifestyle and blood sugar levels through simple changes to day to day living.

We have successfully completed a group in Reading and plans are underway for sessions in the new year in Slough.

Training

Solutions4Health run a number of training events throughout the year for colleagues in primary care: Wednesday 20th January smoking & diabetes (all day) Tuesday 16th February (all day) smoking in pregnancy, NRT & Champix Thursday 7th April (4-8pm). If you would like to deliver the 12 week behavioural support intervention in-house, we offer a 2 day training course. All training is at Solutions4Health Head Office and is free of charge. For more information or to book a place please contact chris.mcmahon@solutions4health.co.uk

MeTime Club

Our Metime Club is now running 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

Nationally, helping women stop smoking during pregnancy remains a challenge. Smoking causes up to 2,200 premature births, 5,000 miscarriage every year in the UK with costs to the NHS between £20 million and £87.5 million each year

Pregnant women from unskilled occupation groups are five times more likely to smoke than professionals, and teenagers in England are six times more likely to smoke than older mothers. Infants born to smokers are much more likely to become smokers themselves, which perpetuates cycles of health inequalities

Our Metime Club is especially designed for pregnant women. 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.



**Metime
CLUB**



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SmokeFreeLife Berkshire



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